

National Data Opt-Out Policy*: Exemption

NACR has been granted exemption from the NDO. Patients no longer need to be checked against the NDO register, and patient data previously removed can now be entered on NACR. If possible we would be grateful if the previously excluded data could be entered, so we can report on programmes as completely as possible, however we realise that time and resources may not allow for this. The priority for data input should be current patients.

We will be sending out an updated Patient Information Sheet very soon, with details for patients regarding local audit opt-out.

*NDO applies only to programmes in England

Reports, Data Deadlines and Surveys

Quarterly Reports: The January 2023 Quarterly Report (July-Sept 2022 data) will be published at the end of this month, looking at Gender and Completion. We will also re-run the July 2022 Quarterly Report to pick up any data input since it was originally published. The next quarterly deadlines are:

April Quarterly Report: 31st March deadline – Oct-Dec 2022 data. This report will look at Ethnicity and Completion.

July Quarterly Report: 30th June deadline – Jan-Mar 2023 data. This report will continue to look at inequalities in completion, specific focus to be confirmed.

October Quarterly Report: This will focus on Staffing and will be an update on the staffing data published in October 2022.

Annual Report and Certification (NCP_CR): The data deadline for both annual reports will be **31st May 2023**, as in previous years. This will be for all Jan-Dec 2022 data.

Surveys: The Staffing Survey will be sent out very soon, and we are continuing to focus on staff movement and replacement levels, as with last year's survey. This information is proving very valuable, in addition to the MDT information that is used for the Staffing KPI in Certification.

We will be looking to report on Uptake in this year's Annual Report, having paused this metric during the Covid period, so please either send us your 'Numbers Starting Core/Phase 3' or confirm your NACR start numbers as appropriate when you receive your survey.

Both surveys will be sent out by Corinna Petre (NACR Project Manager).

New 'Ghost' KPIs

Following agreement by the NCP_CR Steering Group, Certification reports this year will include four new 'ghost' measures. These are for **information only** at the moment, with a view to possibly including one or more of them as new KPIs in the future - they will not currently be used as Certification criteria. The 'ghost' measures are:

Mode of Delivery: Does the programme offer a choice of rehab delivery (ie. Group and Home-Based, or a Hybrid of both).

Completion Rate: Percentage of patients starting Core/Phase 3 rehab who go on to complete.

Reassessment based on Completion: Of those completing Core/Phase 3 rehab, what percentage has an Assessment 2 recorded.

Baseline Comprehensive Assessment: Percentage of Assessment 1 records with measures for all three core components (ie. Risk Assessment, Psychosocial Health, Exercise Testing (FCT))

Database: *Rehab Delivery Addition* - Group MCT (Group Metacognitive Therapy)

We have recently added a new option to the Rehabilitation Delivery drop down list.

3a: Group MCT (Metacognitive Therapy) is currently for use by those programmes who are part of the Pathway BEACONS Group MCT pilot but will be available for use by all programmes, where appropriate, as this becomes more widely available.

Pathway BEACONS is an NIHR funded study supporting the implementation and potential roll-out of metacognitive therapy (MCT) in cardiac rehabilitation (CR) services. Metacognitive therapy is an effective talking-based treatment that significantly reduces anxiety and depression symptoms in patients undergoing CR. The NIHR have funded a study of the implementation of MCT across pilot BEACON sites in England. The study is led by academics and researchers at the University of Manchester, University of York, and Greater Manchester Mental Health NHS Trust. Metacognitive therapy is delivered as a six-session group-based treatment by CR staff in accordance with a treatment manual. It focuses on reducing worry, rumination and unhelpful coping responses that keep anxiety and depression going.

For more information on MCT research in CR, check out the following open-access sources:

[Frontiers: The NIHR Funded PATHWAY Research Programme](#)

[Circulation: PATHWAY Trial](#)

BACPR Standards 2023

The updated BACPR Standards 2023 have been published and can be found via the link below:

[BACPR Standards 2023](#)

Updated NICE Guidelines for Heart Failure

NICE have just updated their guidelines for Chronic Heart Failure in Adults regarding provision of cardiac rehabilitation for this patient group. Please see link to the updated Quality Standard below:

[Quality Standard \(QS9\)](#)

If you wish to speak to a member of the team about any of the above, please contact us and we will be happy to discuss further.