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ACRA



Newsletter

March 2015

25 *Years*



AUSTRALIAN CARDIOVASCULAR HEALTH AND REHABILITATION ASSOCIATION

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Challenge...Change...Achieve

This Edition

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Editor's Note



A smaller edition this time round but some very important and exciting news nonetheless. This year marks the silver anniversary of ACRA which will be celebrated in fine style at the conference in August. Early bird details have been sent to all members. Please circulate among your non-member colleagues and encourage them to join and /or attend.

The EMC has been very productive in establishing links with a new secretariat service – the company coincidentally was our conference organiser last year and again this year. They know us the Association and its requirements well. A new website will soon be launched with a lot more interactive capacity for members along with a new banner and colouring.

The new Core Components document has been published – a feather in the cap for ACRA and the writing team led by Steve Woodruffe, who will officially launch the document at the conference in August.

Some interesting events are being planned around the states and interstate members are always welcome to attend. More details in the various state reports but the following are in the pipeline:

- QLD April 30th Heart Foundation Heart Week Clinical Update
June – webinar – date TBC
October 16th - QCRA symposium

- SA April 19th - SACRA education session
June 17th – education session
Oct 17th – education day
Tas April 18th – education seminar
Vic October 15th – Dr. Alan Goble lecture
WA May 13th – education event.

As editor I am always seeking input for your newsletter. Send a 'letter to the editor' or write an article about your program to share ideas with colleagues. Have you come across an interesting research paper? The newsletter is a great way to communicate.

The Heart Research Centre provides some excellent training programs for health professionals and I would recommend them to all. The following are available this year:

- May 18-22 Cardiac Rehabilitation and Secondary Prevention
June 11th Cardiac medications update
July 23rd Supporting patients' emotional adjustment after a cardiac event
Sept 4th Encouraging physical activity and decreasing sitting in patients with a chronic illness
Nov 18-20 Integrated disease management for patients with chronic heart failure

Online training is also available – 'Supporting chronic disease self-management'; 'Cardiac blues'.

Contact the Centre for more information.

Happy re-habbing
Sue Sanderson



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President's Corner

I would like to start this report by wishing everyone a happy new year. I hope everyone has had a productive start to 2015. Things personally and professionally have been very busy for me since the start of the year, which I will share briefly in this report. Owing to the fact that I have been very busy in my working roles over recent weeks, this report will be somewhat briefer than usual. In addition to this report I have contributed two other items that may be of interest to readers. A brief summary of some of my activities (personal and professional) since December include:

- Initiating my own private Exercise Physiology business (during leave from my substantive role with Queensland Health) called HEART Ipswich (Heart Exercise and Rehabilitation Training) aimed at providing low-cost exercise options for people with, or at risk of, chronic disease
 - o I have managed to keep part of this business operating while returning to full-time capacity with the Ipswich Heart Health Service
- Took on coaching my son, Harrison's under 10's cricket team, the Central Districts Kookaburras. A truly enjoyable, frustrating, rewarding and energy-draining experience. To my boys' credit, they have won all-but one game for the season, with one game remaining.
- Travelled to London for the World Heart Federation's Global Alliance for CVD Prevention in Clinical Practice meeting. This was a whirlwind trip, leaving Wednesday night and returning the following Tuesday morning, with just three days in London. See my report on this meeting for more information.



- Put the finishing touches on our ACRA Core Components of Cardiovascular Disease Secondary Prevention and Cardiac Rehabilitation document, which has now been published in Heart Lung and Circulation. A PDF copy of this document will be uploaded to our new website which is mere days away from being launched.
- Continued to represent ACRA on the NHF/CSANZ ACS Guidelines writing group as co-lead of the Secondary Prevention section of these guidelines. Currently 12 clinical questions have been developed across all subsections, three specific questions relevant to secondary prevention. An organisation (KP Health) has been appointed to undertake the evidence appraisal.

At an ACRA Executive Management Committee level significant change has occurred over the last three months. Subcommittee chairs have been busy leading their respective groups in an effort to finalise our operational plan. This document is still in draft form and will be finalised at our upcoming face to face meeting in May.

The summer months saw us transition from the administrative services of PAMS to our new secretariat The Association Specialists (TAS). TAS has



worked with ACRA to organise our conference last year and will continue this role, in addition to providing general administrative and executive support. This transition has been relatively painless and TAS has hit the ground running, ably supporting the work of the EMC and looking after our members. Our principal contact at TAS is Doug Wiles, who will manage all aspects of our administrative needs.

We have engaged TAS to develop a new website which will be launched very soon. This website will be much more user friendly than previous versions. It will be a one-stop-shop for all members' needs including online renewal, registration for events including the national and state-based conferences, access to resources and links to other relevant websites. Once this valuable resource is released, I encourage everyone to get online to check out its new features.

Stephen Woodruffe,
ACRA President
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WHF Global Alliance for CVD Prevention in Clinical Practice - Report

At the end of 2014, I was very surprised to receive an invitation to attend a meeting in London of the WHF Global Alliance for CVD Prevention in Clinical Practice. ACRA has been represented at several lead-up meetings around the concept of a “global alliance” for the past two years. This meeting however, was the first conducted under the auspices of the WHF. In preparation for this meeting I was asked to provide a report on the Australian perspective with respect to five key areas; Guidelines and Standards, Education and Training, Implementation, Research and Audit and Leadership Building. I have included an edited copy of this report for inclusion in this newsletter.

To enable my attendance in London, travel and accommodation was funded by the WHF, with small personal outlay (mainly food). It was certainly a shock to the system going from high 30 degree days in SE QLD to low single digit temperatures in central London. I was fortunate to organise a day preceding the meeting to see the sights of the city. Anyone that follows me on facebook knows how big that day was. I saw Buckingham Palace, Big Ben, the London Eye, Tower Bridge, London Tower, St Pauls Cathedral, Trafalgar Square, Piccadilly and Harrods all in one day, mostly on foot and by the tube. Definitely planning to return one day with my wife Eliza. I think we will take our time seeing the sights though.

The meeting was held on Saturday 24th January at one of the Imperial College of London campuses, in Paddington. Seventeen member organisations were represented by fourteen representatives. Representatives included: Chair, Prof David Wood (WHF President-elect), Prof Sherry Grace (ICCP), Prof Rick Grobbee (EACPR), Prof John Harold (ACC) and Dr Mark Huffman (AHA) to name a few. Other countries represented included USA, Spain, Northern Ireland, The Netherlands, Canada, Mexico and Brazil. It felt quite strange representing a small organisation of a few hundred members, sitting at the table with representatives from organisations with membership in the thousands and tens of thousands.

The agenda of the meeting primarily was to discuss efforts across the globe, aimed at achieving “25 by 25” (reduction of CVD by 25% by 2025). Initially, representatives spoke to their reports on these efforts and discussion was held around ways in which the achievements in a region may be replicated elsewhere or scaled-up for global implementation. The impending release (which has since been launched) of the WHF Secondary Prevention Roadmap was discussed at length. I have included a press release regarding this roadmap, in this newsletter.

There was great interest in the development and achievements of the Secondary Prevention Alliance of Australia, with much discussion about the merits of supporting countries to develop similar alliances between cardiac societies, heart foundations and cardiac rehabilitation associations. Or, simply the development of such organisations to support clinicians in these countries. The meeting concluded with very few action items for the group to consider. More that the member organisations aim to continue to meet and collaborate at forthcoming events in the future. Chair, David Wood was to provide a synopsis of the meeting; however this has yet to be received. Following the meeting, participants have been requested to provide input to the development of the program, with specific relevance to secondary prevention of CVD, for the upcoming World Congress of Cardiology and Cardiovascular Health, in Mexico City.

The meeting and the event as a whole was a worthwhile experience for me and a valuable step for ACRA. We are recognised as an important group on an international scale and in a lot of areas regarding secondary prevention, we are leading the way in innovation. Well done to everyone who contributes to the secondary prevention and cardiac rehabilitation of patients with CVD in Australia.

Steve Woodruffe

Global Alliance on CVD Prevention in Clinical Practice

24 January 2015

Stephen Woodruffe
ACRA President

Report on the perspective of the Australian Cardiovascular Health and Rehabilitation Association (ACRA), regarding the five key areas of focus; guidelines and standards, education and training, implementation, research and audit and leadership building.

Representatives from ACRA are working in collaboration with many associations and organisations across each of the key areas. These include the Secondary Prevention Alliance of Australia www.secondarypreventionalliance.net.au, The National Heart Foundation of Australia (NHFA) www.heartfoundation.org.au, the Cardiac Society of Australia and New Zealand (CSANZ) and the Heart Research Centre www.heartresearchcentre.org.

1. Guidelines and Standards

Over the past 12 months an ACRA writing group developed the “ACRA Core Components of Cardiovascular Disease Secondary Prevention and Cardiac Rehabilitation”. This paper has been accepted for publication in an upcoming edition of *Heart, Lung and Circulation* [now published]. This document is to be supported by a larger web-based document to be completed this year and accessible via our website www.acra.net.au.

Representatives from ACRA are involved with the update of the NHF ACS guidelines. These guidelines are targeted at the pre-hospital and inpatient stage of clinical care. To date, this work has involved drafting key questions for the literature review. Thankfully, this update to the guidelines will see a larger focus on Secondary Prevention than previous versions.



2. Education and Training

The annual national ACRA conference is a great opportunity for professional development for clinicians in the CVD field. This scientific meeting is held every August. This year the meeting will be held in Melbourne from 10-12 August 2015 (www.acra2015.com.au). The annual national conference of CSANZ will follow immediately after the ACRA conference and a combined secondary prevention themed day.

State-based associations also hold regular face-to-face education days and video-conferences for those clinicians and researchers that find it difficult to attend the national conference.

Web-based interventions have been explored as an education and training option for CVD clinicians recently as well. ACRA is committed to expanding our involvement in this area.

ACRA has enjoyed a long collaboration with the Heart Research Centre (HRC), based in Melbourne. The HRC provides extensive education and training opportunities for clinicians in the field of CVD clinical practice. The HRC welcomes international participants.

Training programs include:

- Cardiac disease, rehabilitation and secondary prevention (5 day course)
- Sleep disorders and cardiovascular morbidities (1 day)
- Cardiac medications update (1 day)
- Supporting patients' emotional adjustment after a cardiac event (1 day)
- Integrated Disease Management for Patients with Chronic Heart Failure (1 day)

3. Implementation

Despite the well-known benefits of secondary prevention of CVD, several issues exist within the Australian healthcare setting that challenge implementation of best-practice guidelines and therefore achievement of known benefits. These include:

- Low attendance and high attrition at traditional CR services
- Rural and remote areas underserved
- Multi-cultural and language barriers
- Aboriginal and Torres Strait Islander health issues
- Communication between hospital and primary care
- Funding for primary care from federal budgets
- Funding for hospital services (including CR) from state budgets
- No Medicare item number
- Private/public health care system

The following figures highlight the size and remoteness of the Australian continent. In recent years, the emergence of telephone based CR services has improved the implementation of evidence based clinical practice. This model provides a CR option for those in rural and remote regions, as well as those simply unable to attend face-to-face services due to transport, work or other commitments.



4. Research and Audit

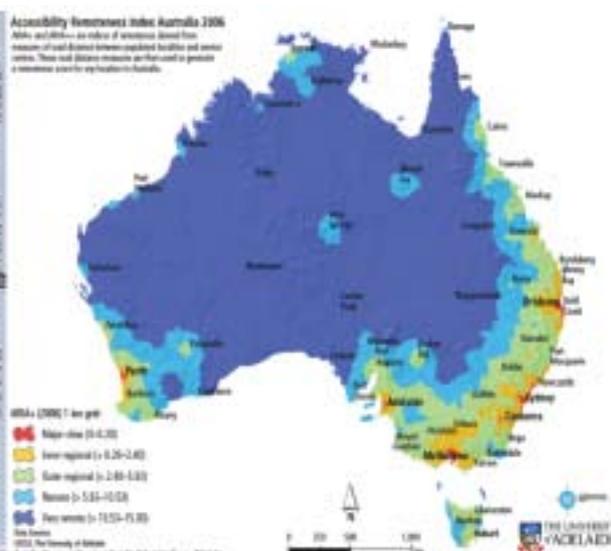
ACRA is actively involved in research in the field of CVD prevention and rehabilitation through encouragement, advocacy and endorsement. The annual national conference is the key time for clinicians and researchers to present their work to the association and their peers.

ACRA collaborates with the HRC and the NHFA on multiple projects and studies on an ongoing basis.

With respect to the issue of auditing, previously there has been no national standards regarding auditing. Our paper (ACRA Core Components 2014) represents a significant step forward in this area. However, more work is still to be done to enable the national measurement of clinical indicators. ACRA aims to further develop guidelines with respect to auditing, over the next 12 months and will be seeking guidance from this alliance.

5. Leadership building

ACRA has been the leading organisation for CVD prevention and rehabilitation in Australia for over 20 years. In saying this though, our association is membership based and is challenged by the competing interests of other associations and organisations for the involvement of our members and potential members. In addition, our board of management is entirely volunteer-based and operates with a modest budget, which has its limitations. The ACRA board has implemented strategies for succession planning to ensure the continued success of our association in the future.



Launch of the Secondary Prevention Roadmap

PRESS RELEASE
18.02.2015

The World Heart Federation launches Global Cardiovascular Roadmap aimed at advancing the WHO target of tackling the worldwide epidemic of heart attack and stroke

35 million people have a heart attack or stroke per year, urgent action is needed to prevent further deaths

Geneva - 18 February, 2015 – The World Heart Federation (WHF) has launched a Roadmap focused on providing healthcare professionals and policymakers across the world with tools and solutions to manage the secondary prevention of cardiovascular disease (CVD) and reduce premature death globally. The roadmap will help drive the WHO target of reducing heart attack and stroke by 2025 by providing practical tools to improve healthcare and prevent CVD in low, middle and high-income countries.

Secondary cardiovascular prevention can be defined as any action aimed to reduce the probability that a heart attack or stroke will occur in patients with known risk factors, e.g. hardening of the arteries or high blood pressure. Over 100 million people have known prevalence of cardiovascular disease and people who display high cardiovascular disease risk factors are five times more likely to have a heart health problem in the next five years.

The Roadmap was launched in London at a policy discussion of world cardiovascular health leaders, advocacy groups, government representatives, health activists, academic and research institutions, private sector stakeholders and people who have been personally affected by CVD. The roadmap has been developed over the past six months as a collaborative effort between this group, headed up by Dr Salim Yusuf, President of the World Heart Federation based at McMaster University and Hamilton Health Sciences in Canada, Professor David Wood, Professor of Cardiovascular Medicine at Imperial College London and President-Elect of the World Heart Federation

and immediate Past President Srinath Reddy, President of the Public Health Foundation of India. The Roadmap highlights best practice examples, barriers and solutions in secondary prevention to support countries in meeting their commitments to reduce premature mortality.

The launch of the roadmap is an important milestone, said Dr Yusuf. “Cardiovascular disease is one of the biggest epidemics the world has ever faced. The roadmap is the culmination of many months of work and it will support colleagues around the world by providing practical advice on managing secondary prevention, whether the issues are rooted in availability of medications, following guidelines or patient adherence. I urge my colleagues to download the roadmap today and for us to keep working together to combat the frightening burden of cardiovascular disease.”

During today’s meeting, the World Heart Federation will showcase the key elements of the Roadmap to an audience of attendees from as far afield as Australia, India and Africa. Johanna Ralston, Chief Executive Officer of the World Heart Federation commented: “To have so many esteemed colleagues from all over the world in one room is very special. Without rapid attention, the number of deaths as a result of heart attacks and strokes will increase, along with economic and social care costs. This is a once-in-a-generation opportunity to dramatically accelerate action to prevent and control CVD. The Roadmap is just one of the activities we are focused on this year as part of our ongoing push towards the World Health Organization target of preventing heart attack and stroke as part of the global movement of reducing premature CVD mortality by at least 25 percent by 2025.”

To download the roadmap or for more details please visit www.worldheart.org .

Ref. <http://www.world-heart-federation.org/press/releases/detail/article/launch-of-the-secondary-prevention-roadmap/>

News From Across The Nation



Australian heart disease statistics 2014

Australian heart disease statistics 2014 documents the current and recent burden of heart disease, including risk factors and comorbidities. For the first time in Australia, national data relating to cardiovascular disease has been brought together in a single comprehensive resource.

It tells a compelling story about the changing nature of cardiovascular disease. And it is both good and bad news.

This is the first edition in a planned series of annual updates produced by the Heart Foundation and Deakin University. It will provide critical information to health professionals, policy makers, health and medical researchers and others with an interest in the heart health and wellbeing of the Australian population.



Read more at: http://www.heartfoundation.org.au/SiteCollectionDocuments/HeartStats_2014_web.pdf

Heart Health Campaign for Chinese Communities

The Heart Foundation, NSW & Victorian Divisions, have partnered with the NSW Multicultural Health Communication Service to run a heart health campaign for the Chinese speaking community in Sydney and Melbourne. The 4 month campaign commenced in February to coincide with the 2015 Chinese New Year Festival.

The campaign messages focus on finding out the risk of a heart attack by visiting your doctor and learning about the warning signs of a heart attack by ordering a copy of the heart attack action plan.

The Heart Foundation has produced audio presentations that showcase three short stories in Mandarin and Cantonese showcasing how community members had risk factors for cardiovascular disease such as blood pressure, overweight and elevated cholesterol and actions they have taken including lifestyle changes and visiting their GP.

To download the audio tools on how to keep the heart healthy in Mandarin and Cantonese visit: www.heartfoundation.org.au/hearthealth



News From Across The Nation

Heart Week 2015

Heart Week 2015 will take place from Sunday 3 May - Saturday 9 May. The week provides a great opportunity to shine the spotlight on heart health issues in Australia and raise awareness of the work the Heart Foundation is doing to lead the fight against heart disease.

The Heart Week campaign will be a media and advocacy campaign primarily, focussing on physical inactivity and the importance of active travel. Physical inactivity is a major killer and a significant contributor to the burden of chronic disease in Australia. Disturbingly, two in three (66.9%) Australians aged 15 and over are sedentary or engage in low levels of exercise. If we are serious about tackling chronic disease, we must be serious about getting Australians to move more and sit less.



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Do you find it difficult finding up-to-date, evidence-based information for heart failure management and cardiac disease prevention and rehabilitation?

www.HEARTOnline.org.au

Heat **E**ducation **A**ssessment and **R**ehabilitation **T**oolkit (HEART) Online is the practical heart health toolkit developed by clinicians for clinicians. It supports nurses, allied health professionals and doctors to deliver quality care in cardiac disease prevention and rehabilitation and heart failure management.

It links health professionals to education and rehabilitation tools, such as evidence-based guidelines, templates, protocols, calculators, patient resources and videos to support best practice. Queensland Health has worked with lead authors and the Heart Foundation to develop this website.

Recent updates include:

New! Medication management section

[Cardiovascular disease medication management](#)

[Heart failure medication management](#)

Revision of information on sleep, sexual activity and implantable devices

[Sleep and heart failure](#)

[Implantable devices](#)

[Sexual activity](#)

New! Resources added

[Physical activity and heart failure patient booklet](#)

[Cardiac Rehab Needs Assessment Tool](#)

[Fluid management algorithm](#)

State presidents' reporting

Western Australia



State representative: Helen McLean



President: Craig Cheetham



WACRA's Annual General Meeting

The AGM and Professional Education Meeting was an extremely successful evening. Not only delivered with a great 3-course meal, set in a beautiful restaurant overlooking the Swan River, the events education content, was exceptional with an informative and practical presentation from Dr Vince Paul, an Electrophysiologist, re Subcutaneous AICD's.

Apart from the usual business of the AGM, it was also a time to elect a new committee. Positions on the WACRA Executive Management Committee include:

President: Craig Cheetham

Secretary: Shelley McRae

Treasurer: Joanna Clark

National Heart Foundation reps:
Julie Smith / Shelley McRae

WA State Rep on National Committee:
Helen McLean

Committee Members: Tracy Swanson,
Paul Crabtree, Julie Prout, Tricia Jones,
Carol De Groot, Debbie Cooper and Jo Crittenden.

On behalf of WACRA EMC and personally I would like to thank Lily Titmus who had to step down from the committee this year. She played an instrumental role on the WACRA Exec for many years and was tireless in her enthusiasm, diligence and commitment to the committee and the association. Always willing to put up her hand to help out and demanded the highest quality. Thank you so much Lily.

Upcoming Event

The next Professional Education Event will be held on Wednesday the 13th of May. It is titled:

Advanced exercise prescription from the frail to the fit
Presented by Craig Cheetham
Grace Vaughan House, Shenton Park

COST: Current financial WACRA members FREE; \$25 Non WACRA members but FREE if you join WACRA on the night! 4.30-5pm: Registration and networking for a 5pm start.

Cardiovascular Health Networks

Cardiac Rehabilitation and Secondary Prevention working group

Work continues towards completing the "Toolkit" which is designed for practitioners to aid their ability and ease to disseminate the "Pathway Principals" document and advocate for services and referral to Cardiac Rehab and secondary prevention services. It is hoped this work, including a presentation and supporting notes will be completed in May.

WA state items prepared by:

Craig Cheetham
WACRA President

WACRA representative on the Cardiovascular Health Network's, Executive Advisory Group.

Please don't hesitate to contact me for further information regarding these events or projects.

Tasmania



State representative: John Aitken



President: Sue Sanderson



The Cardiology Clinical Advisory Group involving clinicians from around the state, has provided a submission to the state government's Green Paper as plans forge ahead to have one health service within

the state. A White Paper is due to be published shortly. High on the agenda for the CAG was a statewide cardiology service and adequate funding to provide that service.

TACR will be holding its AGM and annual seminar in Launceston on April 18th with various speakers covering health literacy and updates on the management of risk factors including smoking, nutrition, and exercise.

Erica Summers, long time cardiac rehabilitation nurse at the North West Regional Hospital in Burnie, is retiring at the end of March. We wish her well and thank her sincerely for her contribution and care for her patients, her colleagues and the Association. She served a term as state president. She was also a member of the CAG representing nursing and the NW perspective, contributing robustly to the round table discussions. We look forward to welcoming Anna Storen to the position.

Victoria



State representative: Kim Gray



President: Emma Boston

VACR's first educational event for 2015 was our annual Clinical Practice Day (CPD) which was held at The Stamford Plaza, Little Collins Street, Melbourne.

Approximately 85 delegates participated in the CPD. Coming from rural, regional and metropolitan Melbourne the attendees have fed back to the



Above: VACR Committee Members Carmel Bourne, Deb Gascard and Kim Gray manning the Registration Desk.

organising Committee that the venue and the catering was once again very favourably received.

Happily and more importantly I can report that the program content was very well received by the Delegates. Such comments on the evaluation forms as ... "the variety of topics covered and the high calibre of the presenters has made this the best day of professional development I have experienced at VACR yet" ... has been warmly received by the organising Committee. The evaluation forms are reflected upon and used to assist the Committee to plan its educational programs. We (the Committee) thank those participants for taking the time to continue to formally record their constructive advice.

AstraZeneca and St John of God Frankston Rehabilitation Hospital sponsored the event. A note of appreciation and thank you goes to Damon Crewdson



from AstraZeneca who was on hand all day at his table happily answering all manner of queries regarding the anticoagulant Ticagrelor, amongst other things.

Left: Damon Crewdson from AstraZeneca who sponsored the event with St John of God Frankston Rehabilitation.

Dr Siobhan Lockwood opened the day discussing new medications in heart failure. This presentation set the scene for a very full, enlightening and entertaining program. A dual presentation from Dietitians, Jessica Peters and Sarah Povey, followed with their presentation on the dilemma of current fads diets. VACR was extremely lucky to have recruited Jessica and Sarah as the Royal Melbourne Hospital had requested they present the session at the same time.



Left: Dietitians Sarah Povey and Jessica Peters presenting Fad Diets.

Dr Neil Thomason then followed with his informative session on sleep apnoea impeding cardiac rehabilitation. This session had the added benefit of a hands on demonstration by Dr Thomason of the different devices now available demonstrating the huge advances that have improved the quality of life in OSA sufferers. The impact of the session was further



Above: Dr Neil Thomason demonstrating Sleep Apnoea Devices.

enhanced by Dr Thomason speaking from not only a health professional angle but also from his personal experiences with OSA.

At the end of the day Dr Ronen Gurvitch gave an informative presentation updating the audience on the Trans Thoracic Valve Implantation developments. Once again we had been very fortunate with the level of expertise and we appreciate very much all the presenters who kindly donated their time and efforts.

The VACR Committee is now concentrating on the Dr Alan Goble Lecture and education session. This will be an afternoon and evening event including a dinner held at Delegate House, Melbourne University. As we have many Delegates who travel considerable distances to attend, the decision has been made to start later in the day - potentially 1 pm and conclude later in the evening. Allocating a Friday has also been chosen to assist long distance travellers.

As the Dr Alan Goble lecture is a very important item in the VACR calendar the Committee also feels strongly that the event warrants a dinner to celebrate further the achievements of Dr Alan Goble. As more details come to hand VACR Members will be kept informed by the Committee. Please mark your diaries now for Friday 16th October 2015.

South Australia & NT



State representative: Jenny Finan

President: Dianna Lynch



Welcome to a new year and the 25th Anniversary of ACRA.

We have just recently welcomed in our year with a general meeting held on 25th February at the Heart Foundation Office.

We hope to have another successful year with some very interesting education seminars in the planning to pique a wide range of cardiac interests.

During the latter part of last year we had had some lengthy discussions around our membership and promoting our membership amongst all of our programs, increasing our visibility through the state Heart Foundation events and through the Heart Foundation's very popular ambassador program. This topic will also be high on the agenda at our AGM in April where we will open a forum seeking new ideas on how to promote and sustain our membership.

Also highlighted was the importance of sharing the load and succession planning following the last changes amongst the executive in recent times, and in view of some further anticipated changes at our next AGM we do encourage our members to "try before you buy" so the process of change remains fluid.

Please note all Executive positions will be up for nomination at this year's AGM and include President, Vice President, State Representative, and Treasurer.

We have had some tremendous work achieved in this last year by many of our members on a state and National level but I would like to take this opportunity to highlight some amazing work done by our own National representative Jenny Finan.

Jenny had a clear vision of what she wanted to achieve and both of those items are now in the finishing stages. They included working on setting some core components for our cardiac rehabilitation programs and also working on updating our ACRA website.

As Steve Woodruffe (ACRA President) has possibly already proudly mentioned, he led the writing team which included Jenny and has just had the ACRA Cardiac Rehabilitation Core Components paper published in the Heart, Lung & Circulation Journal. This has been a very large and arduous task spread amongst the ACRA EMC members. This has been very proudly achieved with more work being undertaken to extend this work further.

Jenny's other big achievement has been working with an ACRA EMC team on the upgrade of our website to make it a much more user friendly and I urge you to visit the website when launched and navigate around it and familiarize yourselves with the services it offers including an online registration service for both membership and seminars/webinars.

Michelle Iadanza (Modbury Hospital) & Kath O'Toole (CPRSA) have been working on standardizing our referral forms for all programs to utilise. This is similar to the CATCH referral form, and we hope



that with time we too may mirror their centralisation systems for referral. The trial will conclude in March when there will be a review undertaken and we hope that you will assist with facilitating this review.

Heart Foundation News

I would like to thank Susan Treadwell who stepped into Vanessa Poulson's role whilst she was on maternity leave and now has returned to her nursing role at Flinders. She really worked closely with us on many occasions and we appreciate all her hard work and dedication to her role.

In saying that I would also like to welcome Vanessa back as our Heart Foundation representative and return back to her previous role as project officer, however now part time.

The State government has agreed to fund MHML booklets to be provided to all private and public hospitals and now include the distribution to GP clinics, which is such great news for patients to receive the same clear succinct health messages across the state.

SA and Victoria have been working on a joint project "Six steps to recovery" conversation guide around patient education and what and how staff could start dialogue with their patients. This project will be ready for release shortly.

Concurrently online cardiac education learning modules program are in pilot testing phase and are being planned to become "live" in the very near future.

"My Heart My Life" app is available free for Ipad, iPhones and android devices, so have a look and encourage your patients to use and manage their health stats, medicines and recipes.

Country Health

In November 2014 Better Care In the Community (BCIC) provided funding for 6 Cardiac Rehabilitation Nurses from across country SA to attend a 3 day Heart Research Centre Chronic Heart Failure training in Melbourne.

From this training on ongoing CHSALHN Heart Failure Peer Network has been established to develop and implement a Country Chronic Heart Failure Self Management Program. Currently stable heart failure clients NYHA class 1 participate in phase 2 cardiac rehabilitation programs in the country.

BCIC in collaboration with iCCnet are about to implement a 6 month trial of Virtual Clinical Care Home telemonitoring (VCC). The trial is targeted at supporting adults with chronic conditions to manage changes in their health with the assistance of remote home tele-monitoring.

BCIC have secured funding to support a small number of cardiac rehabilitation coordinators from the country to attend the Heart Research Centre – Cardiac Disease,

Rehabilitation and Secondary Prevention Course in Melbourne 18-22 May 2015.

CHSALHN Cardiac steering committee has not met since August 2014, however will be meeting as this newsletter is written

- Sue Jones has returned to her substantive position in Mt Gambier
- ICCnet have appointed a Clinical Practice Consultant, Chris Walton to replace Sue Jones
- Roll out of the CATCH database has occurred across country.

Important Dates

Wednesday 29th March 2015

AGM 4.30- 7.00pm (catering supplied), Heart Foundation Office

Saturday 19th April 2015

SACRA education session, Ashford Hospital "The Warehouse" 9.30-12.30pm

Wednesday 17th June 2015

Ordinary meeting followed by members only dinner / education session, Ayers House

10th -13th August 2015

ACRA Conference Melbourne followed by CZANZ conference

Wednesday 9th October 2015

Ordinary meeting

Saturday 17th October 2015

SACRA education day – venue TBA

Wednesday 25th November 2015

Ordinary meeting followed by Christmas dinner - venue TBA

Queensland



State President: Paul Camp



State Representative: Jess Auer

QLD Directory on Google Maps

QCRA, the Heart Foundation and the Statewide Cardiac Clinical Network have worked in partnership to develop a link between Google Maps to the Qld CR and Heart Failure Service Directory. This was formally

launched in early February. The link to the Google Maps search function is located on the 'Qld Directory' on the ACRA website.

Please note when using the Qld Directory Google Maps link:

- There are privacy laws restricting the types of images Google Maps can display of hospital facilities. Therefore, in some cases the Street Views displayed may not show an actual hospital street front, but instead an area close by.
- Google Maps took its images some time ago. Therefore, some of the Street Views will have changed in that period.
- To view the latest version of the current Qld Directory, always go to the ACRA website directories page.

Please also remember to keep us informed of any changes in your CR service details at qcra@acra.net.au

Welcome to New QCRA Members

QCRA would like to extend a warm welcome to our latest new member: Mary Weglowski.

QLD Events for 2015

Heart Foundation Heart Week Clinical Update: Thursday April 30th

The forum will showcase advanced models of care and programs that expand early detection and post-acute services for local communities.

This event is for multidisciplinary health professionals working with cardiac and chronic disease patients in metro, regional and remote services.

To be staged at the Training Room 1, Ground Floor Department of Health, Butterfield St, Herston 12:30pm-2.30pm, with videoconference access available. See the Heart Foundation Events page – Qld, for more details. QCRA fully endorses this great professional development (PD) opportunity.

Webinar - June

ACRA and QCRA are looking to host a series of webinars with special guest speakers around the area of cardiovascular secondary prevention and related professional issues. QCRA will aim to hold its webinar in June—July (TBC).

QCRA Symposium: Friday October 16th

This all day event will be co-hosted with our partners the Heart Foundation and will examine cardiovascular secondary prevention in Qld in greater detail, as well as being a great networking opportunity. The Symposium will take place at the Russell Strong Auditorium, Princess Alexandra Hospital, with videoconference access available to those outside Brisbane.

Please let us know what PD activities or topics you would like included in the future at: qcra@acra.net.au

COACH Qld Winning Plaudits

The COACH Program QLD has won widespread praise from experts in CHD secondary prevention for the results published in the Medical Journal of Australia recently (Feb 16th). In a study of almost two thousand patients, COACH Qld was able to show significant improvements in biomedical and lifestyle risk factors in those with CHD and Diabetes. Professor Garry Jennings, director and CEO of Baker IDI Heart and Diabetes Institute, said Queensland Health's implementation of the COACH program had proved particularly beneficial in its ability to reach rural and remote patients.



CALENDAR OF EVENTS

April 29th

SACRA AGM Heart Foundation
1800-2000

June 17th

SACRA meeting

August 10-12th

ACRA Annual Scientific Meeting,
Melbourne

September 9th

SACRA meeting 1630-1800

October 17th

SACRA Education session
Hampstead Day Rehab

November 25th

SACRA meeting