

**Irish Association of Cardiac Rehabilitation
Newsletter
December 2009**



Wishing you the very best this Christmas

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Message from IACR President Sophie Charles

Dear All,

I cannot believe how quickly the year has gone and that I am now a year into the role of President of the IACR. 2009 has been a busy and productive year and I am delighted with the progress the IACR has made in the last twelve months.

The website has proven to be a wonderful tool and the real asset to the association. Visitor numbers have topped the 1,000 mark and the site now contains a wealth of information on cardiac rehab. I urge everyone to visit www.iar.info.

The recent conference and AGM was a fantastic success. We enjoyed excellent talks from top quality presenters on a range of topics including: Facilitating Behaviour Change; MI's with 'Normal' Coronary Arteries and Sudden Cardiac Death in the Young. Those in attendance on the Friday night enjoyed a very informative talk by Prof. Ian Graham, sponsored by MSD, entitled – 'Simplifying Risk Estimation – How Far Can We Go'. I look forward with great interest to the 2010 meeting.

We are all too aware of the cutbacks being experienced across the health service and cardiac rehab is no exception. The IACR has worked all year to advocate on behalf of cardiac rehab and to raise awareness of the service. Two submissions were made in 2009 – one to the Department of Health & Children & the HSE on Policy / Strategy for the Provision of Rehabilitation Services, and more recently a pre-budget submission to the Minister for Finance. In addition a Policial Question (PQ) was asked in the Dail in October focusing on the need to protect cardiac rehab and the IACR have written to the Joint Oireachtas Committee on Health & Children to highlight cardiac rehab and its importance. This work will continue throughout 2010 and full details of our advocacy work are available on the website.

Let me finish by thanking you all for your support and to especially thank the IACR committee for their help throughout the year. I wish you all a happy and peaceful Christmas and all the very best for 2010.

Sophie Charles, President.

Conference & AGM Picture Gallery



Some members of the IACR committee (past & present) L to R: Mr Robert Smyth, Wendy Yell, Caroline Finn, Dr. Mark Laher, Marian Claffey, Catherine Chambers, Marie Minogue, Sophie Charles (President), Anne Raleigh, Roisin Duffy, Barbra Dalton.



L to R: Ms Sophie Charles (President IACR & Cardiac Rehabilitation Co-ordinator), Professor Risteárd Mulcahy (Chairperson), Professor Ian M. Graham (Guest Speaker and Consultant Cardiologist Adelaide & Meath Hospital)



Ms Noreen McSweeney, (Cardiac Rehabilitation Nurse), Ms Anne Raleigh (IACR & Cardiac Rehabilitation Coordinator), Mr Keith Thompson (MSD)

Membership 2010

The IACR Needs You !

The IACR is nothing without its members and it is now time to renew for 2010. A membership form was sent to you recently and there is another enclosed with this newsletter for your convenience. A pre-paid envelope is also enclosed so it couldn't be easier !

Benefits of membership include:

- **National representation & policy development**
- **International representation**
- **Affiliation to the Irish Heart Foundation**
- **Newsletter - three times a year**
- **Updates on cardiac rehabilitation**
- **Viable base for advocacy and lobbying for change**
- **Improvement in awareness of cardiac rehabilitation nationally and regionally**
- **Standardised protocols and guidelines**
- **Access to up-to-date website**
- **Reduced rate for attending IACR conference.**

We look forward to receiving your membership form soon and welcoming you as a 2010 member of the IACR.



Bursary Winners

Every year the IACR award a number of bursaries towards education **or** presentation at a conference, related to cardiac rehabilitation. The Bursary awards are open to all IACR members. The 2009 bursary winners are:

Veronica O' Doherty:	€500
Caroline Finn:	€300
Anne Raleigh:	€300
Trish Caren:	€300

Congratulations to the winners and we look forward to reading about the conferences attended / presentations made in the newsletters next year.

Plans for 2010

The focus for the IACR in 2010 will be to build and expand on the work completed to date. In particular we intend to work on the following:

- Expansion of the advocacy effort.
- Collection of more data on CR activity.
- Development of the website.
- Strengthening of links between CR units.
- Strengthening of links between IACR and relevant national and international agencies.
- Support of research in relation to Cardiac Rehab.

If you have any ideas or suggestions on areas you feel the IACR should be prioritising then please let us know. Email to Barbra Dalton – bdalton@irishheart.ie

A Thank You from the Irish Heart Foundation

Dear all in the IACR,

On behalf of the Irish Heart Foundation I would like to extend our sincere thanks to all of you for the unending support you give to our charity. In particular I wish to thank you all for facilitating a relationship between our charity and your patients so that we may share their stories with the media and raise awareness about cardiovascular disease. Hearing real stories from real people with experience of heart disease, is one of the most impactful ways we have of engaging with the nation and we couldn't do it without your help. Many times after hearing a story from one of your patients, we immediately receive calls to our Heart and Stroke Helpline from people with concerns about themselves or a loved one. Stories like these are for many people, an important trigger to encourage them to get the help or advice they need.

I also wish to thank all those of you who have generously given up your time to organise fundraising activities in aid of our charity. Your efforts are greatly appreciated, especially in these tough economic times. Many people do not realise that our charity is 90% funded by public and corporate donations but it is efforts like these that enable us to carry out our work.

Wishing you all a heart healthy 2010.

Michael O'Shea, Chief Executive, Irish Heart Foundation

Upcoming Courses & Conferences

BACR Phase 4 Exercise Instructor Training Course. Galway 2010

Europevent 2010 - Prague, Czech Republic.

Introduction to Physical Activity and Exercise Advice in Heart Failure. Mid-Western Regional Hospitals - March 2010.

Assessment, Prescription and Delivery of Physical Activity and Exercise in Heart Failure.

World Congress of Cardiology Beijing 2010

See www.iacr.info for details on all the above courses.



Merry Christmas

