PREVENTIVE CARDIOLOGY, CARDIAC REHABILITATION & SPORTS CARDIOLOGY

FROM SET-UP TO NEW FRONTIERS

PROGRAMME
24 - 27 JUNE 2019
BERN, SWITZERLAND

INSELSPIRAL
BERN UNIVERSITY HOSPITAL
Auditorium Ettore Rossi
Entry 31b, Kinderklinik

EAPC Course Directors / Local Organizing Committee
Matthias Wilhelm | Department of Cardiology, Interdisciplinary Centre for Sports & Exercise Medicine, Inselspital, Bern University Hospital, Bern, Switzerland
Jean-Paul Schmid | Department of Cardiology, Clinic Barmelweid, Barmelweid, Switzerland

www.kardiologie.insel.ch/EAPC
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 health literacy 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 noncommunicable diseases the importance of improving quality and coverage of secondary prevention and rehabilitation following heart attacks and stroke. 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 State-of-the-Art and basic science lectures, plenary discussions, interactive case-based and “how-to” sessions, and live demonstrations of exercise testing and training.

EDUCATIONAL OBJECTIVES

• Learn to set up and run a modern prevention programme, including exercise-based cardiac rehabilitation in patients with heart failure
• Learn how to implement a multidisciplinary approach (exercise prescription and training, smoking cessation, nutrition and psychosocial counselling, patient education)
• Special focus on optimal medical therapy
• Special focus on patients with a high cardiovascular risk
• Special focus on exercise testing and training
• Special focus on health literacy and long-term management
• Special focus on sports in patients with cardiac diseases
• Special focus on new frontiers and modern concepts in secondary prevention

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.
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>08:30 - 09:00</td>
<td>Arrival of the participants - Registration</td>
</tr>
</tbody>
</table>
| 09:00 - 09:30 | Welcome  
**State of the Art: Interventional Cardiology**  
Stephan Windecker |
| 09:30 - 09:50 | Basic Science: Atherosclerosis  
Nicolle Kränkel |
| 09:50 - 10:10 | Epidemiology of CVD in Europe  
Oscar Franco |
| 10:10 - 10:30 | Plenary Discussion |
| 10:30 - 11:00 | Coffee break |
| 11:00 - 11:20 | Antiplatelet therapy and need for oral anticoagulation after ACS/ PCI  
Marco Valgimigli |
| 11:20 - 11:40 | Challenges to reach target LDL-C levels in primary and secondary prevention  
Konstantinos Koskinas |
| 11:40 - 12:00 | Renaissance of renal denervation in the treatment of hypertension?  
Emrush Rexhaj |
<p>| 12:00 - 12:30 | Plenary Discussion |
| 12:30 - 13:30 | Lunch |</p>
<table>
<thead>
<tr>
<th>Time</th>
<th>Session Title</th>
<th>Speaker(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>13:30 – 14:00</td>
<td>Optimization of glucose control in diabetic patients with and without cardiovascular disease</td>
<td>Markus Laimer</td>
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<td></td>
<td>“How to” session on systematic review and meta-analysis</td>
<td>Oscar Franco</td>
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<tr>
<td>14:00 – 14:30</td>
<td>The patient with statin intolerance</td>
<td>François Mach</td>
</tr>
<tr>
<td>14:30 – 15:00</td>
<td>Which target blood pressure level and how to reach it?</td>
<td>Franz Messerli</td>
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<tr>
<td>15:00 – 15:30</td>
<td>Coffee break</td>
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<tr>
<td>15:30 – 16:00</td>
<td>Pharmacotherapy for smoking cessation</td>
<td>Reto Auer</td>
</tr>
<tr>
<td>16:00 – 16:30</td>
<td>CV risk assessment – Scores, hsCRP, ABI and CAC</td>
<td>Pedro Marques-Vidal</td>
</tr>
<tr>
<td>16:30 – 17:00</td>
<td>CV imaging in stable angina pectoris</td>
<td>Christoph Gräni</td>
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</tbody>
</table>

**FACULTY OF MONDAY**

- Reto Auer (Bern, Switzerland)
- Oscar Franco (Bern, Switzerland)
- Christoph Gräni (Bern, Switzerland)
- Konstantinos Koskinas (Bern, Switzerland)
- Nicolle Kränkel (Berlin, Germany)
- Markus Laimer (Bern, Switzerland)
- François Mach (Geneva, Switzerland)
- Pedro Marques-Vidal (Lausanne, Switzerland)
- Franz Messerli (Bern, Switzerland)
- Emrush Rexhaj (Bern, Switzerland)
- Marco Valgimigli (Bern, Switzerland)
- Stephan Windecker (Bern, Switzerland)
08:30 – 09:00  Arrival of the participants – Registration

09:00 – 09:30  State of the Art: Secondary Prevention 2019
               Paul Dendale

09:30 – 09:50  Basic science: Exercise & the CV system
               Volker Adams

09:50 – 10:10  Psychosocial aspects of cardiac diseases
               Sven Schmutz

10:10 – 10:30  Plenary Discussion

10:30 – 11:00  Coffee break

11:00 – 11:20  Exercise Testing in cardiac patients
               Ana Abreu

11:20 – 11:40  Prescription of supervised endurance training
               Jean-Paul Schmid

11:40 – 12:00  Prescription of supervised strength training
               Michel Lamotte

12:00 – 12:30  Plenary Discussion

12:30 – 13:30  Lunch

13:30 – 14:00  Live demonstration: Ergometry in CAD patient
               Local team

14:00 – 14:30  Nutritional counselling
               Frieda Dähler

14:30 – 15:00  Psychosocial counselling
               Sven Schmutz

               Exercise therapy for physiotherapists and sport scientists
               Local team
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<tr>
<td>15:00 - 15:30</td>
<td>Coffee break</td>
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<tr>
<td>15:30 - 16:00</td>
<td>Health literacy and cardiovascular disease tbd</td>
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<tr>
<td>16:00 - 16:30</td>
<td>Increasing long-term adherence to lifestyle and medication</td>
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<td></td>
<td>Matthias Wilhelm</td>
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<tr>
<td>16:30 - 17:00</td>
<td>Integrating mHealth applications in secondary prevention strategies</td>
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<td>Ed de Kluiver</td>
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<tr>
<td>17:30</td>
<td>Departure for Dinner</td>
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</tbody>
</table>

**FACULTY OF TUESDAY**

Ana Abreu (Lisbon, Portugal)  
Volker Adams (Dresden, Germany)  
Frieda Dähler (Bern, Switzerland)  
Paul Dendale (Hasselt, Belgium)  
Ed de Kluiver (Zwolle, The Netherlands)  
Michel Lamotte (Bruxelles, Belgium)  
Jean-Paul Schmid (Barmelweid, Switzerland)  
Sven Schmutz (Bern, Switzerland)  
Matthias Wilhelm (Bern, Switzerland)

**FACULTY OF WEDNESDAY**

Paolo Adami (Rome, Italy)  
Andreas Melmer (Bern, Switzerland)  
Michael Papadakis (London, United Kingdom)  
Christian Schmied (Zurich, Switzerland)  
Heinz Völler (Potsdam, Germany)
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| 09:00 - 09:30 | **State of the Art: Sports with cardiac diseases**  
  Michael Papadakis |
| 09:30 - 09:50 | **Basic science: Exercise at the extremes**  
  Paolo Adami |
| 09:50 - 10:10 | **Screening master athletes**  
  Christian Schmied |
| 10:10 - 10:30 | **Plenary Discussion**                      |
| 10:30 - 11:00 | Coffee break                               |
| 11:00 - 11:20 | **Special patients: Obesity and Diabetes**  
  Andreas Melmer  
  **Interpretation of the Athlete's ECG**  
  Michael Papadakis |
| 11:20 - 11:40 | **Special patients: Valvular heart disease**  
  Heinz Völler |
| 11:40 - 12:00 | **Special patients: Cancer**  
  tbd |
| 12:00 - 12:30 | **Plenary Discussion**                      |
| 12:30 - 13:30 | Lunch                                      |
| 13:30 - 14:00 | **Live demonstration: CPET in a HF patient**  
  Local team |
| 14:00 - 14:30 | **Live demonstration: Endurance training**  
  Local team |
| 14:30 - 15:00 | **Live demonstration: Strength training**  
  Local team |
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<tr>
<td>09:00 - 09:30</td>
<td><strong>State of the Art: Exercise in Heart Failure patients</strong> - Massimo Piepoli</td>
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<tr>
<td>09:30 - 09:50</td>
<td><strong>Basic science: HFPF and HREF</strong> - Micha Mäder</td>
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<tr>
<td>09:50 - 10:10</td>
<td><strong>Role of eHealth in cardiac rehabilitation</strong> - Ines Frederix</td>
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<tr>
<td>10:10 - 10:30</td>
<td>Plenary Discussion</td>
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<tr>
<td>10:30 - 11:00</td>
<td>Coffee break</td>
</tr>
<tr>
<td>11:00 - 11:20</td>
<td><strong>Special patients: GUCH</strong> - Markus Schwerzmann</td>
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<tr>
<td>11:20 - 11:40</td>
<td><strong>Special patients: ICD/CRT</strong> - Matthias Wilhelm</td>
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<tr>
<td>11:40 - 12:00</td>
<td><strong>Special patients: Assist Devices</strong> - Ugo Corrà</td>
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<tr>
<td>12:00 - 12:30</td>
<td>Plenary Discussion</td>
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<tr>
<td>12:30 - 13:30</td>
<td>Lunch</td>
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<tr>
<td>13:30 - 14:00</td>
<td><strong>Optimal medical therapy in HF patients</strong> - Daniel Rhyner</td>
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<tr>
<td>14:00 - 14:30</td>
<td><strong>Important comorbidities in HF patients</strong> - Otmar Pfister</td>
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<tr>
<td>14:30 - 15:00</td>
<td><strong>Psychological challenges in HF patients</strong> - Sven Schmutz</td>
</tr>
<tr>
<td>Time</td>
<td>Session</td>
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<tr>
<td>15:00 - 15:30</td>
<td>Coffee break</td>
</tr>
<tr>
<td>15:30 - 16:00</td>
<td><strong>Assessing prognosis with CPET in HF patients</strong></td>
</tr>
<tr>
<td>16:00 - 16:30</td>
<td><strong>Choosing the right training modalities in HF patients</strong></td>
</tr>
<tr>
<td>16:30 - 17:00</td>
<td><strong>The future of Preventive Cardiology and Cardiac Rehabilitation - a European Perspective</strong></td>
</tr>
</tbody>
</table>

**FACULTY OF THURSDAY**

- Ugo Corrà (Veruno, Italy)
- Ines Frederix (Hasselt & Antwerp, Belgium)
- Iannis Laoutaris (Athens, Greece)
- Micha Mäder (St. Gallen, Switzerland)
- Philippe Meyer (Geneva, Switzerland)
- Otmar Pfister (Basel, Switzerland)
- Massimo Piepoli (Milan, Italy)
- Daniel Rhyner (Bern, Switzerland)
- Hugo Saner (Olten, Switzerland)
- Sven Schmutz (Bern, Switzerland)
- Markus Schwerzmann (Bern, Switzerland)
- Matthias Wilhelm (Bern, Switzerland)
GENERAL INFORMATION

VENUE
BERN, SWITZERLAND
Inselspital, Bern University Hospital
Auditorium Ettore Rossi, Entry 31b, Kinderklinik

Nearest international airport: Zurich, Switzerland

LOCAL ORGANIZING COMMITTEE

Matthias Wilhelm  Department of Cardiology, Interdisciplinary Centre for Sports & Exercise 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

Catherine Marchand  Department of Cardiology, Interdisciplinary Centre for Sports & Exercise Medicine, Inselspital, Bern University Hospital, Bern, Switzerland
Phone +41 31 632 03 29, Fax +41 31 632 89 77
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.

Special discount of 20% for EAPC Gold members, 10% for EAPC Silver members and 5% for EAPC Ivory members available.

<table>
<thead>
<tr>
<th>Packages</th>
<th>Early bird*</th>
<th>Regular fee</th>
<th>On-site payment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 day</td>
<td>220 CHF</td>
<td>280 CHF</td>
<td>340 CHF</td>
</tr>
<tr>
<td>2 days</td>
<td>410 CHF</td>
<td>470 CHF</td>
<td>530 CHF</td>
</tr>
<tr>
<td>3 days</td>
<td>580 CHF</td>
<td>640 CHF</td>
<td>700 CHF</td>
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<tr>
<td>4 days</td>
<td>730 CHF</td>
<td>790 CHF</td>
<td>850 CHF</td>
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</table>

*Early bird registration until 20 May 2019

Dinner on Tuesday 25.06.19: 20 CHF

HOTEL ACCOMMODATION

<table>
<thead>
<tr>
<th>Category</th>
<th>Single room per night</th>
<th>Twin room per night</th>
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<tbody>
<tr>
<td>****</td>
<td>170 - 230 CHF</td>
<td>245 - 305 CHF</td>
</tr>
<tr>
<td>***</td>
<td>115 - 185 CHF</td>
<td>160 - 235 CHF</td>
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<tr>
<td>*</td>
<td>110 - 140 CHF</td>
<td>121 - 180 CHF</td>
</tr>
</tbody>
</table>
BUS LINE 11 stop from the city to Inselspital

VENUE & REGISTRATION
Auditorium Ettore Rossi
Entry 31b
Kinderklinik
The EAPC Educational Course “Preventive Cardiology, Cardiac Rehabilitation & Sports Cardiology – From Set-up to New Frontiers” has been submitted to the European Union of Medical Specialists - The European Accreditation Council for Continuing Medical Education (UEMS-EACCME) for External CME accreditation.

Credits Switzerland
SGK: 23 h 1 A Credits
SGAIM: 23.0 AIM/MIG Credits
SGSM: 10 Credits
Physioswiss: 23 physioswiss-Credits
SGPMR: 18 Credits

This educational programme has received unrestricted grants from:

AstraZeneca

ergoline

AMGEN
Cardiovascular
Brasil-Myers Squibb
Pfizer
MSD
Inventing for life
Novartis
Sanofi
spirig HealthCare
VIFOR PHARMA

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