Target audience:
- Nurses, physiotherapists, dietitians, exercise and physical activity specialists, cardiologists, general practitioners and other health professionals interested in the practical aspects of implementing an effective preventive cardiology programme.
- Previous experience of working with cardiac rehabilitation or preventive cardiology services is desirable but not necessary.
- Health professionals from all levels of care (acute setting, community or primary care) will benefit.

Course rationale:
- Risk factor management in individuals with Coronary Heart Disease and those at high cardiovascular risk in Europe is far from optimal. Surveys of clinical practice such as EUROASPIRE I and II (European Action on Secondary and Primary Prevention In order to Reduce Events) have shown that integration of cardiovascular disease prevention into daily practice is inadequate.
- The largest ever European-wide preventive cardiology project, EUROACTION spanned eight countries and 24 hospital and general practice centres, in a cluster randomized controlled trial. The project addressed the cardiovascular health of over 10,000 coronary and high risk patients and their family members, according to the European preventive cardiology guidelines.
- The inclusion of partners and family members underpinned EUROACTION’s emphasis on family support and a shared commitment to heart healthy living.
- Final results from EUROACTION show that a nurse-managed multi-disciplinary team approach, coupled with the support and involvement of a patient’s partner and family, can yield significant lifestyle improvements and risk factor reductions in coronary patients and patients at risk of developing cardiovascular disease.

Course content:
- Lifestyle and risk factors for cardiovascular disease
- An update of the evidence base for established and ‘new’ emerging risk factors
- How to estimate cardiovascular risk
- What are the latest guidelines for prevention of cardiovascular disease?
- How to assess smoking, diet, physical activity and psychosocial health
- Smoking cessation strategies
- Delivering a healthy eating and effective weight management programme
- Designing and implementing physical activity plans with confidence
- Management of blood pressure, cholesterol and glucose to target
- Optimisation of therapeutic and prophylactic pharmacological therapy
- EUROACTION: An example of a preventive cardiology programme. What did this family based cardiovascular prevention programme in hospital and primary care achieve and what lessons can be learnt?
- How to implement a preventive cardiology programme in hospital, primary care and community settings.

Led and delivered by the members of the EUROACTION co-ordinating team and steering group
Professor David Wood (Professor of Cardiovascular Medicine)
Dr Kornelia Kotseva and Dr Susan Connolly (Cardiologists)
Catriona Jennings (Cardiovascular Nurse Specialist)
Alison Mead (Specialist Dietitian)
Jennifer Jones (Specialist Physiotherapist)
Annie Holden (Physical Activity Specialist)
The Council on Cardiovascular Nursing and Allied Professions

'HOW TO SET UP AND RUN AN EVIDENCE BASED PREVENTIVE CARDIOLOGY PROGRAMME'

AN INTRODUCTION TO THE EUROACTION MODEL
The Hilton Hotel, Malmö, Sweden,
12th – 13th March 2008

12th March 2008: The Evidence for Preventive Cardiology

9.00  Coffee & Registration

9.30  Welcome and Opening: Tone Norekvål (Chair of Council on Cardiovascular Nursing and Allied Professions) and Professor David Wood (President Elect of the European Association for Cardiovascular Prevention and Rehabilitation)

Theme 1: Background and evidence; The EUROACTION cardiovascular prevention and rehabilitation programme

9.45  Preventive cardiology – the vision for cardiovascular disease prevention

Professor David Wood

10.15  The EUROACTION programme in preventive cardiology: An Overview

Catriona Jennings, Alison Mead and Jennifer Jones

10.45  The EUROACTION programme in preventive cardiology: The results

Dr Kornelia Kotseva

11.15  TEA BREAK

Theme 2: Family screening and assessment

11.30  How to assess cardiovascular risk, smoking, diet, physical activity and psychosocial health:

Jennifer Jones and the faculty

- Self report methods for smoking, diet and physical activity
- Estimating CVD risk
- Chester Step Test*
- 24 hour recall, BMI, Waist Hip Ratio, Waist Circumference
- Tools for assessing psychosocial health

13.15  LUNCH

14.15  Assessment workshop continued and assessment case studies

Theme 3: The Lifestyle Intervention

15.15  Behaviour change and motivational interviewing: Annie Holden

16.15  TEA BREAK

17.15-18.00  An example of a structured non-equipment based exercise programme for home or in the community*:

Annie Holden and the faculty

18.00  Drinks reception and opportunity to network

*Please note there is a practical element to the course. To participate in the physical activity workshops appropriate footwear and loose comfortable clothing will be required
The largest ever European-wide preventive cardiology project, EUROACTION spanned eight countries and 24 hospital and general practice centres, in a cluster randomized controlled trial.

The project addressed the cardiovascular health of over 10,000 coronary and high risk patients and their partners, according to the European preventive cardiology guidelines. The inclusion of partners and family members underpinned EUROACTION’s emphasis on family support and a shared commitment to heart-healthy living.

Final results from EUROACTION show that a nurse managed multi-disciplinary team approach, coupled with the support and involvement of a patient’s partner and family, can yield significant lifestyle improvements and risk factor reductions in coronary patients and patients at risk of developing cardiovascular disease.

Professor David Wood, Chairperson of EUROACTION comments, “With current treatment failing too many cardiovascular patients across Europe, EUROACTION has stepped up to the professional challenge of translating scientific evidence into effective care. Prevention guidelines are very difficult to implement, but the EUROACTION approach sets a new standard for preventive care across Europe which all hospitals and general practices can achieve.”

Significant improvements were observed not only in EUROACTION patients but also in their partners, compared to usual care in other hospitals and general practices, across the key lifestyle and risk factors: diet (fruit and vegetable, saturated fat and oily fish intake), physical activity, central obesity, blood pressure, cholesterol and glucose. The administration of cardio-protective medication was also improved.
General Application Information

This course is being run in conjunction with the 8th Annual Spring meeting on Cardiovascular Nursing March 14-15 2008 at the same venue

Location
Malmö is situated in the southernmost part of Sweden and is Sweden’s third largest city

Travel to Malmö
1. Via Copenhagen International airport (Kastrup): There are direct flights to Copenhagen from many European and overseas cities. The airport has a direct rail connection to Malmö. The trains leave Copenhagen every 20 mins for the 20 minute journey to Malmö. Train tickets can be purchased at the ticket counter in the airport.
2. Via Malmö-Sturup airport: There are some direct flights from European and overseas cities to Malmö-Sturup airport. The airport has a direct bus connection to Malmö (bus marked flygbuss). Tickets are available on the bus.
3. Malmö has good rail services including direct connections with Copenhagen, Stockholm and Oslo

Course and Conference Venue
Hilton Malmö City is situated in the city center of Malmö, 10 minutes walk from the railway station. www.hilton.se

Language: The official language will be English.

Registration fee

Pre-Course: ‘How to set up and run an evidence-based preventive cardiology programme – An Introduction to the EUROACTION model’ (12th-13th March 2008)

8th Annual Spring Meeting on Cardiovascular Nursing: ‘Pursuing Excellence in Cardiovascular Nursing’ (14th-15th March 2008)

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*Includes 25% VAT.
'HOW TO SET UP AND RUN AN EVIDENCE BASED PREVENTIVE CARDIOLOGY PROGRAMME'

AN INTRODUCTION TO THE EUROACTION MODEL
The Hilton Hotel, Malmö, Sweden,
12th – 13th March 2008

- **Registration**
  The online registration will be available at www.malmokongressbyra.se from 1 November 2007. The course registration fee includes: Course participation, the EUROACTION health professionals course manual and course materials, lunch and coffee breaks on both days and the drinks reception on 12th March. Accommodation is **not** included.

- **Accommodation**
  You will find information about the hotels at www.malmokongressbyra.se

- **Payment**
  Please find all details at www.malmokongressbyra.se.

- **Cancellation**
  Malmö Kongressbyrå AB (MKAB) only accepts written cancellations by post, mail or fax.

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**Important:** No place can be secured unless full payment is received. Attendance on the course will not be permitted in instances where payment has not been received. In the event of the cancellation of a course the full registration fee will be refunded. The European Society of Cardiology, The Council on Cardiovascular Nursing and Allied Professions and the EUROACTION coordinating centre (Imperial College) are not liable for any further costs incurred.

For more information about Malmö, please visit www.malmo.se

For further information in relation to the EUROACTION course contact: Jennifer Jones, EUROACTION Training and Education Coordinator, Department of Cardiovascular Medicine, 5th Floor, Imperial College, Charing Cross Campus, Fulham Palace Road, London, W6 8RF, United Kingdom. Tel: +44 (0)7815058599 or J.Jones@imperial.ac.uk

For registration and other enquiries contact:
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