

Appendix 3 - Recruitment material

Appendix 3a - E-mail to BACPR members on 2nd and 25th of June 2020

BACPR Survey - Use of remote technology to deliver the exercise component of cardiac rehabilitation.

Dear Member,

The outbreak of Covid-19 has meant that patients in many countries can no longer attend assessments and exercise classes in person. As a consequence, many healthcare services have had to adopt new ways of working to ensure that their patients continue to receive cardiac rehabilitation services. Anecdotal evidence suggests that some cardiac rehabilitation services have begun to use technology to deliver their assessments, physical activity advice, and/or exercise programmes, remotely. The Covid-19 outbreak may therefore represent a step-change in services capacity to use the technology when the disease is brought under control. This may provide an opportunity to increase participation in cardiac rehabilitation among those who are unable or unwilling to travel to centre-based cardiac rehabilitation, in the long-term.

To help improve the provision of cardiac rehabilitation in the future, we would be extremely grateful if you could take 10 minutes to complete a brief survey which will help the British Association for Cardiovascular Prevention and Rehabilitation understand if, or how, technology is being used to deliver the exercise component of cardiac rehabilitation. It will also capture your professional experiences of using technology to deliver exercise-based cardiac rehabilitation and obtain an estimate of the patient demographic that are engaging with alternative delivery methods of cardiac rehabilitation. The findings of the study will be disseminated through the BACPR as well as conferences, scientific publications, and if appropriate, training courses.

The survey can be completed on a desktop computer or a smart phone, and will take approximately 10 minutes. To proceed to the survey, [click here](#).

Thank you for taking the time to consider taking part in this study.

Best wishes

Dr Simon Nichols

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Appendix 3b - Example Twitter advert posted on Twitter by the study authors on June 3rd 2020

RT #COVID19 is an unprecedented challenge to #cardiacrehab Please tell us if/how you are using technology to deliver the exercise component of CR by completing this 10 minute survey Down pointing backhand index
[@bacpr @A_ODoherty @susandawkes @aynsleycowie @drtom_butler @SHU_PAWPH](https://shusls.eu.qualtrics.com/jfe/form/SV_eEgCIDLGhsAE7Fr?Q_CHL=social&Q_SocialSource=twitter)

Example advert posted by the BACPR Exercise Instructor Network on their Facebook page, on 8th June 2020

Appendix 3c - Calling all BACPR Members please check your email inboxes!!

We would greatly appreciate your help in completing our survey regarding the use of remote technology to deliver the exercise component of Cardiac Rehab. The findings of this study will be disseminated through the BACPR, conferences & scientific publications.