

Report:

National CVD Prevention Coordinators Meeting

ESC Congress 2019
Paris, France

1 September 2019

Agenda

10:00 – 10:05	Welcome	Joep Perk (ZOOM)
10:05 – 10:20	Results of the OCRE 3.0 survey and lessons to be learnt?	Ana Abreu
10:20 – 10:25	HeartScore update: New National versions launched	Britta Ettelt
10:25 – 10:35	Update on ESC Prevention of CVD Programme:	Nicolle Kraenkel
	<ul style="list-style-type: none">• CVD Prevention Summit (programme & organisational details)• Patient website & videos	
10:35 – 10:45	Young Ambassadors network is growing!	Flavio d'Ascenzi
10:45 – 10:55	Update from National Coordinators	All
10:55 – 11:00	Closing words from EAPC Secretary	Nicolle Kraenkel

AOB

Participants

Chair & Speakers:

- Joep Perk, Prevention Implementation Committee Deputy-Chair (via ZOOM)
- Ana Abreu, Secondary Prevention and Rehabilitation Section Past-Chair and National Coordinator for Portugal
- Britta Ettelt, EAPC Coordinator
- Nicolle Kraenkel, EAPC Secretary and ESC Prevention of CVD Programme project lead
- Flavio d'Ascenzi, EAPC Young Community lead



Participants

21 National Coordinators and Representatives:



- Belarus
- Bosnia & Herzegovina
- Czechia
- Denmark
- Estonia
- Finland
- France
- Georgia
- Ireland
- Italy
- Latvia
- Luxembourg
- Malta
- Morocco
- Netherlands
- Poland
- Romania
- Slovenia
- Spain
- Sweden
- Turkey

Overview of Cardiac Rehabilitation in ESC member countries (OCRE)

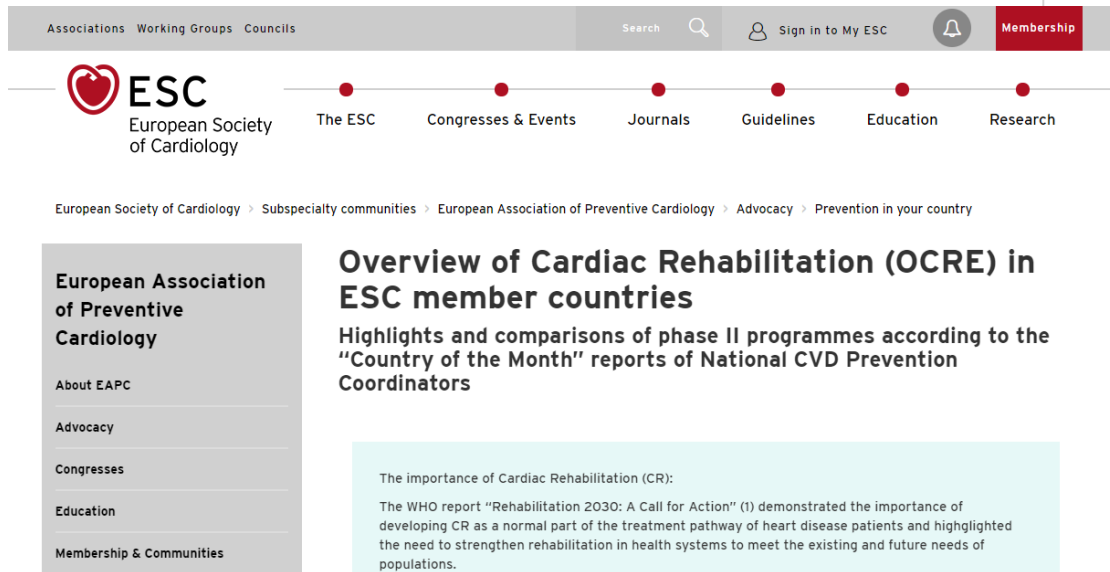
Presented by **Ana Abreu**, Past-Chair of the Secondary Prevention & Rehabilitation Section

OCRE

Objective: to advance the knowledge about national cardiac rehabilitation (CR) settings in ESC member countries.

Part 1 (2017): synthesis of Country of the month reports

Part 2 (2019): direct inquiry of national CVD prevention coordinators



The screenshot shows the ESC website interface. At the top, there is a navigation bar with links for Associations, Working Groups, Councils, Search, Sign in to My ESC, and a Membership button. Below this is the ESC logo and a horizontal menu with links to The ESC, Congresses & Events, Journals, Guidelines, Education, and Research. A breadcrumb trail indicates the current location: European Society of Cardiology > Subspecialty communities > European Association of Preventive Cardiology > Advocacy > Prevention in your country. On the left, a sidebar lists the EAPC menu items: About EAPC, Advocacy, Congresses, Education, and Membership & Communities. The main content area is titled "Overview of Cardiac Rehabilitation (OCRE) in ESC member countries" and includes a sub-header "Highlights and comparisons of phase II programmes according to the 'Country of the Month' reports of National CVD Prevention Coordinators". A light blue box contains the text: "The importance of Cardiac Rehabilitation (CR): The WHO report 'Rehabilitation 2030: A Call for Action' (1) demonstrated the importance of developing CR as a normal part of the treatment pathway of heart disease patients and highlighted the need to strengthen rehabilitation in health systems to meet the existing and future needs of populations."

Associations Working Groups Councils Search Sign in to My ESC Membership

ESC
European Society
of Cardiology

The ESC Congresses & Events Journals Guidelines Education Research

European Society of Cardiology > Subspecialty communities > European Association of Preventive Cardiology > Advocacy > Prevention in your country

**European Association
of Preventive
Cardiology**

About EAPC
Advocacy
Congresses
Education
Membership & Communities

**Overview of Cardiac Rehabilitation (OCRE) in
ESC member countries**

Highlights and comparisons of phase II programmes according to the
"Country of the Month" reports of National CVD Prevention
Coordinators

The importance of Cardiac Rehabilitation (CR):
The WHO report "Rehabilitation 2030: A Call for Action" (1) demonstrated the importance of
developing CR as a normal part of the treatment pathway of heart disease patients and highlighted
the need to strengthen rehabilitation in health systems to meet the existing and future needs of
populations.

OCRE part 2

Methodology:

The second part (2019), which originated from the results of a pan-European online survey served to the National CVD Prevention coordinators, overcame the issue of missing data since valid participation required answering all 13 hot CR topics.



- Online survey
- 13 provision and quality indicators from the 6 components from part1
- All questions mandatory to allow submission
- NCPs reporting regarding 2018 based in published evidence (URL) or best estimate following national consensus
- results were combined with data from previous Part 1 for identical topics, when possible for the 51 countries
- If conflicting data, the most recent was preferred
- Outputs in graphs and map cards
- Results were validated by participating National Coordinators prior to publication

OCRE part 2 Results



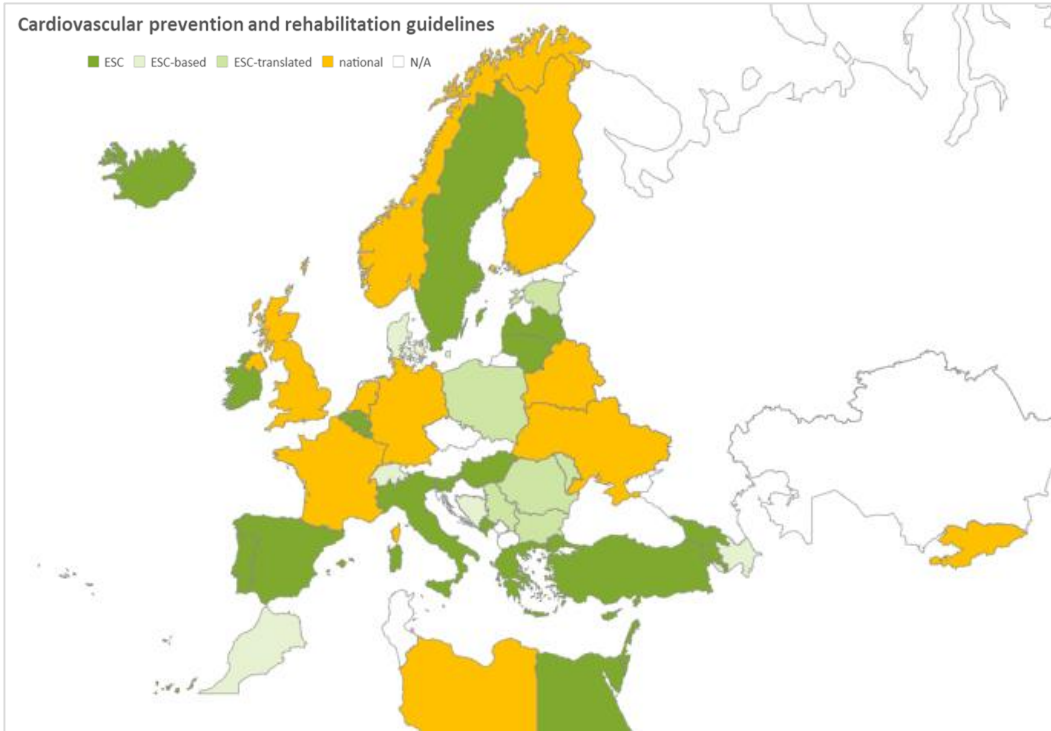
Survey

51 ESC member countries
with appointed NCPCs

42 valid survey answers

82% participation rate

OCRE part 2 Results




Cardiovascular prevention and rehabilitation guidelines

- 67% follow European guidelines (45% ESC, 10% ESC-based, 11% ESC translated)
- 19% follow national guidelines

OCRE part 2 Slide Kit

- Download the slide kit with the full results: [pdf](#)
- More information is available [here](#)



ESC
European Society
of Cardiology

The ESC Congresses & Events Journals Guidelines Education Research

European Society of Cardiology > Subspecialty communities > European Association of Preventive Cardiology > Advocacy > Prevention in your country

**European Association
of Preventive
Cardiology**

About EAPC

Advocacy

Overview of Cardiac Rehabilitation in ESC member countries (OCRE)

Highlights and comparisons of phase II programmes according to the "Country of the Month" reports of National CVD Prevention Coordinators

Topic(s): *Rehabilitation and Sports Cardiology;*

OCRE conclusions

Although 67% of ESC member countries follow European guideline, and 43% of countries have Prevention guidance documents in place...

... the delivery of CR phase II is still quite heterogeneous (uptake, start type, duration, typology, ...) with some good examples leading the way

Major obstacles identified include:

1. **patient level:** low economic status, older age, lack of benefits awareness, multiple comorbidities;
2. **staff level:** lack of automatic referral system, no financial incentives, Lack of multidisciplinary teams, Time consuming;
3. **healthcare level:** reimbursement issues, Lack of preventive culture, Lack of specialized locations, Geographical issues

Audit measures such as National accreditation program for licensing CR programs (30%) and National CR electronic database registry (15%) are still lacking

HeartScore[®] Update

Interactive tool for risk assessment and management

Presented by **Britta Ettelt**, EAPC Coordinator

New versions launched!

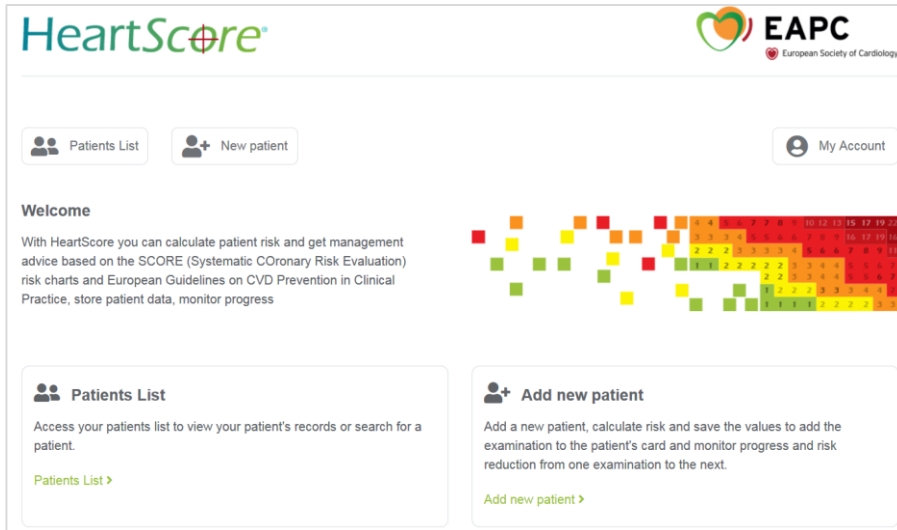
- Redesign of HeartScore Europe
 - Improved ergonomics & optimised for mobile devices
 - Infographic for patients to improve visibility of the results, targets and health advice
- Redesign of 5 national HeartScore[®] versions, update with 2016 guidelines including HDL and BMI:
 - France
 - Romania
 - Russian Federation
 - Estonia
 - Turkey
- Next on the list:
 - Bosnia & Herzegovina (Bosnian, Serbian Cyrillic, Serbian Latin, Croatian)
 - Croatia
- Planned for 2020: Delivery of remaining 8* calibrated HeartScore[®] versions



HeartScore® update

Where we stand

New design with patient infographic:



The screenshot shows the HeartScore EAPC web interface. At the top, there's a header with the HeartScore logo and EAPC logo. Below the header, there are navigation buttons: 'Patients List', 'New patient', and 'My Account'. A 'Welcome' message is displayed, followed by a description of the tool's purpose. A colorful infographic of a heart is shown. Below the infographic, there are two main sections: 'Patients List' and 'Add new patient'.

HeartScore® EAPC
European Society of Cardiology

Welcome

With HeartScore you can calculate patient risk and get management advice based on the SCORE (Systematic COronary Risk Evaluation) risk charts and European Guidelines on CVD Prevention in Clinical Practice, store patient data, monitor progress

Patients List
Access your patients list to view your patient's records or search for a patient.
[Patients List >](#)

Add new patient
Add a new patient, calculate risk and save the values to add the examination to the patient's card and monitor progress and risk reduction from one examination to the next.
[Add new patient >](#)



The infographic summary is presented in a light green box. It contains six key pieces of information, each with an icon and a brief description.

- Your total CVD risk * :** 14% (Warning icon)
- What you should aim for:** 5% (Thumbs up icon)
- Your Risk Age:** 105 (Person icon)
- What makes up your risk:**
 - Systolic blood pressure 31%
 - Cholesterol 28%
 - Smoker 42%
- Health Advice:**
 - 30 min. exercise/day
 - Healthy diet
 - Stop smoking
- Target values:**
 - Systolic blood pressure: 140 or less
 - Cholesterol: 5 mmol/L or less
 - HDL Cholesterol: Greater than 1 mmol/L
 - Smoker: No

* Total CVD risk refers to the 10-year risk mortality

ESC Prevention of CVD Programme

Presented by **Nicolle Kraenkel**, EAPC Secretary and Project lead

ESC Prevention of CVD Programme

Structured secondary prevention programmes are recommended as the best means to deliver prevention interventions however **implementation of such programmes is inconsistent**.

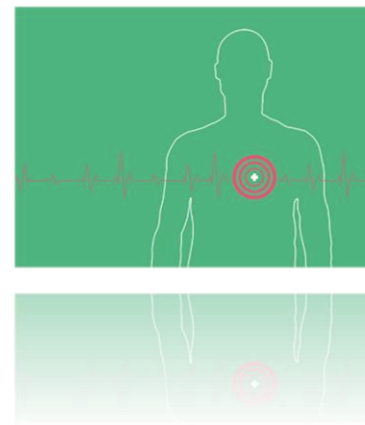
EAPC, Acute Cardiovascular Care Association and ACNAP are engaged in a cardiovascular prevention programme to raise awareness and provide guidance to reduce residual risk and improve preventive interventions:

Phase I: Secondary Prevention after Myocardial Infarction (2015)

Phase II: Focus on Secondary Prevention (2016 - 2017)

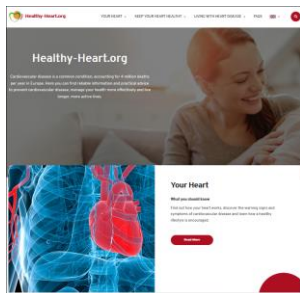
Phase III: Implementation, Evaluation & follow-up (2018-2020)

- I. Promote continued **awareness** among health professionals and patients
- II. Set feasible standards and priorities for **implementation** according to the 2016 prevention guidelines
- III. Design, produce and expand (to secondary prevention) existing implementation **tools**
- IV. **Audit** performance of secondary prevention across Europe and give targeted feedback



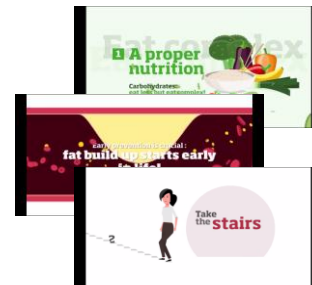
ESC Prevention of CVD Programme

Phase III highlights



www.Healthy-Heart.org – Website for Patients & General Public

- Reliable information and practical advice for the public on how to prevent heart disease
- Motion Design Videos with translated subtitles
- Multiple languages available soon



Educational paper “Risk prediction tools in cardiovascular disease prevention” & decision aid PDF

(<https://doi.org/10.1177/2047487319846715>)

Coming soon:

Risk Management Mobile App : Calculators gathered in one app to help you choose the right tool for the right patient

ESC Prevention of CVD Programme – phase III

CVD Prevention Summit

Date & place: 16 November, EHH in Nice

- 15/11/19: Participants arrival and welcome dinner (19:00)
- Sessions are on 16/11/19 (until 16:45)
- Travel arrangements have been sent to those that wished to attend
- 56 EAPC National Coordinators, Young Ambassadors and Board members have already accepted

Objectives:

- To present and discuss results from the ESC Prevention of CVD Programme
 - Highlighting the gaps in guidelines implementation, showcasing available tools and the importance of patient engagement
- **Receive input from National Coordinators**
- Discuss the significance of advocacy



ESC Prevention of CVD Programme - phase III

CVD Prevention Summit

Summit Programme

- Session 1: **Reducing Gaps in Guidelines Implementation**
 - Gaps in Risk Factor Management in Europe
 - Overview of Cardiac Rehabilitation in Europe (OCRE)
 - Survey of Risk Factors: SURF II
 - **Discussion panel:** The importance of multidisciplinary teams
- Session 2: **Practical Tools**
 - Guidelines Implementation Roadmap
 - Risk assessment decision aid, HeartScore & SMART Risk
 - Sneak peek: The CVD Prevention Mobile App
 - **Discussion Panel:** Ensuring uptake by physicians in your country: how can we help?
- Session 3: **Patient engagement**
 - ESC & Patient Engagement
 - Patient survey on Illness perception & adherence
 - Resources for patients: Healthy-Heart.org
 - **Discussion panel:** Opportunities and limitations for patient engagement
- Session 4: **Workshops** -
 - Introduction, including key lessons from CVD Prevention Workshop 2019
 - Group Workshops - **topics to be defined and/or proposed by National Coordinators**
- Session 5: **Influencing National and European policies**
 - Raising cardiovascular health as a priority on the EU policy Agenda
 - Policy makers' perspective
 - **Discussion Panel:** The role of national representatives in Advocacy

Two action items for National Coordinators:

- One comment of a National Coordinator per session
- Propose topics for the workshop

The EAPC Young Ambassadors initiative

Presented by **Flavio D'Ascenzi**, EAPC Young Community lead

EAPC Young Ambassadors

- **Represent** the EAPC Young Community in their respective countries and are an essential link within the Association
- The role of a national ambassador is to **create and expand** the community of young researchers in the field of Preventive Cardiology by sharing the interests and needs of their national peers within the EAPC and without linguistic or cultural barriers.

EAPC Young Ambassador -Responsibilities

- **Promote the EAPC Young community** by representing the interests of your national peers
- **Establish a national network** among young cardiologists in your Country that are interested in Preventive Cardiology
- **Participate in meetings** and discussions to identify pathways for the promotion of educational and training activities of your national peers
- **Facilitate the access** to international educational and training opportunities by promoting EAPC Young initiatives

List of all 30 EAPC Young Ambassadors!

Australia	Adrian	Elliott	Morocco	Najat	Mouine
Belgium	Guido	Claessen	Netherlands	Vincent	Aengevaeren
Brazil	Karla	Santo	Norway	Amalie	Nilsen
Canada	Colin	Yeung	Philippines	Eddieson	Gonzales
China*	Na	Zhou	Portugal	Filipa	Homem
Cote d'Ivoire	Benedicte C.	Boka	Romania	Stefan	Busnatu
Croatia	Sasa	Pavasovic	Russian Fed.	Oksana	Sivakova
Czechia	Vladimir	Tuka	Spain	Maria	Sanz de la Garza
Estonia	Eduard	Tsvetkov	Suriname	Marina	Bersaoui
France	Olivier	Missenard	Switzerland	David	Niederseer
Greece	Georgios	Christou	Syrian Arab Rep.	Amr	Abdin
Hungary	Attila	Kovács	Turkey	Ozcan	Basaran
India	Abraham	Babu	Ukraine	Hryhoriy	Kyyak
Ireland	Abdelsalam	Ben Saoud	UK**	Aneil	Malhotra
Italy	Francesco	Perone	Uzbekistan	Jamol	Uzokov

* China (People's Republic of)

** United Kingdom of Great Britain and Northern Ireland

EAPC Young Ambassadors



For more information about the EAPC Young Community
and its Ambassadors visit the [webpage](#)!

Update from the National Coordinators (NCs) - 1

- **Czechia:** NC offered to translate the patient website (healthy-heart.org) by National Society (*note: to be further discussed with project management Group*)
- **Poland:** NC informed about the Polish Prevention Meeting
- **Estonia:** NC expressed his satisfaction about the new design and updated HeartScore Estonia
- **Sweden:** NC informed about the national registry: Paper about the barriers at physician level and at organisational level
- **Bosnia & Herzegovina:** NC informed that the HeartScore update for 3 languages (4 versions) is in progress; he asked if it would possible to extract the data for a 1-year follow-up (*note: this is impossible because of the General Data Protection Regulations*)
- **France:** NC suggested to do a follow up by survey
- **Spain:** NC is engaged in SURF, will attend the CVD Prevention workshop in November at the European Heart House in Nice; Spain is involved in patient engagement ("Expert Patients")

Update from the National Coordinators (NCs) – 2

- **Romania:** NC informed that the National Society changed to focus on Prevention - reflected in new logo; new HeartScore Romania (translated version) was launched
- **Latvia:** Primary prevention: Lack of epidemiology data of the country -> a national survey was just finished; Secondary prevention: Bad results in EuroAspire V -> Lack of money is the problem for rehabilitation
- **Italy:** NC informed that the guidelines were translated and there are several implementation programmes (including school projects)
- **Georgia:** NC pointed out that rehabilitation is the biggest problem in his country
- **Czechia:** NC informed that awareness for CVD prevention in Czechia has improved; appreciates material provided by EAPC
- **Slovenia:** NC appreciates the engagement of ESC, 5 CR centres were established
- **Malta:** Obesity and sedentary lifestyle is not sufficiently reflected in HeartScore; how could this issue be addressed? -> Target schools (meals and public transport); language problem: the healthcare language is English, but some patients would appreciate Maltese
- **Ireland:** There is a National Institute of Preventive Cardiology -> stakeholder meeting to define an action plan for advocacy (target schools)
- **Turkey:** NC informed that the collaboration with the Ministry of Health is difficult, despite hard work by national society; new version of HeartScore Turkey has been launched; new programme for GPs with messages to use the SCORE charts



Update from the National Coordinators (NCs) – 3

- **Netherlands:** NC highlighted that healthy lifestyle is not reimbursed; whereas CR is, but patients revert into their old lifestyle. A new programme was launched where patients gain points when taking healthy actions. Question: Is the patient website (healthy-heart.org) going to be translated in Dutch? (*note: yes, Dutch is part of the list of the first translations*)
- **Belarus:** NC informed about new project on CVD Prevention: hypertension for ambulatory services, another programme in women with breast cancer and a project with schoolteachers to increase awareness in young children
- **Finland:** NC informed about the participation in SURF and EuroAspire study; trying to build national register (similar to SwedHeart); good relations with ministries of health
- **Poland:** NC informed about programme (started in 2018) supported by Ministry of health: CR after MI (hospitals are paid if patient is sent to CR), first national data available
- **Morocco:** Has launched a survey for cardiology community: Why are most cardiologists not involved in preventive cardiology? NC expressed interest in calibrated version of SCORE / HeartScore for Morocco. (*note: simplified risk charts [SCOREII] are under discussion with Prof. Ian Graham*)
- **Luxemburg:** NC confirmed that he has the same problem in his country, even it is a small country. He prepared a plan on how to implement prevention activities.
- **Flavio d'Ascenzi, EAPC Young Community lead** noted Young Ambassadors are missing in countries where National Coordinators are available and suggested to send the new call for Young Ambassadors also to the NC network.

Next National Coordinators Meeting:

MARK YOUR CALENDAR



**ESC Preventive
Cardiology 2020**

formerly EuroPrevent

**2 – 4 April
Malaga, Spain**

- Topic and exact date of the meeting to be confirmed
- [More information](#) about the congress

Closing remarks

Joep Perk reminded the National Coordinators of their vital role in:

- Keeping the “Country of the Month reports” updated
- He invited them to have a look at the reports and share the updates

Nicolle Kraenkel closed the meeting and thanked all coordinators for their active involvement!

