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

EACPR Cardiac Rehabilitation Training Courses 2010

30th September – 2nd October 2010



How to Improve: Advanced Training Programme in Cardiac Rehabilitation and Exercise Training

UNIVERSITY HOSPITAL, INSELSPITAL
BERN, SWITZERLAND



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Course Objectives

The number of those working in cardiac rehabilitation and exercise physiology is steadily growing. The guidelines and position papers of the European Association for Cardiovascular Prevention and Rehabilitation have become the standard of care not only for cardiovascular patients after acute cardiac events and after heart surgery but also in patients with multiple cardiovascular risk factors and stable coronary heart disease with or without PTCA /stent implantation. However, there are significant new developments in the field of cardiac rehabilitation and exercise training with exciting perspectives for programme improvement and expansion.

The Objectives of this Course are:

- Learn about the newest developments in comprehensive exercise based cardiac rehabilitation
- How to assess cardiovascular risk
- To demonstrate new perspectives in training and care of specific cardiac populations and patients with comorbidities
- Learn about the newest developments in psychosocial risk factor intervention
- Set up a specific rehabilitation programme for patients with heart failure, diabetes, metabolic syndrome, obesity and peripheral arterial disease

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 includes plenary discussions on risk assessment in primary prevention and challenges in chronic disease management as well as live demonstrations of training sessions.

Target Audience:

This course, which is a continuation of the course «How to set up and run a cardiac rehabilitation programme», is addressed to cardiologists and other specialists working in the field of cardiovascular prevention and rehabilitation with the aim to improve and expand their programmes with advanced knowledge.

Programme

Thursday, September 30th

13:00	Arrival of Training Course Participants – Registration
13:30	Introduction H. Saner
13:45	NEW PERSPECTIVES IN CARDIOVASCULAR PREVENTION AND REHABILITATION PROGRAMMES: PATIENTS WITH COMORBIDITIES Should we offer special programmes for patients after minor stroke? H. Saner
14:15	Endurance training in COPD patients: how to overcome pulmonary limitation B. Rauch
14:45	The obese patient: How to approach patients with metabolic syndrome and obesity A. Wirth
15:15	Coffee Break
15:45	CARDIAC REHABILITATION IN SPECIFIC POPULATIONS: Patients with ICD/CRT devices J.P. Schmid
16:15	Patients after Aortic Dissection H. Saner
16:35	Patients on Assist Devices I. Laoutaris
16:55	Patients after Heart Transplantation B. Rauch
17:15	Coffee Break
17:30	PLENARY DISCUSSION ASSESSMENT OF SUBCLINICAL OR PROGRESSION OF CLINICAL ARTERIOSCLEROSIS How to assess the cardiovascular risk H. Saner

17:50	Usefulness of coronary calcium score and computed tomography H. Hoppe
18:10	Imaging of intima media thickness and plaque morphology M.-L. Mono
18:30	Case presentations H. Saner
19:00	End of Session

Friday, October 1st

09:00	PSYCHOSOCIAL ASPECTS IN CARDIAC REHABILITATION Psychosocial risk factors for cardiovascular disease S. Höfer
09:30	Post-traumatic stress syndrome after myocardial infarction: How to assess and how to address R. von Känel
10:00	Anxiety and depression D. Frizelle
10:30	Gender specific requirements of cardiac rehabilitation programmes N. Brügger
11:00	Coffee Break
11:30	CHALLENGES IN CHRONIC DISEASE SELF MANAGEMENT IN CARDIAC REHABILITATION Plenary Discussion (20 min. presentation, 10 min. discussion) Adherence to cardiovascular rehabilitation and secondary prevention programmes S. Höfer
12:00	Addressing sexual problems D. Frizelle
12:30	Vocational status, driving and return to work M. Piepoli
13:00	Lunch
14:30	CARDIOVASCULAR AND VASCULAR BIOLOGY The process of atherosclerosis (differential effects of different risk factors on ATS) B. Rauch
15:00	The vulnerable patient J.-P. Schmid

15:30	Exercise and sudden death: advice on high intensity sports activities after myocardial infarction (case presentations) M. Wilhelm
16:00	Coffee Break
16:15	PHYSICAL EXERTION IN HIGH RISK PATIENTS High altitude exposure and water immersion in heart failure patients J.-P. Schmid
17:00	MEET THE EXPERTS - Live demonstrations Strength TRAINING IN HEART FAILURE PATIENTS Moderator: M. Wilhelm Live Demonstration: J.-P. Schmid
17:30	Respiratory Muscle Training Moderator: I. Laoutaris Live Demonstration: H. Saner
18:00	Endurance Training in CHF Moderator: M. Piepoli Live Demonstration: J.-P. Schmid
19:00	Departure for Dinner Dixie and Swing with «The Heartbreakers»

Saturday, October 2nd

09:00	WHY AND HOW TO MEASURE TARGET SYSTEMS OF CARDIAC REHABILITATION? Differential evaluation of improvements in central haemodynamic vs. skeletal muscle parameters J.-P. Schmid
09:30	Autonomic nervous system M. Wilhelm
10:00	Inspiratory muscle function I. Laoutaris
10:30	Coffee Break
11:00	FUTURE DIRECTIONS IN CARDIOVASCULAR PREVENTION Secondary prevention through cardiac rehabilitation programmes M. Piepoli
11:30	Prevention centers: how does modern cardiovascular prevention look like? H. Saner
12:00	End of the Course

Registration

How to Improve: Advanced Training Programme in Cardiac Rehabilitation and Exercise Training 30th September – 2nd October 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

30th September – 2nd October 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

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