

# How to Set Up and Run an Evidence Based Preventive Cardiology Programme

## *An Introduction to the EUROACTION Model*

21st-22nd March 2007, Midland Hotel, Manchester, United Kingdom

### Faculty: EUROACTION Coordinating Team (London, GB) and Steering Group Members

Professor David Wood (Professor of Cardiovascular Medicine; Chairman for EUROACTION);

Dr Kornelia Kotseva and Dr Susan Connolly (Consultant Cardiologists);

Ms Catriona Jennings (Cardiovascular Nurse Specialist);

Ms Alison Mead (Chief Dietitian);

Ms Jennifer Jones (Superintendent Physiotherapist; Course Director);

Ms Annie Holden (Physical Activity Specialist);

Professor Hannah McGee (Health Psychologist);

Dr Jonathan Morrell (General Practitioner; EUROACTION Principle Investigator Primary Care UK).

### Aim

This two day multidisciplinary course aims to provide health professionals (e.g. nurses, dietitians, physiotherapists and other health professionals) with knowledge and practical skills in running a family based lifestyle and risk factor programme for cardiovascular health and to share the experiences of the EUROACTION programme.

### Targeted audience

- Nurses and other health professionals interested in the practical aspects of running a preventive cardiology programme.
- Previous experience of working with cardiac rehabilitation or preventive cardiology services is not necessary.
- Health professionals from all levels of care (acute setting, community or primary care) could benefit.

### 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. According to the EUROASPIRE II data, where cardiac rehabilitation was provided for the coronary patients who reported attending such programmes, the majority did not achieve the lifestyle, risk factor and therapeutic goals.

- 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-led 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

- 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 and physical activity and successfully influence these behaviours
- Delivering an effective weight management and healthy eating 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?

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## Provisional programme

### 21st March 2007

#### The core of preventive cardiology

**08.45-09.00 Coffee and Registration**

**09.00-09.15** Welcome and Opening:  
Tone Norekvål (Chair, CCNAP) and  
Professor David Wood (Professor of Cardiovascular  
Medicine; Chairman for EUROACTION)

**09.15-09.45** Preventive cardiology – the vision  
for cardiovascular disease prevention

**09.45-10.15** Current policies and guidelines that  
underpin practice

**10.15-11.00** The evidence for a clinically effective  
preventive cardiology programme

**11.00-11.30 BREAK**

**11.30-11.50** Who to recruit to a preventive  
cardiology programme and how?

**11.50-13.00** How to assess cardiovascular risk, smoking,  
diet and physical activity, and successfully  
influence these behaviours

**13.00-13.45 LUNCH**

**13.45-14.15** How to assess and influence  
psychosocial health

**14.15-14.45** Behaviour change and motivational  
interviewing

**14.45-15.30** Managing to target – blood pressure,  
cholesterol and glucose

**15.30-15.45 BREAK**

**15.45-16.45** Managing to target continued – blood  
pressure, cholesterol and glucose

**16.45-17.15** Family based cardiovascular health  
(Including management of families with premature CVD and  
design and delivery of health promotion workshops)

**17.30-18.15** An example of a structured non-equipment  
based exercise programme for home or in  
the community (OPTIONAL) (Practical – please wear  
suitable footwear and clothing to participate)

**19.30+** Dinner

### 22nd March 2007

#### Putting lifestyle theory into practice

**08.30-08.45 Coffee and Registration**

**08.45-10.30** Smoking cessation: delivering an  
effective smoking cessation service

**10.30-10.45 BREAK**

**10.45-12.45** Diet: advising and empowering  
families to make healthy food choices

**12.45-13.30 LUNCH**

**13.30-15.00** Physical activity: how to design and advise  
on safe and effective physical activity

**15.00-15.15 BREAK**

**15.15-16.30** Delivering an effective weight  
management programme

**16.30-17.15** How to get started

**17.15-17.30** Close and Evaluation

#### Cost

£180+VAT early fee, £230+VAT applications after 19th  
February 2007 (Registration fee includes course manual  
and EUROACTION materials, refreshments, lunches and  
one dinner. Accommodation is not provided as part of  
this registration fee.

#### Registration

Registration for the EUROACTION training programme  
can be made in conjunction with the Spring meeting at:  
<http://www.conferencesearch.co.uk/cardiology>.

Those delegates wishing to register separately for the  
EUROACTION meeting or for further information please  
contact: **Jennifer Jones, EUROACTION Training and  
Education Coordinator, Tel: +44 (0)7815 058599 or  
[j.jones@imperial.ac.uk](mailto:j.jones@imperial.ac.uk)**