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EACPR Cardiac Rehabilitation Training Courses 2010

27th – 29th September 2010

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How to Set up and Run a Cardiac Rehabilitation and Exercise Training Programme

UNIVERSITY HOSPITAL, INSELSPITAL
BERN, SWITZERLAND



Programme Directors

J.-P. Schmid (Bern, CH)

H. Saner (Bern, CH)

Faculty

Werner Benzer (Feldkirch, A)

Birna Bjarnasson-Wehrens (Cologne, D)

Paul Dendale (Hasselt, BE)

Patrick Doherty (York, GB)

Matthias Wilhelm (Bern, CH)

Alfred Wirth (Bad Rothenfelde, D)

Ann-Dorthe Zwisler (Copenhagen, DK)

Course Objectives

Cardiovascular disease is the leading cause of death and disability in most European countries. The recurrence rate of the disease is high and technical interventions are expensive. Therefore, cardiovascular prevention and rehabilitation should become a cornerstone in the treatment of cardiovascular disease. However, in many countries only a minority of patients with cardiovascular disease i. e. after myocardial infarction or after revascularisation procedures receive this treatment. This is at least in part due to the fact that in many countries the number of facilities which offer this type of treatment is low. It is one of the aims of the European Association for Cardiovascular Prevention and Rehabilitation to improve this situation.

The Objectives of this Course are:

- Learn to set up and run a cardiac rehabilitation and exercise training programme with different target populations
- Understand the benefits of rehabilitation and secondary prevention
- Learn how to select, perform and interpret the optimal exercise stress test
- Plan an adequate exercise training for an individual patient according to his disease and special needs
- Learn how to implement a multidisciplinary approach (Smoking cessation, nutrition counselling, psychosocial assessment, exercise prescription, optimal medical treatment)
- Set up and integrate a cardiac risk factor management programme into cardiac rehabilitation

The content of the course is structured to cover the required knowledge in Cardiovascular Rehabilitation and Secondary Prevention according to the Core Curriculum for the European Cardiologist.

The course is most practical including plenary discussion rounds on various aspects of different programme components and live demonstrations of training sessions and exercise tests.

Target Audience:

This course is addressed to cardiologists and other specialists in the field of cardiovascular rehabilitation and secondary prevention, physiotherapists, sports teachers and nurses, who are planning or have just begun to set up a cardiac rehabilitation and secondary prevention programme or for those who wish an update of the basic components of cardiac rehabilitation.

Programme

Monday, September 27th

13:00	Arrival of Training Course Participants – Registration
13:30	Beginning of the Course – Introduction
13:45	Cardiac Rehabilitation & secondary prevention as integrated components of cardiac care H. Saner
14:15	Short Break
14:30	PLENARY DISCUSSION How to Set Up a Cardiac Rehabilitation Programme H. Saner
15:00	Data management: The example of the European Database Project W. Benzer
15:20	Outcome measures and assessment of the programme A.-D. Zwisler
15:40	How to assess health related quality of life in cardiac patients: The HeartQoL questionnaire W. Benzer
16:00	Coffee Break
16:30	EXERCISE STRESS TESTING Cardiovascular response to acute exercise, training and detraining M. Wilhelm
17:00	Conventional exercise test in cardiac patients B. Bjarnasson-Wehrens
17:30	Cardiopulmonary exercise stress test with gas analysis J.-P. Schmid
18:00	End of Session

Tuesday, September 28th

09:00	LIPID MANAGEMENT How to diagnose and treat familial dyslipidemias A.-D. Zwisler
09:20	Should all patients with dyslipidemia be treated with a combined inhibition of cholesterol synthesis and absorption? A. Wirth
09:40	LDL-Cholesterol lowering: Is «lower always better?» J.-P. Schmid
10:00	Should HDL-cholesterol below target levels be treated and how? P. Dendale
10:30	Coffee Break
11:00	PLENARY DISCUSSION CARDIAC REHABILITATION: A MULTIDISCIPLINARY APPROACH (PRACTICAL ASPECTS) Smoking Cessation Management S. Bächler
11:30	Nutrition Counselling F. Dähler
12:00	Assessment of Psychosocial Profile N. Brügger
12:30	Lunch
14:00	FROM EXERCISE TEST TO TRAINING PRESCRIPTION Prescription of endurance exercise P. Doherty
14:30	Prescription of resistance training B. Bjarnason-Wehrens
15:00	Risk stratification and safety aspects for exercise prescription P. Dendale
15:30	Coffee Break
16:00	Barriers to participation for exercise-based cardiac rehabilitation programmes A.-D. Zwisler
16:20	PLENARY DISCUSSION Rehabilitation in various countries The participant's view

17:00	MEET THE EXPERTS Exercise Training in low risk patients Moderator: P. Dendale Live Demonstration: H. Saner
17:30	Exercise Training in patients with heart failure Moderator: A.-D. Zwisler Live Demonstration: J.-P. Schmid
18:00	Exercise Training in elderly patients Moderator: P. Doherty Live Demonstration: H. Saner
19:00	Departure for Dinner Practicing the Swiss Way of Mediterranean Diet

Wednesday, September 29th

09:00	CARDIOVASCULAR REHABILITATION IN DIFFERENT TARGET POPULATIONS Patients after acute coronary syndromes and percutaneous revascularisation P. Doherty
09:20	Patients with peripheral artery disease J.-P. Schmid
09:40	Patients after cardio-vascular surgery (coronary, valvular, aortic) P. Dendale
10:00	Patients with heart failure A.-D. Zwisler
10:30	Coffee Break
11:00	MEET THE EXPERTS Exercise testing - Basic Exercise Testing (Treadmill, bicycle ergometer) Moderator: P. Doherty Live Demonstration: M. Wilhelm - Spiroergometry Moderator: P. Dendale Live Demonstration: J.-P. Schmid
12:00	Final Discussion Faculty
12:30	End of the course

Registration

How to Set up and Run a Cardiac Rehabilitation and Exercise Training Programme 27th – 29th September 2010

Online registration: www.bern-incoming.ch / select Conventions & Seminars / Registration / EACPR

Registration form can be mailed to: info@bern-incoming.ch
Bern Incoming GmbH, Amthausgasse 4, CH-3011 Bern, Switzerland
or faxed to: +41 31 328 12 69

One registration form per active participant for each course

27th – 29th September 2010

Prof. Dr. Mr. Mrs.

Gender M F

Cardiologist Cardiologist in Training Nurse Scientist

Other (please specify)

Family Name:

First Name:

Hospital / Institute / Company:

Dept:

Street:

Postal Code: City:

State / Country: Country:

Tel.: Fax:

E-mail: Date of birth:

Important: please provide complete registration information.

Deadline for early registration and payment of early fee: 27th August 2010

Payment for registration can be made by one of the following ways:

Online registration and online Credit-Card payment: www.bern-incoming.ch / select Conventions & Seminars / Registration / EACPR

Bank transfer (Invoice will follow)

Credit-Card payment

VISA EUROCARD/MASTERCARD AMERICAN EXPR.

Card No Expiry Date

CVC Code (last three digits on the signature strip on the back of your card)

Card holder's name:

Card holder's signature: Date:

General Information

Venue

University Hospital, Inselspital, CH-3010 Bern, Switzerland

Local organizing committee

Jean-Paul Schmid, Cardiovascular Prevention and Rehabilitation Unit,
Swiss Cardiovascular Center Bern, University Hospital, CH-3010 Bern, Switzerland

Web Site: <http://kardiorehab.insel.ch/bildung-kardiorehab.html>

Secretariat

The secretariat of the meeting will be handled by:

Cardiovascular Prevention and Rehabilitation Unit, Swiss Cardiovascular Center Bern,
University Hospital, CH-3010 Bern, Switzerland

Tel.: +41 31 632 03 29, Fax: +41 31 632 89 77, e-mail: eurocardio.edu@insel.ch

Registration (for each course separately)

The registration fees includes: course participation, course materials, lunches and coffee breaks, one dinner with social event. 20 % discount if you register for both courses.

Hotel accommodation and transportation are not included in the fees.

Registration fees	Countries with economies in transition	All other countries
Early registrations fee	300 €	450 €
Regular registration fee	350 €	500 €
Names change (72h prior to the course)	15 €	15 €

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 the event of the cancellation of a 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. ****	130–168 €	175–220 €
Cat. ***	94–107 €	120–128 €
Cat. **	75–90 €	98 €

Online hotel registration: www.bern-incoming.ch / select Conventions & Seminars / Registration / EACPR

Bern Incoming GmbH, Amthausgasse 4, CH-3011 Bern, +41 31 328 12 60, Fax +41 31 328 12 69