

## 2017 CACPR SPRING CONFERENCE

**Supporting Health Behaviour Change**  
Current and Emerging Trends in Chronic Disease  
Prevention and Management



# CONFERENCE OVERVIEW

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The 2017 CACPR Spring Conference will provide a unique opportunity for physicians, allied healthcare professionals and those working in the nutrition and fitness industry to explore emerging trends in chronic disease prevention and management. The 2017 program brings together renowned experts in cardiac care, health promotion and chronic disease management to share their expertise and explore emerging trends in their respective fields.

### Conference Highlights:

- Learn about advances in chronic disease management from local, national and North American experts.
- Explore how to support behavior change through novel program models and partnerships.
- Gather the latest information on emerging topics in clinical guidelines, medical management, nutrition, exercise and patient communication.
- Buffet breakfast and lunch included both Friday and Saturday.
- Earn valuable continuing education hours

## PROGRAM HIGHLIGHTS

### Friday Night Social Event:

Join representatives from Calgary's local cardiac rehabilitation program for an interactive tour of our program. The program is located at Repsol Sport Centre – a short walk (1.5km) from the Calgary Marriott. This interactive event will showcase various patient resources, provide delegates with a glimpse into the inner-workings TotalCardiology's cardiac rehabilitation program and provide an opportunity to hear from program staff about various aspects of the program and patient populations.

- Delegates can walk (~1.5 km) from the Calgary Marriott to the Repsol Sport Centre or arrange their own transportation if preferred or if weather conditions are unfavourable. Ample free parking is available in front of the building if driving.
- Stations will be set up throughout the clinic for delegates to visit and learn about various aspects of our program while offering an opportunity to interact with rehabilitation program staff.
- Light refreshments and appetizers will be provided.

Following the program tour, attendees will take a short walk (<1 km) from the cardiac rehabilitation program site to the Mill Street Brewpub to socialize and network with conference delegates. Drinks and food costs are the responsibility of the individual delegate. The establishment is within walking distance of the Calgary Marriott and delegates are responsible for their own travel and any associated costs back to the hotel.

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# CONFERENCE OVERVIEW

## CONFERENCE SPEAKERS

### Dr. Todd Anderson

Director, Libin Cardiovascular Institute  
Clinical and Academic Department Head,  
Dept. of Cardiac Sciences, University of  
Calgary

### Dr. Tavis Campbell

Clinical Psychologist  
Associate Professor of Clinical Psychology  
University of Calgary

### Blanche Johnston, BSPE

Exercise Therapist,  
Saskatoon Health Region

### Pam Heise, HBA Kin, BSW, MSW

Outreach Facilitator  
Ottawa Model for Smoking Cessation  
Division of Prevention & Rehabilitation  
University of Ottawa Heart Institute

### Dr. Randy Moore

Vascular and Endovascular Surgeon,  
Peter Lougheed Centre  
Associate Professor, University of Calgary

### Dr. Michael Slawnych

Clinical Assistant Professor  
Department of Cardiac Sciences  
University of Calgary

### Dr. Shahebina Walji

Medical Director  
Calgary Weight Management Centre

### Dr. Ross Arena

Department Head (Physical Therapy)  
Professor, Physical Therapy  
University of Illinois

### Dr. Lawrence de Koning

Clinical Biochemist and Clinical Associate  
Professor  
Cumming School of Medicine,  
University of Calgary

### Dr. Bryan Har

Clinical Assistant Professor  
Department of Cardiac Sciences  
University of Calgary

### Dawnie Heartwell

Certified Business and Executive Coach

### Dr. Paul Oh

Medical Director Cardiovascular Prevention  
and Rehabilitation Program  
Toronto Rehabilitation Institute

### Ashley Stark, RD

Registered Dietitian  
TotalCardiology Rehabilitation

### Dr. Andreas Westib

Cardiologist

### Dr. Scotty Butcher, BScPT, PhD, ACSM-RCEP

Associate Professor, Physical Therapy  
University of Saskatchewan,  
Co-founder of Strength Rebels

### Darryl Fehr

President, Coronary Artery Rehabilitation  
Group (CARG)

### Jennifer Harris

Regional Manager  
CVD Prevention and Rehabilitation Outreach  
University of Ottawa Heart Institute

### Dr. Kathryn King-Shier

Professor and AIHS Health Scholar  
Faculty of Nursing and Department of  
Community Health Sciences  
University of Calgary

### Codie Rouleau, MSc

PhD Candidate  
University of Calgary

### Dr. James Stone

Clinical Professor of Medicine, Cumming  
School of Medicine, University of Calgary  
Senior Medical Director, Cardiovascular Health  
and Stroke, Strategic Clinical Network,  
Alberta Health Services  
Chairman of the Board, TotalCardiology Inc.

### Dr. Sayeh Zieke, M.D., M.B.A., FRCP(C)

Medical Director, Chinook Cardiology

Note: Sessions, speakers, topics, descriptions and times are subject to change at any time without notice.

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# PROGRAM OUTLINE

## Friday, April 28, 2017

Registration, & Breakfast	<b>7:45 – 8:30</b>	<b>Registration and Breakfast</b>	
	<b>8:30 – 8:45</b>	<b>Opening Remarks</b>	
Keynote	<b>8:45 – 9:45</b>	<b>The Future of Non-Communicable Disease Prevention and Treatment: Creating the healthy lifestyle healthcare system</b> Dr. Ross Arena	
	<b>9:45 -10:15</b>	<b>Bridging the Gap: Patient to Participant</b> Jennifer Harris	
<b>10:15-10:25 Stretch &amp; Refreshment Break</b>			
Breakout Sessions		<b>Option A</b>	<b>Option B</b>
	<b>10:25 – 11:25</b>	<b>Contemporary Management &amp; Update of Atrial Fibrillation Patients to Keep Them Out of Hospital</b> Dr. Andreas Westib	<b>Practical Strategies for Personalizing Nutrition Recommendations for Your Patients</b> Ashley Stark, RD
	<b>11:30 – 12:30</b>	<b>A Model of Patient Education to Enhance Self-Management in Patients with Heart Disease and Diabetes</b> Dr. Paul Oh	<b>Nutritional Biomarkers – an easy way to measure diet?</b> Dr. Lawrence de Koning
<b>12:30 – 1:30 Lunch and Networking</b>			
Breakout Sessions	<b>1:30 – 2:30</b>	<b>Advances in Lipid Management</b> Dr. Todd Anderson	<b>Let's Talk About Moving: Reframing the Exercise and Physical Activity Discussion</b> Dr. Ross Arena
	<b>2:35 – 3:35</b>	<b>Sleeping Well for Heart Health: Understanding and Addressing Sleep Issues in Cardiovascular Disease</b> Codie Rouleau	<b>Sudden Death and Adverse Cardiac Events in Athletes</b> Dr. Bryan Har
<b>3:35 – 3:45 Nutrition Break</b>			
Workshops	<b>3:45– 4:45</b>	① <b>The Pharmacology of Prevention: Patient Conversations about Rationale, Benefits and Risks of Common Medications</b> Dr. Paul Oh	
		② <b>Cardiac Rehabilitation Peer Support</b> Darryl Fehr & Blanche Johnston	
		③ <b>Practical Clinical Approaches to Offering Smoking Cessation to Your Clients</b> Pam Heise	
Social Event	<b>6:30 – 10:30</b>	<b>Full social event and tour details on next page</b>	

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# PROGRAM OUTLINE

## Friday, April 28, 2017: Social Event and Rehabilitation Program Tour

Join staff from the TotalCardiology Rehabilitation and fellow delegates as they tour the cardiac rehabilitation program facility located in Repsol Sport Centre. This interactive event will showcase various patient resources, provide delegates with a glimpse into the inner-workings of the cardiac rehabilitation program and provide an opportunity to hear from program staff about various aspects our program and patient populations.

Details:

**6:30 – 8:00**

- Delegates will walk (~1.5 km) from the Calgary Marriott to the Repsol Sport Centre or arrange their own transportation if preferred or if weather conditions are unfavourable).
- Staff from the cardiac rehab program will meet delegates at the Repsol customer service desk on the main level and direct them to the clinic.
- Stations will be set up throughout the clinic for delegates to visit and learn about various aspects of our program while providing the opportunity to interact with rehabilitation program staff.
- Light refreshments will be provided.

For delegates who would like to sneak in a bit of a workout after the conference and before the tour, complimentary passes to Repsol Sport Centre will be provided. This recreational facility is home to swimming pools, fitness and weight centres, cycle studios, an indoor track and much more. For more information visit [www.repsolsportcentre.com](http://www.repsolsportcentre.com). Please indicate if you would like a complimentary pass when filling out your session selection form included in this package.

**8:00 – 10:30**

Following the tour, delegates will take a short walk (<1 km) from Repsol Sport Centre to Millstreet Brewpub to socialize and network with conference delegates. Drinks and food costs are the responsibility of the individual delegate.

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# PROGRAM OUTLINE

## Saturday, April 29, 2017

Breakfast	<b>8:00 – 8:30</b>	<b>Breakfast</b>	
	<b>8:30 – 8:45</b>	<b>Opening Remarks</b>	
Keynote	<b>8:45– 9:45</b>	<b>The Top 5 Advances in Chronic Disease Management</b> Dr. James Stone	
<b>9:45 – 9:55 Refreshment &amp; Stretch Break</b>			
Breakout Sessions	<b>Option A</b>		<b>Option B</b>
	<b>9:55 – 10:55</b>	<b>Heart Failure Management</b> Dr. Sayeh Zielke	<b>Peripheral Vascular Disease: Signs, Symptoms &amp; Management</b> Dr. Randy Moore
	<b>11:00 – 12:00</b>	<b>Palliative Care: Thinking Outside the Box</b> Dr. Michael Slawnych	<b>Weight: It's Time for a Change</b> Dr. Shahebina Walji
	<b>12:00 – 1:00 Lunch and Networking</b>		
Workshops	<b>1:00 – 2:00</b>	<b>Introduction to Motivational Communication in Healthcare</b> Dr. Tavis Campbell	<b>Advancing Your Motivational Communication Skills</b> Codie Rouleau
Breakout Sessions	<b>2:05 – 3:05</b>	<b>Speaking With Your Ethnic Patient: What to Consider?</b> Dr. Kathryn King-Shier	<b>Advancing Strength Practices in Chronic Disease Rehabilitation</b> Dr. Scotty Butcher
<b>3:05 – 3:15 Nutrition Break</b>			
Closing Address	<b>3:15 – 4:15</b>	<b>It Starts With You!</b> <b>Resiliency for the Professional Care Giver: Strategies to Keep Yourself Healthy and Engaged in Your Own Personal and Professional Development</b> Dawnie Heartwell	
Closing Remarks	<b>4:15 – 4:30</b>	<b>Closing Remarks</b>	

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# REGISTRATION INFORMATION

- Register for the conference online at [www.cacpr.ca](http://www.cacpr.ca). Early bird pricing in effect until April 1, 2017:  
CACPR Member: \$275 | Non-Member: \$425 | Student Member: \$190 | Student Non-Member: \$265  
One-day Registration: Member: \$200 | Non-Member: \$300 | Student Member: \$150
- Complete the form below to register for session and RSVP for social event. Fax your completed form to 403-571-6974 or email to [bfourmeaux@totalcardiology.ca](mailto:bfourmeaux@totalcardiology.ca).

**Name:** \_\_\_\_\_ **Contact #:** \_\_\_\_\_

**Email** (for session confirmation): \_\_\_\_\_

**List any food allergies:** \_\_\_\_\_

### BREAKOUT /WORKSHOP SESSION SELECTION

Refer to Program Outline for topics/speakers. Place a ✓ in the box beside the session you wish to attend.

#### Friday, April 28, 2017

Morning Breakout Sessions:	10:25– 11:25	<input type="checkbox"/>	Contemporary Management of Atrial Fibrillation	<input type="checkbox"/>	Practical Strategies to Personalize Nutrition Recommendations
	11:30 – 12:30	<input type="checkbox"/>	A Model of Patient Education to Enhance Self Management in Diabetes and Heart Disease	<input type="checkbox"/>	Nutritional Biomarkers – an easy way to measure diet?
Afternoon Breakout Sessions:	1:30 – 2:30	<input type="checkbox"/>	Advances in Lipid Management	<input type="checkbox"/>	Let's Talk About Moving
	2:35 – 3:35	<input type="checkbox"/>	Sleeping Well for Heart Health	<input type="checkbox"/>	Sudden Death and Adverse Cardiac Events in Athletes
Workshops:	3:45 – 4:45	<input type="checkbox"/>	The Pharmacology of Prevention	<input type="checkbox"/>	Cardiac Rehab Peer Support
		<input type="checkbox"/>		<input type="checkbox"/>	Practical Clinical Strategies for Smoking Cessation

#### Saturday, April 29, 2017

Morning Breakout Sessions:	9:55 – 10:55	<input type="checkbox"/>	Heart Failure Management	<input type="checkbox"/>	Peripheral Vascular Disease: Signs, Symptoms & Management
	11:00 – 12:00	<input type="checkbox"/>	Palliative Care: Thinking Outside the Box	<input type="checkbox"/>	Weight: It's Time for a Change
Afternoon Workshop/ Breakout Sessions:	1:00– 2:00	<input type="checkbox"/>	Introduction to Motivational Communication	<input type="checkbox"/>	Advancing Your Motivational Communication Skills
	2:05 – 3:05	<input type="checkbox"/>	Speaking to Your Ethnic Patients: What to Consider	<input type="checkbox"/>	Advancing Strength Practices in Chronic Disease Rehabilitation

### Friday Night Social Event and Rehabilitation Program Tour

Tour the TotalCardiology Rehabilitation program, enjoy light refreshments and socialize with other delegates.

- Yes, I will attend the Social Event and Tour       No, I will not attend the Social Event and Tour
- Yes, I would like a complimentary fitness pass for Respol Sport Centre.



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# ACCOMMODATIONS

## Calgary Marriott Downtown

110-9<sup>th</sup> Avenue SE, Calgary, AB



CACPR has secured preferred rates for out-of-town conference delegates at the Calgary Marriott Downtown. Deluxe guest rooms are available at a preferred rate of \$ 150/night plus applicable taxes.

Reservations can be made by calling 1-800-228-9290 or 403-266-7331 and mentioning the CACPR Conference or online at: [Marriot CACPR Accommodations](#). Reservations must be made by March 28, 2017 to receive the preferred conference rate.

Several other hotels are also located within walking distance of the Marriott where the conference will be held.

