EAPC
European Association
of Preventive Cardiology

EAPC Practical Course on Preventive Cardiology

Cardiovascular Prevention, Rehabilitation, Sports Cardiology & Exercise


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FOCUS ON THE EAPC CORE CURRICULUM FOR PREVENTIVE CARDIOLOGY

PROGRAMME
17 - 20 OCTOBER 2022
BERN, SWITZERLAND

INSELSPITAL
BERN UNIVERSITY HOSPITAL
Auditorium Maurice E. Müller, Entry 34

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.herzgefaesszentrum.insel.ch/eapc

ESC
European Society
of Cardiology

INTRODUCTION

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.

TABLE OF CONTENTS

08:00 - 08:30	Welcome and coffee
08:30 - 10:00	Chair & Discussant: Nicolle Kränkel
08:30 - 09:00	**Invasive interventions in CVD** Stephan Windecker
09:00 - 09:30	**Atherosclerosis and Thrombosis** Yvonne Döhring
09:30 - 10:00	Plenary Discussion
10:00 - 10:30	Networking break
EPA 1.1 Design, implement, and evaluate preventive interventions at the population level	
10:30 - 12:00	Chair & Discussant: Oscar Franco
10:30 - 10:50	**Epidemiology of CVD – cohort studies** Vass Vassiliou
10:50 - 11:10	**Interpretation of RCTs** Arjola Bano
11:10 - 11:30	**Interpretation of systematic reviews / meta-analyses** Taulant Muka
11:30 - 12:00	Plenary Discussion
12:00 - 13:00	Lunch
EPA 2.1 Manage individuals with multifactorial cardiovascular risk profiles	
13:00 - 14:00	Chair & Discussant: Jean-Paul Schmid
13:00 - 14:00	**Risk assessment SCORE 2 and cardiac CT** Christoph Gräni
EPA 2.1 Manage individuals with multifactorial cardiovascular risk profiles	
14:00 - 15:20	Chair & Discussant: Francois Mach
14:00 - 14:20	**Dyslipidaemia** Konstantinos Koskinas

14:20 – 14:40	**Arterial Hypertension** Emrush Rexhaj
14:40 – 15:00	**Diabetes Mellitus** Andreas Melmer
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 – 17:10	Chair & Discussant: Elena Osto
15:50 – 16:10	**Residual CV risk – thrombosis and inflammation** Marco Valgimigli
16:10 – 16:30	**Chronic kidney disease** Bruno Vogt
16:30 – 16:50	**Chronic obstructive pulmonary disease** Nikolay Pavlov
16:50 – 17:10	Plenary Discussion

FACULTY OF MONDAY

Arjola Bano (Bern, Switzerland)
Yvonne Döhring (Bern, Switzerland)
Oscar Franco (Utrecht, The Netherlands)
Christoph Gräni (Bern, Switzerland)
Konstantinos Koskinas (Bern, Switzerland)
Nicolle Kränkel (Berlin, Germany)
Francois Mach (Geneva, Switzerland)
Andreas Melmer (Bern, Switzerland)
Taulant Muka (Bern, Switzerland)
Elena Osto (Zürich, Switzerland)
Nikolay Pavlov (Bern, Switzerland)
Emrush Rexhaj (Bern, Switzerland)
Jean-Paul Schmid (Gais, Switzerland)
Marco Valgimigli (Lugano, Switzerland)
Vass Vassiliou (Norwich, United Kingdom)
Bruno Vogt (Bern, Switzerland)
Stephan Windecker (Bern, Switzerland)

State-of-the-art lecture
Translational science lecture
Case-based sessions
Interactive live demonstrations

08:00 - 08:30	Welcome and coffee
08:30 - 10:00	Chair & Discussant: Stephan Gielen
08:30 - 09:00	**CVD prevention from craddle to grave** Martin Halle
09:00 - 09:30	**Mechanisms of cardiometabolic drugs** tba
09:30 - 10:00	Plenary Discussion
10:00 - 10:30	Networking break
EPA 3.1 Manage a prevention and rehabilitation programme for a CV patient	
10:30 - 12:00	Chair & Discussant: Elena Tessitore
10:30 - 10:50	**Core components of CR, accreditation / QI** Ana Abreu
10:50 - 11:10	**CR modalities: centre-, hybrid-, home-based** Jean-Paul Schmid
11:10 - 11:30	**Pre-programme CV assessment** tba
11:30 - 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	Chair & Discussant: Stephanie Kiencke
13:00 - 14:00	**CPET in a patient after acute MI** Local team
EPA 3.1 Manage a prevention and rehabilitation programme for a CV patient	
14:00 - 15:20	Chair & Discussant: Kai Savonen
14:00 - 14:20	**Endurance exercise training** Trine Moholdt
14:20 - 14:40	**Resistance exercise training** Dominique Hansen

14:40 – 15:00	**Medical management of ACS and CCS** Monika Fürholz
15:00 – 15:20	Plenary Discussion
15:20 – 15:50	Networking break

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

15:50 – 17:10	Chair & Discussant: Mauro Capoferri
15:50 – 16:10	**Nutrition and weight management** tba
16:10 – 16:30	**Cardiopsychology** Sven Schmutz
16:30 – 16:50	**Smoking cessation** Reto Auer
16:50 – 17:10	Plenary Discussion

Novel treatments for dyslipidemias – Satellite Symposium sponsored by Novartis

17:30 – 18:00	**Focus on Inclisiran Acid** Konstantinos Koskinas
18:00 – 18:30	**Focus on Bempedoic Acid** tba

FACULTY OF TUESDAY

Ana Abreu (Lisbon, Portugal)
Reto Auer (Bern, Switzerland)
Mauro Capoferri (Lugano, Switzerland)
Monika Fürholz (Bern, Switzerland)
Stephan Gielen (Detmold, Germany)
Martin Halle (Munich, Germany)
Dominique Hansen (Hasselt, Belgium)
Stephanie Kiencke (Bern, Switzerland)
Konstantinos Koskinas (Bern, Switzerland)
Trine Moholdt (Trondheim, Norway)
Kai Savonen (Kuopio, Finland)
Jean-Paul Schmid (Gais, Switzerland)
Sven Schmutz (Bern, Switzerland)
Elena Tessitore (Geneva, Switzerland)

State-of-the-art lecture
Translational science lecture
Case-based sessions
Interactive live demonstrations
Satellite Symposium

08:00 - 08:30	Welcome and coffee
08:30 - 10:00	Chair & Discussant: Matthias Paul
08:30 - 09:00	**Comprehensive heart failure management** Massimo Piepoli
09:00 - 09:30	**Exercise is medicine in CVD and cancer** Emeline Van Craenenbroeck
09:30 - 10:00	Plenary Discussion
10:00 - 10:30	Networking break
EPA 3.1 Manage a prevention and rehabilitation programme for a CV patient	
10:30 - 12:00	Chair & Discussant: Massimo Piepoli
10:30 - 10:50	**Special aspects of heart failure** Philippe Meyer
10:50 - 11:10	**Special aspects of arrhythmias** Hildegard Tanner
11:10 - 11:30	**Special aspects in ACHD** Fabienne Schwitz
11:30 - 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	Chair & Discussant: Otmar Pfister
13:00 - 14:00	**CPET in a heart failure patient with CRT-D** Local team
EPA 3.2 Manage a prevention and rehabilitation programme for a cardio-vascular patient with significant comorbidities, frailty, and/or cardiac devices	
14:00 - 15:20	Chair & Discussant: Pedro Manuel Marques-Vidal
14:00 - 14:20	**Significant comorbidities and frailty** Jean-Paul Schmid
14:20 - 14:40	**PAOD** Iris Baumgartner

14:40 - 15:00	**CIEDs** Roberto Pedretti
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 - 16:50	Chair & Discussant: Emeline Van Craenenbroeck
15:50 - 16:10	**Prevention of cardiotoxicity** Teresa Lopez Fernandes
16:10 - 16:30	**Exercise training and PA counselling** Ana Abreu
16:30 - 16:50	Plenary Discussion
Medical management in HF - Satellite Symposium sponserd by AstraZeneca, Boehringer-Ingelheim, Novartis	
17:15 - 17:45	**Focus on ARNI** Micha Mäder
17:45 - 18:15	**Focus on SGLT2i** Matthias Paul
19:00	Networking dinner

FACULTY OF WEDNESDAY

Ana Abreu (Lisbon, Portugal)
Iris Baumgartner (Bern, Switzerland)
Teresa Lopez Fernandes (Madrid, Spain)
Micha Mäder (St. Gallen, Switzerland)
Pedro Manuel Marques-Vidal (Lausanne, Switzerland)
Philippe Meyer (Geneva, Switzerland)
Matthias Paul (Luzern, Switzerland)
Roberto Pedretti (Sesto San Giovanni, Italy)
Otmar Pfister (Basel, Switzerland)
Massimo Piepoli (Milan, Italy)
Jean-Paul Schmid (Gais, Switzerland)
Fabienne Schwitz (Bern, Switzerland)
Hildegard Tanner (Bern, Switzerland)
Emeline Van Craenenbroeck (Antwerp, Belgium)

State-of-the-art lecture
Translational science lecture
Case-based sessions
Interactive live demonstrations
Satellite Symposium

08:00 - 08:30	Welcome and coffee
08:30 - 10:00	Chair & Discussant: German Clenin
08:30 - 09:00	**The athlete's heart** Flavio D'Ascenzi
09:00 - 09:30	**Exercise, fibrosis, CAC, and arrhythmias** Josef Niebauer
09:30 - 10:00	Plenary Discussion
10:00 - 10:30	Networking break
EPA 4.1 Manage pre-participation screening in a competitive athlete	
10:30 - 12:00	Chair & Discussant: Andrea Menafoglio
10:30 - 10:50	**SCD in sports** Aaron Baggish
10:50 - 11:10	**PPE in children and adult elite athletes** Silvia Castelletti
11:10 - 11:30	**PPE in master athletes** Christian Schmied
11:30 - 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	Chair & Discussant: Matthias Wilhelm
13:00 - 14:00	**CPET in an athlete** Local team
4.2 Manage the work-up of an athlete with suspected or known CVD	
14:00 - 15:20	Chair & Discussant: David Niederseer
14:00 - 14:20	**Myocarditis and cardiomyopathies** Sabiha Gati
14:20 - 14:40	**Aortic and valvular heart disease** Florian Schönhoff

14:40 – 15:00	**Athletes with CIEDs** Andreas Häberlin
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** Jean-Paul Schmid
	Telerehabilitation Tania Odello & Matthias Wilhelm
	Strenght and endurance training in CVD patients Local team
	ECG and cardiac imaging interpretation in athletes Christian Schmied & Flavio D'Ascenzi
	GRADE in Preventive Cardiology: Going From Evidence to Recommendations Arjola Bano

FACULTY OF THURSDAY

Aaron Baggish (Lausanne, Switzerland)
Arjola Bano (Bern, Switzerland)
Silvia Castelletti (Milan, Italy)
German Clenin (Bern, Switzerland)
Flavio D'Ascenzi (Siena, Italy)
Sabiha Gati (London, United Kingdom)
Andreas Häberlin (Bern, Switzerland)
Andrea Menafoglio (Bellinzona, Switzerland)
Josef Niebauer (Salzburg, Austria)
David Niederseer (Zürich, Switzerland)
Tania Odello (Castelrotto, Switzerland)
Jean-Paul Schmid (Gais, Switzerland)
Christian Schmied (Zurich, Switzerland)
Florian Schönhoff (Bern, Switzerland)
Matthias Wilhelm (Bern, Switzerland)

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

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**

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

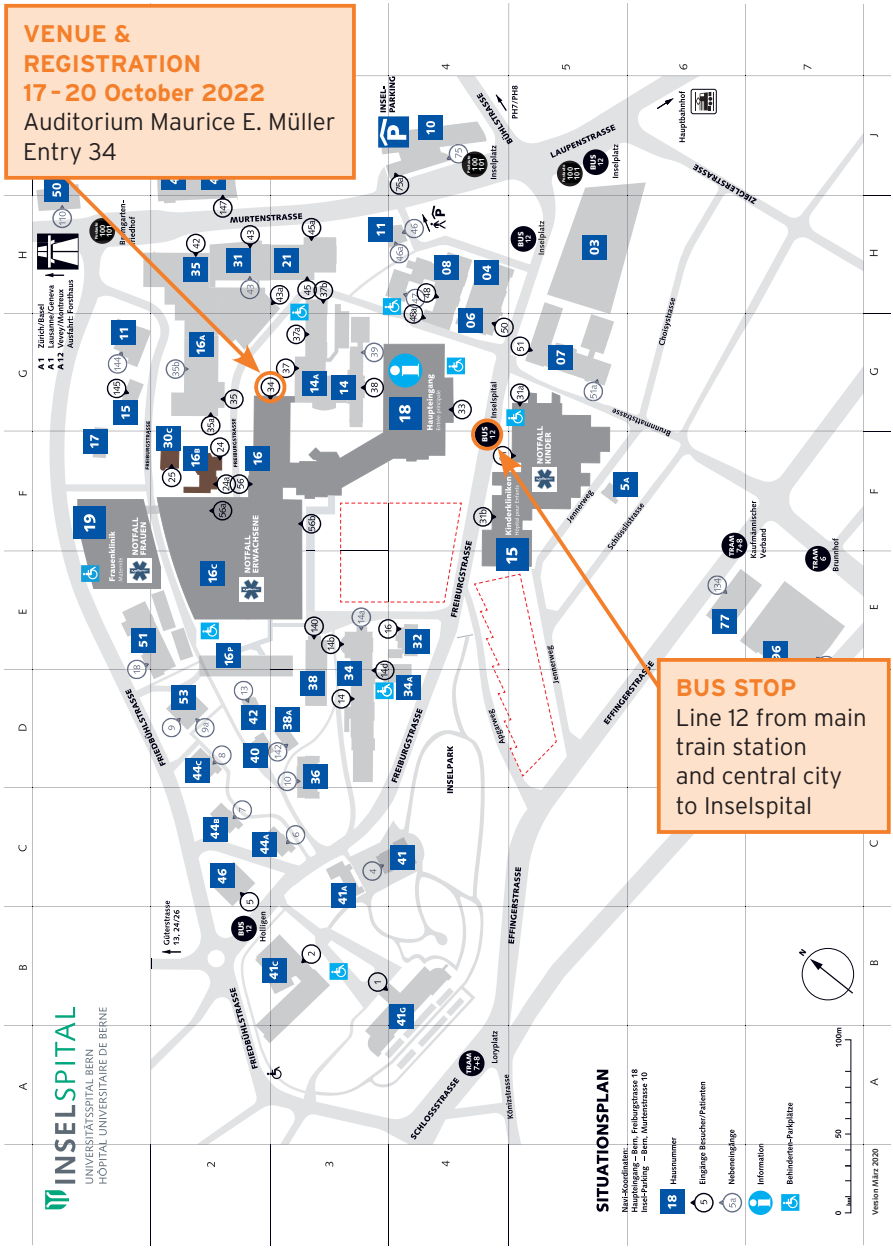
HOTEL ACCOMMODATION

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

Novartis is transforming the course of cardiovascular diseases through innovation and research

NOVARTIS | Reimagining Medicine

LOCATION PLAN



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Forxiga® ist der *erste* und *einzige* SGLT2-Hemmer, der für 3 Erkrankungen indiziert ist[1]

NEUE INDIKATION[1]

Behandlung der chronischen Niereninsuffizienz bei adulten Patienten mit und ohne T2D[1,*]

NEU: JETZT VON ESC EMPFOHLEN[2]

Behandlung der Herzinsuffizienz mit reduzierter Auswurffraktion bei Patienten mit und ohne T2D[1,#,3,##]

Prävention von Hospitalisierungen für Herzinsuffizienz oder CV Tod in Typ-2-Diabetes Patienten mit und ohne CV Erkrankung[1,4,£]

forxiga® (dapagliflozin)

Drei Indikationen. Eine Antwort.

Beginnen Sie jetzt die Therapie mit Forxiga® bei Ihren Patienten mit CKD*, HFrEF#,## oder T2D£.

CKD: chronischer Niereninsuffizienz, HFrEF: Herzinsuffizienz mit reduzierter Auswurffraktion, T2D: Typ-2-Diabetes, CV: kardiovaskulär, LVEF: Linksventrikuläre Auswurffraktion, NYHA: New York Heart Association. *Noch nicht kassenzulässig.[3] #Behandlung der Herzinsuffizienz mit reduzierter Auswurffraktion (LVEF ≤40%, NYHA Klasse II-IV) in Ergänzung zu anderen medikamentösen Therapien der Herzinsuffizienz bei erwachsenen Patienten.[1] ##Kassenzulässigkeit: in geeigneter Kombination mit einer bereits zuvor stabil eingestellten Dosis eines ACE-Hemmer oder Angiotensin-II-Rezeptorantagonisten sowie anderen Therapien für Herzinsuffizienz (z.B. Betablocker, Diuretika und Mineralkortikoidantagonisten) für die Behandlung erwachsener Patienten mit Herzinsuffizienz der NYHA Klassen II-IV, deren Ejektionsfraktion der linken Herzkammer (LVEF) vor Behandlung mit Forxiga® 10 mg ≤40% beträgt. Nicht in Kombination mit der Fixkombination aus Sacubitril/Valsartan.[3] £Patienten ohne CV Vorerkrankung mit folgenden Risikofaktoren: Alter ≥55 (Männer), ≥60 Jahre (Frauen) sowie Dyslipidämie, Hypertonie oder Rauchen oder Patienten mit manifester CV Erkrankung. **Referenzen: 1.** Fachinformation Forxiga®, www.swissmedicinfo.ch. Stand der Information: August 2021. **2.** Metra et al., Heart Failure Guidelines 2021: pharmacological treatment, A joint ESC/HFA Session. The treatment recommendations and their clinical implications. Oral presentation, Heart Failure Online Congress, 29 June to 1 July 2021. Virtual Congress. **3.** Spezialitätenliste, www.spezialitaetenliste.ch. Letzter Abruf 1.08.2021. **4.** Wiviott SD et al. Dapagliflozin and Cardiovascular Outcomes in Type 2 Diabetes. N Eng J Med. 2018. DOI: 10.1056/NEJMoa1812389. **Kurzfachinformation: Forxiga® Z:** Dapagliflozin (5 mg, 10 mg Filmtabletten) Liste B. **I:** Forxiga® ist in Ergänzung zu Diät und körperlicher Betätigung bei Erwachsenen (ab 18 Jahren) mit unzureichend kontrolliertem Diabetes mellitus Typ 2 indiziert: Als Monotherapie; Als Add-on-Kombinationstherapie mit anderen blutzuckersenkenden Arzneimitteln; Als initiale Kombinationstherapie mit Metformin. Informationen zu Kombinationsbehandlungen und Auswirkungen auf kardiovaskuläre Ereignisse siehe www.swissmedicinfo.ch. Behandlung der Herzinsuffizienz mit reduzierter Auswurffraktion (LVEF ≤40%, NYHA Klasse II-IV) in Ergänzung zu anderen medikamentösen Therapien der Herzinsuffizienz bei adulten Patienten. Indiziert zur Senkung des Risikos der Progression einer chronischen Nierenerkrankung bei adulten Patienten mit chronischer Nierenerkrankung. **D:** Diabetes mellitus: Anfangsdosis: 1× täglich 5 mg; bei guter Verträglichkeit und ungenügender glykämischer Kontrolle Erhöhung auf 1× täglich 10 mg. Herzinsuffizienz & Chronische Nierenerkrankung: 1× täglich 10 mg. **KI:** Überempfindlichkeit gegenüber dem Wirkstoff oder einem der Hilfsstoffe. **V:** Nicht empfohlen bei: Diabetes mellitus Typ 1 oder diabetischer Ketoazidose, hereditäre Galactose-Intoleranz, Lactase-Mangel oder Glucose-Galactose-Malabsorption. Begrenzte Erfahrung bei eGFR <25 ml/min/1.73 m², bei eGFR anhaltend <45 ml/min/1.73 m² nicht zur Behandlung des Diabetes. Keine Erfahrungen für die Behandlung der chronischen Nierenerkrankung bei Patienten ohne Diabetes mellitus, die keine Albuminurie haben. **IA:** Dapagliflozin kann den diuretischen Effekt von Diuretika verstärken. **UAW:** Sehr häufig: Hypoglykämie (bei Anwendung mit SU oder Insulin). Häufig: Vulvovaginitis, Balanitis und verwandte Infektionen des Genitalbereichs, Harnwegsinfektionen, Volumenmangel, Rückenschmerzen, Polyurie, erhöhter Hämatokrit, Dyslipidämie. Gelegentlich, selten, sehr selten: siehe www.swissmedicinfo.ch. Nach Zulassung: Diabetische Ketoazidose, Fournier's Gangrän, Urosepsis, Pyelonephritis. **Stand der Information:** August 2021. Weitere Informationen: www.swissmedicinfo.ch oder AstraZeneca AG, Neuhofstrasse 34, 6340 Baar. www.astrazeneca.ch

AstraZeneca AG
Neuhofstrasse 34, 6340 Baar, www.astrazeneca.ch

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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"

has been submitted to the **European Union of Medical Specialists – The European Accreditation Council for Continuing Medical Education (EACCME®).**

Credits Switzerland

SGK:	28 Credits 1B
AIM:	28 Credits
SEMS:	submitted
Physioswiss:	26 Credits
SGPMR:	26 Credits

This educational programme has received unrestricted grants from:

INSELSPITAL
UNIVERSITÄTSSPITAL BERN
BERN UNIVERSITY HOSPITAL

CARDIOVASCULAR
CENTER

www.herzgefaesszentrum.insel.ch/eapc