



EAPC
European Association
of Preventive Cardiology

EAPC Practical Course on Preventive Cardiology

**Cardiovascular Prevention, Rehabilitation,
Sports Cardiology & Exercise**

**FOCUS ON THE
EAPC CORE
CURRICULUM
FOR PREVENTIVE
CARDIOLOGY**

**PRELIMINARY PROGRAMME
17 - 20 OCTOBER 2022
BERN, SWITZERLAND**

INSELSPITAL
BERN UNIVERSITY HOSPITAL
Auditorium Maurice E. Müller, Entry 34
& Hörsaal Langhans, Entry 43 A

© Bern Welcome



EAPC Course Directors / Local Organizing Committee

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www.herzgefasszentrum.insel.ch/eapc



ESC

European Society
of Cardiology

COURSE OBJECTIVES

Preventive cardiology encompasses the whole spectrum of cardiovascular disease (CVD) prevention, at individual and population level, through all stages of life. This includes promotion of cardiovascular (CV) health, management of individuals at risk of developing CVD, and management of patients with established CVD, through interdisciplinary care in different settings.

Preventive cardiology addresses all aspects of CV health in the context of the social determinants of health, including physical activity, exercise, sports, nutrition, weight management, smoking cessation, psychosocial factors and behavioural change, environmental, genetic and biological risk factors, and CV protective medications.

The aim of this practical course is to cover the most important aspects of the field in state-of-the-art and translational science lectures, plenary discussions, case-based sessions, live demonstrations, and workshops. The audience has the possibility to discuss the most recent ESC guidelines and EAPC position papers with EAPC board and section members and other experts in the field. The patients' perspective is covered during the plenary discussions. Networking breaks should bring people from different professions together for a personal exchange.

The course serves as an opportunity to prepare for the EAPC certification in preventive cardiology, for cardiologists and allied health professionals alike.

EDUCATIONAL OBJECTIVES

The educational content is structured according to the EAPC Core Curriculum for Preventive Cardiology. Important aspects of all nine entrustable professional activities (EPAs) will be covered.

- Design, implement, and evaluate preventive interventions at the population level
- Manage individuals with multifactorial cardiovascular risk profiles
- Manage a patient with non-traditional cardiovascular risk factors
- Manage a prevention and rehabilitation programme for a cardiovascular patient
- Manage a prevention and rehabilitation programme for a cardiovascular patient with significant comorbidities, frailty, and/or cardiac devices
- Manage a cardiovascular prevention and rehabilitation programme for an oncology patient
- Manage pre-participation screening in a competitive athlete
- Manage the work-up of an athlete with suspected or known cardiovascular disease
- Use cardiopulmonary exercise testing for diagnosis, risk stratification and exercise prescription

TARGET AUDIENCE

This course is addressed to healthcare professionals working in the field of cardiovascular disease prevention, rehabilitation, sports cardiology and exercise. This encompasses cardiologists, internists, general practitioners, sports physicians, epidemiologists, public health specialists, and allied health professional like physiotherapists, sports scientists, nurses, nutrition specialists and psychologists.

TABLE OF CONTENTS

| | |
|------------------------------|----|
| Programme Monday | 4 |
| Programme Tuesday | 6 |
| Programme Wednesday | 8 |
| Programme Thursday | 10 |
| General Information | 12 |
| Location Plan | 14 |
| Continuing Medical Education | 15 |

08:00 - 08:30 Welcome and coffee

08:30 - 09:00 **Invasive interventions in CVD**

09:00 - 09:30 **Atherosclerosis and Thrombosis**

09:30 - 09:50 Plenary Discussion

09:50 - 10:20 Networking break

EPA 1.1 Design, implement, and evaluate preventive interventions at the population level

10:20 - 10:40 **Epidemiology of CVD - cohort studies**

10:40 - 11:00 **Interpretation of randomized controlled trials**

11:00 - 11:20 **Interpretation of systematic reviews and meta analyses**

11:20 - 12:00 Plenary Discussion

12:00 - 13:00 Lunch

EPA 2.1 Manage individuals with multifactorial cardiovascular risk profiles

13:00 - 14:00 **Risk assessment ESC SCORE2, SCORE2-OP, and cardiac imaging**

EPA 2.1 Manage individuals with multifactorial cardiovascular risk profiles

14:00 - 14:20 **Dyslipidaemia**

14:20 - 14:40 **Arterial hypertension**

14:40 - 15:00 **Diabetes Mellitus**

15:00 - 15:20 Plenary Discussion

15:20 - 15:50 Networking break

EPA 2.2 Manage a patient with non-traditional cardiovascular risk factors

15:50 - 16:10 **Residual CV risk - thrombosis and inflammation**

16:10 - 16:30 **Chronic kidney disease**

16:30 - 16:50 **Chronic obstructive pulmonary disease**

16:50 - 17:10 Plenary Discussion

State-of-the-art lecture

Translational science lecture

Case-based sessions

Interactive live demonstrations

08:00 - 08:30 Welcome and coffee

08:30 - 09:00 **CVD prevention from cradle to grave**

09:00 - 09:30 **Mechanisms of cardiometabolic drugs**

09:30 - 09:50 Plenary Discussion

09:50 - 10:20 Networking break

EPA 3.1 Manage a prevention and rehabilitation programme for a CV patient

10:20 - 10:40 **Core components of CR, accreditation and quality indicators**

10:40 - 11:00 **CR modalities: centre-based, hybrid, and home-based programmes**

11:00 - 11:20 **Pre-programme CV assessment**

11:20 - 12:00 Plenary Discussion

12:00 - 13:00 Lunch

EPA 5.1 Use CPET for diagnosis, risk stratification and exercise prescription

13:00 - 14:00 **CPET in a patient after acute myocardial infarction**

EPA 3.1 Manage a prevention and rehabilitation programme for a CV patient

14:00 - 14:20 **Endurance exercise training**

14:20 - 14:40 **Resistance exercise training**

14:40 - 15:00 **Medical management of acute and chronic coronary syndromes**

15:00 - 15:20 Plenary Discussion

15:20 - 15:50 Networking break

EPA 3.1 Manage a prevention and rehabilitation programme for a CV patient

15:50 - 16:10 **Nutrition and weight management**

16:10 - 16:30 **Cardiopsychology**

16:30 - 16:50 **Smoking cessation**

16:50 - 17:10 Plenary Discussion

State-of-the-art lecture

Translational science lecture

Case-based sessions

Interactive live demonstrations

08:00-08:30

Welcome and coffee

08:30-09:00

Comprehensive heart failure management

09:00-09:30

Exercise is medicine in CVD and cancer

09:30-09:50

Plenary Discussion

09:50-10:20

Networking break

EPA 3.1 Manage a prevention and rehabilitation programme for a CV patient

10:20-10:40

Special aspects of heart failure

10:40-11:00

Special aspects of arrhythmias

11:00-11:20

Special aspects in adults with congenital heart diseases

11:20-12:00

Plenary Discussion

12:00-13:00

Lunch

EPA 5.1 Use CPET for diagnosis, risk stratification and exercise prescription

13:00-14:00

CPET in a heart failure patient with CRT-D**EPA 3.2 Manage a prevention and rehabilitation programme for a cardiovascular patient with significant comorbidities, frailty, and/or cardiac devices**

14:00-14:20

Significant comorbidities and frailty

14:20-14:40

Peripheral artery occlusive disease

14:40-15:00

Cardiac implantable electronic devices

15:00-15:20

Plenary Discussion

15:20-15:50

Networking break

EPA 3.3 Manage a cardiovascular prevention and rehabilitation programme for an oncology patient

15:50-16:10

Prevention of cardiotoxicity

16:10-16:30

Exercise training and physical activity counselling

16:30-16:50

Nutrition and weight management

16:50-17:10

Plenary Discussion

18:30

Networking dinner

State-of-the-art lecture

Translational science lecture

Case-based sessions

Interactive live demonstrations

08:00 - 08:30 Welcome and coffee

08:30 - 09:00 **The athletes heart**

09:00 - 09:30 **Exercise, fibrosis, CAC, and arrhythmias**

09:30 - 09:50 Plenary Discussion

09:50 - 10:20 Networking break

EPA 4.1 Manage pre-participation screening in a competitive athlete

10:20 - 10:40 **Sudden cardiac death in sports**

10:40 - 11:00 **PPE in children and adult elite athletes**

11:00 - 11:20 **PPE in master athletes**

11:20 - 12:00 Plenary Discussion

12:00 - 13:00 Lunch

EPA 5.1 Use CPET for diagnosis, risk stratification and exercise prescription

13:00 - 14:00 **CPET in an athlete**

4.2 Manage the work-up of an athlete with suspected or known CVD

14:00 - 14:20 **Myocarditis and cardiomyopathies**

14:20 - 14:40 **Aortic and valvular heart disease**

14:40 - 15:00 **Athletes with cardiac implantable electronic devices**

15:00 - 15:20 Plenary Discussion

15:20 - 15:50 Networking break

Parallel workshops

15:50 - 17:10 **How to set up a CR programme**

Strenght and endurance training in CVD patients

ECG and cardiac imaging interpretation in athletes

GRADE in Preventive Cardiology: Going From Evidence to Recommendations

State-of-the-art lecture

Translational science lecture

Case-based sessions

Interactive live demonstrations

Parallel workshops

GENERAL INFORMATION

VENUE

BERN, SWITZERLAND
Inselspital, Bern University Hospital
Auditorium Maurice E. Müller, Entry 34
Hörsaal Langhans, Entry 43 A

Nearest international airport: Zurich, Switzerland

LOCAL ORGANIZING COMMITTEE

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Inselspital, Bern University Hospital, Bern, Switzerland
Stephan Windecker Department of Cardiology, Cardiovascular Centre,
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Website for online & hotel registration: www.herzgefaesszentrum.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 on registration fees of 20 % for EAPC Gold members, 10 % for
EAPC Silver members and 5 % for EAPC Ivory members available.

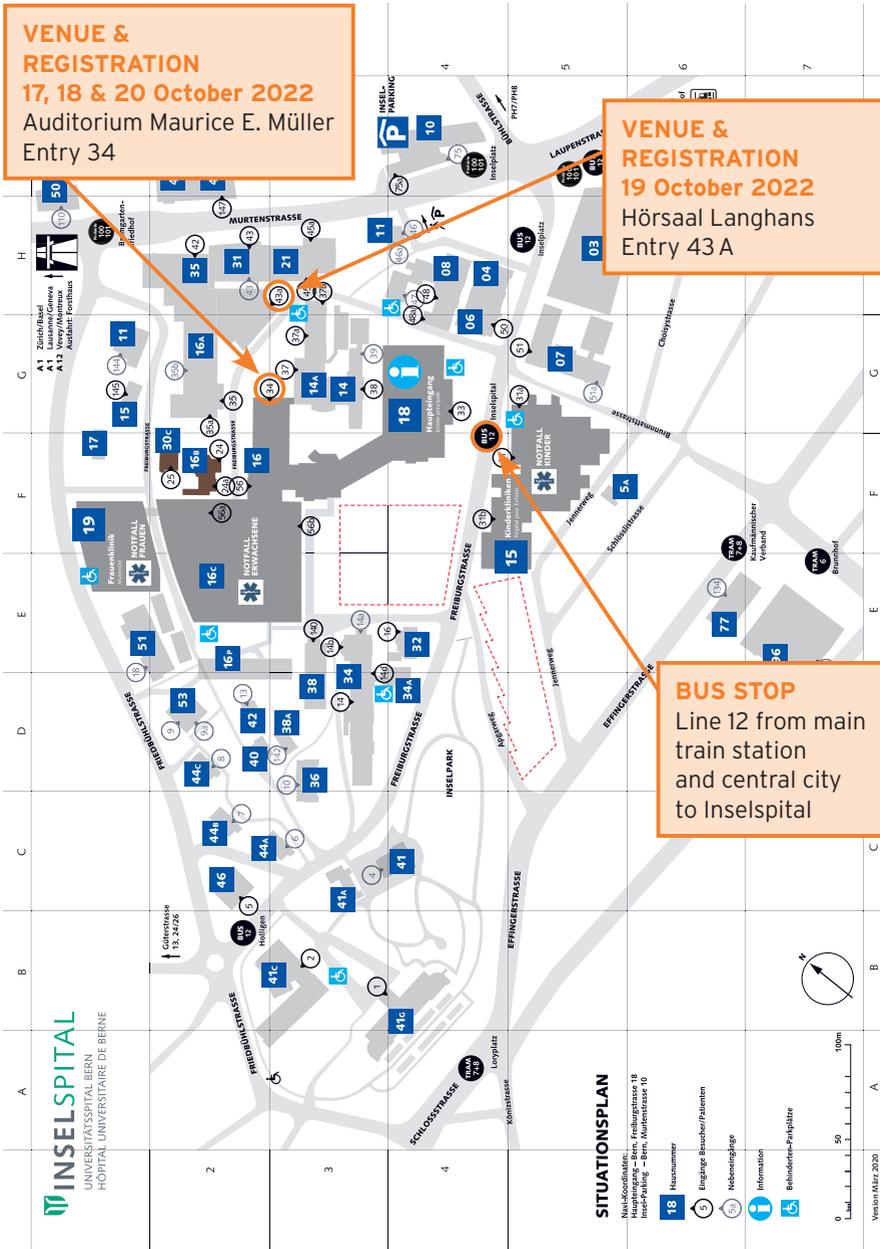
| Packages | Early bird* | Regular fee | On-site payment |
|----------|-------------|-------------|-----------------|
| 1 day | 220 CHF | 280 CHF | 340 CHF |
| 2 days | 410 CHF | 470 CHF | 530 CHF |
| 3 days | 580 CHF | 640 CHF | 700 CHF |
| 4 days | 730 CHF | 790 CHF | 850 CHF |

* Early bird registration until 30 August 2022

Dinner on Wednesday 19 October 2022: 20 CHF

HOTEL ACCOMMODATION

| Category | Single room per night | Twin room per night |
|----------|-----------------------|---------------------|
| **** | 140 - 260 CHF | 160 - 280 CHF |
| *** | 140 - 203 CHF | 160 - 245 CHF |
| ** | 130 - 160 CHF | 150 - 180 CHF |
| * | 95 - 150 CHF | 143 - 190 CHF |



The EAPC Educational Course

“EAPC Practical Course on Preventive Cardiology - Cardiovascular Prevention, Rehabilitation, Sports Cardiology & Exercise Focus on the EAPC Core Curriculum for Preventive Cardiology”

will be submitted to the **European Union of Medical Specialists - The European Accreditation Council for Continuing Medical Education (EACCME®)**.

