



EAPC
European Association
of Preventive Cardiology

PREVENTIVE CARDIOLOGY, CARDIAC REHABILITATION & SPORTS CARDIOLOGY

FROM SET-UP TO NEW FRONTIERS

PROGRAMME | 20-23 NOVEMBER 2017



INSELSPITAL

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

EAPC Course Director/Local Organizing Committee

Matthias Wilhelm Department of Cardiology, Inselspital
Bern University Hospital, Bern, Switzerland

Jean-Paul Schmid Department of Cardiology, Clinic Barmelweid,
Barmelweid, Switzerland



ESC
European Society
of Cardiology

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.

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.

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.

09:00 - 09:30

Arrival of participants – registration

09:30 - 10:00

Welcome addresses

Swiss Society of Cardiology SGK

Michael Zellweger

University Clinic of Cardiology Bern

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, *Oltén Switzerland*

Thomas Suter, *Bern 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

Michael 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

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*

Michael 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

Trine Karlsen

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, strenght training, and respiratory muscle training)

Jean-Paul Schmid, Ines Frederix, Dominique Hansen

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

“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

16:00 - 16:30 | **Coffee break**

18:00

Departure for dinner – Mahogany Hall

FACULTY OF WEDNESDAY

Ugo Corrà, *Veruno Italy*

Constantinos Davos, *Athens Greece*

Ines Frederix, *Hasselt & Antwerp*

Belgium

Dominique Hansen, *Hasselt Belgium*

Henner Hanssen, *Basel Switzerland*

Sarah Holzgang, *Bern Switzerland*

Trine Karlsen, *Trondheim Norway*

Ioannis Laoutaris, *Athens Greece*

Micha Mäder, *St. Gallen Switzerland*

Paul Mohacsi, *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, University Clinic of Cardiology, Inselspital, 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, University Clinic of Cardiology, Inselspital, 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.

Packages	Early bird**	Regular fee	On-site payment
1 day:	220 CHF	280 CHF	340 CHF
2 days:	410 CHF	470 CHF	530 CHF
3 days:	580 CHF	640 CHF	700 CHF
4 days:	730 CHF	790 CHF	850 CHF

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

Category	Single room per night	Twin room per night
****	170 - 230 CHF	245 - 305 CHF
***	115 - 185 CHF	160 - 235 CHF
*	110 - 140 CHF	121 - 180 CHF

Location Plan

REGISTRATION
Hörsaal Langhans, Entry 43A
Pathologisches Institut

Bus line 11
stop from the city
to Inselspital

SITUATIONSPLAN

Nieder- und Ober-
Haupteingänge - Bern, Freiburgrasse 18
Inselparking - Bern, Murtenstrasse 10

18 Hauptklinik

19 Notaufnahme

20 Notaufnahme

21 Notaufnahme

22 Notaufnahme

23 Notaufnahme

24 Notaufnahme

25 Notaufnahme

26 Notaufnahme

27 Notaufnahme

28 Notaufnahme

Information

Barrierefreie Parkplätze

Barrierefreie Zugänge

Barrierefreie Zugänge

Barrierefreie Zugänge

Barrierefreie Zugänge

Barrierefreie Zugänge

Barrierefreie Zugänge

Barrierefreie Zugänge

Barrierefreie Zugänge

Barrierefreie Zugänge

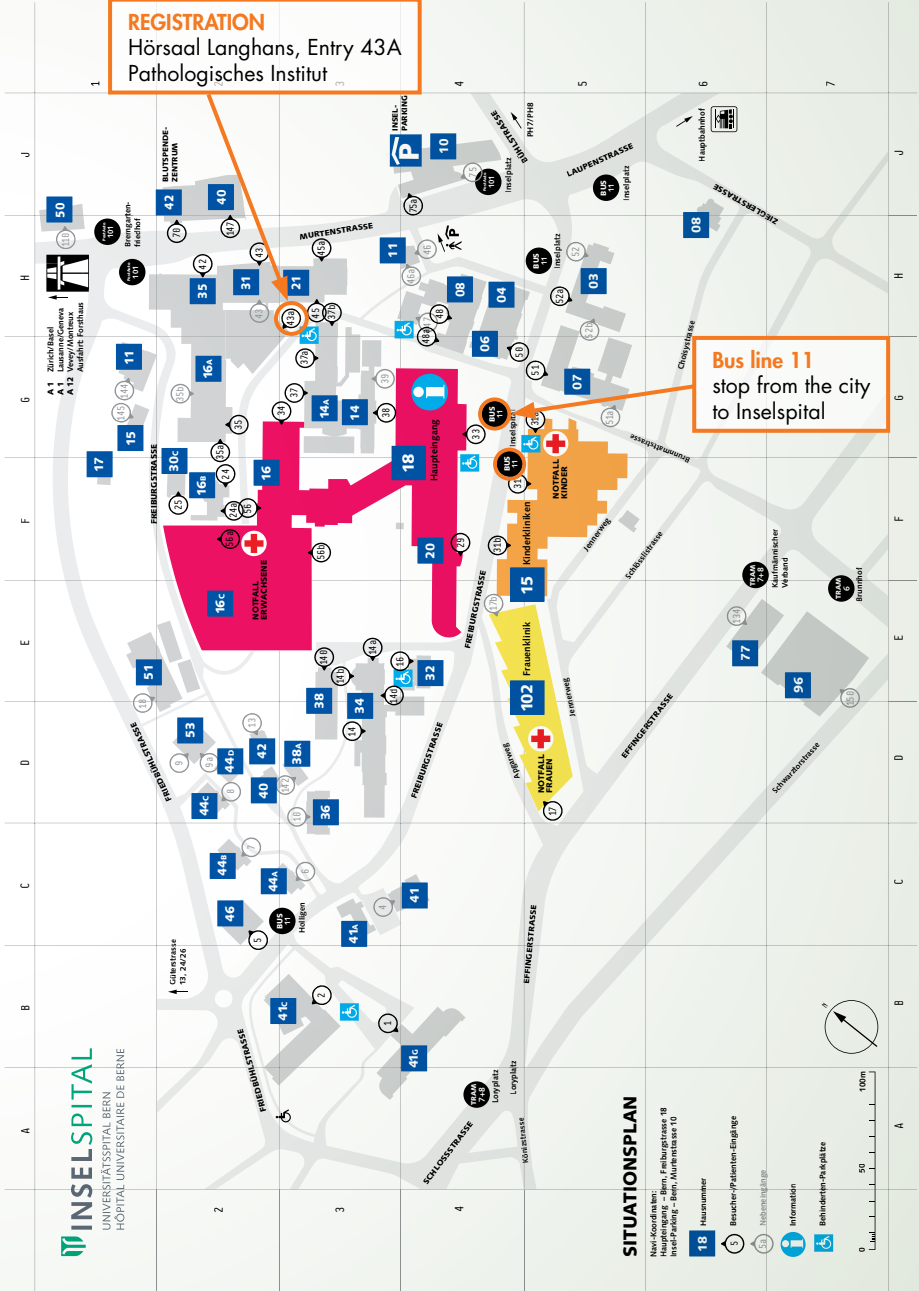
Barrierefreie Zugänge

Barrierefreie Zugänge

Barrierefreie Zugänge



0 50 100m



CONTINUING MEDICAL EDUCATION

The event "Preventive Cardiology, Sports Cardiology & Exercise based Rehabilitation: From Set-up to New Frontiers" is accredited by the **European Union of Medical Specialists -The European Accreditation Council for Continuing Medical Education (UEMS-EACCME)** for 24 hours of External CME credits

www.kardiologie.insel.ch/EAPC

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.