



**EAPC**

European Association  
of Preventive Cardiology

# **EAPC Practical Course on Preventive Cardiology**

**Cardiovascular Prevention, Rehabilitation,  
Sports Cardiology & Exercise**

**FOCUS ON THE  
EAPC CORE  
CURRICULUM  
FOR PREVENTIVE  
CARDIOLOGY**

**PRELIMINARY PROGRAMME  
17 - 20 OCTOBER 2022  
BERN, SWITZERLAND**

**INSELSPITAL**

BERN UNIVERSITY HOSPITAL  
Auditorium Maurice E. Müller, Entry 34  
& Hörsaal Langhans, Entry 43 A

**EAPC Course Directors/ Local Organizing Committee**

Matthias Wilhelm & Stephan Windecker | Department of Cardiology  
Cardiovascular Centre, Inselspital, Bern University Hospital, Bern, Switzerland

Jean-Paul Schmid | Department of Cardiology, Klinik Gais, Gais, Switzerland

[www.herzgefasszentrum.insel.ch/eapc](http://www.herzgefasszentrum.insel.ch/eapc)



**ESC**

European Society  
of Cardiology

## COURSE OBJECTIVES

Preventive cardiology encompasses the whole spectrum of cardiovascular disease (CVD) prevention, at individual and population level, through all stages of life. This includes promotion of cardiovascular (CV) health, management of individuals at risk of developing CVD, and management of patients with established CVD, through interdisciplinary care in different settings.

Preventive cardiology addresses all aspects of CV health in the context of the social determinants of health, including physical activity, exercise, sports, nutrition, weight management, smoking cessation, psychosocial factors and behavioural change, environmental, genetic and biological risk factors, and CV protective medications.

The aim of this practical course is to cover the most important aspects of the field in state-of-the-art and translational science lectures, plenary discussions, case-based sessions, live demonstrations, and workshops. The audience has the possibility to discuss the most recent ESC guidelines and EAPC position papers with EAPC board and section members and other experts in the field. The patients' perspective is covered during the plenary discussions. Networking breaks should bring people from different professions together for a personal exchange.

The course serves as an opportunity to prepare for the EAPC certification in preventive cardiology, for cardiologists and allied health professionals alike.

## EDUCATIONAL OBJECTIVES

The educational content is structured according to the EAPC Core Curriculum for Preventive Cardiology. Important aspects of all nine entrustable professional activities (EPAs) will be covered.

- Design, implement, and evaluate preventive interventions at the population level
- Manage individuals with multifactorial cardiovascular risk profiles
- Manage a patient with non-traditional cardiovascular risk factors
- Manage a prevention and rehabilitation programme for a cardiovascular patient
- Manage a prevention and rehabilitation programme for a cardiovascular patient with significant comorbidities, frailty, and/or cardiac devices
- Manage a cardiovascular prevention and rehabilitation programme for an oncology patient
- Manage pre-participation screening in a competitive athlete
- Manage the work-up of an athlete with suspected or known cardiovascular disease
- Use cardiopulmonary exercise testing for diagnosis, risk stratification and exercise prescription

## TARGET AUDIENCE

This course is addressed to healthcare professionals working in the field of cardiovascular disease prevention, rehabilitation, sports cardiology and exercise. This encompasses cardiologists, internists, general practitioners, sports physicians, epidemiologists, public health specialists, and allied health professional like physiotherapists, sports scientists, nurses, nutrition specialists and psychologists. Cardiovascular patients are invited to bring in their perspective during the plenary discussions.

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08:00-08:30

Welcome and coffee

08:30-09:00

**Invasive interventions in CVD**

09:00-09:30

**Atherosclerosis and Thrombosis**

09:30-09:50

Plenary Discussion

09:50-10:20

Networking break

**EPA 1.1 Design, implement, and evaluate preventive interventions at the population level**

10:20-10:40

**Epidemiology of CVD - cohort studies**

10:40-11:00

**Interpretation of randomized controlled trials**

11:00-11:20

**Interpretation of systematic reviews and meta analyses**

11:20-12:00

Plenary Discussion

12:00-13:00

Lunch

**EPA 2.1 Manage individuals with multifactorial cardiovascular risk profiles**

13:00-14:00

**Risk assessment ESC SCORE2, SCORE2-OP, and cardiac imaging****EPA 2.1 Manage individuals with multifactorial cardiovascular risk profiles**

14:00-14:20

**Dyslipidaemia**

14:20-14:40

**Arterial hypertension**

14:40-15:00

**Diabetes Mellitus**

15:00-15:20

Plenary Discussion

15:20-15:50

Networking break

**EPA 2.2 Manage a patient with non-traditional cardiovascular risk factors**

15:50-16:10

**Residual CV risk - thrombosis and inflammation**

16:10-16:30

**Chronic kidney disease**

16:30-16:50

**Chronic obstructive pulmonary disease**

16:50-17:10

Plenary Discussion

State-of-the-art lecture

Translational science lecture

Case-based sessions

Interactive live demonstrations

08:00 - 08:30	Welcome and coffee
08:30 - 09:00	<b>CVD prevention from cradle to grave</b>
09:00 - 09:30	<b>Mechanisms of cardiometabolic drugs</b>
09:30 - 09:50	Plenary Discussion
09:50 - 10:20	Networking break
<b>EPA 3.1 Manage a prevention and rehabilitation programme for a CV patient</b>	
10:20 - 10:40	<b>Core components of CR, accreditation and quality indicators</b>
10:40 - 11:00	<b>CR modalities: centre-based, hybrid, and home-based programmes</b>
11:00 - 11:20	<b>Pre-programme CV assessment</b>
11:20 - 12:00	Plenary Discussion
12:00 - 13:00	Lunch
<b>EPA 5.1 Use CPET for diagnosis, risk stratification and exercise prescription</b>	
13:00 - 14:00	<b>CPET in a patient after acute myocardial infarction</b>
<b>EPA 3.1 Manage a prevention and rehabilitation programme for a CV patient</b>	
14:00 - 14:20	<b>Endurance exercise training</b>

14:20 - 14:40	<b>Resistance exercise training</b>
14:40 - 15:00	<b>Medical management of acute and chronic coronary syndromes</b>
15:00 - 15:20	Plenary Discussion
15:20 - 15:50	Networking break
<b>EPA 3.1 Manage a prevention and rehabilitation programme for a CV patient</b>	
15:50 - 16:10	<b>Nutrition and weight management</b>
16:10 - 16:30	<b>Cardiopsychology</b>
16:30 - 16:50	<b>Smoking cessation</b>
16:50 - 17:10	Plenary Discussion

State-of-the-art lecture

Translational science lecture

Case-based sessions

Interactive live demonstrations

08:00-08:30

Welcome and coffee

08:30-09:00

**Comprehensive heart failure management**

09:00-09:30

**Exercise is medicine in CVD and cancer**

09:30-09:50

Plenary Discussion

09:50-10:20

Networking break

**EPA 3.1 Manage a prevention and rehabilitation programme for a CV patient**

10:20-10:40

**Special aspects of heart failure**

10:40-11:00

**Special aspects of arrhythmias**

11:00-11:20

**Special aspects in adults with congenital heart diseases**

11:20-12:00

Plenary Discussion

12:00-13:00

Lunch

**EPA 5.1 Use CPET for diagnosis, risk stratification and exercise prescription**

13:00-14:00

**CPET in a heart failure patient with CRT-D****EPA 3.2 Manage a prevention and rehabilitation programme for a cardiovascular patient with significant comorbidities, frailty, and/or cardiac devices**

14:00-14:20

**Significant comorbidities and frailty**

14:20-14:40

**Peripheral artery occlusive disease**

14:40-15:00

**Cardiac implantable electronic devices**

15:00-15:20

Plenary Discussion

15:20-15:50

Networking break

**EPA 3.3 Manage a cardiovascular prevention and rehabilitation programme for an oncology patient**

15:50-16:10

**Prevention of cardiotoxicity**

16:10-16:30

**Exercise training and physical activity counselling**

16:30-16:50

**Nutrition and weight management**

16:50-17:10

Plenary Discussion

18:30

Networking dinner

State-of-the-art lecture

Translational science lecture

Case-based sessions

Interactive live demonstrations

08:00-08:30

Welcome and coffee

08:30-09:00

**The athletes heart**

09:00-09:30

**Exercise, fibrosis, CAC, and arrhythmias**

09:30-09:50

Plenary Discussion

09:50-10:20

Networking break

**EPA 4.1 Manage pre-participation screening in a competitive athlete**

10:20-10:40

**Sudden cardiac death in sports**

10:40-11:00

**PPE in children and adult elite athletes**

11:00-11:20

**PPE in master athletes**

11:20-12:00

Plenary Discussion

12:00-13:00

Lunch

**EPA 5.1 Use CPET for diagnosis, risk stratification and exercise prescription**

13:00-14:00

**CPET in an athlete****4.2 Manage the work-up of an athlete with suspected or known CVD**

14:00-14:20

**Myocarditis and cardiomyopathies**

14:20-14:40

**Aortic and valvular heart disease**

14:40-15:00

**Athletes with cardiac implantable electronic devices**

15:00-15:20

Plenary Discussion

15:20-15:50

Networking break

**Parallel workshops**

15:50-17:10

**How to set up a CR programme****Strenght and endurance training in CVD patients****ECG and cardiac imaging interpretation in athletes****GRADE in Preventive Cardiology: Going From Evidence to Recommendations****State-of-the-art lecture****Translational science lecture****Case-based sessions****Interactive live demonstrations****Parallel workshops**

## GENERAL INFORMATION

### VENUE

BERN, SWITZERLAND  
Inselspital, Bern University Hospital  
Auditorium Maurice E. Müller, Entry 34  
Hörsaal Langhans, Entry 43 A

Nearest international airport: Zurich, Switzerland

### LOCAL ORGANIZING COMMITTEE

**Matthias Wilhelm** Department of Cardiology, Cardiovascular Centre,  
Inselspital, Bern University Hospital, Bern, Switzerland  
**Stephan Windecker** Department of Cardiology, Cardiovascular Centre,  
Inselspital, Bern University Hospital, Bern, Switzerland  
**Jean-Paul Schmid** Schmid Department of Cardiology, Clinic Gais, Gais,  
Switzerland

Website for online & hotel registration: [www.herzgefaesszentrum.insel.ch/eapc](http://www.herzgefaesszentrum.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.  
Special discount on registration fees of 20 % for EAPC Gold members, 10 % for EAPC Silver members and 5 % for EAPC Ivory members available.

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

\* Early bird registration until 30 August 2022

Dinner on Wednesday 19 October 2022: 20 CHF

### HOTEL ACCOMMODATION

Category	Single room per night	Twin room per night
****	140 - 260 CHF	160 - 280 CHF
***	140 - 203 CHF	160 - 245 CHF
**	130 - 160 CHF	150 - 180 CHF
*	95 - 150 CHF	143 - 190 CHF

The EAPC Educational Course

**“EAPC Practical Course on Preventive Cardiology -  
Cardiovascular Prevention, Rehabilitation, Sports Cardiology & Exercise  
Focus on the EAPC Core Curriculum for Preventive Cardiology”**

will be submitted to the **European Union of Medical Specialists -  
The European Accreditation Council for Continuing Medical Education  
(EACCME®)**.





