



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

EAPC Course Directors/ Local Organizing Committee

Matthias Wilhelm & Stephan Windecker | Department of Cardiology
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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. Cardiovascular patients are invited to bring in their perspective during the plenary discussions.

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

14:00 - 14:20	Endurance exercise training
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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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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®)**.



