



**EAPC**  
European Association  
of Preventive Cardiology

# **EAPC Practical Course on Preventive Cardiology**

**Training Course for the EAPC Certification in  
Preventive Cardiology**

**FOCUS ON  
HOW TO RUN A  
CARDIOVASCULAR  
PREVENTION AND  
REHABILITATION  
PROGRAMME AND  
A SPORTS  
CARDIOLOGY CLINIC**

**SAVE-THE-DATE  
9 - 12 SEPTEMBER 2024  
BERN, SWITZERLAND**

**INSELSPITAL  
BERN UNIVERSITY HOSPITAL**

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#### **EAPC Course Directors/Local Organizing Committee**

Matthias Wilhelm | Centre for Rehabilitation & Sports Medicine, Inselspital, Bern University Hospital

Stephan Windecker | Cardiovascular Centre, Inselspital, Bern University Hospital

Jean-Paul Schmid | Department of Cardiology, Klinik Gais

[www.insel.ch/eapc](http://www.insel.ch/eapc)



**ESC**

European Society  
of Cardiology

# INTRODUCTION

## 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. Moreover, based on multiple feedbacks from past courses, we put a strong focus on practical aspects of running cardiovascular prevention and rehabilitation programmes and sports cardiology clinics, and how to achieve EAPC centre accreditation.

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. Networking breaks should bring people from different professions together for a personal exchange.

The course serves as an option to prepare for the EACP certification in preventive cardiology, both for cardiologists and allied health professionals.

## 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.

## CONTINUING MEDICAL EDUCATION

The EAPC Practical Course on Preventive Cardiology

**"Focus on how to run a cardiovascular prevention and rehabilitation programme and a sports cardiology clinic"**

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

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