

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

**AN INTRODUCTION TO THE EUROACTION MODEL**  
**The Hilton Hotel, Malmö, Sweden,**  
**12<sup>th</sup> – 13<sup>th</sup> March 2008**

### 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)

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**12<sup>th</sup> 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  
*Catrina 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***

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**13<sup>th</sup> March 2008: Turning lifestyle theory into practice**

### **Theme 3: The Lifestyle Intervention**

9.00	<b>Coffee &amp; Registration</b>
9.15	Smoking cessation: delivering an effective smoking cessation service - <i>Catriona Jennings</i>
10.15	Diet: advising and empowering families to make health food choices (Part 1)- <i>Alison Mead</i>
11.00	<b>BREAK</b>
11.15	Diet: advising and empowering families to make health food choices (Part 2)- <i>Alison Mead</i>
12.15	<b>LUNCH</b>
13.00	Physical activity: how to design and advise on safe and effective physical activity- <i>Jennifer Jones</i>
14.15	Delivering an effective weight management programme- <i>Alison Mead</i>
15.30	<b>BREAK</b>
15.45	Managing to target- blood pressure, cholesterol and glucose- <i>Dr Susan Connolly</i>
16.45	The future vision for preventive cardiology – <i>The MyAction project - A new integrated multidisciplinary preventive cardiology community based programme for hospital and general practice</i> <i>Professor David Wood and the faculty</i>
17.30	Close and evaluation

### **WHAT IS EUROACTION?**

[www.escardio.org/EUROACTION](http://www.escardio.org/EUROACTION)

- 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.

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**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](http://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' (12<sup>th</sup>-13<sup>th</sup> March 2008)

**8<sup>th</sup> Annual Spring Meeting on Cardiovascular Nursing:** 'Pursuing Excellence in Cardiovascular Nursing' (14<sup>th</sup>-15<sup>th</sup> March 2008)

	<b>Early Fee (before January 15<sup>th</sup> 2008)</b>	<b>Regular Fee</b>
<b>Pre-Course + Spring meeting</b>	SEK 6875*	SEK 8125*
<b>Spring meeting only</b>	SEK 3375*	SEK 4625*
<b>Pre-Course only</b>	SEK 4875*	SEK 4875*

\*Includes 25% VAT.

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▪ **Registration**

The online registration will be available at [www.malmokongressbyra.se](http://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 12<sup>th</sup> March. Accommodation is **not** included.

▪ **Accommodation**

You will find information about the hotels at [www.malmokongressbyra.se](http://www.malmokongressbyra.se)

▪ **Payment**

Please find all details at [www.malmokongressbyra.se](http://www.malmokongressbyra.se).

▪ **Cancellation**

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

	<b>Accommodation</b>	<b>Registration Fee</b>
Before Jan 14	Full refund	Full refund
Before Feb 1	Full refund	50% refund
After Feb 1	No refund	No refund

**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](http://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](mailto:J.Jones@imperial.ac.uk)

**For registration and other enquiries contact:**

**CONFERENCE ORGANIZER**

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