

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

CARDIOVASCULAR DISEASE PREVENTION AND REHABILITATION
AN INTRODUCTION TO THE EUROACTION MODEL
The Mount Herbert Hotel, Dublin
22nd – 23rd April 2009

22nd April 2009: Evidence Based Practice in Cardiovascular Disease Prevention and Rehabilitation

From 8.45 **Coffee & Registration**

9.15-9.30 **Welcome and Opening:** Professor Christi Deaton (Chair of Council on Cardiovascular Nursing and Allied Professions) and Professor David Wood (President of the European Association for Cardiovascular Prevention and Rehabilitation)

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

9.30-10.15 Preventive cardiology – the vision for cardiovascular disease prevention
Professor David Wood

10.30-11.00 The EUROACTION programme in preventive cardiology
Dr Kornelia Kotseva

11.00-11.30 **TEA BREAK**

11.30-11.45 The evidence for Preventive Cardiology
Dr Kornelia Kotseva

Theme 2: Family screening and assessment

11.45-13.15 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*
- *Health related quality of life*

13.15-14.15 **LUNCH**

14.15-15.15 How to assess *continued*

Theme 3: The Lifestyle Intervention

15.15-16.30 Behaviour change and motivational interviewing: *Annie Holden*

16.30-16.45 **TEA BREAK**

16.45-18.00 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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23rd April 2009: Turning lifestyle theory into practice

Theme 3: The Lifestyle Intervention

- 9.00 **Coffee & Registration**
- 9.15-10.15 Smoking cessation: delivering an effective smoking cessation service
Catriona Jennings
- 10.15-11.00 Diet: advising and empowering families to make health food choices (Part 1)
Alison Mead
- 11.00-11.15 **BREAK**
- 11.15-11.45 Diet: advising and empowering families to make health food choices (Part 2)
Alison Mead
- 11.45-12.15 Stress management and coping strategies
Professor David Thompson
- 12.15-13.00 **LUNCH**
- 13.00-14.00 Physical activity: how to design and advise on safe and effective physical activity
Jennifer Jones
- 14.00-15.00 Delivering an effective weight management programme
Alison Mead
- 15.00-15.30 Promoting a family based approach
Catriona Jennings
- 15.30-15.45 **BREAK**
- 15.45-16.45 Managing to target- blood pressure, cholesterol and glucose
Dr Susan Connolly
- 16.45-17.15 The future vision for preventive cardiology – *The MyAction project*
Professor David Wood
- 17.15-17.30 Close and evaluation

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Course description:

- This course aims to equip nurses, physiotherapists, dietitians, exercise and physical activity specialists, cardiologists, general practitioners, occupational physiotherapists and other health professionals with the necessary knowledge and practical skills for implementing a family based preventive cardiology programme.
- The EUROACTION model, recently published in the Lancet (Wood et al, 2008), is described in detail. EUROACTION showed that a nurse-managed multidisciplinary 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.
- This course is delivered by the cardiology, nursing, dietetic, physiotherapy and physical activity leads for the EUROACTION programme.

General Application Information:

This course is being run in conjunction with the **9th Annual Spring Meeting on Cardiovascular Nursing 'Addressing the Challenges in Cardiovascular Care'** (24 - 25, April 2009). To register for the Spring meeting visit <http://www.escardio.org/congresses/cardio-nursing-conference>

■ **Precourse location**

The Mount Herbert Hotel, Herbert Road, Sandymount, Dublin 4.

Tel: +353 (0)1 6142000 <http://www.mountherberthotel.ie/>

This hotel is within 10 minutes walk of the Royal Dublin Society (RDS) where the Spring meeting is being held.

- **Language:** The official language will be English.
- **Pre-Course Registration fee** (This fee includes all course materials and refreshments. The fee does **not** include accommodation.)

	Early Fee (before February 25 th 2008)	Regular Fee
Pre-Course	£260 <i>€330</i>	£300 <i>€380</i>
Special Rate (Only applicable to delegates who have also registered for the Spring meeting*)	£200 <i>€250</i>	£260 <i>€330</i>

* Confirmation number is required with application

- **Registration**
Applications to the Pre-course can only be made via email or post. All delegates must complete the application form provided.
- **Accommodation**
Accommodation at the Mount Herbert Hotel can be made on application to the Precourse. For those attending the Spring meeting at the RDS special rates at the Spring meeting hotels can be booked for the additional nights through: <http://www.escardio.org/congresses/cardio-nursing-conference>

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■ **Payment:**
Cheques:

All payments by cheque must be made payable to:
'**THE PREVENTIVE CARDIOLOGY TRUST**' and **must** be in sterling.

BACS:

For BACS payments our account details are as follows:

Account: The Preventive Cardiology Trust Account No 2
Account No: 00307073
Sort Code: 30 97 80
Bank: Lloyds TSB plc
High Street Southampton Branch
19 High Street
Southampton SO14 2SE
Swift (BIC) Code LOYDGB21032
IBAN: GB 20 LOYD 3097 8000 307073

■ **Cancellation**

The Precourse only accepts written cancellations by post, mail or fax.

	Registration Fee
Before Jan 14	Full refund
Before Feb 24	50% refund
From Feb 24	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 Preventive Cardiology Trust are not liable for any further costs incurred.

For further information in relation to the EUROACTION course contact: Jennifer Jones, Preventive Cardiology 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

What is EUROACTION? www.escardio.org/EUROACTION (Lancet 2008; 371: 1999–2012)

- 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.
- 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.
- 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."

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Registration Form (*One* form per active participant, please take copies as necessary)
Please **PRINT** all details clearly to avoid errors in processing information

Surname:

First names:

Title: Professor Dr Mr Mrs Miss Ms

Correspondence Address:

.....

..... Postcode:

Email: Tel: Fax:

Profession: Please tick

Nurse Occupational Therapist Psychologist Research Fellow/Academic

Doctor Exercise Physiologist Dietician Physiotherapist

BACR Phase IV Graduate Other Exercise Professional Other.....

Full job title: **Place of Work:**

.....

Registration* (Please tick)

	Early Fee (before February 25 th 2008)	Regular Fee
Pre-Course	£260 <input type="checkbox"/> €330 <input type="checkbox"/>	£300 <input type="checkbox"/> €380 <input type="checkbox"/>
Special Rate (Only applicable to delegates who have also registered for the Spring meeting*) Spring meeting booking confirmation number: _____	£200 <input type="checkbox"/> €250 <input type="checkbox"/>	£260 <input type="checkbox"/> €330 <input type="checkbox"/>

*Registration fee includes course participation, course materials, lunches, and refreshments. This fee does **not** include accommodation.

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Accommodation at the Mount Herbert Hotel

Delegates attending the Spring meeting should access special rates at the Spring meeting hotels for additional nights through: <http://www.escardio.org/congresses/cardio-nursing-conference>

	Single (Bed & breakfast)*	Double or Twin (Bed & breakfast)*
Tuesday 21st April 2009	£80 <input type="checkbox"/> <i>€100</i> <input type="checkbox"/>	£95 <input type="checkbox"/> <i>€120</i> <input type="checkbox"/>
Wednesday 22nd April 2009	£80 <input type="checkbox"/> <i>€100</i> <input type="checkbox"/>	£95 <input type="checkbox"/> <i>€120</i> <input type="checkbox"/>

*Includes VAT

Special diet (please specify)

Payment method

Cheque <input type="checkbox"/> Amount _____ (To be included with application and made payable to 'the Preventive Cardiology Trust')	BACS <input type="checkbox"/>	To be invoiced <input type="checkbox"/> (Complete below)
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Invoicing:

<p>Contact name, address and phone number to whom invoice should be sent (if different)</p> <p>Contact name:</p> <p>Invoice Address:</p> <p>Contact Phone number:</p>

I have read and understand the registration terms and conditions. I accept that no refunds will be given for any bookings cancelled after 24th February.

Signed:

Dated:

Please return your application to:

Jennifer Jones, Preventive Cardiology 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