

PREVENTIVE CARDIOLOGY, CARDIAC REHABILITATION & SPORTS CARDIOLOGY

FROM SET-UP TO NEW FRONTIERS

PROGRAMME | 20-23 NOVEMBER 2017



INSELPITAL

BERN UNIVERSITY HOSPITAL, SWITZERLAND
Hörsaal Langhans, Entry 43 A, Pathologisches Institut

EAPC Course Director/Local Organizing Committee

Matthias Wilhelm University Clinic of Cardiology, Inseispital,
Bern University Hospital, Switzerland

Jean-Paul Schmid Department of Cardiology, Tiefenau Hospital,
Bern, Switzerland



EAPC
European Association
of Preventive Cardiology
A Registered Branch of the ESC



**EUROPEAN
SOCIETY OF
CARDIOLOGY®**

COURSE OBJECTIVES

Cardiovascular diseases remain the leading cause of death and disability in most European countries. Secondary prevention has become a cornerstone of treatment, but a majority of patients do not achieve guideline standards, predisposing them to progression of disease, recurrent events, and heart failure.

Modern preventive cardiology and cardiac rehabilitation programmes, appropriately adapted to medical and cultural settings, have the potential to effectuate a healthier lifestyle, better risk factor control and adherence with cardioprotective medication.

However, in most European countries, less than 50% of cardiac patients attend these programmes. There is a clear need to improve the situation by increasing the number programmes, facilitating the access to these programmes, and tailoring these programmes to the requirements of the patients. Moreover, the fixed-term and often centre-based programmes have to be modified based on patients preferences and provide concepts for long-term management.

The World Health Organisation underscores in their action plan for the prevention and control of non-communicable diseases the importance of improving quality and coverage of secondary prevention and rehabilitation following heart attacks and stroke.

EDUCATIONAL OBJECTIVES

- Learn to set up and run a modern preventive programme, including exercise-based cardiac rehabilitation in cardiac patients with and without heart failure
- Learn how to implement a multidisciplinary approach (exercise prescription, smoking cessation, nutrition and psychosocial counselling)
- Special focus on optimal medical therapy
- Special focus on patients with a high cardiovascular risk
- Special focus on exercise testing
- Special focus on exercise training and long-term management
- Special focus on sports cardiology and sports in patients with cardiac diseases
- Special focus on new frontiers and modern concepts in secondary prevention

The content of the course covers essential knowledge on secondary prevention, cardiac rehabilitation (including rehabilitation of heart failure patients), and sports cardiology according to the Core Curriculum for the European Cardiologist. The course approach is practical, including plenary discussion rounds, workshops, hands-on sessions, and live demonstrations of exercise testing and training.

TARGET AUDIENCE

This course is addressed to the multidisciplinary team of specialists working in the field of secondary prevention, cardiac rehabilitation, and sports cardiology, encompassing cardiologists, sports physicians, physiotherapists, sports scientists and nurses.

09:00 - 09:30

Arrival of participants – registration

09:30 - 10:00

Welcome addresses

Swiss Society of Cardiology SGK,
University Clinic of Cardiology Bern
President EAPC

INTRODUCTORY LECTURE

10:00 - 10:20

What does the invasive cardiologist
expect from preventive cardiology?

SESSION 1: EPIDEMIOLOGY & PATHOPHYSIOLOGY OF CARDIOVASCULAR DISEASE

10:20 - 10:40

Basic science: Atherosclerosis

10:40 - 11:00

Update: Epidemiology of CVD in Europe

11:00 - 11:20 | **Coffee break**

SESSION 2: CARDIOVASCULAR RISK ASSESSMENT

11:20 - 11:40

Risk Scores

11:40 - 12:00

What does imaging add?

12:00 - 12:20

High risk patients - Obesity and Type 2
Diabetes

12:20 - 12:40

High risk patients - Familial
Hypercholesterolemia

12:40 - 13:00

High risk patients - Oncology

13:00 - 14:00 | **Lunch**

"HOW TO" SESSION: EXERCISE STRESS TESTING

14:00 - 14:20

Basic concepts: ergometry

14:20 - 15:00

Live demonstration: ergometry

SESSION 3: CARDIOVASCULAR PREVENTIVE MEDICATION

15:00 - 15:20

Drug treatment for Hypertension

15:20 - 15:40

Drug treatment for Dyslipidemias

15:40 - 16:00

Drug treatment of Type 2 Diabetes

16:00 - 16:20

Drug treatment for smoking cessation

16:20 - 16:50 | **Coffee break**

"HOW TO" SESSION: AMBULATORY BP MEASUREMENT

16:50 - 17:10

Basic concepts: 24h-BP measurement

17:10 - 17:30

Interpretation of BP recordings

SESSION 4: SECONDARY PREVENTION STRATEGIES IN EUROPE

17:30 - 18:00

Insights in the EU-CARE study

SESSION 1: EVIDENCE FOR CARDIAC REHABILITATION

09:00 - 09:20

Basic science: effects of exercise on the cardiovascular system

09:20 - 09:40

What can we learn from CR meta-analyses?

09:40 - 10:00

Core components of comprehensive CR programs

10:00 - 10:30 | **Coffee break**

“HOW TO” SESSION: EXERCISE STRESS TESTING AND EXERCISE PRESCRIPTION

10:30 - 10:50

Basic concepts of CPET

10:50 - 11:10

CPET in cardiac patients

11:10 - 11:30

Prescription of endurance training for CR

11:30 - 11:50

Prescription of strength training for CR

11:50 - 12:30

Live demonstration: CPET in a patient with CAD

12:30 - 13:30 | **Lunch**

SESSION 2: MULTIDISCIPLINARY APPROACH OF CR

13:30 - 13:50

Smoking cessation management

13:50 - 14:10

Assessment of psychosocial risk profile

14:10 - 14:30

Nutrition counselling

“HANDS-ON” SESSION:

A) CARDIOPULMONARY EXERCISE TESTING

14:30 - 15:30

Interpretation of CPET data

B) MEET THE PHYSIOTHERAPISTS

14:30 - 15:30

Practical aspects of exercise training

15:30 - 16:00 | **Coffee break**

SESSION 3: CHALLENGES AND NEW FRONTIERS

16:00 - 16:20

Quality assessment of CR programs

16:20 - 16:40

Hospital-, community- or home-based CR

16:40 - 17:00

Telerehabilitation

17:00 - 17:20

Concepts to increase long-term adherence

SESSION 4: SPECIAL PATIENT POPULATIONS

17:20 - 17:40

Patients after valve surgery

17:40 - 18:00

Grown-up with congenital heart disease

SESSION 1: STATE OF THE ART

09:00 - 09:40

Treatment of heart failure with preserved and reduced ejection fraction

SESSION 2: EVIDENCE FOR CARDIAC REHABILITATION IN HF

09:40 - 10:00

Basic science: exercise and heart failure

10:00 - 10:20

What can we learn from meta-analyses of HF CR ?

10:20 - 10:50 | **Coffee break**

"HOW TO" SESSION: EXERCISE STRESS TESTING AND EXERCISE PRESCRIPTION

10:50 - 11:10

CPET in heart failure patients

11:10 - 11:30

Modern concepts of endurance training in HF

11:30 - 11:50

Additional benefit of strength training and inspiratory muscle training in HF

LIVE DEMONSTRATION

11:50 - 12:30

CPET in HF

12:30 - 13:30 | **Lunch**

SESSION 3: MULTIDISCIPLINARY APPROACH

13:30 - 13:50

What is specific in CR for HF patients?

13:50 - 14:10

Psychosocial management in HF patients

14:10 - 14:30

Correction of iron deficiency anemia

14:30 - 15:00

Optimization of medical treatment and indications of device therapy

SESSION 4: EXERCISE TRAINING IN HIGH-RISK PATIENTS

15:00 - 15:20

Training in patients with ICD/CRT

15:20 - 15:40

Training in patients with NYHA class II-IV

15:40 - 16:00

Training in patients with VAD

16:00 - 16:30 | **Coffee break**

"HOW TO" SESSION: EXERCISE TRAINING IN HF PATIENTS - LIVE DEMONSTRATIONS

16:30 - 16:50

Strength training

16:50 - 17:10

Endurance training in CHF

17:10 - 17:30

Individualising exercise training

17:30 - 17:50

Integrating eHealth in exercise training

18:00

Departure for dinner – Mahogany Hall

SESSION 1: STATE OF THE ART

09:00 - 09:30

The athlete's heart, gender and ethnicity

**"HOW TO" SESSION: CARDIAC
EVALUATION OF AN ATHLETE I**

09:30 - 10:00

ECG interpretation with modern criteria

10:00 - 10:30

ECG quiz

10:30 - 11:00 | **Coffee break**

**"HOW TO" SESSION: CARDIAC
EVALUATION OF AN ATHLETE II**

11:00 - 11:30

Exercise testing in athletes

11:30 - 12:15

Live demonstration: CPET in an athlete

12:15 - 13:30 | **Lunch**

**SESSION 2: SUDDEN DEATH IN
SPORTS**

13:30 - 13:50

Epidemiology, causes & national
registries

13:50 - 14:10

Sudden cardiac death and normal heart

14:10 - 14:30

Abortion of sudden death by AED / ICD

14:30 - 14:45 | **Short break**

**SESSION 3: DIAGNOSTIC
CONUNDRUMS**

14:45 - 15:05

HCM vs. athlete's heart

15:05 - 15:25

ARVC – impact of genes and exercise

15:25 - 15:45

Left ventricular non compaction and
dilated cardiomyopathy versus athlete's
heart.

15:45 - 16:05

Exercise and atrial fibrillation

16:05 - 16:45 | **Coffee break**

**"HOW TO" SESSION: SPORTS
ELIGIBILITY IN CARDIAC DISEASES**

16:45 - 17:05

Ischemic heart disease and hypertension

17:05 - 17:25

Cardiomyopathies and myocarditis

17:25 - 17:45

Arrhythmogenic cardiac conditions

17:30 - 18:00

Grown-up with congenital heart disease

End of the course

General Information

VENUE

Inselspital, Bern University Hospital, Switzerland: Hörsaal Langhans, Entry 43 A, Pathologisches Institut
Nearest international airport: Zurich, Switzerland

LOCAL ORGANIZING COMMITTEE

Matthias Wilhelm, University Clinic of Cardiology, Inselspital, Bern University Hospital, Switzerland

Jean-Paul Schmid, Department of Cardiology, Tiefenau Hospital, Bern, Switzerland

Website for online & hotel registration: www.kardiologie.insel.ch/EAPC

SECRETARIAT

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REGISTRATION

The registration fee includes: course participation, lunches and coffee breaks.
Hotel accommodation and transportation are not included in the fees.

Packages	Early bird**	Regular fee	On-site payment
1 day:	220 CHF	280 CHF	340 CHF
2 days:	410 CHF	470 CHF	530 CHF
3 days:	580 CHF	640 CHF	700 CHF
4 days:	730 CHF	790 CHF	850 CHF

Special discount for EAPC Silver members: 10%

***Early bird registration until 9 October 2017*

Dinner on Wednesday 22.11.17: 60 CHF

HOTEL ACCOMMODATION

Category	Single room per night	Twin room per night
****	170 - 230 CHF	245 - 305 CHF
***	115 - 185 CHF	160 - 235 CHF
*	110 - 140 CHF	121 - 180 CHF

Location Plan

