

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: www.escardio.org/EACPR | <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 (Catherine Marchand)
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.

Online registration: www.bern-incoming.ch / select Registration Kongresse / EACPR Educational Programme 2008

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 €

Deadline for early registration and payment of early fee: 15th July 2008

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. ****	120 – 134 €	154 – 194 €
Cat. ***	94 – 120 €	118 – 147 €
Cat. **	78 €	103 €

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Bern Incoming GmbH, Amthausgasse 4, CH-3011 Bern, +41 31 385 20 20, Fax +41 31 385 20 21

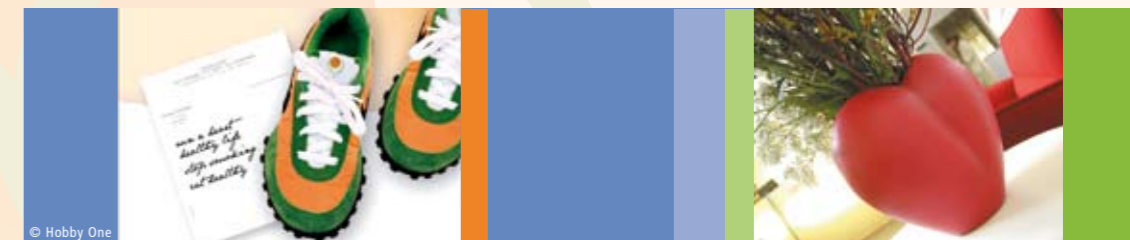
Continuing medical education

This programme will be submitted to the European Board of Accreditation on Cardiology (EBAC) for CME accreditation. You have personal data which is, according to the Law on data processing and Civil Liberties 78-17 of 6 January 1978, registered with the ESC. You have the absolute right access, amend and oppose any use of this personal data by contacting (in writing) the ESC National Society and Member Relations at the above-mentioned address. Unless otherwise informed, the ESC may send you information about its activities from time to time.

www.escardio.org/EACPR

EACPR Educational Programme 2008

22nd - 24th September 2008



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

UNIVERSITY HOSPITAL, INSELSPITAL
BERN, SWITZERLAND



European Association for Cardiovascular
Prevention and Rehabilitation
A Registered Branch of the ESC



EUROPEAN
SOCIETY OF
CARDIOLOGY®

Programme Directors

J.-P. Schmid (Bern, CH)
H. Saner (Bern, CH)

Faculty

Birna Bjarnason-Wehrens (Köln, Germany)
Paul Dendale (Hasselt, Belgium)
Dan Gaita (Timisoara, Romania)
Josef Niebauer (Salzburg, Austria)
Massimo Piepoli (Piacenza, Italy)

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
- Select the optimal exercise/stress test for an individual cardiac patient
- 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 workshops to discuss various aspects of the different programme components and life demonstrations of training sessions and cardiopulmonary 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 22nd

12:00	Arrival of training course participants – registration
13:30	Introduction
13:45	Cardiac rehabilitation – state of the art H. Saner
14:30	Target populations of cardiac rehabilitation; what is the aim and what can be achieved with cardiac rehabilitation in: - Patients with coronary artery disease J. Niebauer - Patients with peripheral artery disease J.-P. Schmid - Patients after cardiac or valve surgery P. Dendale - Patients with heart failure M. Piepoli
16:00	Coffee break
16:30	WORKSHOPS (A – C, 30 minutes each) Cardiac rehabilitation: A multidisciplinary approach Group A: Smoking cessation management E. Zehnder / J.-P. Schmid Group B: Nutrition counselling H. Saner / F. Dähler Group C: Assessment of psychosocial risk factors S. Kohls
18:00	End of session

Tuesday, September 23rd

09:00	Optimising medical therapy in secondary prevention: - Antihypertensive treatment P. Dendale - Lipid lowering therapy J.-P. Schmid - Metabolic syndrome and diabetes J. Niebauer	- Exercise training in patients with heart failure Moderator: M. Piepoli Life demonstration: J.-P. Schmid - Exercise training in elderly patients Moderator: D. Gaita Life demonstration: H. Saner
10:30	Coffee break	
11:30	From exercise test results to training prescription: - Which exercise parameters are useful in training prescription? M. Piepoli - How to prescribe resistance training? B. Bjarnason-Wehrens - Which amount of exercise generates the maximal cardiovascular health benefit? J. Niebauer	
13:00	Lunch	
14:30	WORKSHOPS (A – C, 30 minutes each) A. How to set up a cardiac rehabilitation programme H. Saner B. Outcome measures and assessment of the programme D. Gaita C. Safety aspects of cardiac rehabilitation (safety requirements during exercise testing & training, monitoring) P. Dendale	
16:00	Coffee break	
16:30	Risk stratification and implications for an exercise programme: How to select the optimal training for an individual patient? P. Dendale	
17:00	MEET THE EXPERTS - Exercise training in low risk patients Moderator: P. Dendale Life demonstration: H. Saner	
18:45	Departure for dinner practicing the Swiss way of mediterranean diet	

Wednesday, September 24th

09:00	Exercise stress testing: - How to select the optimal exercise test for an individual patient (on bicycle and treadmill, protocols)? D. Gaita - Submaximal exercise tests / 6 minutes walk test B. Bjarnason-Wehrens - How to perform and interpret a cardiopulmonary exercise stress test J.-P. Schmid
10:30	Coffee break
11:00	MEET THE EXPERTS - Basic exercise testing (Treadmill, bicycle ergometer) Moderator: J. Niebauer Life demonstration: H. Saner - Spiroergometry Moderator: M. Piepoli Life 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 22nd - 24th September 2008

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Registration form can be mailed to: info@bern-incoming.ch
Bern Incoming GmbH, Amthausgasse 4, CH-3011 Bern, Switzerland
or faxed to: +41 31 385 20 21

One registration form per active participant for each course

22nd - 24th September 2008

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: 15th July 2008

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

Online registration and online Credit-Card payment: www.bern-incoming.ch / select Registration Kongresse / EACPR Educational Programme 2008

Bank transfer (please enclose copy)
Name of Beneficiary: Bern Incoming GmbH Name of the Bank: UBS AG, CH-3000 Bern
IBAN: CH37 0023 5235 6431 7901W BIC: UBSWCHZH80A

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:

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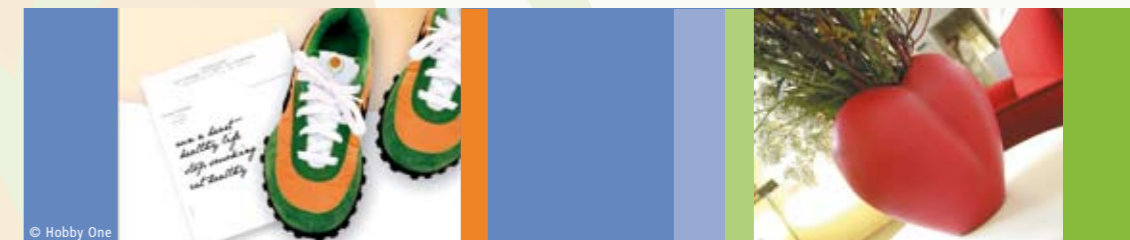
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EACPR Educational Programme 2008

25th - 27th September 2008



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

UNIVERSITY HOSPITAL, INSELSPITAL
BERN, SWITZERLAND



European Association for Cardiovascular
Prevention and Rehabilitation
A Registered Branch of the ESC



EUROPEAN
SOCIETY OF
CARDIOLOGY®

Programme Directors

J.-P. Schmid (Bern, CH)
H. Saner (Bern, CH)

Faculty

Stephan Gielen (Leipzig, Germany)
Robert Lewin (York, United Kingdom)
Hannah McGee (Dublin, Ireland)
Miguel Mendes (Carnaxide, Portugal)
Nicole M. Panhuyzen-Goedkoop (Arnhem, Netherlands)

Course Objectives

The number of those working in cardiac rehabilitation and exercise physiology is steadily growing. The guidelines and position papers of the former Working Group on Cardiac Rehabilitation and Exercise Physiology now integrated into 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 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
- Learn how to integrate Sports Cardiology into a cardiac rehabilitation centre
- Newest developments in exercise testing using spirometry
- Select an optimal exercise training programme in view of the newest results of recent exercise training studies in various subpopulations
- Learn about the newest developments in nutrition counselling, smoking cessation therapy and 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 workshops to discuss practical aspects of the various programme components and life demonstrations of training sessions and cardiopulmonary exercise tests.

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 25th

12:00	Arrival of training course participants – registration
13:30	Introduction
13:45	Cardiovascular prevention and rehabilitation in Europe: What is the actual challenge? H. Saner
14:30	Update on guidelines and position papers M. Mendes
15:15	Coffee break
16:15	Integration of sports cardiology into cardiovascular rehabilitation and exercise programmes: Why and how? N. M. Panhuyzen-Goedkoop
17:00	Exercise: two faces of a coin? - Role of exercise on the atherosclerotic process H. Saner - Exercise and sudden death: pathophysiological mechanisms and preparticipation screening N. M. Panhuyzen-Goedkoop - Exercise in high risk patients: Implications for cardiac rehabilitation M. Mendes
18:30	End of session

Friday, September 26th

09:00	What is the role of behavioural therapy and / or medical treatment in: - Obesity management H. McGee - Anxiety and depression R. Lewin - Smoking cessation E. Zehnder / J.-P. Schmid
10:30	Coffee break
11:00	Plenary discussion: Moderation: S. Gielen Challenges in chronic disease self management in cardiac rehabilitation: - How to improve uptake of and adherence to cardiac rehabilitation programmes H. McGee - Addressing sexual problems R. Lewin - Vocational status, driving and return to work M. Mendes
12:00	Sports in specific heart conditions N. M. Panhuyzen-Goedkoop
13:00	Lunch
14:30	Cardiac rehabilitation in specific populations: - Patients on devices J.-P. Schmid - Peripheral artery disease S. Gielen - Patients after aortic dissection H. Saner - Patients after heart transplantation M. Mendes
16:00	Coffee break

Exercise Training

16:30	Training modalities for heart failure patients – why and how to perform: Endurance training M. Mendes Strength training S. Gielen Water gymnastics J.-P. Schmid Respiratory training H. Saner
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17:00	LIFE DEMONSTRATIONS: Training in heart failure - Endurance training Chairperson: S. Gielen Life demonstration: J.-P. Schmid - Respiratory muscle training Chairperson: M. Mendes Life demonstration: H. Saner - Strength training in heart failure patients Chairperson: S. Gielen Life demonstration: J.-P. Schmid
18:45	Departure for dinner Dixie and Swing with «The Heartbreakers»

Saturday, September 27th

09:00	How to evaluate the target systems of cardiac rehabilitation? - Endothelial function S. Gielen - Autonomic nervous system H. Saner - Coagulation and inflammation M. Mendes
10:30	Coffee break
11:00	Perspectives in cardiovascular prevention and rehabilitation: - Tools for audit and outcome research H. McGee - What do we need in research / basic science? S. Gielen - Future direction of cardiac rehabilitation H. Saner
12:15	End of the course

Registration

How to Improve: Advanced Training Programme in Cardiac Rehabilitation and Exercise Training 25th - 27th September 2008

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25th - 27th September 2008

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Gender M F
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 Other (please specify)

Family Name:
First Name:
Hospital / Institute / Company:
Dept:
Street:
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State / Country : Country:
Tel.: Fax:
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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: