

Preventive Cardiology, Sports Cardiology & Exercise based Rehabilitation – From Set-up to New Frontiers

Programme | 9 -13 November 2015



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



EACPR Course Directors/Local Organizing Committee
Jean-Paul Schmid (Bern, CH)
Matthias Wilhelm (Bern, CH)

HFA Course Directors
Massimo F. Piepoli (Piacenza, I)
Piotr Ponikowski (Wroclaw, PL)

Welcome to the Training Workshop on Preventive Cardiology, Sports Cardiology & Exercise based Rehabilitation – From Set-up to New Frontiers

Course objectives

Cardiovascular disease is the leading cause of death and disability in most European countries. Secondary prevention has become a cornerstone of treatment, but a majority of coronary patients do not achieve guideline standards, predisposing them to progression of disease, recurrent events, and heart failure. Secondary prevention and cardiac rehabilitation programmes 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 modern preventive cardiology 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 provide concepts for long-term management of cardiovascular and heart failure patients.

Educational objectives

- Learn to set up and run a modern preventive cardiology programme, including exercise-based cardiac rehabilitation in different target populations
- Learn how to implement a multidisciplinary approach (exercise prescription, optimal medical therapy, smoking cessation, nutrition and psychosocial counselling)
- special focus on exercise testing and training
- special focus on sports cardiology and sports in patients with cardiac diseases
- special focus on exercise training and long-term management in heart failure patients
- special focus on new frontiers and alternative 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, 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 and cardiac rehabilitation, encompassing cardiologists, sports physicians, physiotherapists, sports scientists and nurses.

Part I | 9 - 10 November 2015

Preventive Cardiology & Exercise based Cardiac Rehabilitation

How to Set-up a Cardiac Rehabilitation Programme?

Faculty

Ambrosetti Marco (Varese, IT)
 Abreu Ana (Lisbon, PT)
 Belardinelli Romualdo (Ancona, IT)
 Boxleitner Maren (Bern, CH)
 Dähler Frieda (Bern, CH)
 Davos Constantinos H. (Athens, GR)
 Deluigi Christina (Bern, CH)
 Doherty Patrick (York, GB)
 Eser Prisca (Bern, CH)

Fernandes Andreia (Coimbra, PT)
 Gottschalk Hanna (Bern, CH)
 Grolmund Johannes (Bern, CH)
 Illi Marie-Christine (Paris, FR)
 Löligen Herbert (Remscheid, GE)
 Rimoldi Stefano (Bern, CH)
 Saner Hugo (Bern, CH)
 Trachsel Lukas (Bern, CH)
 Vigorito Carlo (Naples, IT)
 Zurbügg Silvia (Bern, CH)

Monday, 9 November 2015 /// 09:30-18:35

09:00-09:30	Arrival of Participants – Registration
09:30-09:45	Welcome address Swiss Society of Cardiology SGK <i>Urs Kaufmann</i>
09:45-10:00	Welcome address University Clinic of Cardiology Bern <i>Stephan Windecker</i>
10:00-10:15	Welcome address EACPR <i>Patrick Doherty</i>
10:15-10:30	Exercise is Medicine <i>Matthias Wilhelm</i>
Session 1:	Organisation and Evaluation
10:30-10:50	Evidence of cardiac rehabilitation (CR) in the modern era? <i>Costas Davos</i>
10:50-11:10	What have we learned from the RAMIT trial – Core components of CR <i>Patrick Doherty</i>
11:10-11:40	Coffee break
11:40-12:00	Starting a new CR programme – What has to be considered? <i>Ana Abreu</i>
12:00-12:20	Standards for cardiovascular disease prevention and rehabilitation programmes <i>Patrick Doherty</i>
12:20-12:40	Barriers to participation and long time adherence to exercise based cardiac rehabilitation <i>Costas Davos</i>
12:40-13:00	Outcome measures and programme assessment <i>Ana Abreu</i>
13:00-14:15	Lunch
Session 2:	Cardiovascular Preventive Medication
14:15-14:35	Hypertension – news on an old topic <i>Stefano Rimoldi</i>
14:35-15:05	Lipid lowering drugs – the lower the better? <i>Christina Deluigi</i>
15:05-15:25	Diabetes in the cardiac patient – what to consider? <i>Matthias Wilhelm</i>
15:25-15:55	Coffee break
Session 3:	Exercise Stress Testing
15:55-16:15	Protocols, reference values, interpretation <i>Marco Ambrosetti</i>
16:15-16:35	Added value of respiratory gas analysis during exercise <i>Romualdo Belardinelli</i>
16:35-16:55	Risk stratification and safety aspects <i>Marie-Christine Illiou</i>
16:55-17:25	Coffee break
17:25-18:15	Live demonstration: Case presentations (Assessment at CR entry, exercise stress testing bicycle, treadmill) <i>M. Wilhelm / local team</i>
18:15-18:35	Alternative measurements of cardiac and muscular function <i>Prisca Eser</i>

Tuesday, 10 November 2015 /// 09:00-17:50

Session 4:	Testing Prescription
09:00-09:20	Basic principles of exercise prescription (3 phase model) <i>Herbert Löligen</i>
09:20-09:40	Prescription of endurance exercise <i>Carlo Vigorito</i>
09:40-10:00	Prescription of resistance training <i>Marco Ambrosetti</i>
10:00-10:20	Prescription of interval training <i>Lukas Trachsel</i>
10:20-10:50	Coffee break
10:50-11:30	Live demonstration: Cardiopulmonary exercise stress test and exercise prescription <i>M. Wilhelm / local team</i>
Session 5:	Cardiac Rehabilitation: a Multidisciplinary Approach
11:30-11:50	Smoking cessation management <i>Silvia Zurbügg</i>
11:50-12:10	Assessment of psychosocial profile <i>Johannes Grolmund</i>
12:10-12:30	Nutrition counselling <i>Frieda Dähler</i>
12:30-13:30	Lunch
13:30-15:00	Session 6a Hands-on Cardiopulmonary Exercise Test <i>Romualdo Belardinelli</i>
	Session 6b Meet the physiotherapists Practical aspects of initiation and progression of endurance and resistance training <i>Maren Boxleitner / Hanna Gottschalk</i>
Session 7:	New Frontiers in Prevention & Rehabilitation
15:30-15:50	Challenges of hospital-based rehabilitation, experiences from a new programme in Portugal <i>Andreia Fernandes</i>
15:50-16:10	Horizon 2020 – EU-CaRE: A European study on effectiveness and sustainability of current Cardiac Rehabilitation programmes in the Elderly. <i>Marie-Christine Illiou</i>
16:10-16:30	Coffee break
16:30-16:50	Grown-up with congenital heart disease <i>Lukas Trachsel</i>
16:50-17:10	Peripheral arterial occlusive disease <i>Christina Deluigi</i>
17:10-17:30	Diabetes rehabilitation <i>Matthias Wilhelm</i>
17:30-17:50	New Frontiers <i>Hugo Saner</i>

Wednesday, 11 November 2015 /// 08:30-18:00

08:00-08:30 Arrival of Participants – Registration

08:30-08:40 Welcome address
 and presentation of the Sports Cardiology
 Section of the EACPR *Sanjay Sharma*

08:40-09:10 State of the art lecture
 The athlete's heart *Sanjay Sharma*

Session 1: Cardiac Evaluation of the Athlete

09:10-09:40 General considerations in relation to cardio-
 vascular assessment of the athlete
Hanne Rasmussen

09:40-10:10 How to interpret an athlete's ECG
Michael Papadakis

10:10-10:40 Coffee break

10:40-11:15 Imaging of the athlete's heart (mostly
 echocardiography) *Michael Papadakis*

11:10-11:40 Exercise testing in athletes *Hanne Rasmussen*

11:40-12:10 Live demonstration: Cardiopulmonary exercise
 test in an athlete
Lukas Trachsel / local team

12:15-13:30 Lunch

Session 2: Sudden Death in Sports

13:30-14:00 Epidemiology, causes & national registries
Matthias Wilhelm

14:00-14:30 Sudden cardiac death and normal heart
 at autopsy *Sanjay Sharma*

14:30-15:00 Abortion of sudden death by AED/ICD
Hein Heidebüchel

15:00-15:30 Coffee break

**Session 3: Diagnostic Conundrums in Sports
 Cardiology**

15:30-15:45 Hypertrophic cardiomyopathy vs. athlete's
 heart *Sanjay Sharma*

15:45-16:00 Arrhythmogenic right ventricular cardiomyo-
 pathy: gene- and / or exercise-induced?
Hein Heidebüchel

16:00-16:15 Left ventricular non compaction and dilated
 cardiomyopathy versus athlete's heart.
Michael Papadakis

16:15-16:30 Exercise and atrial fibrillation
Matthias Wilhelm

16:30-17:00 Coffee break

**Session 4: Sports Eligibility with Cardiac
 Abnormalities (Case-based)**

17:00-17:20 Ischemic heart disease and hypertension
Lukas Trachsel

17:20-17:40 Cardiomyopathies and myocarditis
Sanjay Sharma

17:40-18:00 Arrhythmogenic cardiac conditions
Hein Heidebüchel

18:00 Departure for Dinner – Mahogany Hall

The highlights are:

- Lectures by dedicated speakers
- plenary discussions
- workshops and live demonstrations of exercise testing and training.



Part III | 12 - 13 November 2015

3rd HFA Educational Training Practical Course on

"Exercise Training and Long Term Management in Heart Failure Patients"

Faculty

Bodeitner Maren (Bern, CH)
Corrà Ugo (Veruno, IT)
Deaton Christi (Cambridge, UK)
Deluigi Christina (Bern, CH)
Eser Prisca (Bern, CH)
Giallauria Francesco (Naples, IT)
Gottschalk Hanna (Bern, CH)
Grolimund Johannes (Bern, CH)
Lamotte Michel (Bruxelles, BE)

Laoutaris Ioannis (Athens, GR)
Mäder Micha T. (St. Gallen, CH)
Mohacsi Paul (Bern, CH)
Seferovic Petar M. (Belgrade, RS)
Sigurdardottir Vilborg (Bern, CH)
Staubert Stefanie (Bern, CH)
Trachsel Lukas (Bern, CH)

Thursday, 12 November 2015 /// 08:30-18:00

08:00-08:30	Arrival of Participants – Registration
08:30-08:45	Welcome address University Clinic of Cardiology Bern <i>Stephan Windecker</i>
08:45-09:00	Welcome address and presentation of the HFA <i>Piotr Ponikowski</i>
09:00-09:30	State of the art lecture Cardiac rehabilitation in heart failure patients – how to create and develop a successful idea <i>Massimo Piepoli</i>
Session 1:	Post-acute Setting – First Steps in Initializing Exercise Training
09:30-09:50	Case presentation 1: HFREF, NYHA III, post-acute stationary setting <i>Petar Seferovich</i>
09:50-10:10	Assessment of the patient in the post-acute setting <i>Paul Mohacsi</i>
10:10-10:45	Live demonstration 1: Cardiopulmonary exercise testing <i>Matthias Wilhelm/local team</i>
10:45-11:00	Coffee break
11:00-11:20	Case presentation 2: HFREF, NYHA III, with comorbidities (COPD, DM) <i>Francesco Giallauria</i>
11:20-11:40	What do the guidelines say in the difficult cases? <i>Piotr Ponikowski</i>
11:40-12:00	General assessment of frail patient <i>Francesco Giallauria</i>
12:00-12:30	How to assess exercise tolerance in frailty <i>Matthias Wilhelm/JP Schmid/local team</i>
12:30-13:45	Lunch
Session 2:	Multidisciplinary Approach
13:45-14:05	Core components and standards of a CR programme <i>Ugo Corrà</i>
14:05-14:25	How to assess psychosocial problems <i>Johannes Grolimund</i>
14:25-14:45	Long term management <i>Christi Deaton</i>
14:45-15:20	Coffee break
Session 3a:	Phase II Rehabilitation
15:20-15:40	Case presentation 3: NYHA II, CR in an outpatient setting <i>Lukas Trachsel</i>
15:40-16:00	How to prescribe exercise: basic principles <i>Ugo Corrà</i>
16:00-16:20	Endurance training: low, moderate or high intensity? <i>Jean Paul Schmid</i>
16:20-16:50	Which are the ideal training modalities of a CR programme <i>Ioannis Laoutaris</i>
Session 3b:	Motivational Interviewing
15:20-16:50	Crash course in motivational interviewing <i>Johannes Grolimund/Stefanie Stauber</i>
16:50-17:20	Coffee break
Session 4:	The High Risk Patient
17:20-17:40	What to consider in exercise training of high risk patient? <i>Massimo Piepoli</i>
17:40-18:00	How to manage patients with ventricular arrhythmia? <i>Matthias Wilhelm</i>

Friday, 13 November 2015 /// 09:00-18:15

Session 5a:	HFpEF
09:00-09:30	State of the art HFpEF <i>Micha T. Mäder</i>
09:30-09:50	Case presentation 4: Diastolic heart failure <i>Vilborg Sigurdardottir</i>
09:50-10:10	Functional assessment, exercise testing in HFpEF <i>Petar Seferovic</i>
10:10-10:30	Exercise training in HFpEF <i>Micha T. Mäder</i>
Session 5b:	Meet the Physiotherapists: Practical Tips & Tricks: How to Start and Progress Exercise Training in CHF patients
09:00-10:30	How to perform endurance training <i>Maren Boxleitner/Hanna Gottschalk</i> How to perform strength training <i>Michel Lamotte</i>
10:30-11:00	Coffee break
Session 6:	Exercise Training and Devices
11:00-11:20	Case presentation 5: Patient on an assist device <i>Paul Mohacsi</i>
11:20-11:40	Training in patients with VAD <i>Ugo Corrà</i>
11:40-12:00	Cardiac contractility modulation <i>Francesco Giallauria</i>
12:00-12:20	Training in patients with ICD/CRT <i>Ugo Corrà</i>
12:20-13:30	Lunch
Session 7a:	How to Start a Rehabilitation
13:30-13:50	Developing a business case for CHF rehabilitation <i>Christi Deaton</i>
13:50-14:10	Specific tools to assess quality of life in CHF <i>Stefanie Stauber</i>
14:10-14:30	Wii game computer for home training? <i>Prisca Eser</i>
Session 7b:	Practical Workshop on Inspiratory Muscle Training Programme
13:30-14:30	How to perform inspiratory muscle training <i>Ioannis Laoutaris</i>
14:30-15:00	Coffee break
Session 8:	Medical Progress in CHF Management
15:00-15:20	Physiology of iron status, anemia and exercise capacity <i>Piotr Ponikowski</i>
15:20-15:40	Correction of iron status in CHF patients: who, why, how? <i>Christina Deluigi</i>
15:40-16:00	Neprilysin inhibition: the new magic bullet? <i>Massimo Piepoli</i>
Session 9:	"The Bern Model"
	Live demonstrations 3 (transmissions in the main auditorium) <i>Matthias Wilhelm/Michel Lamotte/Massimo Piepoli/Maren Boxleitner/Hanna Gottschalk</i>
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
End of the course	

General Information

Venue

Inselspital, Bern University Hospital, Switzerland: Hörsaal Langhans, Entry 43A, Pathologisches Institut
Nearest international airport: Zurich, Switzerland

Local organizing committee

Matthias Wilhelm, Preventive Cardiology & Sports Medicine, University Clinic of Cardiology,
Interdisciplinary Center for Sports Medicine, Inselspital, Bern University Hospital, Switzerland
Jean-Paul Schmid, Spital STS AG, Thun, Switzerland

Website for online & hotel registration

www.preventivecardio.insel.ch/EACPR_HFA

Secretariat

Preventive Cardiology & Sports Medicine, University Clinic of Cardiology, Interdisciplinary Center for
Sports Medicine, Catherine Marchand, Inselspital, Bern University Hospital, Switzerland
Phone +41 31 632 03 29, Fax +41 31 632 89 77, Email 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.

Registration Fees	Early bird fee**	Regular fee	On-site payment
1 day fee	CHF 220.00	CHF 280.00	CHF 340.00
2 days	CHF 390.00	CHF 450.00	CHF 510.00
3 days	CHF 580.00	CHF 640.00	CHF 720.00
5 days package	CHF 820.00	CHF 880.00	CHF 940.00
HFA-members* 2 days	CHF 330.00	CHF 390.00	CHF 450.00
HFA-members* 5 days	CHF 770.00	CHF 830.00	CHF 890.00
Dinner (Wednesday event)	CHF 60.00	CHF 60.00	CHF 60.00

* HFA Member: applies only for online and full HFA members

** Early bird registration until September 28th, 2015

Upon receipt of a written cancellation, a refund of fees (less a 25 % administrative charge) will be applied up to 9 weeks before the course. After this date no refund will be made for cancellations.

In case of cancellation of the course the full registration fee will be refunded.
The organizer is not liable for any further costs incurred.

Hotel accommodation	Single room per night	Twin room per night / room
Cat. ****	CHF 170.00 – 260.00	CHF 220.00 – 310.00
Cat. ***	CHF 130.00 – 160.00	CHF 170.00 – 235.00
Cat. *	CHF 130.00 – 135.00	CHF 145.00 – 170.00

Registration office

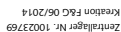
Bern Incoming GmbH, Amthausgasse 4, CH-3011 Bern,
+41 31 328 12 60, Fax +41 31 328 12 69
info@bern-incoming.ch, www.bern-incoming.ch

Direct online registration for Smartphones and PDA

For further information please contact: eurocardio.edu@insel.ch



UNIVERSITÄTsspital Bern
HOPITAL UNIVERSITAIRE DE BERNE
BERN UNIVERSITY HOSPITAL



Continuing Medical Education

This programme has been submitted to the European Board for Accreditation in Cardiology (EBAC) for CME accreditation.

www.preventivecardio.insel.ch/EACPR_HFA

This educational programme has received unrestricted grants from:



The sponsors were not involved in the development of this programme, and in no way influenced its scientific contents.