

General Information

Venue

University Hospital, Inselspital, CH-3010 Bern, Switzerland
Nearest international airport: Zurich, 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/HFA

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

Registration fees include: course participation, course materials, lunches and coffee breaks,
one dinner with social event.

Hotel accommodation and transportation are not included in the fees.

Registration fees	Countries with economies in transition	All other countries
Early registrations fee	350 €	500 €
Regular registration fee 30 days of course date	400 €	550 €

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. ****	150–165 €	220 €
Cat. ***	105–125 €	155 €

Online hotel registration: www.escardio.org/HFA

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

For further information please contact: E-mail: eurocardio.edu@insel.ch

Continuing Medical Education

This programme has been submitted to the European Board for Accreditation in Cardiology (EBAC) for CME accreditation.

This Training Workshop is a Heart Failure Association Training Programme endorsed by the European Association for Cardiovascular Prevention and Rehabilitation.

www.escardio.org/HFA

This educational programme has received unrestricted grants from:



The sponsors were not involved in the development of this programme, and in no way influenced its scientific contents.

Exercise Rehabilitation and Long Term Management of Heart Failure Patients

27th October – 29th October 2011



UNIVERSITY HOSPITAL, INSELSPITAL BERN, SWITZERLAND
Hörsaal Langhans – Entry 43 A, Pathologisches Institut



HEART FAILURE
ASSOCIATION
OF THE ESC



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



EUROPEAN
SOCIETY OF
CARDIOLOGY®

Course Directors

Massimo F. Piepoli (Piacenza, IT)
Piotr Ponikowski (Wroclaw, PL)
Jean-Paul Schmid (Bern, CH)

Faculty

Viviane Conraads (Antwerp, BE)
Ugo Corrà (Veruno, IT)
Christi Deaton (Manchester, GB)
Kenneth Dickstein (Stavanger, NO)
Dorothy Frizelle (Hull, GB)
Michele Martinelli (Bern, CH)
Ewa Piotrowicz (Warsaw, PL)
Hugo Saner (Bern, CH)
Matthias Wilhelm (Bern, CH)

Welcome to the Training Workshop on Exercise Rehabilitation and Long Term Management of Heart Failure Patients

The promotion of regular physical activity and the participation in structured exercise training programs for patients with heart failure is strongly recommended by the guidelines of the European Society of Cardiology. Regular physical activity may ultimately lead to favourable changes in myocardial function, symptoms, functional capacity, increased hospitalization-free life span and probably survival. However, physical activity is still poorly implemented in daily clinical practice outside specialized centers and in the real world of heart failure clinics.

The course is dedicated to the presentation of the state of the art of exercise training and secondary prevention intervention and the discussion of the interplay between the key elements of long term management of heart failure patients.

The hands-on workshop includes live demonstrations and case presentations of different aspects of exercise training and testing, and addresses in an interactive way the role of telemedicine, biomarkers, medical treatment and psychological support in the long term management.

Course objectives

In this course, the most current evidence for the benefit of exercise training in heart failure patients, especially in the context of the long-term management, is summarized and presented with practical advice for assessment of exercise capacity and the application of exercise in different settings.

Target audience

- Cardiac rehab physicians
- Heart failure specialists
- Cardiologists and GP's
- Physiotherapists and sports scientists
- Nurses

Thursday 27th October – 13.00-18.30

13:00-13:30	Registration
13:30-13:45	Welcome: Presentation of the two Associations M. F. Piepoli, P. Ponikowski
Session 1:	Introduction: what are we talking about? Chairpersons: U. Corrà, M. F. Piepoli
13:45-14:05	From cardiac dysfunction to heart failure symptoms (patho-physiology of heart failure) P. Ponikowski
14:05-14:25	Exercise intolerance in systolic and diastolic dysfunction J.-P. Schmid
14:25-14:45	Optimal pharmacologic therapy K. Dickstein
14:45-15:00	Panel discussion
15:00-15:20	Coffee Break
Session 2:	Long term management of heart failure Chairpersons: K. Dickstein, P. Ponikowski
15:20-15:40	Cardiac resynchronization therapy: from treatment to prevention? M. Wilhelm
15:40-16:00	Benefits of cardiac rehabilitation in CHF management M. F. Piepoli
16:00-16:20	Overcoming barriers to patient adherence in CHF management C. Deaton
16:20-16:40	Panel discussion
16:40-17:00	Coffee Break
Session 3:	“Practical issues of exercise training in HF – warming up the audience and speakers”: which program for which patient Chairpersons: M. F. Piepoli, V. Conraads
17:00-17:20	In-patient cardiac rehabilitation U. Corrà
17:20-17:40	Out-patient, hospital based cardiac rehabilitation J.-P. Schmid
17:40-18:00	Home-based cardiac rehabilitation C. Deaton
18:00-18.30	Panel discussion

Friday 28th October 08.30-18.30

Session 4	Assessment of exercise capacity Chairpersons: K. Dickstein, P. Ponikowski
08:30-08:50	Relation between LV dysfunction and exercise capacity M. F. Piepoli
08:50-09:10	How to assess exercise capacity in HF patients: role of the 6-minutes walk test V. Conraads
09:10-09:30	CPET: Differential assessment of exercise intolerance: Central, pulmonary or muscular limitation J.-P. Schmid
09:30-09:50	CPET: Parameters for risk stratification U. Corrà
09:50-10:15	Panel Discussion
10:15-10:45	Coffee Break
Session 5:	“How to” session (Live transmission into main auditorium) Chairpersons: M. F. Piepoli, V. Conraads
10:45-12:30	How to perform a cardiopulmonary exercise test: - healthy subject M. Wilhelm - typical CHF patients with limited exercise tolerance J.-P. Schmid
12:30-14:00	Lunch
Session 6:	Exercise training: Definition and modalities Chairpersons: E. Piotrowicz, U. Corrà
14:00-14:30	Exercise training: Definitions, indications, contra-indications K. Dickstein
14:30-15:00	Endurance training (interval vs. steady state) J.-P. Schmid
15:00-15:30	Resistance/strength training of peripheral and respiratory muscle V. Conraads
15:30-16:00	Discussion
16:00-16:30	Coffee Break
Session 7:	“How to” session (Live transmission into main auditorium) Chairpersons: U. Corrà, V. Conraads
	Exercise training sessions:
16:30-17:00	Strength training
17:00-17:30	Respiratory training
17:30-18:00	Endurance training
18:00-18:30	Mobility, coordination
18:45	Departure for Dinner

Saturday 29th October – 08.30-12:45

Session 8	Exercise training in patients with an ICD/CRT Chairpersons: H. Saner, E. Piotrowicz
08:30-08:50	What is special in training with ICD/CRT patients V. Conraads
08:50-09:10	Risk of arrhythmias & shocks during training M. Wilhelm
09:10-09:30	How to approach patient's concerns about an ICD D. Frizelle
09:30-10:00	Coffee Break
Session 9:	LONG-TERM MANAGEMENT: a comprehensive approach Chairpersons: M. Wilhelm, C. Deaton
10:00-10:20	Weight and lipid management in the CHF patient M. F. Piepoli
10:20-10:40	Psychological problems and management D. Frizelle
10:40-11:00	How to overcome barriers to implement: Monitoring and role of telemedicine E. Piotrowicz
11:00-11:20	Coffee Break
Session 10:	How to monitor efficacy Chairpersons: M. F. Piepoli, E. Piotrowicz
11:20-11:40	Parameters of exercise capacity or echo-cardiography J.-P. Schmid
11:40-12:00	Biomarkers M. Martinelli
12:00-12:20	Audit and quality assurance H. Saner
12:20-12:30	Panel Discussion
12:30-12:45	Summary and Conclusions J.-P. Schmid, M. F. Piepoli

Highlights

- Patho-physiology of exercise intolerance in heart failure
- Cardiopulmonary exercise testing
- Structured exercise training in different settings
- How to prescribe exercise
- Role of endurance, resistance and respiratory muscle training
- Special needs of ICD/ CRT patients
- Psychological aspects and management
- Long term management of CHF
- How to monitor efficiency

Registration

Exercise Rehabilitation and Long Term Management of Heart Failure Patients 27th October – 29th October 2011

Online registration: <http://www.escardio.org/communities/HFA/education/Pages/meetings.aspx>

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

Prof. Dr. Mr. Mrs.
 Gender M F
 Cardiologist Cardiologist in Training GP Nurse Sport Scientist or Physiotherapist
 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: 25th September 2011

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

Online registration and online Credit-Card payment: www.escardio.org/HFA

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: