

ACRA NEWSLETTER

JULY 2017



Australian Cardiovascular Health
and Rehabilitation Association

ACRA CONFERENCE

President report

Budget

ACHH report

State reports

HAVE YOU
RENEWED
YOUR
MEMBERSHIP?

AUSTRALIAN CARDIOVASCULAR HEALTH AND REHABILITATION ASSOCIATION

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CHALLENGE...CHANGE...ACHIEVE

EDITOR'S NOTE



The countdown is on. The ACRA annual conference is just a few weeks away. The WA organising committee has done a mighty job in securing some incredible national and international speakers, an amazing venue and arranged what sounds like a great social component to the event. I certainly hope you have registered, taking advantage of early bird prices and perhaps planned to spend some extra time in Perth or other parts of WA.

The AGM will be held as usual during the conference and there will be a 'changing of the guard' when Prof Robyn Gallagher assumes the presidency from Lis Neubeck. Lis has done an amazing job especially in isolation from Edinburgh – not an easy task, but she has had the support of Robyn as vice-president and the EMC. Well done Lis and all our very best wishes for your continuing time on the other side of the world. We trust you will remain a member of the Association and monitor our progress from afar.

As per the change in our constitution last year, we will elect a new president-elect for 2 years at the AGM. Please consider nominating a colleague as a potential candidate who will be mentored by Robyn in the position. If there are no nominations prior, they will be called for from the floor of the meeting. This puts

people under pressure at the spur of the moment so please consider a nomination from within your network and forward to the secretariat.

We welcomed 2 new members to the EMC at our last meeting in May – Lily Titmus from WA stepping into the state representative role. See her reflections on the meeting in the WA state report. Jenny Finan has returned to the EMC in her capacity as SA/NT state president. Welcome back Jenny.

There are some exciting things happening at the Heart Foundation with the launch of the new Heart Foundation Helpline complete with a new number – 13 11 12 – and this will be reflected in all new and upcoming information. A new website for patients – "After my heart attack" – is also imminent. See the Heart Foundation report for more information.

We look forward to seeing you in Perth. It is always an opportunity to network with colleagues and to catch up on some of the latest research and clinical ideas. Don't forget to pack your 'tropical' outfit for the dinner to relax and dance the night away.

**Happy re-habbing
Sue Sanderson**

**WE WELCOME
ARTICLES FOR
PUBLICATION
IN THIS NEWSLETTER**

Please send any items to:
sue.sanderson@ths.tas.gov.au
Author guidelines are
available on request

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HAVE YOU RENEWED YOUR MEMBERSHIP OF ACRA?

The only organisation for all health professionals working in cardiovascular health rehabilitation and secondary prevention.

DON'T LOSE YOUR BENEFITS:

- When you join ACRA, you will also become a member of your State organisation
- Generous discounts to the Annual ACRA Conference and your State Conferences and Seminars
- Regular national newsletters
- Regular correspondence from the ACRA Executive Management Committee
- Opportunities to network
- Travel grants and scholarships for attendance at the State and National Conferences
- Access to member only resources via specific website access
- Access to online journals
- Members are eligible to serve on the State and National Executive Committees

PRESIDENT'S REPORT



It is with very mixed feelings that I write this report after my final executive management committee meeting as ACRA president. It has been an enormous privilege to serve as ACRA president, and I know that I will pass the baton on into the very safe hands of Professor Robyn Gallagher in August 2017. There have been some challenges in the past couple of years - we have changed our secretariat services, and managing our finances has been a priority. The hard work, attention to detail, and commitment to the association that Natalie Simpson, our treasurer has given, have substantially improved our financial position. We are in a very much stronger place now, as you will see from Natalie's report. The ACRA executive management committee have not only been great colleagues to work with, but have also become firm friends and I will really miss working with them. I will continue to

fly the ACRA banner from Scotland, and I look forward to coming back and meeting you all at our annual ACRA conferences.

As always, our work centres around our core activities; providing high quality membership services, and increasing value for members; developing research and education; and providing advocacy for cardiac rehabilitation professionals across Australia. Our cardiac rehabilitation google maps are still in progress, and we look forward to having all states and territories live later this year.

Our atrial fibrillation (AF) special interest group has welcomed a new member, Celine Gallagher. Many of you know Celine for her longstanding work in risk factor management. She is currently undertaking her PhD with Professor Prash Sanders and Dr Jeroen Hendricks and is passionate about improving health care for people living with AF. The AF group members, Professor Ben Freedman, Dr Nicole Lowres, and I were co-authors on a white paper (led by Professor Freedman) on AF screening, that was published in *Circulation* in early May.

Our relationship with the British Association of Cardiac Prevention and Rehabilitation (BACPR) has led to an exciting study tour to Australia being developed. A BACPR member will be coming to

learn about cultural considerations in cardiac rehabilitation, and will be spending time both clinically, at St George's Hospital in Sydney, and academically, at the Charles Perkins Centre in Sydney. My colleagues in BACPR tell me this study tour has attracted substantial interest, and they expect to announce the awardee soon. I hope that in due course, we will be able to work to a reciprocal arrangement for one of our ACRA members to go and spend time in the UK. In the meantime, I would warmly welcome any visitors who would like to come to see me in Edinburgh Napier University.

Having heard about the hard work Helen McLean, Shelley McRae, and the ACRA 2017 organising/scientific committee have put in to arranging this year's annual scientific meeting, I can't wait to see you all there, for a truly outstanding scientific (and social) program. I hope you have all got your tropical wear ready for the gala dinner!

With best wishes,
Lis Neubeck
L.Neubeck@napier.ac.uk
ACRA President 2015-2017



7 - 9 AUGUST 2017

**RENDEZVOUS HOTEL
PERTH SCARBOROUGH WA**



WA ACRA CONFERENCE UPDATE



In WA our focus has of course been on organising the best ever 27th ACRA Annual Scientific Meeting in Perth at RENDEZVOUS HOTEL, SCARBOROUGH from 7th to 9th AUGUST. I feel very proud of the efforts of the amazing committee of dedicated cardiac rehabilitation experts who have shown such great commitment to organising a truly exceptional learning, networking and memorable event.

There are SO many reasons for you to attend!

- You will have direct access to internationally renowned speakers.
- Be inspired by local, national and international speakers through conversations, collaborations and make lasting connections.
- Spark creativity and innovation in your own service through the rich educational and networking opportunities.

MONDAY 7th AUGUST 2017- will see the PRE-CONFERENCE WORKSHOP where Cardiologists, pharmacists and nurse practitioners will educate and discuss Medication Compliance for cardiac patients. The welcome reception will not only provide fantastic educational and networking opportunities, there will also be musical and dance entertainment highlights, and multiple trade displays will see the inclusion of tasting local WA food and wine.



TUESDAY 8th AUGUST & WEDNESDAY 9th AUGUST 2017 - Commence the conference morning with an all levels Yoga class overlooking the ocean or go walking along the shore with a Heart Foundation walking group. On Tuesday there will be a sponsored breakfast session which will take a look at the use of innovative health technologies in cardiac rehabilitation.

The committee have secured 3 international speakers from Denmark, Sweden and the USA with also world-renowned national and local experts - we believe the scientific program provides up to the minute evidence based information, with current topical issues being discussed, patient testimonials, numerous innovative workshops, prize winning poster presentations, research and clinical prize sessions - there will be something new and relevant for everyone. The final program is now available on the website. Also, for those who find conferences can be intense there will be time to chill out and reflect in the Wellness Zone.

The gala dinner will delight with fun and colour through our totally tropical theme, there will be lots of extra fun too - dancing with the band, being amazed by the magician and creating memories in the photo booth.

Perth is an affordable destination especially if you are travelling

from interstate, rated the 8th most liveable city in the world there's plenty to see and do. Please check out the conference page on the ACRA website for local deals <http://www.acra.net.au/acra-2017-asm/social-functions/>. We truly have been working hard to ensure the best bang for your buck!

Don't forget to watch out for Quentin the Cardiac Quokka, our 2017 ACRA conference mascot. Here's some photo's off him - we expect to see lots more of Quentin the cardiac quokka on the ACRA twitter page in the lead up to the conference!

We are looking forward to welcoming you all in August!

Helen Mclean
ACRA WA Vice President



PROPOSED ACRA BUDGET FOR 2017/2018 FINANCIAL YEAR:

	Expenditure	Proposed
	2016/2017	2017/2018
ACRA EMC		
F2F	\$28,000.00	\$15,000.00
Teleconference	\$532.20	\$540.00
Scholarships and Travel Grants	\$nil	\$nil
Communication		
Phone/ Fax/ Office	\$1,666.66	\$1,700.00
Website: Breakaway Creative	\$646.80	\$700.00
Website Management: TAS	\$312.00	\$350.00
Website Domain Renewal	\$N/A	\$N/A
Newsletter	\$3,168.00	\$3,168.00
Postage	\$75.00	\$110.00
Annual Fees		
BAS Submission (q)	\$1540.00	\$1540.00
Subscription/Membership	\$652.00	\$700.00
Membership: ICCPR	\$259.01	\$259.01
Indemnity Insurance	\$1,925.00	\$2,960.00
TM Registration Fee	\$600.00	\$Nil
Training & Education Expenses	\$00.00	\$00.00
TAS Management Fees	\$31,416.17(1)	\$25,000.00
TAS Finance Management	\$620.00	\$650.00
Electronic Gateway	\$385.00	\$385.00
Storage	\$450.00	\$250.00
Vimeo	\$ 70.00	\$70.00
Conference	\$110,000.00	\$TBA
General Expenditure		
Data Storage Fees	\$450.00	\$450.00
Bank Charges	\$20.00	\$20.00
Merchant Fees	\$450.00	\$450.00
Photocopying	\$138.00	\$140.00
Currinda Fee	\$1,787.60	\$2300.00
CR Directory Management	\$751.00	\$0.00
Marketing		
National ACRA Banner	\$869.00	\$0.00
ACRA Banner Artwork: 6 states		\$1200.00
Membership A3 posters		
Artwork	\$165.00	\$ 00.00
Printed Posters	\$192.50	\$ 00.00
TOTAL EXPENDITURE	\$86,413.27	\$57,942.01
	Income	Proposed
Membership Fees (n=400)	\$34,923.00	\$52,000.00
Joining Fee (51)if not joining at an event	\$1,638.82	\$2,040.00
Interest	\$317.69	\$TBD
Conference	\$22,127.00	\$TBD
Endorsement Policy Income	\$227.27	\$TBD
Sponsorship	\$0.00	\$0.00
Face to Face State Contribution	\$3,636.38	\$N/A
Newsletter	\$0.00	\$0.00
Website	\$0.00	\$0.00
Training & Education Webinar	\$0.00	\$0.00
TOTAL INCOME	\$62,870.16 +	\$54,040.00 +
Expenditure - Income =	\$- 23,543.11	\$- 3,902.01

Treasury Report:

The above budget is a conservative view and does not take in any loss/ income from the annual conference – being held this year in Perth.

A number of extra services were undertaken this year which will be benefit for ACRA. This includes the trademark for ACRA which has been registered, ACRA banner and marketing posters which have been made/ ordered.

The main expenditure for ACRA has been the bi-annual F2F meetings and TAS management fees. There has been a considerable reduction in costs for the May F2F meeting due in part to holding this meeting at the Heart Foundation office in Sydney (many thanks to Cate Ferry from the Heart Foundation) and with the reduction to a one day meeting. This has reduced costs for accommodation, removed the fees associated with corporate bookings of meeting rooms, and IT equipment with costs previously being \$12-14K (the twice yearly F2F meetings, held over two days – costs per meeting were \$14,220.22).

This budget will be voted on at the ACRA AGM to be held at the ASM in August and the Treasury team appreciates any feedback.

The Association Specialists:

Previously the maximum monthly rate for TAS is \$3,500 subject to extra ACRA EMC and State member interaction, resulting in increased costs up to \$5,000. The monthly TAS fee has been capped for the 2016/17 financial year. Since December/ January, there has been a reduction in

PROPOSED ACRA BUDGET FOR 2017/2018 FINANCIAL YEAR (CONTINUED)

the monthly fee rate for TAS due to the capping of fees (annual cap of \$25,000). However, there remain a number of 'fee for service' actions.

As a reminder to members, pursuant to ACRA's requirements to reduce expenditure, negotiations with 'The Association Specialists' (TAS) has reduced the annual cap to \$25,000 as previously discussed. However, in order to make this saving, TAS has removed the following from the included services, which is reflected in the contract.

Event Management for States:

TAS will provide limited State Associations event management. Those services will include the set-up of the event on Currinda only as well as promotion of all State Association events as these are of benefit to all ACRA members including:

- Proof read event

communication prepared by the State Associations (with all event communications to be prepared by State Associations)

- Distribute State Associations event communications with clear instructions on when communication should be sent by the ACRA Secretariat
- Website Event Updates provided by State Associations by using the Event Calendar plugin
- Set-up of event on Currinda only. State Association Committee members will be given access to the backend of the system allowing them to monitor registrations for their event as well as giving them the opportunity to chase any outstanding payments (not part of TAS duties). Extra services outside of TAS contract are a fee for service, negotiated with the TAS and the requesting

state.

Meeting Administration:

TAS will no longer provide organisation of ACRA's two F2F meetings, including liaison with hotel (e.g. dietary requirements, hotel accommodation requirements, etc.) However, TAS will still process refunds of Board Member expenses as part of the financial management services.

TAS Contract:

TAS annual management contract has been renewed for a further 12 months.

Requests outside TAS management contract will be deferred back to the state associations.

Payment of Membership Renewals: Please consider payment of your annual membership renewal via direct transfer if possible to reduce the transaction fees.

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Professor Alun C Jackson

The Australian Centre for Heart Health (ACHH) has continued to conduct a range of activities related to the core mission of the Centre, of improving the lives of people with heart disease, by:

- Researching the psychosocial and behavioural aspects of cardiac disease
- Training the cardiac rehabilitation workforce
- Providing psychological support to patients, families and carers.

The November 2016 Report detailed our 2016 publications and research activity for 2016. This Report updates these areas and notes staff movements and other activity since that time.

Publication

2017 publications to date:

1. Rogerson M, Le Grande M, Dunstan D, Murphy BM, Salmon J, Gardiner P, Jackson AC (2017). Television viewing time and 13-year mortality in adults with cardiovascular disease: Data from the Australian Diabetes, Obesity and Lifestyle Study (AusDiab): Reply to letter to the editor, *Heart, Lung and Circulation* Online, 1–21443-9506/04/\$36.00, <http://dx.doi.org/10.1016/j.hlc.2017.03.1536>
2. Jaarsma T, Cameron J, Riegel B, Stromberg A. Factors Related to Self-Care in Heart Failure Patients According to the Middle-Range Theory of Self-Care of Chronic Illness: a Literature Update. *Current heart failure reports*. 2017;14 (2):71-77. [doi:10.1007/s11897-017-0324-1](http://dx.doi.org/10.1007/s11897-017-0324-1)
3. Cameron J, Gallagher R, Pressler SJ. Detecting and Managing Cognitive Impairment to Improve Engagement in Heart Failure Self-Care. *Current heart failure reports*. 2017;14(1):13-22. [doi:10.1007/s11897-017-0317-0](http://dx.doi.org/10.1007/s11897-017-0317-0)
4. Murphy BM (2017). Stress management training should be an integral component of cardiac rehabilitation, *Evidence Based Medicine*, Online first 10.1136/ebmed-2016-110532

The following papers are **under review**:

5. Murray KJ, Le Grande M, de Meus AO, Azari MF. Characterization of the Correlation Between Lordosis and Degenerative Joint Disease in the Lower Lumbar Spine of Women and Men: A Radiographic Study. *BMC Musculoskeletal Disorders*
6. Jackson AC, Higgins RO, Murphy BM, Rogerson M, Le Grande MR. Cardiac rehabilitation in Australia: A brief survey of program characteristics, *Heart, Lung & Circulation*
7. Shand L, Higgins RO, Murphy BM, Jackson AC. Measuring attitudes towards patient-centred care in chronic disease self-management: Development of a validated scale, *Nursing Education and Practice*
8. Baird D, Higgins RO, Jackson AC, Tully PJ. Depression screening, assessment, and treatment for patients with Chronic Heart Failure: A review

for psychologists, *Australian Psychologist*

Research

Anxiety, stress and depression:

Development of the *Cardiac Distress Questionnaire* is continuing. Funds are being sought for psychometric testing of the measure.

Preliminary planning for study on suicide in heart disease patients.

Childhood heart disease:

Heart Kids Family Coping Project Manual has been developed with funding from Heart Kids Australia. Pilot testing with families has begun with group sessions in metropolitan and later, regional centres.

Funding being sought for extending this program to parents of children who have undergone a Fontan procedure, in collaboration with Heart Kids Australia and the Murdoch Children's Research Institute.

Protocol in preparation for study of psychosocial issues in transition from child-focused to adult care for young adults with congenital heart disease

Patient Self-Management:

Continued development of patient resources with associated effectiveness testing.

Sleep disorders:

Refinement of research design for determining the prevalence of obstructive sleep apnoea (OSA) in cardiac rehabilitation patients and establishing concordance between subjective and objective measures of OSA.

Positive psychology:

Funding has been sought for development of a resilience-focused cardiac partners' intervention following publication of our paper in the *British Journal of Cardiac Nursing* in August 2016: ➤

Distress in partners of cardiac patients: relationship quality and social support

Nadine Saltmarsh, Research Fellow, Australian Centre for Heart Health; Department of Psychology and Counselling, La Trobe University, Melbourne, Australia; **Barbara Murphy**, Associate Professor, Australian Centre for Heart Health, Melbourne; Faculty of Health, Deakin University; Department of Psychology, University of Melbourne; Department of Behavioural Medicine, University of Newcastle, Australia; **Pauleen Bennett**, Associate Professor, Department of Psychology and Counselling, La Trobe University, Australia; **Rosemary Higgins**, Associate Professor, Australian Centre for Heart Health, Melbourne; Department of Psychology, Deakin University, Geelong; Department of Physiotherapy, University of Melbourne, Australia; **Michelle Macvean**, former Research Fellow, Heart Research Centre, Melbourne, Australia; **Michael Le Grande**, Research Fellow, Australian Centre for Heart Health, Melbourne; Faculty of Health, Deakin University, Geelong, Australia; **David Thompson**, Professor, Australian Catholic University, Melbourne, Australia; **Chantal Sid**, Associate Professor, Australian Catholic University, Melbourne, Australia; **Marian Worcester**, former Director, Heart Research Centre, Melbourne; Department of Epidemiology and Preventive Medicine, Monash University, Melbourne, Australia; **Alan Jackson**, Professor, Australian Centre for Heart Health, Melbourne; Faculty of Health, Deakin University, Geelong, Australia; Centre on Behavioural Health, Hong Kong University, Hong Kong.
Email: alan.jackson@australianhearthealth.org.au

Cardiac rehabilitation:

Study on health literacy as a determinant of patient take-up and drop out of cardiac rehabilitation currently being written up.

Cardiac Coaching Avatar Development

Konica Minolta have now pulled out of the development of 'Cardiac Anna' with ACHH and Clevertar, the Flinders University spin-off company.

The introductory module is complete and funding has been sought to develop modules on diet, exercise and mood management. On receipt of funding to develop the modules, we still anticipate convening an expert panel to assist in the development of the content. As noted previously, this panel will include members of the ACRA Executive.

A novel aspect of the development of the program is the addition of an algorithm to enable recognition of patients with persistent low mood, and generation of a referral to the Centre for face to face or on line counselling.

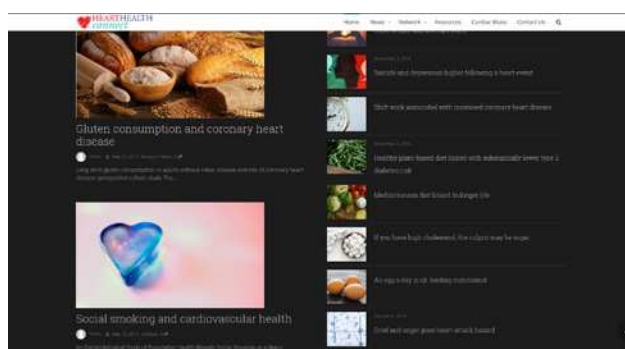


TRAINING

Activity	Status
Cardiac rehabilitation and secondary prevention (five day intensive).	Program run in May with funding for 12 scholarships for regional and rural participants provided by the Victorian Clinical Cardiac Network.
Integrated disease management for patients with chronic heart failure (3-day intensive) in November.	Course to be delivered late November.
On-line training in chronic disease self-management, cardiac blues and chronic heart failure.	These online training programs are all now available.
Packaging of ACHH's training programs into a modular form allowing us to design and deliver interdisciplinary postgraduate courses (Certificate, Diploma and Masters) in Preventive Cardiology.	We will continue discussions with ACRA and Deakin University on this development.

We are encouraging the use of Heart Health Connect by people who have undertaken our training programs, and others. This is a forum for trainees and cardiac rehabilitation professionals for information exchange

See <http://hearthealthconnect.org.au/> for further details and to register.



Cardiac Wellbeing Program (CWP)

The Centre is continuing to pursue funding to fully develop the Cardiac Wellbeing Program and is continuing discussions to prioritise delivery of the Programs services to the Monash Health and Western Health regions. When fully operational, the CWP will comprise:

Beating Heart Problems: group program for cardiac patients

Teleheart: telephone-delivered program for cardiac patients

Getting Back on Track: internet-delivered program for cardiac patients

Cardiac Blues Online: internet-delivered cardiac blues program for cardiac patients

Cardiac Blues resources: written cardiac blues pamphlets for cardiac patients

Cardiac Connect: online community for cardiac patients

Cardiac Anna: Digital Health Coach for cardiac patients

Cognitive Behaviour Therapy for Insomnia (CBT-I): for cardiac patients

Cardiac Partners: group program for partners of cardiac patients

Cardiac Partner Connect: online community for partners of cardiac patients

Heart Child Family Coping: group program for parents of children with heart disease

Individual counselling: for cardiac patients, partners and parents

Group counselling: for cardiac patients, partners and parents

Non-appointment online communications: email counselling for cardiac patients and families

Appointment online communications: chat counselling for cardiac patients and families

We would encourage health professionals to support their patients in accessing **Cardiac Connect** for post-rehabilitation, behaviour change and maintenance support.

Organisational Representation

The ACHH continues to take the lead in the operation of the Victorian MHPN Psycho-cardiology Network, and looks forward to working on the development of Psycho-cardiology Networks in NSW, South Australia and Queensland, with the MHPN National Office and ACRA.



Emotional
Wellbeing



Healthy
Eating



Smoking
Cessation



Physical
Activity



Friends &
Family



ACRA Newsletter

Heart Foundation Report May 2017



Heart Foundation's new website section After my heart attack

Submitted by: Cate Ferry – Heart Foundation representative

The Heart Foundation's mission is to reduce premature death and suffering from heart, stroke and blood vessel disease. Each year, approximately 55,000 Australians suffer a heart attack, with around one in four of these being a repeat event. Heart attack survivors not only face the increased risk of subsequent heart events and conditions, but evidence shows a significant proportion face difficulties with every day activities and functions. Much of the difficulty faced by heart attack survivors is from a limited awareness, knowledge

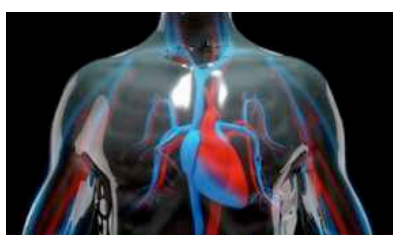
and understanding of their condition and recovery.

With this need in mind, the Heart Foundation is working on a Heart Attack Survivor Support (HASS) project. The objective of HASS project is for the Heart Foundation to provide information for heart attack survivors and their carers that enhances the current heart attack survivor experience in the first year following their heart attack.

This will be achieved through an integrated suite of products across multiple channels (digital, print and phone) with consistent and tailored information to meet the needs

of consumers depending on where they are on their survivor journey. It will be provided in a style to ensure the information can be readily accessed and is relevant and understood by consumers throughout the stages of the recovery journey. Key areas of information are clinical, lifestyle (physical, food and diet, smoking), emotional wellbeing and other non-health impacts such as returning to work, sex and intimacy and managing finances.

After my heart attack, the Heart Foundation's new website section, was launched in May and can be accessed at <https://www.heartfoundation.org.au/after-my-heart-attack>



Understanding heart attacks

Some people don't know they're having a heart attack, others have a big one, like on TV. Understanding what happened can help you as you recover.

> ABOUT HEART ATTACKS



Diagnosis and treatment

It's hard to remember everything you were told in hospital. Learn about your medicines, the tests and procedures you had and questions to ask your doctor.

> HEART ATTACK TREATMENT



Recovering from a heart attack

Life after a heart attack is easier when you know how to help yourself. Understand your recovery process, how to eat, exercise and return to everyday life.

> HEART ATTACK RECOVERY



News From **Across The Nation**



CONT.

Heart Foundation Helpline

Renaming the Heart Foundation's Health Information Service (HIS) to a name with a 'heart' focus is another element of the Heart Attack Survivor Support (HASS) project.

The new title, *Heart Foundation Helpline*, provides personalised information and support on heart health, nutrition and a healthy lifestyle.

Our qualified health professionals are here to assist. You don't need to make an appointment, and apart from the cost of a local call, the service is completely free.

To call the Heart Foundation Helpline please dial 13 11 12 or email health@heartfoundation.org.au



UPDATE FROM THE ACRA ADVOCACY WORKING GROUP

The group, Robyn Gallagher, Lis Neubeck, Emma Boston, Jane Kerr, Steve Woodruffe and Cate Ferry (Lead), have continued to identify opportunities to advocate for cardiac rehabilitation health professionals and to provide ACRA members with resources that promote the benefits of cardiac rehabilitation to people who are impacted by heart disease.

International collaboration

Steve Woodruffe is ACRA representative on the International Council of

Cardiovascular Prevention and Rehabilitation (ICCPR). One of ACRA's benefits of ICCPR membership is a direct conduit to World Heart Federation/World Health Organisation via ICCPR Chair, Sherry Grace.

Resources

To help demystify cardiac rehabilitation and encourage more people to attend, the Heart Foundation (NSW) developed brief videos where patients give personal accounts of their experience of attending cardiac rehabilitation. Various components of cardiac

rehabilitation are covered including nutrition, physical activity, depression and the opportunity to ask questions. Each then describes how attending cardiac rehabilitation helped to work through these subjects. All 7 videos are now accessible on the ACRA website in the Resources section <http://www.acra.net.au/heart-foundation-experience-of-participating-in-cardiac-rehabilitation/>

Cate Ferry

STATE PRESIDENTS' REPORTING

NSW REPORT

AGM

CRA NSW ACT AGM 24th October, 2016.

New board members for 2016/2017

President- Jo Leonard

President elect- Robert Zecchin

State representative- Jane Kerr

Treasurer- Susan Hales

Secretary- Dawn McIvor

Metro representative- Karen Dickson

Rural Representative- nil

PDC chair- Cate Ferry

ACI – representative- Kellie Roach

NHF representative- Cate Ferry

Public officer- Kellie Roach

Completed or Upcoming events

- 1) CRA NSW ACT State Conference 13th of October, 2017, Kirribilli Club, Sydney
- 2) other plans for 2017
 - Tentatively for the 29th July, half day clinical skills based workshop in Newcastle
 - TBA an evening event in Sydney sponsored by a pharmaceutical company

State network reports

The NSW Cardiac Rehabilitation Working Group Annual Forum was held on 18th November, 2016, with teleconferences quarterly throughout 2017.

Our aim is to build on the cardiac rehabilitation action plan that was developed at the end of 2016 ;

The following items were identified to progress in 2017:

- a. **WORKFORCE:** Explore the option of having online cardiac rehabilitation training modules developed by the Health Information & Training Institute (HITI).
- b. **DATA:** Work with the Local Health Districts and Epidemiology Unit at the NSW Ministry of Health to progress the piloting and refinement of the cardiac rehabilitation minimum data-set/clinical indicators (11 items) and data dictionary for monitoring cardiac rehabilitation services in NSW.

The second pilot is currently under way March – May 2017 and we have broadened the participant's sites to other states with a total of approx. 56 sites participating.

CRA



State representative:
Jane Kerr



President:
Jo Leonard

- c. **RESOURCE DEVELOPMENT:** ongoing with NHF and ACI
- d. **ADVOCACY:** Ongoing advocacy for better secondary prevention services/ alternate models of care for Aboriginal and Torres Strait Islander peoples in NSW.
- e. **RESEARCH:** ongoing with NHF and ACI

Agency of Clinical Innovation(ACI)-

Representative from CRA NSW ACT Kellie Roach

CRA NSW/ACT

CRA NSW board meets

Teleconference 10th of July 2017

AGM 13th of October, 2017 at Kirribilli Club, in Sydney, during our Annual state conference

Strategic Planning:-

- 1) Membership services:-
 - Membership is currently down in NSW
- 2) Corporate Services-
Our current Secretary is Dawn McIvor.
- 3) Closing the gap, Better Cardiac care:-
 - Closing the gap to be added to agenda item at every NSW CRA board meeting.

Regional/rural happenings

No to report

Membership numbers

Members 113

TACR REPORT

Our annual education seminar held in April was followed by our AGM and the executive positions were filled by:

President: Sue Sanderson (Hobart)

Vice-president: Anna Storen (Burnie)

Treasurer: Dinah Payton (Devonport)

Secretary: Judith Enright (Hobart)

State Representative: John Aitken (Launceston)

Unfortunately, 2 of the invited speakers for the seminar were unavailable due to unforeseen circumstances. Nevertheless, the speakers we had were entertaining and informative covering diverse topics including TAVI from a



State representative:
John Aitken



President:
Sue Sanderson

STATE PRESIDENTS' REPORTING CONT.

nursing perspective, and fluid management in heart failure. We took advantage of the time that was made available to 'brain storm' around local and state issues relating to our respective cardiac rehabilitation services. In a small state, practitioners can occasionally become focused on their own institution and its perceived issues, without being aware of any adverse situations that may be prevalent in other centres and problematic for colleagues. For example, it is interesting that the classification of the cardiac rehabilitation nurse position is not consistent in the state yet we all work in the public sector. It is important to be mindful of our intrastate colleagues when advocating for cardiac rehabilitation services and maintain open dialogue so we can provide consistent and true appraisals when approaching or reporting to senior management.

There have been personnel changes in some programs with the inevitable disruption that ensues. TACR remains a small organisation with a consequent small but dedicated core of active members promoting the Association and its member benefits. A discussion was held at the end of the AGM regarding the future of TACR and our continuing viability with a small membership. It was strongly felt that we need to maintain our own identity particularly as we are now all come under the one Tasmanian Health Service.

The Hobart team have had a 'curve ball' thrown at them recently with the closure of the staff fitness centre at the hospital where we conducted exercise sessions for 2 of our cardiac rehabilitation groups. This was with very short notice (4 days!) and an expectation that we will scour the campus and surroundings to find an alternative space for our program. We have had some support from the redevelopment team who are also trying to find a suitable and safe venue for us, and from the physiotherapy department although this is in the short term only. For those of you who are unaware, the Royal Hobart Hospital is being 'redeveloped' which essentially means we are working on or within a building site, as some buildings are demolished to make way for the building of the new hospital wings. It has also meant some services being moved around the campus and considerable disruption. We are hopeful that we will be able to transfer the 2 disrupted groups to the Integrated Care Centre where we already run another cardiac rehabilitation program. While this will have rostering implications, this will be outweighed by the value of the facility and support within it.

With my Heart Foundation 'hat' on, I will be visiting cardiac rehabilitation nurses in the north and north-west and familiarising them with the most recent updates including My Heart My Life and the survivor support project. Our planned Heart Care Clinical

Ambassador program didn't eventuate unfortunately, as we were unable to secure sufficient numbers to make it viable.

Sue Sanderson and John Aitken.

WA REPORT

The newly formed WACRA executive have commenced their year by setting goals to deliver for members - this session included planning professional development sessions for the year ensuring these will be available to all members through varying venues with a mix of presentation styles. Another priority is developing a processes and guidelines file for WA to sit alongside the ACRA constitution.

The Heart Foundation in WA have had a very successful Heart Week 2017 with the theme Hypertension and Julie Smith and Shelley McCrae thank all Cardiac rehabilitation services for planning events at their individual sites.

During Heart Week a number of WA events were organised by the Heart Foundation WA:

- Public forum with guest speaker Prof Markus Schlaich
- Heart Week walk in the city after the public forum
- Memorial service
- Hospital and other healthcare sites planned activities

Heart week also coincided with the International Hypertension Society - MAY MEASUREMENT MONTH (MMM17) - a global Blood Pressure Awareness Campaign, incorporating World Hypertension Day. <http://ish-world.com/news/a/May-Measurement-Month-Get-Involved-Now/>

Many thanks to Lily Titmus, our new WA state representative, and together we attended the ACRA Executive Management Committee Face to Face Meeting on the 20th May 2017 at the Heart Foundation Sydney.

From Lily - first-time attendance at the EMC:

I found the meeting to be inspirational with like-minded people present, with a lot of energy and focus for better patient outcomes in mind. I was made to feel very welcome. And I have joined the subcommittee for advocacy. Below is the synopsis of the meeting.

1. ACRA has membership on a committee in SA considering an external CR course that would be support practitioner credentialing in the future.



State representative:
Lily Titmus



President:
Craig Cheetham

STATE PRESIDENTS' REPORTING CONT.

2. All ACRA members are encouraged to Twitter to widen the organisation's exposure. The twitter account is @acra_acra
3. The advocacy group are looking for endorsements from cardiologists interested in promoting cardiac rehabilitation. If you know such a person please let me know so we can provide you with the pre prepared statements and consent form. They are at liberty to compose their own statement or amend/ use the pre-prepared one.
4. A pilot research program is currently run with minimum data set for cardiac rehab in NSW/ Canberra. This information is available on the ACRA website. 53 sites and have joined and indicators are both process and outcome based.

There was a round the table contribution of 'Did you know?' Below are some of the suggestions we should spread to the members.

Did you know ACRA

- is an active member of international networks of CR professionals and organisations
- has an active Twitter account? @acra_acra
- members include cardiologists, GPs, nurses, pharmacists, exercise physiologists, physiotherapists, social workers and other health professionals?
- recently increased its membership to over 450 members?
- commenced operating in 1989?
- developed an infographic to answer the question, why Cardiac Rehabilitation really matters?
- has members from all states and territories and several from overseas?
- developed its Core Components to inform best practice delivery of CR and SP for cardiac patients?
- runs an Annual Scientific Meeting every August with exceptional national and international speakers?
- actively supports CR service delivery in many modes and forms; individual clinician led to multi-disciplinary team led, telephone/web based to face to face models; small rural facilities right through to the largest metropolitan centres?
- is a fantastic support network for novice and experienced clinicians and researchers?
- supports education and professional development events at local, state and national level?

- has access, for its members, to internationally renowned journal, European Journal of Preventive Cardiology?
- has videos of seven patients sharing their experiences of CR, on our website?
- collaborates actively with several national organisations, notably the National Heart Foundation of Australia and the Australian Centre for Heart Health?
- offers numerous prizes and awards for outstanding contributions to cardiac rehabilitation in Australia?

If you have any questions about WACRA, please don't hesitate to contact myself or other members of the WA committee for further information regarding what's happening in WA.

Helen McLean and Lily Titmus

VICTORIAN STATE REPORT

Membership:

Currently 144 financial members

Professional development

As reported last month Victoria held a successful education event on the 3rd of March 2017 at Clifton's Melbourne. It was Victoria's first event with the option of live video conferencing. Present were 80 delegates in person, in addition there were up to 15 delegates at any one time logging from all states of Australia via PC, laptop, tablet or smart phone. A follow up evaluation has now been completed with remote delegates and feedback has been good. Results are as follows:

Device used to login: 100% laptop/PC

Quality of video: 50% very good, 25% good, 25% poor

Quality of sound: 100% very good

Ease of using chat: 100% very easy

Recordings from the day have now been edited and will be available shortly on the ACRA Vimeo site. Planning is underway for the next event to be held on the 20th of October 2017, and this will also be available for remote delegates. The theme will be around the continuum of management from diagnosis to death in cardiovascular disease, with a focus on co-morbid conditions including diabetes, respiratory conditions and psycho-cardiology, and including advanced care planning and palliation. More information will follow over the next few months.



State representative:
Emma Boston



President:
Kim Gray

STATE PRESIDENTS' REPORTING CONT.

Acknowledgement of service

The Victorian Committee would like to acknowledge the passing of Rhonda Sanders in March 2017 from a short illness. Rhonda dedicated over 30 years of her nursing career to cardiovascular health and critical care. She was a clinician, a researcher, educator and mentor to many. She was a strong support of the VACR and a great contributor to our education days over the years. It is a huge loss to the Victorian cardiovascular health community.

SOUTH AUSTRALIA

Welcome members to the midyear! The activity of committee members has ramped up to develop a number of education events for our members which have been months in the planning.

Executive News:

Our **AGM was held on the 1st April 2017** at The Queen Elizabeth Hospital Department of Cardiology following our education session.

Di Lynch, our out-going President, stepped down from her commitments but not from ACRA-SA/NT.

Jenny Finan has now stepped up into the President's role. Our Vice President (President-elect) role, (this is a two year position) has been taken up by Jeroen Hendricks.

Our state Secretary has also stood down after many years of service - Cindy Millington initially stayed on, however due to her heavy commitments with Adelaide University and progressing her PhD, she decided to step down. The secretary role is currently being undertaken by Natalie Simpson.

On behalf of the new executive committee and our members, we would like to take this opportunity to thank you for your contribution to ACRA-SA/NT.

We would like to congratulate Di on her amazing contribution not only as the President of ACRA-SA/NT but also to the most successful conference ACRA has ever seen.

Sindy, we thank you for your timeless efforts in minute taking and your comprehensive knowledge and insight into the running of ACRA-SA/NT.

Our vision for the future is to engage and inspire all members in professional development and to update the ACRA-SA/NT procedures.



State representative:
Natalie Simpson



President:
Jenny Finan

The position of rural and country representative was vacant as Jacinta McCartney went on maternity leave, and is now undertaken by Caroline Wilksch, with a big thank you to Teena Wilson who backfilled the Rural Rep role temporarily.

Our other new EMC member is Claudine Clark who is undertaking the newly created ACRA-SA/NT role for The Integrated Cardiovascular Clinical Network (iCCnet). Claudine has been seconded to CATCH for 12 months.

Ordinary Members – Dianna Lynch, Sanchia Shute, Sabine Drilling, Maureen Carey, Barb Stace, Lisa Walter, Rhonda Naffin, Sue Treadwell, Louise de Prinse, Celine Gallagher, Nicole Dawes, Tracey Giles, Hayley Lobban, and Amy Wilson.

SACRA Name change:

Name change was unanimously agreed at the AGM: (ACRA-SA/NT) to better reflect affiliation, national branding and corporate identity with ACRA. We are in the process of updating stationary and emails to reflect name change and an ACRA-SA/NT banner design process is in progress.

Treasury Report:

Treasury report is available from Renee Henthorn on request at: Renee.henthorn@health.gov.au

Country Health SA Report: Caroline Wilksch

Further funding was secured to support a small number of Cardiac Rehab Co-ordinators from Country SA to attend the Australian Centre for Heart Health – Cardiac Disease, Rehabilitation and Secondary Prevention Course in Melbourne, in June 2017.

With the introduction of electronic generation of referrals from RAH & FMC, Country SA has seen a significant increase in CR referrals. A six month trial is being undertaken: to examine the CATCH pathway (Streamline patient referral pathway, has been rolled out across SA Health and is now utilised by public and private metropolitan hospitals) making the first phone contact with clients to offer either phone rehab or referral to their nearest face to face program. This first call is by an administration officer and no clinical advice is given.

The Virtual Clinical Care Home Tele-monitoring (VCC) service (targeted at supporting adults with chronic conditions to manage changes in their health with the assistance of remote home tele-monitoring) continues across Country SA.



STATE PRESIDENTS' REPORTING CONT.



CATCH Report: Claudine Clark

CATCH Report – 24/05/17

The Integrated Cardiovascular Clinical Network (iCCnet), under the banner of the Country Health SA Local Health Network (CHSALHN), aims to provide a state-wide provider clinical network which supports the practice of evidence-based medicine and continuous quality improvement in the management of cardiovascular disease across regional, rural and remote South Australia.

The Country Access to Cardiac Health (CATCH) program is one of the service components of iCCnet and aims to deliver cardiac rehabilitation via a telephone program to country patients who may not have otherwise had the opportunity to be offered and participate in a phase 2 cardiac rehabilitation program.

The CATCH team includes a combination of administration, nursing and allied health staff.

The Central Referral Office (CRO) consists mainly of admin staff and acts as a central point of receiving referrals from country and metro hospitals, country GPs, and electronically-generated referrals (e-referrals) from metro LHNs for country patients only. The CRO is involved in the triaging of patients, processing the referral on various databases including the CATCH database, then forwarding referrals on to the appropriate program (face-to-face or telephone).

The nursing and allied health staff deliver education, support and reassurance to patients via weekly telephone calls at a time most suitable for the patient, for up to 7 calls. The CATCH program offers an after-hours service 3 days a week, which has been beneficial for patients who have returned to work or unable to attend a face-to-face program due to distance, travel restrictions, comorbidities etc.

It is important to note that whilst CATCH acts as a central referral point for both metro and country, CATCH remains a part of Country Health SA and is currently funded by Country SA Primary Health Network. As such, the work that CATCH does currently only has a direct impact on sites within CHSALHN.

Recent work includes:

- CATCH hopes to engage and work more closely with country GP's for the service delivery of a hybrid cardiac rehabilitation telephone program for their patients with a GP Care Plan/ECP.

- Country e-referrals from all metro LHNs – electronic referrals are generated from patient and/or clinic codes and sent to the CRO for triaging to country sites (for face-to-face or telephone program). Previously, CATCH was only processing referrals from RAH and FMC. Recently LMH and TQEH have been added to e-referrals.
- New system process (6 month trial effective 01/06/2017);
- Refer patients to face-to-face program if patient lives within 50km radius from face-to-face program site;
- Referral expected both ways (i.e. if a patient is referred to a face-to-face program site but unable to attend, face-to-face program site to offer telephone program and vice versa).

As a reminder:



IMPORTANT ANNOUNCEMENT

CATCH contact numbers have changed

CATCH Office	(08) 7117 0601
Cardiac Rehab Central Referral Office	(08) 7117 0613
Fax	(08) 7117 0635
Email	health.chsacardiacrehab@sa.gov.au

Direct Lines to individual staff will be detailed in their email signature
Please update your contacts – old numbers will discontinue from 5th May 2017

Heart Foundation SA Update: Sabine Drilling, Heart Foundation SA



June 2017- a new heart failure e-learning module will be available on the Heart Foundation's My heart my life e-learning site. The Heart Failure e-learning module has been developed to help health

professionals understand the pathophysiology and treatment goals of heart failure, and how to have a conversation with patients about their chronic illness utilising the Heart Foundation heart failure patient resources. Supporting a patient to understand their heart failure condition and to work with their health care team, can lead to reduced hospitalisations and improved quality of life.

The module covers:

- What is heart failure
- Pathophysiology of heart failure
- Common investigations and tests
- How to examine a patient with heart failure
- Medications
- Other treatments for heart failure
- Self-management strategies

STATE PRESIDENTS' REPORTING CONT.

- Co-morbidities and related conditions
- Palliation in heart failure

The module can be accessed (from June 2017) at <http://myheartmylife-elearning.com.au>

All nurses (you don't have to be cardiac trained) and health professionals caring for heart failure patients are encouraged to complete the online training and earn CPD points.

The Heart Failure e-learning module was developed through our successful partnership with SA Health to support cardiac patients across the state.

Heart Foundation Helpline (previously Health Information Service)

New name, branding and new 13 11 12 phone number. The Helpline will also feature in Community Service Announcements in newsprint and radio. The current 1300 number will automatically divert to 13 11 12. All new publications will have the new name and number.

The Heart Foundation's South Australian Cardiovascular Health Research Network (SACVHRN): Carolyn Astley, Translation and Research Manager, Heart Foundation SA

The Heart Foundation's South Australian Cardiovascular Health Research Network (SACVHRN) is proud to announce our **FREE 2017 Masterclass and Seminar program**. Our program is open to all health professionals and researchers in their diverse areas of work.

For a taste of what is on offer, click on the link and please feel free to share the with your networks and students as far and wide as you can: <https://www.heartfoundation.org.au/research/research-networks/south-australian-cardiovascular-research-network/whats-on>

The program promises to be stimulating and informative for many in the SA research and health professional community.

Heart Foundation Nurse Ambassador Program SA: Vanessa Poulson, Heart Foundation SA

Success of the Heart Foundation Nurse Ambassador Program: 2017 marks the 13th year of the Heart Foundation Nurse Ambassador Program, it has come a long way since its pilot in 2004. The success of the program has grown, with other states and territories of the Heart Foundation adopting the program in the last few years.

SA/NT Membership:

Current members: 67 – 6 new in 2017

We extend our warm welcome to our new ACRA-SA/NT members.

Email reminders from ACRA will be sent out shortly for those who have yet to renew their memberships. Please access the ACRA website to check that your contact details are up to date.



Profile: Jenny Finan – Incoming President

Jenny Finan, BN, Grad DNSc (cardiac nursing), MN (clinical), MNP, Credentialed Diabetes Educator (CDE), is a practicing Nurse Practitioner. She has extensive experience in primary and secondary cardiovascular health and diabetes management. She has recently established a diabetes outpatient clinic which includes self-management and insulin titration. Jenny co-ordinates cardiac and pulmonary rehabilitation programs and manages the telehealth Gerontology service to rural areas at Calvary Rehabilitation Hospital which is affiliated with Calvary Community Rehabilitation. She has extensive experience in primary and secondary cardiovascular health and diabetes management. Recently she has established a diabetes outpatient clinic which includes self-management and insulin titration.

Jenny has a background of internal auditor training, Diploma in Business and Certificated IV in Training and Assessment. After completing her Diploma in Business Jenny established her own business 'Diabetes and Heart Health' which reflects her special interest in diabetes, dyslipidemia and cardiovascular risk. Her practice encompasses health promotion, disease prevention, diagnosis and management of cardiovascular, pulmonary and diabetes conditions.

Throughout her career, Jenny has had a strong focus on consumer advocacy and currently facilitates two of the National Safety and Quality Service Standards (NSQHS) for Partnering with Consumer and Recognising and Responding to Clinical Deterioration in Acute Health Care at Calvary Rehabilitation Hospital. Part of this role includes coordinating a consumer advisory group designed to involve consumers in governance structures at an organizational level and focuses consumer and patient centered care.

Jenny has a keen interest in key performance indicators for cardiac rehabilitation and in 2015 was a co-author of the Australian Cardiovascular Health and Rehabilitation Association Core Components for cardiac rehabilitation. In 2016, she participated as a member of the scientific committee for the Australian Cardiovascular Health & Rehabilitation Association Conference and was invited to speak at the Heart Foundation Forum.



STATE PRESIDENTS' REPORTING CONT.

Jenny successfully obtained an ACU CHA NUM grant in 2014 to research 'Fast Track' Cardiac Rehabilitation Program in Victoria and was invited to join the Cardiovascular Advisory Board for nurse practitioners working in Cardiometabolic health. Jenny obtained sponsorships to the Abbot Diabetes Care ADS/ADEA Scientific Meeting and the South Australian Cardiovascular and Rehabilitation Association. She successfully obtained a grant for Medicare Private Safety and Clinical Improvement Incentive 'Heart at Risk', a home based heart failure service.

Professional memberships include National Heart Foundation-Cardiac Rehabilitation Model Working Party, Heart Foundation Nurse Ambassador, Australian Diabetes Educators Association, Golden Key International Honour Society and affiliate member of the Cardiac Society of Australia and New Zealand and Cardiology Clinical Network, Prevention and Rehabilitation.

ACRA SA/NT Education Events:

1. Our 2016 deferred education dinner was held on the 14th February 2017 at Ayres House. Dr Phil Tideman presented the National Heart Foundation and CZANZ ACS guidelines.

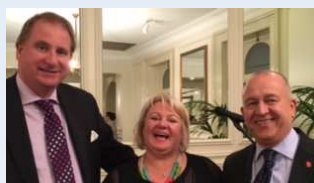


Figure 1: Dr Phil Tideman (L), Di Lynch (Pres), Mr Steve Pados (Astra Zeneca)

Dr Phil Tideman was a contributor to these guidelines and is a staunch cardiac rehabilitation and country health service equity advocate.

An important emphasis was made on the correct and timely chest pain assessment, and included the incorporation of the "Flinders model" for ACS management.

Steve Pados from Astra Zeneca kindly sponsored this event.

2. **1st April 2017:** Education seminar and AGM was held at TQEH Department of Cardiology, with invited speakers:

Assoc. Professor, *Matthew Worthley, Interventional Cardiologist* provided an historical overview of angiography/stents and discussed the positives and pitfalls around dissolving scaffolding systems – dissolvable stents.

Shirley Chui and *Cassandra Potts* FMC Pharmacists Cardiology Department provided an update on medications for heart failure plus broader CVD medications.

No. of attendees: 26 (22 people supplied feedback which rated highly 4-5/5)

3. **5th May 2017:** Heart Foundation – Heart Week activities were conducted in May culminating with a Week Health Professionals Forum which was well attended on the 5th May. The theme of this forum was about raising awareness of the importance of diagnosing and managing hypertension. Among the speakers, Dr Gabb presented a summary of the new Hypertension Guidelines and Dr Claire Roberts gave a fascinating insight into the risks associated with pre-eclampsia and hypertension in long-term cardiovascular risk. Sabine Drilling provided a deeply personal recollection of her story of her battle with hypertension.

This event was followed up by a Heart Foundation Nurse Ambassador education session which provided awareness in social media and health promotion.

4. **14th June 2017:** Our annual members dinner for 2017 was held at Ayers House, Adelaide – kindly sponsored by Steve Pados, Astra Zeneca.



Figure 2: Jenny Finan (Pres) Mr Steve Pados Astra Zeneca, Dr Alicia Chan (R)

Our invited speaker was cardiologist, Dr Alicia Chan who spoke on iron deficiency and clinical implications for patients' cardiac function and dysfunction. This included diagnosis, assessment, treatment and a sound analysis of past and present management, and potential areas for research.

No. of attendees: 33, (20 people supplied feedback, 17 people rated the talk 4-5/5).

Save The Dates:

7-9th August 2017: ACRA ASM Perth, WA.

14th October 2017: Education Symposium

- Venue: Flinders Private Hospital, Level 6 Walkway
- Time: 0900 – 1300 hours
- Topics for this event are still be considered, with a number of speakers confirmed
- A 'Save the Date' will be sent out to members soon. Saturday education seminar. Potential diabetes, heart disease, renal and heart failure" Speaker TBC/ advised.
- *New members welcome.*

29th November 2017: Ordinary meeting and members Christmas Dinner TBC /advised re speaker and venue. *New members welcome.*



STATE PRESIDENTS' REPORTING CONT.

QUEENSLAND

Committee Members

Bridget Abell - President

Steve Woodruffe - Vice President and State Representative

Paul Camp - Secretary

Karen Healy - Treasurer

Michelle Aust - Committee Member

Gary Bennett - Committee Member

Katina Corones-Watkins - Committee Member

Kathy O'Donnell - Committee Member

Jo Wu - Committee Member

Karen Uhlmann - Invited Committee Member - Heart Foundation Representative



State representative:
Steve Woodruffe



President:
Bridget Abell

Membership

Queensland has seen a great increase in its membership, this financial year. Membership has increased to 68, up from 57 in July 2016. For a mid-sized state membership like ours, this represents a significant jump.

Recent Heart Week Workshop

ACRA-Queensland and the Heart Foundation-Queensland held an education and social event on Friday 5th May, 2017 to coincide with the end of this year's Heart Week.

The two-hour workshop provided participants with the opportunity to interact with a variety of speakers and colleagues about issues surrounding the key theme of 2017's Heart Week: Hypertension. This included a keynote presentation by Maria Packard, Nutritional Manager at the Heart Foundation, covering key nutritional messages in regards to hypertension. Maria specifically focused on the role of salt and the importance of including key nutritional food groups in our diets to prevent and manage hypertension.

The evening also included an interactive, small informal group discussion and table-top presentations by a range of invited guests including practitioners from local hypertension clinics, cardiac rehabilitation programs and the Heart Foundation.

These presentations included:

- Hypertension clinics: What do they do? Who can access them? What approaches can health professionals apply to strengthen linkages with GPs to ensure patients with hypertension (with and without CVD) don't fall through the cracks? Presented by Diane Cowley, Hypertension Unit Princess Alexandra Hospital
- Approaches to addressing Hypertension in patients during Phase 2 & 3 rehabilitation (experience



from a Private Hospital service) presented by Sueann Hillman, Day Rehabilitation Manager (CR), Greenslopes Private Hospital



- Heart Foundation showcase of the newly launched online version of "My Heart, My Life" presented by Karen Uhlmann, Acute Sector Manager Heart Foundation-Queensland



The workshop was offered free to all current ACRA-Qld members. Twenty participants attended, including a few non-members. Initial feedback from participants reported that the workshop broadened their understanding of nutritional management of hypertension, increased their knowledge of blood pressure monitoring within CR programs and raised the awareness of the new online "My Heart My Life" feature, "...after my heart attack". The video of Maria Packard's keynote presentation has now been uploaded to the Vimeo page in the online ACRA member's lounge for viewing by all current members.

Annual Queensland CR Symposium

Preparations have commenced for the ACRA-Queensland annual Cardiac Rehabilitation Symposium. The date for this event has been set for Friday 20th October 2017 and venue has been booked. This year we will be holding this event at the brand new Sunshine Coast University Hospital campus. Our Professional Development subcommittee will commence organising speakers over the coming weeks. This event aims to provide up to date evidence to delegates as well as showcase current clinical best practice across the state. Video conference facilities will be made available for this event to enable members in more regional areas, as well as those in other states, to take part in the day's activities.

STATE PRESIDENTS' REPORTING CONT.

Organisation of 2018 ACRA ASM

Initial organisation for our national Annual Scientific Meeting, to be hosted by Queensland in 2018, has begun. EOIs for interested committee members have been received and the committee is taking shape. At this point chairs are yet to be appointed. The Queensland based ASM will be organised by a combined Scientific/Social/Sponsorship committee into one overall Organising Committee. This committee will be co-chaired by a Scientific Chair and an Organising Chair. The rationale for this decision is based on previous experience of committee members being on both separate committees essentially discussing similar topics. The aim will be for these meetings to be highly productive and for sub-committees for scientific program, social activities to discuss via email.

Video Recordings from 2016 State Conference

We have uploaded some of the video recordings from our last state conference to the ACRA Members

Vimeo site (<http://www.acra.net.au/members-lounge/vimeo/>). QLD has been one of the more active state groups in the production of these videos. Steps will be taken to ensure this section of the website is easy to navigate and user friendly. Members are strongly encouraged to check out this section of the website.

Online Newsletter and Blog

As of January 2017, ACRA-Qld now delivers its monthly news to members via email links to an online blog (<https://qcrablog.wordpress.com/>). This blog enables members to access all current and past news and education provided by our state association at any time with posts categorised with relevant tags and headings. While monthly updates are emailed to members, the blog itself can be accessed freely at any time by the public, providing a broader online presence for our state association. So far the blog has been well received by members, attracting many views, and has also had visitors from as far away as Japan, USA, South Africa and Canada.

ACRA 27TH ANNUAL SCIENTIFIC MEETING 2017 7-9 AUGUST 2017 RENDEZVOUS HOTEL PERTH SCARBOROUGH WA

The Australian Cardiovascular Health and Rehabilitation Association (ACRA) will host the 27th Annual Scientific Meeting in Perth, from **Monday 7th to Wednesday 9th August 2017** at the Rendezvous Hotel Scarborough.

The emphasis of the 2017 Meeting will focus on "Waves of Change, Oceans of Opportunity". Our theme: Waves of Change, Oceans of Opportunity recognises that the only constant is change and how in today's fast-paced and highly competitive health care environment it is crucial for services to embrace new ways of delivery, be innovative, and above all be flexible enough to embrace the opportunities that come with change.

Discounted Early Bird registration closing soon. For more information on registration packages and to register, visit our website - <http://www.acra.net.au/acra-2017-asm/>

ACRA 2017 ASM will truly have something for everyone with concurrent, plenary and workshop sessions delivered by a superb line up of national and local faculty, along with a number of networking opportunities tailored to suit doctors, nurses, allied health professionals and anyone working within cardiovascular health and rehabilitation.

Our keynote and invited speakers include;

- **Dr Janet Bray**, *Monash University*
- **A/Professor Tom Briffa**, *University of Western Australia*
- **Professor David Dunstan**, *Baker Heart and Diabetes Institute*
- **Dr Rolf Gomes**, *Heart Of Australia*
- **Dr Michael Joyner**, *Mayo Clinic*
- **Andrea Lloyd**, *Andrea Lloyd & Associates*
- **Dr Sarah Moore**, *Rural Clinical School of WA*
- **Professor Susanne S. Pedersen**, *University of Southern Denmark*
- **Dr Christopher Reid**, *Curtin University*
- **Professor Anna Strömberg**, *Linköping University, Sweden*
- **Professor Gerald Watts**, *University of Western Australia*

Our exciting scientific program is now available on our website - <http://www.acra.net.au/acra-2017-asm/>