INSELSPITAL
UNIVERSITY HOSPITAL, BERN, SWITZERLAND
Hörsaal Langhans, Entry 43 A, Pathologisches Institut

EAPC Course Director/Local Organizing Committee

Matthias Wilhelm  Department of Cardiology, Interdisciplinary Centre for Sports Medicine, Inselspital, Bern University Hospital, Bern, Switzerland
Jean-Paul Schmid  Department of Cardiology, Clinic Barmelweid, Barmelweid, Switzerland
COURSE OBJECTIVES

Cardiovascular diseases remain the leading cause of death and disability in most European countries. Secondary prevention has become a cornerstone of treatment, but a majority of patients do not achieve guideline standards, predisposing them to progression of disease, recurrent events, and heart failure. Modern preventive cardiology and cardiac rehabilitation programmes, appropriately adapted to medical and cultural settings, have the potential to effectuate a healthier lifestyle, better risk factor control and adherence with cardioprotective medication. However, in most European countries, less than 50% of cardiac patients attend these programmes. There is a clear need to improve the situation by increasing the number of programmes, facilitating the access to these programmes, and tailoring these programmes to the requirements of the patients. Moreover, the fixed-term and often centre-based programmes have to be modified based on patients preferences and provide concepts for long-term management. The World Health Organisation underscores in their action plan for the prevention and control of non-communicable diseases the importance of improving quality and coverage of secondary prevention and rehabilitation following heart attacks and stroke.

EDUCATIONAL OBJECTIVES

- Learn to set up and run a modern preventive programme, including exercise-based cardiac rehabilitation in cardiac patients with and without heart failure
- Learn how to implement a multidisciplinary approach (exercise prescription, smoking cessation, nutrition and psychosocial counselling)
- Special focus on optimal medical therapy
- Special focus on patients with a high cardiovascular risk
- Special focus on exercise testing
- Special focus on exercise training and long-term management
- Special focus on sports cardiology and sports in patients with cardiac diseases
- Special focus on new frontiers and modern concepts in secondary prevention

The content of the course covers essential knowledge on secondary prevention, cardiac rehabilitation (including rehabilitation of heart failure patients), and sports cardiology according to the Core Curriculum for the European Cardiologist. The course approach is practical, including plenary discussion rounds, workshops, hands-on sessions, and live demonstrations of exercise testing and training.

TARGET AUDIENCE

This course is addressed to the multidisciplinary team of specialists working in the field of secondary prevention, cardiac rehabilitation, and sports cardiology, encompassing cardiologists, sports physicians, physiotherapists, sports scientists and nurses.
09:00 - 09:30
Arrival of participants – registration

09:30 - 10.00
Welcome addresses
Course Directors
Jean-Paul Schmid
Matthias Wilhelm
Swiss Society of Cardiology SGK
Michael Zellweger
Department of Cardiology,
Bern University Hospital
Stephan Windecker

INTRODUCTORY LECTURE
10:00 - 10:20
What does the invasive cardiologist expect from preventive cardiology?
Stephan Windecker

SESSION 1: PATHOPHYSIOLOGY & EPIDEMIOLOGY OF CARDIOVASCULAR DISEASE
10:20 - 10:40
Basic science: Atherosclerosis
Nicolle Kränkel
10:40 - 11:00
Update: Epidemiology of CVD in Europe
Eva Prescott

11:00 - 11:30 | Coffee break

SESSION 2: CARDIOVASCULAR RISK ASSESSMENT
11:30 - 11:50
Traditional risk scores and beyond
(Imaging, Biomarkers)
Paul Leeson
11:50 - 12:10
High risk patients - Obesity and Type 2 Diabetes
Markus Laimer
12:10 - 12:30
High risk patients - Familial Hypercholesterolemia
Konstantinos Koskinas
12:30 - 12:50
High risk patients - Oncology
Thomas Suter

12:50 - 14:00 | Lunch

”HOW TO” SESSION: EXERCISE STRESS TESTING
14:00 - 14:20
Basic concepts: Ergometry
Henner Hanssen

LIVE DEMONSTRATION
14:20 - 14:50
Ergometry
SESSION 3: CARDIOVASCULAR PREVENTIVE MEDICATION

14:50 - 15:10
Drug therapy for Hypertension
Stefano Rimoldi

15:10 - 15:30
Drug therapy for Dyslipidemias
Konstantinos Koskinas

15:30 - 15:50
Drug therapy of Type 2 Diabetes
Markus Laimer

15:50 - 16:10
Drug therapy for smoking cessation
Reto Auer

16:10 - 16:40 | Coffee break

"HOW TO" SESSION: AMBULATORY BP MEASUREMENT

16:40 - 17:10
Basic concepts: 24h-BP measurement, interpretation of BP recordings
Emrush Rexhaj

SESSION 4: SECONDARY PREVENTION STRATEGIES IN EUROPE

17:10 - 17:40
How eCardiology and eHealth will change our daily clinical practice
Hugo Saner

17:40 - 18:00
Insights in the EU-CARE study
Ed de Kluiver

FACULTY OF MONDAY

Reto Auer, Bern, Switzerland
Ed de Kluiver, Zwolle, The Netherlands
Henner Hanssen, Basel, Switzerland
Konstantinos Koskinas, Bern, Switzerland
Nicolle Kränkel, Berlin, Deutschland
Markus Laimer, Bern, Switzerland
Paul Leeson, Oxford, United Kingdom

Eva Prescott, Copenhagen, Denmark
Emrush Rexhaj, Bern, Switzerland
Stefano Rimoldi, Bern, Switzerland
Hugo Saner, Olten, Switzerland
Thomas Suter, Bern, Switzerland
Stephan Windecker, Bern, Switzerland
Michael Zellweger, Basel, Switzerland
SESSION 1: EVIDENCE FOR CARDIAC REHABILITATION
09:00 - 09:20
Basic science: effects of exercise on the cardiovascular system
Dominique Hansen
09:20 - 09:40
What can we learn from CR meta-analyses?
Constantinos Davos
09:40 - 10:00
Core components of comprehensive CR programs
Ana Abreu
10:00 - 10:30 | Coffee break

“HOW TO” SESSION: EXERCISE STRESS TESTING AND EXERCISE PRESCRIPTION
10:30 - 10:50
Basic concepts of CPET
Matthias Wilhelm
10:50 - 11:10
CPET in cardiac patients
Ines Frederix
11:10 - 11:30
Prescription of endurance training for CR
Michel White
11:30 - 11:50
Prescription of strength training for CR
Dominique Hansen

LIVE DEMONSTRATION
11:50 - 12:30
CPET in a patient with CAD
Local Team
12:30 - 13:30 | Lunch

SESSION 2: MULTIDISCIPLINARY APPROACH OF CR
13:30 - 13:50
Smoking cessation management
Silvia Büchler
13:50 - 14:10
Assessment of psychosocial risk profile
Mary Princip
14:10 - 14:30
Nutrition counselling
Frieda Dähler

“HANDS-ON” SESSION:
A) CARDIOPULMONARY EXERCISE TESTING
14:30 - 15:30
Interpretation of CPET data
Philippe Meyer

B) MEET THE PHYSIOTHERAPISTS
14:30 - 15:30
Practical aspects of exercise training
Local Team
Programme

CARDIAC REHABILITATION
TUESDAY, 21 NOVEMBER 2017

15:30 - 16:00 | Coffee break

SESSION 3: CHALLENGES AND NEW FRONTIERS

16:00 - 16.20
Quality assessment of CR programs
Heinz Völler

16:20 - 16.40
Hospital-, community- or home-based CR
Jean-Paul Schmid

16:40 - 17.00
Telerehabilitation
Ines Frederix

17:00 - 17.20
Concepts to increase long-term adherence
Ana Abreu

SESSION 4: SPECIAL PATIENT POPULATIONS

17:20 - 17.40
Patients with valvular disease
Heinz Völler

17:40 - 18.00
Grown-up with congenital heart disease
Markus Schwerzmann

FACULTY OF TUESDAY

Ana Abreu, Lisbon, Portugal
Silvia Büchler, Bern, Switzerland
Frieda Dähler, Bern, Switzerland
Constantinos Davos, Athens, Greece
Ines Frederix, Hasselt & Antwerp, Belgium
Dominique Hansen, Hasselt, Belgium
Philippe Meyer, Geneva, Switzerland
Mary Princip, Bern, Switzerland
Markus Schwerzmann, Bern, Switzerland
Heinz Völler, Potsdam, Germany
Michel White, Montreal, Canada
SESSION 1: STATE OF THE ART
09:00 - 09:40
Treatment of heart failure with preserved and reduced ejection fraction
Micha Mäder

SESSION 2: EVIDENCE FOR CARDIAC REHABILITATION IN HEART FAILURE
09:40 - 10:00
Basic science: exercise and heart failure
Ugo Corrà
10:00 - 10:20
What can we learn from meta-analyses of heart failure CR?
Constantinos Davos

10:20 - 10:50 | Coffee break

“HOW TO” SESSION: EXERCISE STRESS TESTING AND EXERCISE PRESCRIPTION
10:50 - 11:10
CPET in heart failure patients
Henner Hanssen
11:10 - 11:30
Modern concepts of endurance training in heart failure
Jean-Paul Schmid
11:30 - 11:50
Additional benefit of strength training and inspiratory muscle training in heart failure
Ioannis Laoutaris

LIVE DEMONSTRATION
11:50 - 12:30
CPET in heart failure
Local Team

12:30 - 13:30 | Lunch

SESSION 3:
A) MULTIDISCIPLINARY APPROACH
13:30 - 13:50
What is specific in CR for heart failure patients?
Otmar Pfister
13:50 - 14:10
Psychosocial management in heart failure patients
Sarah Holzgang
14:10 - 14:30
Correction of iron deficiency anemia
Otmar Pfister
14:30 - 15:00
Optimization of medical treatment and indications of device therapy
Paul Mohacsi

B) HANDS-ON SESSION
13:30 - 15:00
Practical aspects of exercise training in heart failure (HIIT, strength training, and respiratory muscle training)
Jean-Paul Schmid, Ines Frederix, Dominique Hansen
Programme

SESSION 4: EXERCISE TRAINING IN HIGH-RISK PATIENTS

15:00 - 15:20
Training in patients with ICD/CRT
Jean-Paul Schmid

15:20 - 15:40
Training in patients with NYHA class III-IV
Ugo Corrà

15:40 - 16:00
Training in patients with VAD
Ioannis Laoutaris

16:00 - 16:30 | Coffee break

“HOW TO” SESSION: EXERCISE TRAINING IN HEART FAILURE PATIENTS - LIVE DEMONSTRATIONS
Local Team

16:30 - 16:50
Strength training

16:50 - 17:10
Endurance training

17:10 - 17:30
Individualising exercise training

17:30 - 17:50
Integrating eHealth in exercise training

18:00
Departure for dinner – Mahogany Hall

FACULTY OF WEDNESDAY

Ugo Corrà, Veruno, Italy
Constantinos Davos, Athens, Greece
Ines Frederix, Hasselt & Antwerp, Belgium
Hanna Gottschalk, Bern, Switzerland
Dominique Hansen, Hasselt, Belgium
Henner Hanssen, Basel, Switzerland

Sarah Holzgang, Bern, Switzerland
Ioannis Laoutaris, Athens, Greece
Micha Mäder, St. Gallen, Switzerland
Paul Mohacsí, Bern, Switzerland
Otmar Pfister, Basel, Switzerland

FACULTY OF THURSDAY

Stefano Caselli, Rome, Italy
Aneil Malhotra, London, United Kingdom
Michael Papadakis, London, United Kingdom

Christian Schmied, Zurich, Switzerland
Markus Schwerzmann, Bern, Switzerland
Lukas Trachsel, Bern, Switzerland
**SESSION 1: STATE OF THE ART**
09:00 - 09:30
The athlete’s heart, gender and ethnicity
Michael Papadakis

**“HOW TO” SESSION: CARDIAC EVALUATION OF AN ATHLETE I**
09:30 - 10:00
ECG interpretation with modern criteria
Christian Schmied
10:00 - 10:30
ECG quiz
Aneil Malhotra

10:30 - 11:00 | Coffee break

**“HOW TO” SESSION: CARDIAC EVALUATION OF AN ATHLETE II**
11:00 - 11:30
Exercise testing in athletes
Stefano Caselli

**LIVE DEMONSTRATION**
11:30 - 12:15
CPET in an athlete
Local Team

12:15 - 13:30 | Lunch

**SESSION 2: SUDDEN DEATH IN SPORTS**
13:30 - 13:50
Epidemiology, causes & national registries
Matthias Wilhelm
13:50 - 14:10
Sudden cardiac death and normal heart
Michael Papadakis

14:10 - 14:30
Abortion of sudden death by AED / ICD
Aneil Malhotra

14:30 - 14:45 | Short break

**SESSION 3: DIAGNOSTIC CONUNDRUMS**
14:45 - 15:05
HCM vs. athlete’s heart
Michael Papadakis
15:05 - 15:25
ARVC – impact of genes and exercise
Stefano Caselli
15:25 - 15:45
Left ventricular non compaction and dilated cardiomyopathy versus athlete’s heart
Aneil Malhotra
15:45 - 16:05
Exercise and atrial fibrillation
Christian Schmied

16:05 - 16:40 | Coffee break

**“HOW TO” SESSION: SPORTS ELIGIBILITY IN CARDIAC DISEASES**
16:40 - 17:00
Ischemic heart disease and hypertension
Lukas Trachsel
17:00 - 17:20
Cardiomyopathies and myocarditis
Stefano Caselli
17:20 - 17:40
Arrhythmogenic cardiac conditions
Christian Schmied
17:40 - 18:00
Grown-up with congenital heart disease
Markus Schwerzmann

**End of the course**
VENUE
Inselspital, University Hospital, Bern, Switzerland: Hörsaal Langhans, Entry 43 A, Pathologisches Institut
Nearest international airport: Zurich, Switzerland

LOCAL ORGANIZING COMMITTEE
Matthias Wilhelm
Department of Cardiology, Interdisciplinary Centre for Sports Medicine, Inselspital, Bern University Hospital, Bern, Switzerland
Jean-Paul Schmid
Department of Cardiology, Clinic Barmelweid, Barmelweid, Switzerland

Website for online & hotel registration: www.kardiologie.insel.ch/EAPC

SECRETARIAT
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E-mail: eurocardio.edu@insel.ch

REGISTRATION
The registration fee includes: course participation, lunches and coffee breaks. Hotel accommodation and transportation are not included in the fees.

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<th>Packages</th>
<th>Early bird**</th>
<th>Regular fee</th>
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<td>1 day:</td>
<td>220 CHF</td>
<td>280 CHF</td>
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<td>2 days:</td>
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Special discount of 10% for EAPC Silver members and 5% for EAPC Ivory members available.
**Early bird registration until 9 October 2017
Dinner on Wednesday 22.11.17: 60 CHF

HOTEL ACCOMMODATION

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REGISTRATION
Hörsaal Langhans, Entry 43A
Pathologisches Institut

Bus line 11
stop from the city
to Inselspital
The sponsors were not involved in the development of this programme, and in no way influenced its scientific contents.