

“Phase IV – The UK experience so far”

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- Brief history phase IV
- Development of BACR phase IV course and BACR phase IV organisation
- Phase IV provision in UK
- Lessons from UK

Brief history phase IV



- In the 1970's there was recognition that CHD and survivors of MI needed support to alter and maintain healthy behaviour
- North America led the way and the concept of 'Cardiac Rehabilitation' evolved
- The rehabilitation journey was divided into 'phases' (3 USA, 4 UK)

Brief history phase IV



- In UK in the 1980's there was a steady increase in CR Phases I-III
- More CR dedicated clinical staff employed
- In the 1990's in UK there was an increasing evidence base for CR.

Brief history phase IV



- BACR established and 1995 first BACR Guidelines.
- There were some UK ‘champions’ of CR
Dr Hugh Bethell, Dr Paul McIntyre, Dr Rod Taylor & Dr Jane Flint
- International literature supported lifetime exercise and health behaviour

- There were patchy developments of phase IV across UK
- We found that after Phase III the patients were looking for longer guidance and contact with CR

Brief history phase IV



SO in late 1990's!

- 1 Patients and families were looking for phase IV
- 2 The literature supported lifetime exercise
- 3 Phase III was well established.

Brief history of Phase IV



- Phase III could not cope with numbers requiring phase IV
- When CR patients graduated to the community, leisure staff and other exercise professionals did not feel competent



BACR Phase IV course



- In 1997 Dr Jenny Bell, Ms Ann Ross and a small steering group of both clinical and exercise professionals developed the programme and course content
- Pilot BACR Phase IV courses were held in Maidenhead and in Glasgow

To date



- 110 courses have taken place across all of UK including Northern Ireland
- Over 2000 qualified instructors



Funding



- Initially the funding for the development of the training course came from BHF
- Funding for individuals to attend course comes from a variety of sources
- BACR course costs £595 (854 Euros)

Entry Criteria

- Qualifications equal to a NVQ Level 2
- Experience in teaching land based exercise of 150 hours in last 2 yrs
- Endorsement from a phase III CR professional
- Character reference

Recognition



BACR course recognised by:-

- REPs (Register of Exercise Professionals)
 - EREPS – European Register currently used in Ireland but REPs (UK) status is recognised in Ireland
- Skills Active
- BHF
- British Cardiovascular Society

Organisation



- Central office 2 FTE staff
- Trained 40 BACR tutors
- Standardised course manual and accompanying DVD
- Standardised workbooks
- Standardised slides
- Courses run in 10 regional centres



Regional centre



- Provide venue
- Train local tutors over time to develop an established local tutor team
- Liaise closely with central office for admin support

Course Format

5 day 35 hours contact
Half day for assessment
100 hours independent study

- 2 x 2 days covering content
- One day to review and prepare for assessment
- (Includes 4 visits to Phase III programme)

Course Assessment



- Assessment (half day)
 - Written MCQ paper
 - Written Case Study
 - Viva
 - Compulsory questions
 - Discussion on case study
- If student does not pass they only re-sit section failed

- After qualifying instructors join the BACR Exercise Instructor network
- Every three years instructors are asked to 'revalidate' their qualification.
- A 1 hr paper & evidence of working with CHD

Phase IV Provision in UK



- In 2006 a survey carried out
- The database of all the qualified BACR exercise instructors was used
- 800 sent out with SAE
- 498 = 63% return rate

Survey

Had three sections;

- Demographics of phase IV instructors
- Phase IV content and provision
- Education issues

Demographics



- Large majority in England (79%)
- 85% BACRA phase IV
- Mean age 30 Range 20-70 years

Content and provision

- Co-ordinated mainly by Local leisure and NHS (65%)
- Held in community (80%)
- Mix of gym/studio based
- Referral mainly from phase III (75%)

- Majority no time limit to phase IV (55%)
- Funding from several sources (is a problem)
- Eight outcome measure used in phase IV
- 85% use RPE, 55% HR

- From figures approximately--
- >600 classes per week 15/20 subjects per class

Between 10,000-12,000 CR
exercisers per week!!

- 80% improved knowledge CHD treatment
- 76% improved knowledge CHD exercise physiology
- 81% improved knowledge CHD exercise prescription
- 60% career development, 60% job opportunities

Summary



- Phase IV is established across the UK
- Is held in the community delivered primarily by BACR qualified instructors
- A good mixture of classes
- Variety of funding sources
- Assessment and monitoring by majority of classes
- BACR course is providing many educational advantages

UK Strengths

- Strong lead from national body
- Links with phase III
- Have dedicated organisers
- Teams of experienced tutors
- Good links with leisure services
- Good quality updated material
- Career path for exercise professional

UK areas to develop

- Support for qualified BACRA instructors
- Funding of phase IV services
- Exit routes for phase IV
- Increase in high risk groups in Phase III reflected in Phase IV
- University links embedding course in under grad degrees
- Data bases

The end!



Thank you!
&
Good luck



www.bacrphaseiv.co.uk