

# Session Overview & Objectives



Friday, April 28, 2017

2017 CACPR Spring Conference

**Ross Arena**

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

## **The Future of Non-Communicable Disease Prevention and Treatment: Creating the healthy lifestyle healthcare system**

- Understand the evidence supporting the importance of healthy living medicine in the context of the prevention and treatment of chronic disease
- Gain an appreciation of possible new models for healthy living initiatives within academic, healthcare systems and various community settings

## **Let's Talk About Moving: Reframing the Exercise and Physical Activity Discussion**

- Understand the evidence supporting the importance of all types of physical movement to health
- Understand and be able to implement forward thinking approaches to assessing an individual's movement portfolio
- Understand and be able to implement forward thinking approaches to prescribing an individualized movement portfolio

**Jennifer Harris**

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

## **Bridging the gap: Patient to Participant**

- Learn about community based wellness initiatives being coordinated by Ottawa Heart, including the HeartWise Exercise program
- Gain an understanding of factors for creating successful primary prevention programs
- Learn about key components of secondary prevention transition programs

# Session Overview & Objectives



Friday, April 28, 2017

2017 CACPR Spring Conference

**Andreas Westib**

Cardiologist, TotalCardiology

## **Contemporary Management & update of Atrial Fibrillation Patients to Keep them Out of Hospital**

- Learn the new Canadian Cardiovascular Society guidelines in the management of atrial fibrillation, and the rationale for the new changes
- Understand the different scenarios where a physician would choose either rate or rhythm control and the medications at their disposal.
- Learn about new research being performed with regards to atrial fibrillation ablation and the role of ablation as a first line therapy.

Learn about the role of exercise training in the management of atrial fibrillation

**Ashley Stark**

Registered Dietitian  
TotalCardiology Rehabilitation

## **Practical Strategies for Personalizing Nutrition Recommendations for Your Patients:**

- Acquire an understanding of current dietary recommendations to decrease the risk of cardiovascular disease (CVD).
- Learn to translate recommendations about key nutrients of concern related to CVD into patient focused messages about healthy food choices and eating patterns.
- Practice personalizing dietary recommendations to meet individual patient needs.

# Session Overview & Objectives



Friday, April 28, 2017

2017 CACPR Spring Conference

**Paul Oh**

Medical Director & GoodLife Fitness Chair  
Peter Munk Cardiac Centre  
Toronto Rehabilitation Institute  
University Health Network, Toronto

## **The Pharmacology of Prevention: Patient Conversations about Rationale, Benefits and Risks of Common Medications**

- Share concepts from patient education sessions around common cardiac medications
- Describe mechanisms of action of the core prevention agents: anti-platelets, anticoagulants, lipid treatments and ACE-inhibitors
- Convey the balance between risks and benefits

## **A Model of Patient Education to Enhance Self Management**

- Describe the association of patient knowledge with improved outcomes
- Outline a systematic process undertaken to develop a structured education curriculum
- Share patient education resources for persons with heart disease and diabetes

**Lawrence de Koning**

Clinical Biochemist and Clinical Associate Professor  
Calgary Laboratory Services  
Departments of Pathology and Laboratory  
Medicine, Pediatrics, and Community Health  
Sciences, Cumming School of Medicine  
University of Calgary

## **Nutritional Biomarkers – an easy way to measure diet?**

- Gain Describe heart-healthy dietary patterns and foods, and the evidence supporting their consumption.
- Understand traditional dietary assessment techniques and their relative strengths and weaknesses.
- Identify several biochemical markers of nutrient intake and discuss whether they capture useful measures of diet or not.

# Session Overview & Objectives



Friday, April 28, 2017

2017 CACPR Spring Conference

**Todd Anderson**

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

## Advances in Lipid Management

- Recognize the latest Canadian Cardiovascular Society guidelines for the management of hyperlipidemia and risk reduction.
- Compare and contrast other societal guidelines to the management of lipids and the rationale/evidence to date.
- Understand a practical, evidence based approach to the management of lipids.

**Bryan Har**

Clinical Assistant Professor  
Department of Cardiac Sciences  
University of Calgary

## Sudden Death and Adverse Cardiac Events in Athletes

- Recognize the difference between athlete's heart and hypertrophic cardiomyopathy
- Learn about structural and arrhythmic causes of sudden death
- Understand the risk of sudden death and other adverse cardiac events during exercise

**Codie Rouleau**

PhD Candidate  
Clinical Psychology  
University of Calgary

## Sleeping Well for Heart Health: Understanding and Addressing Sleep Issues in Cardiovascular Disease

- Gain awareness about common sleep disturbances and psychological challenges faced by people with cardiovascular disease (CVD).
- Acquire an understanding about the links between sleep, psychological distress, and CVD.
- Become familiar with evidence-based behavioural tools for helping patients manage their insomnia, mood, and stress.

# Session Overview & Objectives



Friday, April 28, 2017

2017 CACPR Spring Conference

**Darryl Fehr**

President, Coronary Artery Rehabilitation Group (CARG)

**Blanche Johnson**

Exercise Therapist, BSPE  
Saskatoon Health Region

## Cardiac Rehabilitation Peer Support

- In this workshop you will learn about the various roles CARG plays at improving the heart health of citizens of Saskatoon.
- Typically the successful treatment of the heart patient moves from the doctor to the cardiologist to the cardiac nurse educator to the exercise therapist to PEERS. In Saskatoon, these peers are CARG – the Coronary Artery Rehabilitation Program. CARG is registered provincially as a non-profit organization and nationally as a charitable organization.
- CARG is run entirely by volunteers who are the patients themselves and their support people. One thousand heart patients determined to be healthy, strong, and happy – volunteers who want to be more than survivors

**Pam Heise**

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

## Practical Clinical Approaches to Offering Smoking Cessation to Your Clients

- Provide effective smoking cessation interventions for patients/clients
- Offer pharmacotherapy advise to patients/clients who smoke
- Provide practical strategic advice/counselling strategies when approaching patients/clients

# Session Overview & Objectives



Saturday April 29, 2017

2017 CACPR Spring Conference

## James Stone

Clinical Professor, Department of Cardiac Sciences,  
University of Calgary  
Director of Research, TotalCardiology

### The Top 5 Advances in Chronic Disease Management

- Understand how chronic disease affects longevity.
- Acquire better understanding how chronic disease affects health care resource allocation.
- Learn how advances in chronic disease care can improve health resource utilization.

## Sayeh Zielke

Medical Director, Chinook Cardiology

### Heart Failure Management

- Understand the basic pathophysiology of clinical heart failure
- Apply an evidence based approach to contemporary therapies for heart failure
- Gain knowledge with respect to new therapies in the treatment of systolic heart failure

## Randy Moore

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

### Peripheral Vascular Disease (PVD): Signs, Symptoms & Management

- Understand the role of screening asymptomatic patients at risk for PVD
- Learn a practical approach to the diagnosis of patient with suspected PVD
- Identify treatment options, both medical and surgical for patient with significant PVD.
- Understand lifestyle factors in the prevention and treatment of PVD

# Session Overview & Objectives



Saturday April 29, 2017

2017 CACPR Spring Conference

**Michael Slawnych**

Clinical Assistant Professor,  
Department of Cardiac Sciences,  
University of Calgary

## **Palliative Care: Thinking Outside the Box**

- Learn the basis of cardiac palliative care and when to start the process of palliation.
- Understand how palliative care works and what a cardiac palliative physician treats.
- Learn about the stages of the cardiovascular disease process that merit palliation and how to involve the family.

**Shahebina Walji**

Medical Director  
Calgary Weight Management Centre

## **Weight: It's Time for a Change**

- Explore novel insights into the pathophysiology of obesity and its implications in the treatment of obesity
- Review guideline recommendations for recognizing patients who may benefit from weight management modalities
- Compare and contrast behavioural modification, pharmacotherapy and bariatric surgery options

**Tavis Campbell**

Clinical Psychologist  
Associate Professor of Clinical Psychology,  
University of Calgary

## **Introduction to Motivational Communication in Healthcare**

- Identify the emotional and psychosocial challenges that people living with chronic disease may face
- Recognize the provider reactions that can help or hinder patients' acceptance of their disease/treatment
- Apply some motivational communication strategies (i.e., reflective listening) to support patients' emotional journey to optimize care

# Session Overview & Objectives



Saturday April 29, 2017

2017 CACPR Spring Conference

**Codie Rouleau**

PhD Candidate  
Clinical Psychology  
University of Calgary

## Advancing Your Motivational Communication Skills

- Identify the attitudes and principles of motivational communication
- Recognize how motivational communication can be used assess and optimize adherence to treatment and enhance self-management
- Demonstrate some of the basic skills of motivational communication (asking, listening and informing) to promote adherence and improved disease outcomes

**Kathryn King-Shier**

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

## Speaking With Your Ethnic Patients: What to Consider?

- Recognize common barriers to health-related communications with ethnic patients.
- Understand elements of culturally competent care.
- Identify techniques to adapt care practices/processes for ethnic cardiac patient

**Scotty Butcher**

Associate Professor Physical Therapy  
University of Saskatchewan  
Co-founder of Strength Rebels  
Consultant at Synergy Strength & Conditioning

## Advancing Strength Training Practices in Chronic Disease Rehab

- Describe recent research evidence supporting high quality strength training to elicit functional change in rehabilitation clientele;
- Discuss the practical issues with incorporating strength training principles with current best practice;
- Determine the appropriate program variables (exercise selection, load, progression, etc) that should be included in strength training.

# Session Overview & Objectives



Saturday April 29, 2017

2017 CACPR Spring Conference

**Dawnie Heartwell**

Certified Business and Executive Coach

## **It Starts With You! Resiliency for the Professional Caregiver – Strategies to Keep Yourself Healthy and Engaged in Your Own Personal and Professional Development**

- Learn how to activate your power and value personally and professionally.
- Connect the big thoughts and thinking from the conference back to you using the framework: Your Care x Patient Care