



**International Council of  
Cardiovascular Prevention  
and Rehabilitation (ICCP)**



# 2022

# BIENNIAL REPORT

## **PREPARED BY**

Prof. Robyn Gallagher – Chair  
Dr Aashish Contractor – Vice-Chair  
Dr Gabriela Ghisi – Secretary  
Dr Colin Yeung – Treasurer  
Prof. Sherry Grace – Immediate-past Chair  
Prof John Buckley – Advisor

## **PRESENTED TO**

ICCP Council

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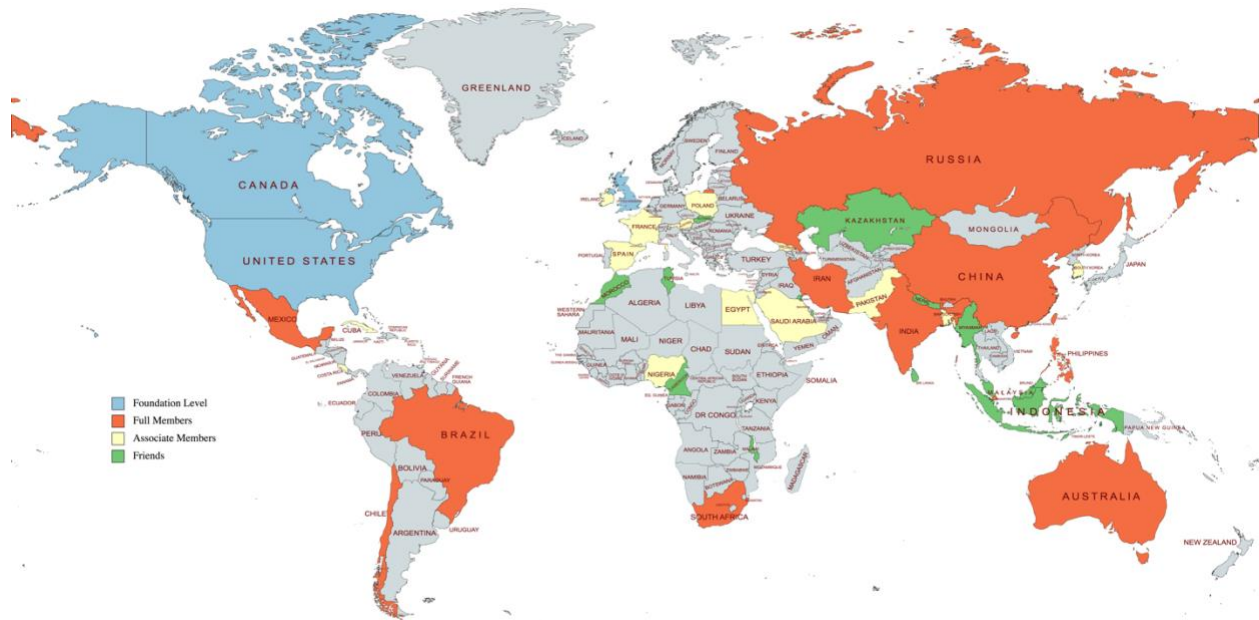
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## Members

There are currently 42 association members (3 foundation members, 9 full members with voting rights and 30 associate members who don't vote) as well as 16 individual friends.



**Table 1: List of ICCPR's Association Members, their representatives and inception date**

	<b>Association Members</b>	<b>Current Council Nominee</b>	<b>Inception Date</b>
1	American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR)	Anne Gavic-Ott	December/2012
2	Australian Cardiovascular Health and Rehabilitation Association (ACRA)	Robyn Gallagher	December/2012
3	African Heart Network	Ms. Christelle Crickmore	April/2016
4	The American Society of Preventive Cardiology (ASPC)	Thomas Barringer	December/2012
5	Brazilian Physiotherapy Society of Cardiorespiratory (ASSOBRAFIR)	Giuliano Gardenghi	April/2015
6	Austrian Working Group on Out-Patient Cardiac Rehabilitation	Josef Niebauer	March/2018
7	British Association of Cardiovascular Prevention and Rehabilitation (BACPR)	John Buckley, Susan Dawkes	December/2012
8	Bangladesh PT Association	Jamal Uddin	March/2018
9	Brazilian Grp of CP & Metabolic Rehab; BSC (DERC)	Artur Herdy	December/2012
10	Canadian Association of Cardiovascular Prevention and Rehabilitation (CACPR)	Sherry Grace, Colin Yeung, Gabriela Ghisi	December/2012
11	China Heart Federation Cardiovascular Disease Prevention and Rehab Professional Committee	Ding Rongjing / Mary Yin	February/2013
12	Cuban Society CR / Latin American Council for CR Prev & Rehab	Eduardo Rivas-Estany	December/2012
13	Egypt Heart Foundation	Wael Safwat	March/2016
14	Association Francophone de Cardiologie Preventive	Warner Mampuya	March/2014
15	Georgian Association of Cardiovascular Prevention and Rehabilitation	Lela Maskhulia	August/2016
16	Grupo Latinoamericano de Trabajo en Prevencion y Rehabilitacion Cardiaca.	Francisco Jimenez-Lopez	October/2013
17	Heart & Stroke Foundation of Barbados	Fiona Anthony	January/2014
18	Heart Friends Around the World	K. Naveed Siddiqui	May/2014
19	Irish Association of Cardiac Rehabilitation, Ireland	Sophie Charles	December/2012
20	Iranian Heart Foundation	Nizal Sarrafzadegan	December/2012

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21	Mexican Society for Heart Care	Jorge A. Lara Varga	July/2014
22	New Zealand Cardiovascular Prevention and Rehabilitation Group (NZCPR)	Cate Shepherd	July/2013
23	Nigerian Heart Foundation	Kingsley Akinroye	October/2013
24	Nigeria Cardiopulmonary Physiotherapy Association	Jibril Muhammed	October/2018
25	National Society for Prevention of Heart Disease and Rehabilitation (NSPHERE) in India	Aashish Contractor	December/2012
26	Philippines Heart Association	Benjamin Quito	August/2016
27	Russian National Society of Preventive Cardiology	Nana Pogosova	December/2013
28	Saudi Group of Cardiovascular Prevention and Rehabilitation (SGCPR)	Raghdah Aljehani	December/2012
29	Singapore Heart Foundation	Tee Joo Yeo	March/2014
30	Spanish Society of Cardiopulmonary Rehabilitation (SORECAR)	Marta Supervia Pola	July/2019
31	South African Sports Medicine	Wayne Derman/ Martin Heine	April/2014
32	Taiwan Academy of Cardiovascular and Pulmonary Rehabilitation (TACVPR)	Ssu-Yuan Chen	June/2018
33	The European Society of PRM (ESPRM) - Special Interest Scientific Committee - Persons with Cardiovascular Disease	Milica Lazovic, Marta Supervia Pola	January/2018
34	Cardiac Rehabilitation and Exercise Physiology Section of the Polish Cardiac Society	Agnieszka Mawlichanów	September/2016
35	World Hypertension League	Dan Lackland	October/2013
36	Australian Centre for Heart Health	Alun Jackson	September/2019
37	San Francisco VA Health Care System	Mary Whooley	January/2020
38	Korean Academy of CardioPulmonary Rehabilitation Medicine	Chul Kim	March/2020
39	Asociacion Costarricense de Cardiología	Thelma Sanchez	March/2020
40	Association/Society: Pakistan Society of Physical Medicine and Rehabilitation (PSPMR)	Prof. Dr. Nabila Najam Soomro	August/2020
41	Chilean Society of Kinesiology in Cardiology and Cardiovascular Surgery	Maria Jose Oliveros	July/2021
42	National Institute for Prevention and Cardiovascular Health	Jennifer Jones	February/2022

Table 2: List of ICCPR's Friends, their countries and inception date

	<b>ICCPR's Friends</b>	<b>Country</b>	<b>Inception Date</b>
1	Boukhris Marouen	Tunisia	March/2018
2	Stefan Farsky	Slovak Republic	March/2018
3	Meliani Hafid	Morocco	March/2018
4	Basuni Radi	Indonesia	March/2018
5	Ahmad Salman	Kuwait	March/2018
6	Jong Seng Khiong	Brunei Darussalam	March/2018
7	Sumana Baidya	Nepal	March/2018
8	Karam Adawi	Qatar	March/2018
9	Jacqueline Hol	Curacao	June/2018
10	Etienne Ngeh Ngeh	Cameroon	September/2019
11	Farzana Amir	Pakistan	September/2020
12	Walimuni Abeysekera	Sri Lanka	December/2020
13	Myat Bhone Aung	Myanmar	December/2020
14	Arkhat Rakhimov	Kazakhstan	January/2021
15	Kim Leong	Malaysia	January/2021
16	Alice Namanja	Malawi	January/2022

## **Key events and achievements 2020-2022**

### **1. Education events**

In response to the COVID pandemic and impact of restrictions on cardiac rehabilitation worldwide, ICCPR responded by providing free webinars to upskill staff and provide alternative education to in-person events. These included Cardiac Rehabilitation and COVID-19 Impact (April 24<sup>th</sup>, 2020), Delivery of Cardiac Rehabilitation during COVID-19: Lessons learned (April 29<sup>th</sup>, 2021), International Cardiac Rehabilitation Registry Demo and Program Certification Overview (November 15<sup>th</sup>, 2021) and ICCPR's Greatest Hits (March 24<sup>th</sup>, 2022). Webinars were delivered by world leaders but also included early presenters. Webinars reached a total registration of approximately 850 and recordings are available on our website at:

<https://globalcardiacrehab.com/webinars>. In addition to these webinars the quality and quantity of CR resources is now substantial and we advertise many events and conferences on our website. Look out for them on our calendar at: <https://globalcardiacrehab.com/Conferences>

### **2. Cardiac Rehabilitation Foundations Certificate (CRFC) for healthcare professionals/trainees**

To date, 1325 professionals have completed the program from around the world (from 23 countries). A Chinese translation was launched. A thorough update of all modules, videos and the final exam has just been finalized and we are relaunching the CRFC at the AGM May 2022. We are very excited that 20 scholarships have been provided for the CRFC by the Australian SOLVE-CHD team led by Prof Julie Redfern. The first round of applications is due May 29<sup>th</sup>, 2022 and successful applicants will be announced June 23<sup>rd</sup>, 2022. More information at:

<https://globalcardiacrehab.com/event-4735434>

### **3. ICCPR's Global Cardiac Rehab Audit**

More data flowed from this first-ever global audit of CR availability and services in which many in the ICCPR community engaged, and the 18 publications can be found here:

<https://globalcardiacrehab.com/Global-CR-Program-Survey>. An infographic highlighting CR density and unmet need will be published in the Journal of Cardiopulmonary Rehabilitation and Prevention this summer, to raise awareness on where CR is needed most.

In response to the COVID pandemic and impact of restrictions, ICCPR conducted the most inclusive worldwide survey on delivery (1062 participants, 70/111 countries providing CR) by building from the global audit. The results enabled the very targeted education webinar (see point 1) and were published in Global Heart see: <https://pubmed.ncbi.nlm.nih.gov/34211829>. Results documented the mass closings on CR programs, and ICCPR will aim to repeat the Global Audit after the pandemic to re-ascertain capacity.

#### **4. Building knowledge to support global cardiac rehabilitation**

ICCPR executive contributed to knowledge dissemination through presenting two well-received global cardiac rehab symposia for AACVPR in October 2021 and a session for BACPR also in October 2021. We used the AACVPR sessions to promote development of cardiac rehab providers through including novice speakers from lower-resourced settings.

Another important equity endeavour has been ICCPR's Women-focused cardiac rehab Clinical Practice Guideline led by Exec Board Members Sherry Grace and Gabriela Ghisi. It is soon to be available on our website alongside a host of women-specific resources at <https://globalcardiacrehab.com/Women-Focused-CR-CPG>.

#### **5. Contribution to policy**

Several executive and member associations representatives were involved in WHO's Package of Rehabilitation Interventions in each of the technical (<https://academic.oup.com/eurjpc/article/27/9/912/5924913?login=true>), development and review groups, as described here <https://www.who.int/activities/integrating-rehabilitation-into-health-systems/service-delivery/package-of-interventions-for-rehabilitation>. While there have



been delays in release due to COVID-19, it should be brought to the World Health Assembly this year for approval and implementation. ICCPR remains available to support evaluation!

## **6. Promoting Cardiac Rehabilitation Quality**

A fundamental component of ICCPR's work has been the development and October 2021 launch of the International Cardiac Rehabilitation Registry (ICRR). Led by Professor Sherry Grace and ICCPR friend Prof Karam Turk-Adawi, the ICRR has rigorous data collection methods developed using a global Delphi method

(<https://globalheartjournal.com/article/10.5334/gh.1091/>), and in-built features to make it easy for programs to be a part. Programs can compare their quality to other programs anonymously on 12 key quality indicators in real-time. Other advantages to being a part of the registry include access to program data as well as individualized patient lay summaries. CR programs are encouraged to join (there is no cost); find details here:

[https://globalcardiacrehab.com/ICRR\\_sites](https://globalcardiacrehab.com/ICRR_sites). To date there are programs in Mexico, Qatar, Iran, Pakistan and India participating in a pilot study, with over 25 programs currently soliciting approval to get started. ICCPR is grateful to the many members of our community who serve on the ICRR committees to support the success of this important initiative.

In an associated endeavour, ICCPR is now providing Program Certification (<https://globalcardiacrehab.com/Program-Certification>). Registry data are used, followed by a 2-hour virtual site assessment. The first program to be certified is Tabba Heart Institute in Pakistan, and that will be celebrated with the ICCPR community soon. A pilot will continue with 3-4 more sites this year. Get your program ICCPR certified!

## **7. Online surveys for patients**

In addition to these quality endeavours, ICCPR provides online surveys for patients to complete related to CR Information Needs and CR attendance barriers – available in English, Portuguese, Chinese and free to all on our website at: <https://globalcardiacrehab.com/For-Patients>.

Respondents receive mitigation suggestions for their top barriers, and are directed to online

patient-centred and evidence-based information for their top needs. CR programs are invited to partner with ICCPR by encouraging use of the surveys in their patients, so you can learn about the top barriers and information needs in your patients; we hope to support quality initiatives based on the results. Research ethics approval has been secured, and programs that collaborate will be invited to co-author eventual dissemination of the findings in academic journals. Contact [sgrace@yorku.ca](mailto:sgrace@yorku.ca) to express your interest and learn more.

## **8. More Resources**

Many more resources screened and provided from our members are also available on our website: <https://globalcardiacrehab.com/CR-Resources>. This includes lists of current CR guidelines, quality standards, top articles on CR benefits, tools to support greater CR use, and more.

## Membership and Administration

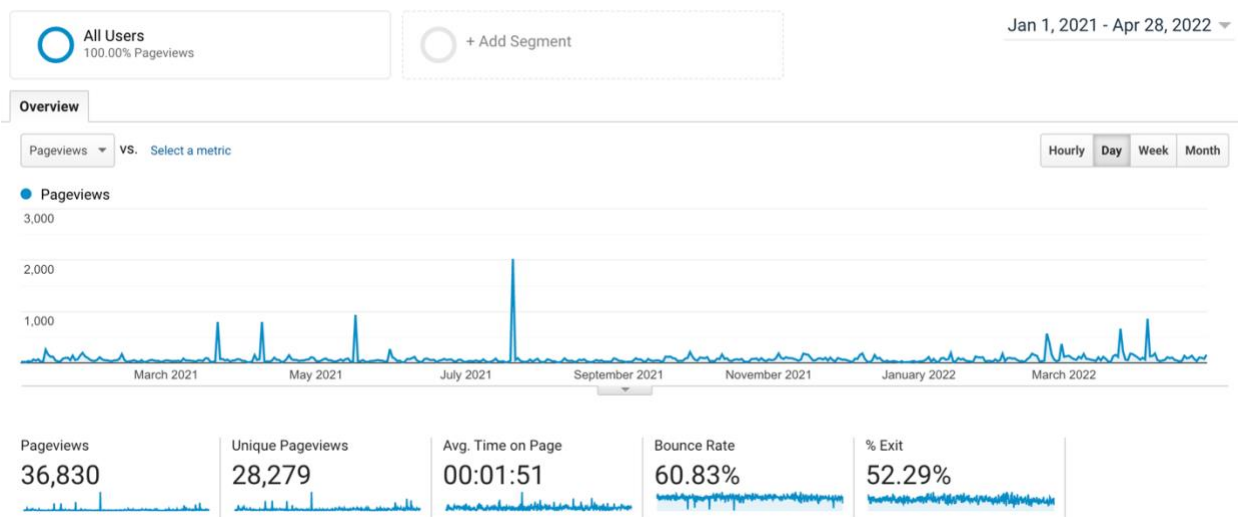
### Email Distribution List

In December 2020, ICCPR has created a CR Program Email Distribution List, with the objective to disseminate information about Cardiovascular Prevention and Rehabilitation directly to interested programs globally. Members As of April 2022, there are **1951 contacts** in this list, of which 1891 are subscribers. In total, 18 campaigns were sent to the email list contacts since inception. Our members can solicit posting; policy is posted on our website:

[https://globalcardiacrehab.com/resources/Documents/Policies/ICCPR%20Policy\\_email%20distribution%20list\\_v2.pdf](https://globalcardiacrehab.com/resources/Documents/Policies/ICCPR%20Policy_email%20distribution%20list_v2.pdf)

### Website visits

Since January 2021, the globalcardiacrehab.com website has been visited by around **28,000 visitors** (around 1,750 per month), with **36,800+ pageviews**. The most viewed pages were the following: Certification, CR Guidelines, Training, ICRR (Registry), and For Patients. Most often, visitors of the website are from USA, Canada, United Kingdom and India, but there are visits from **162 countries**.



## **Social Media Presence**

- [Twitter](#): 1,160 followers
- [Facebook](#): 948 followers
- [YouTube](#): 87 subscribers, 3003 views in total
- [Instagram](#): 181 followers
- [TikTok](#): 8 followers, 48 likes
- [LinkedIn](#): 8 followers (start May 2022)

**Total number of people connected to ICCPR = 6,000**

## Executive officer's acceptance of this report

Executive officer's acceptance of this report as a true reflection of activities of the International Council of Cardiovascular Prevention and Rehabilitation



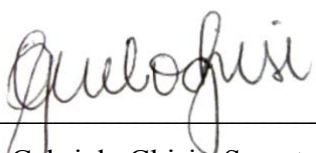
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Prof. Robyn Gallagher – Chair

May 11<sup>th</sup>, 2022

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Date



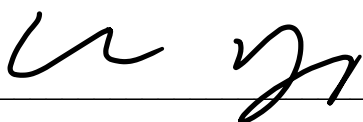
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Dr. Gabriela Ghisi - Secretary

April 28<sup>th</sup>, 2022

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Date



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Dr. Colin Yeung - Treasurer

May 11, 2022

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Date