

**3rd HFA Educational Training Practical Course on
“Exercise Training and Long Term Management in Heart Failure Patients”
University Hospital InselSpital – Bern - <http://www.insel.ch>
Thursday & Friday: 12 & 13 November 2015**

Course Directors

Massimo F. Piepoli (Piacenza, I)

Piotr Ponikowski (Wroclaw, PL)

Thursday 12th November 2015

Welcome and Introduction–

08:30-08:45 Welcome address and presentation of the HFA

Piotr Ponikowski

08:45-09:15 **State of the art lecture**

Cardiac rehabilitation in heart failure patients – how to create and develop a successful idea

Massimo Piepoli

Session I: Post-acute setting – First steps in initializing Exercise Training

09:15-09:35 Case presentation 1: HFrEF, NYHA III, post-acute stationary setting

Petar Seferovich

09:35-09:55 Assessment of the patient in the post-acute setting

Paul Mohacsi

09:55-10:30 Live demonstration 1: Cardiopulmonary exercise testing

Matthias Wilhelm/ local team

10:30-10:45 **Break**

10:45-11:05 Case presentation 2: HFrEF, NYHA III, with co-morbidities (COPD, DM)

Francesco Giallauria

11:05-11:25 What do the guidelines say in the difficult cases?

Piotr Ponikowski

11:25-11:45 General assessment of frail patient

Francesco Giallauria

11:45-12:15 How to assess exercise tolerance in frailty

Matthias Wilhelm/ JP Schmid/ local team

12:15-13:30 **Lunch**

Session II: Multidisciplinary approach

13:30-13:50 Core components and standards of a CR programme

Tiny Jaarsma

13:50-14:10 How to assess psychosocial problems

Dorothy Frizelle

14:10-14:30 Long term management

Christi Deaton

14:30-15:00

Coffee break

15:00-15:20

Session III: Phase II rehabilitation

Case presentation 3: NYHA II, CR in an outpatient setting

Lukas Trachsel

15:20-15:40

How to prescribe exercise: basic principles

Ugo Corrà

15:40-16:00

Endurance training: low, moderate or high intensity?

Jean-Paul Schmid

16:00-16:30

Which are the ideal training modalities of a CR programme

Ioannis Laoutaris

16:30-17:00

Coffee break

Session V: The high risk patient

17:00-17:20

What to consider in exercise training of high risk patient?

Massimo Piepoli

17:20-17:40

How to manage patients with ventricular arrhythmia?

Matthias Wilhelm

17:40-18:00

Live demonstration 2 : Endurance training

Matthias Wilhelm/ Jean-Paul Schmid/ local team

Session IV: Motivational Interviewing

15:00 – 16:30 Crash course in

motivational

interviewing

Dorothy Frizelle

Friday 13th November 2015

Session VI: HFpEF

09:00-09:30

State of the art

HFpEF

Burkert Pieske

09:30-09:50

Case presentation 4: Diastolic heart failure

Thomas Suter

09:50-10:10

Functional assessment, exercise testing in HFPEF

Petar Seferovic

10:10-10:30

Exercise training in HFPEF

Burkert Pieske

10:30-11:00

Coffee break

**Session VII: Meet the physiotherapists:
practical tips & tricks: how to start and
progress exercise training**

09:00-10:30 How to perform:

- endurance training

Local physiotherapists

- strength training

Michel Lamotte, Ioannis Laoutaris

Session VIII: Exercise training and devices

- 11:00-11:20** Case presentation 5: Patient on an assist device
Paul Mohacsi
- 11:20-11:40** Training in patients with VAD
Ugo Corrà
- 11:40-12:00** Cardiac contractility modulation
Francesco Giallauria
- 12:00-12:20** Training in patients with ICD/CRT
Ugo Corrà
- 12:20-13:30** **Lunch**

Session IX: How to start a rehabilitation

- 13:30-13:50** Developing a business case for CHF rehabilitation
Christi Deaton
- 13:50-14:10** Specific tools to assess quality of life in CHF
Tiny Jaarsma
- 14:10-14:30** Wii game computer for home training?
Tiny Jaarsma
- 14:30-15:00** **Coffee break**

Session XI: Medical progress in CHF management

- 15:00-15:20** Physiology of iron status, anemia and exercise capacity
Piotr Ponikowski
- 15:20-15:40** Correction of iron status in CHF patients: who, why, how?
Christina Deluigi
- 15:40-16:00** Neprilysin inhibition: the new magic bullet?
Massimo Piepoli

Session XII: "The Bern Model"

Live demonstrations 3 (transmissions in the main auditorium)
Matthias Wilhelm / Jean-Paul Schmid/ Massimo Piepoli

- 16:15-16:45** Mobility and coordination
- 16:45-17:15** Endurance training in CHF
- 17:15-17:45** Inspiratory muscle training
- 17:45-18:15** Strength training

Session X: Practical workshop on inspiratory muscle training programme

- 13:30-14:30** How to perform inspiratory
muscle training
Ioannis Laoutaris