

NCPC & CCNAP National Representatives Workshop - Report

“ESC Prevention of Cardiovascular Disease Programme”

7 April 2017, EuroPrevent Malaga

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Programme

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Objective: To build a network of national advocates for the programme and its national implementation

Welcome and Introduction:

- **Dr Nicolle Kraenkel**, Deputy Project Leader: "The ESC Prevention of CVD Programme"
- **Prof. Joep Perk**, Prevention Implementation Committee Deputy Chair
Dr Jorge Ruivo (PhD Student)
Mr Jozef Van Eyken (PhD Student): "The overview initiative"
- **Dr Catriona Jennings**, Immediate Past Chair CCNAP*: "Be Guidelines Smart"

Part I: Working Group discussions in 3 groups

Questions

- Q.1 What do you think are the most effective / helpful activities provided by the different activities presented for your country?
- Q.2 Best practice: what can other countries learn from yours?
- Q.3 How can we help you? - How to implement the programme's activities in your country?

Part II: Group reports and general discussions

- One person of each presenting the outcome of the discussions
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Closing summary:

- Prof. Arno Hoes, Prevention Implementation Committee Chair

* ESC Council on Cardiovascular Nursing and Allied Health Professions (CCNAP)

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27 Participants

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Workshop Moderators:

- Arno Hoes, Prevention Implementation Committee (PIC) Chair
- Joep Perk, Prevention Implementation Committee (PIC) Deputy-Chair
- Catriona Jennings, Immediate Past Chair ESC Council on Cardiovascular Nursing and Allied Health Professions (CCNAP)

PIC members:

- Ian Graham, Prevention, Epidemiology and Population Science Section Representative
- Axel Pressler, Sports Cardiology Section Representative
- Susanne Logstrup, European Heart Network Director

16 National CVD Prevention Coordinators and Representatives from 14 different countries:

3 CCNAP National Representatives from:

- Ireland (2)
- UK

EAPC / ESC Representatives:

Anna Rouillard, Head of ESC Advocacy Department
Britta Ettelt, EAPC Senior Project Officer

- Estonia
- France
- Georgia
- Ireland
- Italy
- Latvia
- Norway
- Poland
- Portugal
- Romania
- Serbia
- Slovenia
- Spain
- Sweden

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The Groups

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All groups were composed of several NCPC Representatives, one CCNAP National Representative, PIC and ESC Representatives and lead by one moderator.



Group 1

- Estonia
- Germany
- Latvia
- Norway
- Sweden
- UK



Group 2:

- Belgium
- France
- Denmark
- Ireland
- Sweden



Group 3:

- Ireland
- Poland
- Serbia
- Slovenia
- Spain

Outcome from the Groups (Question 1)

Effective activities for your country?

- Online Masterclasses: Very good educational tool
- Webinars: As they are quite long, it was suggested to add a marker highlighting when important information becomes available on a specific topic
- Patient website (Phase III): Very important!
 - Patients should take ownership of their CV risk / CV disease
 - Empowerment of patient
 - Patients should be directed towards websites that are reliable (search on Google can be dangerous)
- “overview initiative”:
 - Tool to share best practice
 - Helps to communicate on initiatives in other countries and stimulate others

Outcome from the Groups (Question 2)

Best practice: what can other countries learn from yours?

Some examples:

- **Slovenia:**
 - “Coronary Club” for patients
 - “Life-long self management”
 - Cardiac Rehabilitation management has changed from inpatient to outpatient programmes.
- **France:** Campaigns on prevention of risk factors in children and “Women & CVD”
- **Romania:** Celebrating the antismoking law anniversary to again raise awareness
- **Estonia:** Developed e-health resources
- **Sweden:** Established “quality registers” (for example: how many have stopped smoking) to evaluate and improve the quality of preventive care

Outcome from the Groups (Question 3)

How can we help you? - How to implement the programme's activities in your country?

- Translation of documents and tools:
 - General practitioners, nurses and other healthcare professionals might not be willing to use the material if it is not in local language
 - Simplify local language versions (short and comprehensive)
- CME credits for prevention education programmes
- Financial support: Lack of resources hamper implementation of prevention activities
- Influence at EU level:
 - Prevention should become a priority on governments' agenda
 - ESC European initiatives to demonstrate that prevention is a European issue
 - Requests need to be made by the member states via the National Heart Foundations to force the government to become active in stimulating / supporting CV prevention
- Being more efficient by collaborating with other actors (example: WHO Non Communicable Diseases initiative)
- Establish a Cardiac Rehabilitation (CR) database: Need for a basic dataset (SURF [SURvey of Risk Factors] to start with)
- Extend the list of risk factors (add alcohol)

Conclusion

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The organisers and chairs of the workshop were happy with the active contribution of the participants and the involvement of the CCNAP Representatives and EAPC National CVD Prevention Coordinators.

The Representatives and National Coordinators provided very useful feedback on the current activities of the PIC and suggested interesting initiatives to further optimise implementation of CV prevention in their and other countries.

Resources

Presentations:

“[The ESC Prevention of CVD Programme](#)” by Dr Nicolle Kraenkel, Deputy Project Leader

“[The overview initiative](#)” – [Cardiac Rehabilitation](#)” by Dr Jorge Ruivo (PhD Student)

“[The overview initiative](#)” – [proposed web structure](#)” by Mr Jozef Van Eyken (PhD Student)

“[Be Guidelines Smart](#)” by Dr Catriona Jennings, Immediate Past Chair CCNAP

Scientific resources:

All scientific documents, webcasts, webinars and masterclasses of the

ESC Prevention of CVD Programme are [available here!](#)