



EAPC
European Association
of Preventive Cardiology

PREVENTIVE CARDIOLOGY, CARDIAC REHABILITATION & SPORTS CARDIOLOGY

FROM SET-UP TO NEW FRONTIERS

PRELIMINARY PROGRAMME
24 - 27 JUNE 2019
BERN, SWITZERLAND

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

© Bern Welcome



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



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 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 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.

08:30-09:00	Arrival of the participants - Registration
09:00-09:30	Welcome State of the Art: Interventional Cardiology
09:30-09:50	Basic Science: Atherosclerosis
09:50-10:10	Epidemiology of CVD in Europe
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
11:20-11:40	Challenges to reach target LDL-C levels in primary and secondary prevention
11:40-12:00	Renaissance of renal denervation in the treatment of hypertension?
12:00-12:30	Plenary Discussion
12:30-13:30	Lunch
13:30-14:00	Optimization of glucose control in diabetic patients with and without cardiovascular disease
14:00-14:30	The patient with statin intolerance
14:30-15:00	Which target blood pressure level and how to reach it?

15:00-15:30

Coffee break

15:30-16:00

Drug support for smoking cessation

16:00-16:30

CV risk assessment - Scores, hsCRP, ABI and CAC

16:30-17:00

CV imaging in stable angina pectoris

08:30-09:00	Arrival of the participants - Registration	
09:00-09:30	State of the Art: Secondary Prevention 2019	
09:30-09:50	Basic science: Exercise & the CV system	
09:50-10:10	Psychosocial aspects of cardiac diseases and adherence to medical recommendations	
10:10-10:30	Plenary Discussion	
10:30-11:00	Coffee break	
11:00-11:20	Exercise Testing in cardiac patients	
11:20-11:40	Prescription of supervised endurance training	
11:40-12:00	Prescription of supervised strength training	
12:00-12:30	Plenary Discussion	
12:30-13:30	Lunch	
13:30-14:00	Live demonstration: Ergometry in CAD patient	
14:00-14:30	Nutritional counselling	Exercise therapy for physiotherapists and sport scientist
14:30-15:00	Psychosocial counselling	
15:00-15:30	Coffee break	

15:30 -16:00

Increasing health literacy

16:00 -16:30

Increasing long-term adherence to lifestyle and medication adherence

16:30 -17:00

Integrating mHealth applications in secondary prevention strategies

17:30

Departure for Dinner

08:30-09:00	Arrival of the participants - Registration
09:00-09:30	State of the Art: Sports with cardiac diseases
09:30-09:50	Basic science: Exercise at the extremes
09:50-10:10	Screening master athletes
10:10-10:30	Plenary Discussion
10:30-11:00	Coffee break
11:00-11:20	Special patients: Obesity and Diabetes
11:20-11:40	Special patients: Valvular heart disease
11:40-12:00	Special patients: Cancer
12:00-12:30	Plenary Discussion
12:30-13:30	Lunch
13:30-14:00	Live demonstration: CPET in a HF patient
14:00-14:30	Live demonstration: Endurance training
14:30-15:00	Live demonstration: Strength training

08:30 - 09:00	Arrival of the participants - Registration	
09:00 - 09:30	State of the Art: Exercise in Heart Failure	
09:30 - 09:50	Basic science: HFpEF and HFrEF	
09:50 - 10:10	Role of eHealth in cardiac rehabilitation	
10:10 - 10:30	Plenary Discussion	
10:30 - 11:00	Coffee break	
11:00 - 11:20	Special patients: GUCH	
11:20 - 11:40	Special patients: ICD/CRT	
11:40 - 12:00	Special patients: Assist Devices	
12:00 - 12:30	Plenary Discussion	
12:30 - 13:30	Lunch	
13:30 - 14:00	Optimal medical therapy in HF patients	Exercise therapy in HF patients for physiotherapists and sport scientist
14:00 - 14:30	Important comorbidities in HF patients	
14:30 - 15:00	Psychological challenges in HF patients	
15:00 - 15:30	Coffee break	

15:30-16:00

Assessing prognosis with CPET in HF

16:00-16:30

Choosing the right training modalities in HF patients

16:30-17:00

The future of Preventive Cardiology and Cardiac Rehabilitation - a European Perspective

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

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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.

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

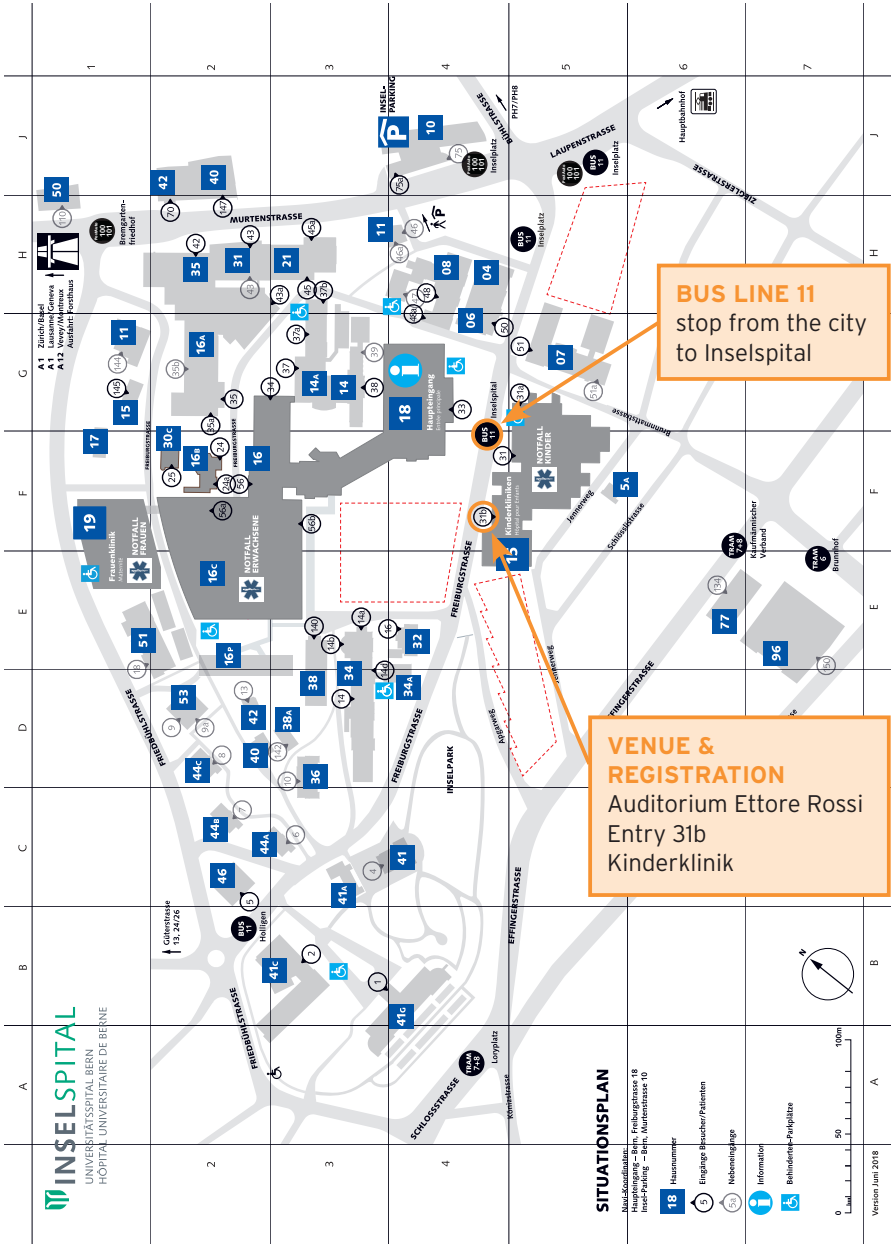
*Early bird registration until 20 May 2019

Dinner on Tuesday 25.06.19: 20 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



CONTINUING MEDICAL EDUCATION

The EAPC Educational Course "Preventive Cardiology, Sports Cardiology & Exercise based Rehabilitation - From Set-up to New Frontiers" will be submitted to the **European Union of Medical Specialists - The European Accreditation Council for Continuing Medical Education (UEMS-EACCME)** for External CME accreditation.



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