



**EAPC**  
European Association  
of Preventive Cardiology

# PREVENTIVE CARDIOLOGY, CARDIAC REHABILITATION & SPORTS CARDIOLOGY

## FROM SET-UP TO NEW FRONTIERS

**PROGRAMME**  
**24 - 27 JUNE 2019**  
**BERN, SWITZERLAND**

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

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### **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](http://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	<b>Welcome</b> <b>State of the Art: Interventional Cardiology</b> Stephan Windecker
09:30 - 09:50	<b>Basic Science: Atherosclerosis</b> Nicolle Kränkel
09:50 - 10:10	<b>Epidemiology of CVD in Europe</b> Oscar Franco
10:10 - 10:30	<b>Plenary Discussion</b>
10:30 - 11:00	Coffee break
11:00 - 11:20	<b>Antiplatelet therapy and need for oral anticoagulation after ACS/ PCI</b> Marco Valgimigli
11:20 - 11:40	<b>Challenges to reach target LDL-C levels in primary and secondary prevention</b> Konstantinos Koskinas
11:40 - 12:00	<b>Renaissance of renal denervation in the treatment of hypertension?</b> Emrush Rexhaj
12:00 - 12:30	<b>Plenary Discussion</b>
12:30 - 13:30	Lunch

13:30 - 14:00

**Optimization of glucose control in diabetic patients with and without cardiovascular disease**  
Markus Laimer

**"How to" session on systematic review and meta-analysis**  
Oscar Franco

14:00 - 14:30

**The patient with statin intolerance**  
François Mach

14:30 - 15:00

**Which target blood pressure level and how to reach it?**  
Franz Messerli

15:00 - 15:30

Coffee break

15:30 - 16:00

**Pharmacotherapy for smoking cessation**  
Reto Auer

16:00 - 16:30

**CV risk assessment - Scores, hsCRP, ABI and CAC**  
Pedro Marques-Vidal

16:30 - 17:00

**CV imaging in stable angina pectoris**  
Christoph Gräni

## FACULTY OF MONDAY

Reto Auer (Bern, Switzerland)  
Oscar Franco (Bern, Switzerland)  
Christoph Gräni (Bern, Switzerland)  
Konstantinos Koskinas (Bern, Switzerland)  
Nicolle Kränkel (Berlin, Germany)  
Markus Laimer (Bern, Switzerland)  
François Mach (Geneva, Switzerland)  
Pedro Marques-Vidal (Lausanne, Switzerland)  
Franz Messerli (Bern, Switzerland)  
Emrush Rexhaj (Bern, Switzerland)  
Marco Valgimigli (Bern, Switzerland)  
Stephan Windecker (Bern, Switzerland)

08:30 - 09:00	Arrival of the participants - Registration	
09:00 - 09:30	<b>State of the Art: Secondary Prevention 2019</b> Paul Dendale	
09:30 - 09:50	<b>Basic science: Exercise &amp; the CV system</b> Volker Adams	
09:50 - 10:10	<b>Psychosocial aspects of cardiac diseases</b> Sven Schmutz	
10:10 - 10:30	<b>Plenary Discussion</b>	
10:30 - 11:00	Coffee break	
11:00 - 11:20	<b>Exercise Testing in cardiac patients</b> Ana Abreu	
11:20 - 11:40	<b>Prescription of supervised endurance training</b> Jean-Paul Schmid	
11:40 - 12:00	<b>Prescription of supervised strength training</b> Michel Lamotte	
12:00 - 12:30	<b>Plenary Discussion</b>	
12:30 - 13:30	Lunch	
13:30 - 14:00	<b>Live demonstration: Ergometry in CAD patient</b> Local team	
14:00 - 14:30	<b>Nutritional counselling</b> Frieda Dähler	<b>Exercise therapy for physiotherapists and sport scientists</b> Local team
14:30 - 15:00	<b>Psychosocial counselling</b> Sven Schmutz	

15:00 - 15:30

Coffee break

15:30 - 16:00

**Health literacy and cardiovascular disease**  
tbd

16:00 - 16:30

**Increasing long-term adherence to lifestyle and medication**

Matthias Wilhelm

16:30 - 17:00

**Integrating mHealth applications in secondary prevention strategies**

Ed de Kluiver

17:30

Departure for Dinner

**FACULTY OF TUESDAY**

Ana Abreu (Lisbon, Portugal)  
 Volker Adams (Dresden, Germany)  
 Frieda Dähler (Bern, Switzerland)  
 Paul Dendale (Hasselt, Belgium)  
 Ed de Kluiver (Zwolle, The Netherlands)  
 Michel Lamotte (Bruxelles, Belgium)  
 Jean-Paul Schmid (Barmelweid, Switzerland)  
 Sven Schmutz (Bern, Switzerland)  
 Matthias Wilhelm (Bern, Switzerland)

**FACULTY OF WEDNESDAY**

Paolo Adami (Rome, Italy)  
 Andreas Melmer (Bern, Switzerland)  
 Michael Papadakis (London, United Kingdom)  
 Christian Schmied (Zurich, Switzerland)  
 Heinz Völler (Potsdam, Germany)

08:30 - 09:00	Arrival of the participants - Registration	
09:00 - 09:30	<b>State of the Art: Sports with cardiac diseases</b> Michael Papadakis	
09:30 - 09:50	<b>Basic science: Exercise at the extremes</b> Paolo Adami	
09:50 - 10:10	<b>Screening master athletes</b> Christian Schmied	
10:10 - 10:30	<b>Plenary Discussion</b>	
10:30 - 11:00	Coffee break	
11:00 - 11:20	<b>Special patients: Obesity and Diabetes</b> Andreas Melmer	<b>Interpretation of the Athlete's ECG</b> Michael Papadakis
11:20 - 11:40	<b>Special patients: Valvular heart disease</b> Heinz Völler	
11:40 - 12:00	<b>Special patients: Cancer</b> tbd	
12:00 - 12:30	<b>Plenary Discussion</b>	
12:30 - 13:30	Lunch	
13:30 - 14:00	<b>Live demonstration: CPET in a HF patient</b>	Local team
14:00 - 14:30	<b>Live demonstration: Endurance training</b>	Local team
14:30 - 15:00	<b>Live demonstration: Strength training</b>	Local team

08:30 - 09:00	Arrival of the participants - Registration	
09:00 - 09:30	<b>State of the Art: Exercise in Heart Failure patients</b> Massimo Piepoli	
09:30 - 09:50	<b>Basic science: HFpEF and HFrEF</b> Micha Mäder	
09:50 - 10:10	<b>Role of eHealth in cardiac rehabilitation</b> Ines Frederix	
10:10 - 10:30	<b>Plenary Discussion</b>	
10:30 - 11:00	Coffee break	
11:00 - 11:20	<b>Special patients: GUCH</b> Markus Schwerzmann	
11:20 - 11:40	<b>Special patients: ICD/CRT</b> Matthias Wilhelm	
11:40 - 12:00	<b>Special patients: Assist Devices</b> Ugo Corrà	
12:00 - 12:30	<b>Plenary Discussion</b>	
12:30 - 13:30	Lunch	
13:30 - 14:00	<b>Optimal medical therapy in HF patients</b> Daniel Rhyner	<b>Excercise therapy in HF patients for physiotherapists and sport scientists</b> Local team
14:00 - 14:30	<b>Important comorbidities in HF patients</b> Otmar Pfister	
14:30 - 15:00	<b>Psychological challenges in HF patients</b> Sven Schmutz	



15:00 - 15:30	Coffee break
15:30 - 16:00	<b>Assessing prognosis with CPET in HF patients</b> Philippe Meyer
16:00 - 16:30	<b>Choosing the right training modalities in HF patients</b> Iannis Laoutaris
16:30 - 17:00	<b>The future of Preventive Cardiology and Cardiac Rehabilitation - a European Perspective</b> Hugo Saner

## FACULTY OF THURSDAY

Ugo Corrà (Veruno, Italy)  
Ines Frederix (Hasselt & Antwerp, Belgium)  
Iannis Laoutaris (Athens, Greece)  
Micha Mäder (St. Gallen, Switzerland)  
Philippe Meyer (Geneva, Switzerland)  
Otmar Pfister (Basel, Switzerland)  
Massimo Piepoli (Milan, Italy)  
Daniel Rhyner (Bern, Switzerland)  
Hugo Saner (Olten, Switzerland)  
Sven Schmutz (Bern, Switzerland)  
Markus Schwerzmann (Bern, Switzerland)  
Matthias Wilhelm (Bern, Switzerland)

# 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](http://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

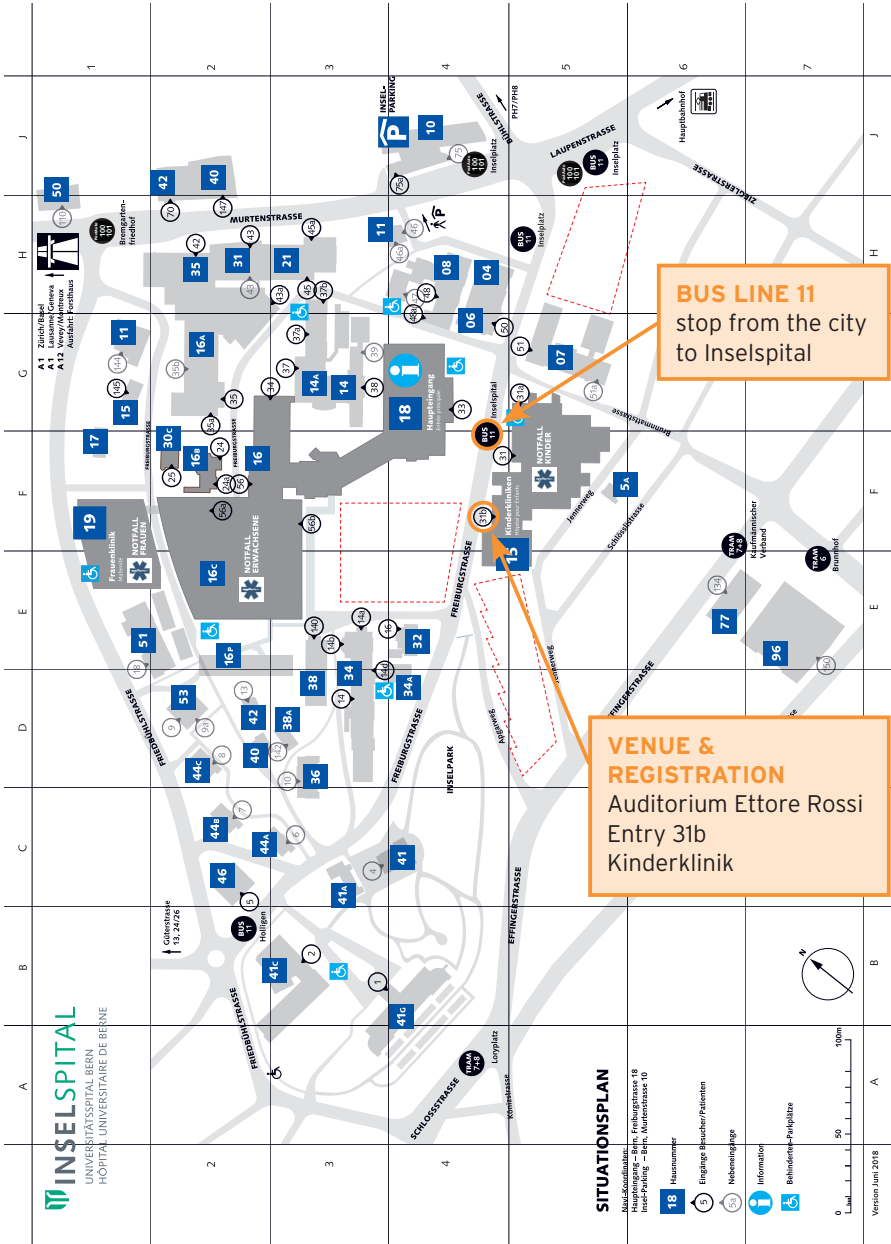
\*Early bird registration until 20 May 2019

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, Cardiac Rehabilitation & Sports Cardiology - From Set-up to New Frontiers" has been submitted to the **European Union of Medical Specialists - The European Accreditation Council for Continuing Medical Education (UEMS-EACCME) for External CME accreditation.**

## Credits Switzerland

SGK: 23 h 1 A Credits  
SGAIM: 23.0 AIM/MIG Credits  
SGSM: 10 Credits  
Physioswiss: 23 physioswiss-Credits  
SGPMR: 18 Credits



This educational programme has received unrestricted grants from:

**AstraZeneca** 

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