

**Theme: Unlocking Better Health:
Chronic Disease Rehab through the eyes of Cardiac Rehab Teams**

**Thème: La clé d'une Meilleure Santé:
La réadaptation pour les Maladies Chroniques vue par les Équipes de Réadaptation Cardiaque**

CONFERENCE PLANNING COMMITTEE COMITÉ DE PLANIFICATION

Jean Diodati (Chair)	Nancy Ellis
Brea Lamb	Nicola Paine
Simon Bacon	Paul Oh
Dylan Chipperfield	Shauna Ratner
Monique Dufour	Jennifer Reed

Executive Director	CACPR Office
Linda Smith	Sheena Dayman
	Katelin Gresty

CERTIFICATE OF ATTENDANCE

CACPR recognizes that many of the disciplines within cardiac rehabilitation require proof of continuing education activities. To this end, a certificate of attendance for CACPR Symposium is available electronically at our web site at www.cacpr.ca.

CERTIFICATE DE PRÉSENCE

ACPRC reconnaît que bon nombre des disciplines qui font partie de la réadaptation cardiaque requièrent une preuve de participation à une formation continue. De notre côté, un certificat de présence au Symposium de L'ACPRC sera disponible sous format électronique sur notre site web à l'adresse suivante: www.cacpr.ca.

ABSTRACT PRESENTATIONS & GRADUATE STUDENT AWARDS

CACPR supports research in cardiac rehabilitation and highlights ongoing studies in the CACPR Annual Scientific presentation session on Saturday at 13:30 and Sunday at 11:00. We

encourage delegates' attendance at these sessions to further your knowledge of local studies and to support your current and future colleagues.

CACPR offers 3 Student Research Awards of \$2,000 each on an annual basis with the winners presenting their abstracts at the annual symposium. Three awards will be presented on Saturday after lunch.

CACPR recognizes the ongoing financial support for these awards from the Cardiac Health Foundation of Canada

PRÉSENTATIONS DES RÉSUMÉS SCIENTIFIQUES ET DES BOURSES D'ÉTUDES

ACPRC appuie la recherche en réadaptation cardiaque et souligne les études en cours lors de la session annuelle de présentation scientifique de l'ACPRC qui aura lieu le samedi à 13 h 30 et le dimanche à 11 h. Nous encourageons la participation des délégués à ces sessions afin de parfaire leur connaissance des études locales et d'appuyer leurs collègues actuels et futurs.

ACPRC offre trois bourses de recherche et d'étude d'une valeur de 2000 \$ chacune sur une base annuelle et les gagnant(e)s présenteront leurs résumés scientifiques lors du symposium annuel. Ces prix seront présentés samedi après le dîner.

ACPRC reconnaît le soutien financier pour ces prix accordés par la Fondation canadienne de la santé cardiaque.

CACPR is pleased to announce the Graduate Scholarship winners of 2016:

Masters Level/Études de deuxième cycle

Emilie Dolan

THE IMPACT OF SMOKING ON MEASURES OF FITNESS DURING EXERCISE

Andrew Thomas Jeklin

THE EFFECT OF AN ULTRA-ENDURANCE EVENT ON PULSE PRESSURE AND COGNITIVE FUNCTION

Étienne Morin

PROGRAMME D'INTERVENTION NUTRITIONNEL CENTRÉ SUR UNE ALIMENTATION VÉGÉTALE MINIMALEMENT TRANSFORMÉE: ÉVALUATION DES EFFETS ET EXPLORATION DES DÉTERMINANTS INFLUENÇANT L'ADHÉSION

Conference Schedule

All CACPR sessions will be held at the Palais des Congrès (PCM)

Friday, October 21, 2016

18:30 – 21:00

Québec Cardiac Rehab Showcase: ÉPIC from MHI and PPCM from IUCPQ

La Réadaptation Cardiaque au Québec: ÉPIC de l'ICM et PPCM de l'IUCPQ

Sponsored by AMGEN

Dr Martin Juneau and Dr Paul Poirier

Bus (La Québécoise), pickup: PCM east entrance

Saturday, October 22, 2016

07:00 – 8:00

CCC/CACPR 5KM FUN RUN (*Tentative*)

CCC/ACPRC COURSE 5KM

PCM East entrance

09:00 – 17:00

EPOSTER VIEWING, CACPR AND CCC PREVENTION TRACK

EPOSTER, ACPRC ET CCC PARCOURS PRÉVENTION

1. DEPRESSIVE SYMPTOMS, BUT NOT DEPRESSIVE DISORDERS, ARE PREDICTIVE OF HYPERTENSION DIAGNOSIS
Nicola J. Paine
Montreal, QC
Saturday, October 22 Screen 13
2. ASSESSING THE IMPACT OF ACCELEROMETRY DEVICE USE ON EXERCISE MOTIVATION AND CLINICAL OUTCOMES IN PATIENTS ATTENDING CARDIAC REHABILITATION FOLLOWING PERCUTANEOUS CORONARY INTERVENTION OR CARDIAC SURGERY
J. Stephen Mundle
St. John, NB
Saturday, October 22 Screen 13

3. PARENT PERSPECTIVES ON A 24-HOUR NO SCREEN-TIME CHALLENGE
Sandra Pelaez
Montreal, QC
Saturday, October 22 Screen 13
4. A COORDINATED CARDIOVASCULAR-DIABETES MODEL OF INTEGRATED COMPLEX CHRONIC DISEASE
Karen Unsworth
London, ON
Saturday, October 22 Screen 14
5. A PROFILE OF LIPID MANAGEMENT IN THE CANADIAN CARDIOVASCULAR REHABILITATION POPULATION
Drith Karny-Rahkovich
Toronto, ON
Sunday, October 23 Screen 13
6. "THE EFFECT OF AN ULTRA-ENDURANCE EVENT ON PULSE PRESSURE AND COGNITIVE FUNCTION"
Andrew Thomas Jeklin
Vancouver, BC
Sunday, October 23 Screen 13
7. DOES THE IMPACT OF SEASONAL VARIATIONS IN PATIENTS WITH CORONARY HEART DISEASE REALLY MATTER
Thalia Lapointe
Trois-Rivières, QC
Sunday, October 23 Screen 13
8. BARRIERS TO PHYSICAL ACTIVITY: AN OBSERVATIONAL STUDY CONDUCTED IN ASSOCIATION WITH THE HEARTLAND TOUR OF NOVA SCOTIA
Shawn Albert Brophy
Halifax, NS
Saturday, October 22 Screen 13

CACPR 2016 Fall Conference Schedule, Palais des congrès de Montréal – October 22nd 23rd, 2016

9. LONG-TERM IMPACT OF ICD ADVISORY LEAD FRACTURE ON PSYCHOLOGICAL HEALTH: A 5-YEAR FOLLOW-UP
Heather Tulloch
Ottawa, ON
Saturday, October 22 Screen 13
 10. HEALING HEARTS TOGETHER: A PILOT INTERVENTION PROGRAM FOR CARDIAC PATIENTS AND THEIR PARTNERS
Heather Tulloch
Ottawa, ON
Saturday, October 22 Screen 13
 11. "HYPERTENSIVE MONO-PHARMACOTHERAPY VERSUS MULTIPHARMACOTHERAPY: IS IT WORTH STRESSING ABOUT?"
Candace Raddatz
Montreal, QC
Sunday, October 23 Screen 13
 12. BENEFITS OF A COMMUNITY CARDIAC REHABILITATION PROGRAM IN STABLE ANGINA
Colin Yeung
Halifax, NB
Saturday, October 22 Screen 14
 13. ASSESSMENT OF A NEW CARDIAC REHABILITATION PROGRAM MODEL
David Buijs
Edmonton, ON
Saturday, October 22 Screen 14
 14. COMPARING TRADITIONAL CARDIAC REHABILITATION WITH A NEW HYBRID PROGRAM MODEL
David Buijs
Edmonton, ON
Sunday, October 23 Screen 13
 15. Rural Cardiac Rehabilitation: A 20 Year Success Story (Part 2)
Edwin Kent Gillin
Goderich, ON
Sunday, October 23 Screen 13
 16. PHYSICAL ACTIVITY LEVELS AT A SEDENTARY WORKPLACE IN CANADA'S FITTEST PROVINCE
Juliano Schwartz
Vancouver, BC
Saturday, October 22 Screen 14
 17. THERE IS A RELATIONSHIP BETWEEN THE 6-MINUTE WALKING TEST AND DAILY PHYSICAL ACTIVITY IN PEOPLE WITH CORONARY HEART DISEASE?
Maryline Roy
Trois-Rivières, QC
Saturday, October 22 Screen 13
 18. NEEDS AND CONCERNS OF CARDIAC PATIENTS AND THEIR PARTNERS: A QUALITATIVE
Matthew Clyde
Ottawa, ON
Saturday, October 22 Screen 14
 19. PERCEPTIONS OF CARDIOLOGY ADMINISTRATORS ABOUT CARDIAC REHABILITATION IN SOUTH AMERICA AND THE CARIBBEAN
Raquel Rodrigues Britto
Belo Horizonte, Brazil
Saturday, October 22 Screen 14
- 09:00 – 10:30
CCC OPENING CEREMONIES AND HSFC LECTURE-REALIZING THE POTENTIAL OF PRECISION – THE ROLE OF PHYSICIAN IN SUPPORTING PATIENT-CENTERED CARE.
John Spertus
PCMS11
- 10:30 – 11:00
Coffee Break – ePoster presentations
Community Forum Level 2
- 11:00 – 11:15
CACPR OPENING REMARKS
MOT D'OUVERTURE DE L'ACPRC
Carolyn Baer, President – Montcon, NB Jean Diodati, Co-Chair – Montreal, QC
Brea Lamb, Co-Chair – Calgary, AB
Room 516AB

11:15 – 12:00

TERRY KAVANAGH LECTURE- Sponsored by Cardiac Health Foundation of Canada
LA CONFÉRENCE TERRY KAVANAGH
LOOKING BACK, LOOKING FORWARD: INNOVATIONS IN CHRONIC DISEASE MANAGEMENT
Louise Morrin,
Calgary, AB
Room 516AB

12:00 – 13:30

CACPR ANNUAL GENERAL MEETING & LUNCH
Room 515

WALK OF LIFE PROGRAM AWARDS

Presentations

- Student Awards
- Cardiac Health Foundation of Canada National WALK OF LIFE Campaign
Barbara Kennedy
Executive Director
Cardiac Health Foundation of Canada

AGM

13:30 – 14:30

ORAL SESSION - ABSTRACT PRESENTATION – CARDIOVASCULAR RISK FACTORS
(Chair: Ilka Lowensteyn)

PRÉSENTATION ORALE DES RÉSUMÉS – FACTEURS DE RISQUE CARDIOVASCULAIRE

Room 516AB

1. TRAUMATIC STRESS AND TYPE D PERSONALITY MEDIATES THE RELATIONSHIP BETWEEN ATTACHMENT STYLE AND HEALTH OUTCOMES IN CARDIAC REHABILITATION PATIENTS
Adam Heenan
Ottawa, ON
2. THE IMPACT OF SMOKING ON MEASURES OF FITNESS DURING EXERCISE
Emilie Dolan
Montreal, QC

3. PROGRAMME D'INTERVENTION NUTRITIONNEL CENTRÉ SUR UNE ALIMENTATION VÉGÉTALE MINIMALEMENT TRANSFORMÉE: ÉVALUATION DES EFFETS ET EXPLORATION DES DÉTERMINANTS INFLUENÇANT L'ADHÉSION

Étienne Morin
Sherbrooke, QC

14:30 – 15:30

CONCURRENT WORKSHOP (CHOICE OF 4)
SÉANCES D'ATELIER SIMULTANÉES (CHOIX PARMIS 4)

1. THE ROLE OF CARDIAC REHAB IN THE PREVENTION OF CHRONIC DISEASE – EXPERIENCES FROM THE ACCELERATION PROJECT
Paul Oh et al
Toronto, ON
Room 513A
2. SEDENTARY BEHAVIOR IN CARDIAC REHAB: WHO IS AT RISK, WHY, AND DESIGNING PATIENT- AND PRACTITIONER-INFORMED SEDENTARY TIME-REDUCTION STRATEGIES
Mr. Aviroop Biswas, PhD Candidate Dr. David Alter
Toronto, ON Toronto, ON
Room 513B
3. GESTION DE LA COMORBIDITÉ DÉPRESSION/ANXIÉTÉ ET MALADIES CHRONIQUES: OUTILS ET MODÈLES DE SOINS POUR LES HOMMES AYANT UNE MALADIE CARDIAQUE
Jalila Jbilou MD, PhD; Université de Moncton
Moncton, NB
CET ATELIER SERA DONNÉ EN FRANÇAIS
Room 513C
4. A NEW KID ON THE BLOCK: WEARABLES FOR PRESCRIBING AND MONITORING PHYSICAL ACTIVITY
Jennifer Reed Dr. Lisa Cotie
Ottawa, ON Ottawa, ON
Room 513D

15:30 – 16:00
COFFEE BREAK – EPOSTER VIEWING
Community Forum – 2nd Floor

16:00 – 17:00
CONCURRENT WORKSHOP (CHOICE OF 4)
SÉANCES D'ATELIER SIMULTANÉES (CHOIX PARI 4)

1. THE ROLE OF CARDIAC REHAB IN THE PREVENTION OF CHRONIC DISEASE – EXPERIENCES FROM THE ACCELERATION PROJECT
Paul Oh et al
Toronto, ON
Room 513A
2. SEDENTARY BEHAVIOR IN CARDIAC REHAB: WHO IS AT RISK, WHY, AND DESIGNING PATIENT- AND PRACTITIONER-INFORMED SEDENTARY TIME-REDUCTION STRATEGIES
Mr. Aviroop Biswas, PhD Candidate Dr. David Alter
Toronto, ON Toronto, ON
Room 513B
3. MANAGING COMORBID DEPRESSION/ANXIETY AND CHRONIC DISEASE: TOOLS AND MODEL OF CARE FOR MEN LIVING WITH A CARDIAC DISEASE
Jalila Jbilou MD, PhD; Université de Moncton
Moncton, NB
Room 513C
4. A NEW KID ON THE BLOCK: WEARABLES FOR PRESCRIBING AND MONITORING PHYSICAL ACTIVITY
Jennifer Reed
Ottawa, ON
Dr. Lisa Cotie
Ottawa, ON
Room 513D

17:00 – 18:00
CCC WINE & CHEESE RECEPTION
Community Forum

18:30 - ...
SOCIAL EVENT (TICKET REQUIRED)
ÉVÉNEMENT SOCIAL
Reception then Dinner
Hotel ID – Outside venue
(Tickets available through Conference Registration system)

Sunday, October 23, 2016

08:00-08:30
CACPR BREAKFAST
DÉJEÛNER DE L'ACPRC
Room 512AE
(Registered CACPR delegates only)

09:00 – 17:00
(Presenters' presence required 10:30 – 11:00 and 15:30 – 16:00)
EPOSTER, CACPR AND CCC PREVENTION TRACK
Community Forum 2nd Floor

09:00 – 10:30
NUTRITION SESSION – “FOOD FOR THOUGHT”
SESSION DE NUTRITION – “FOOD FOR THOUGHT”
FOOD POLICIES FOR HEALTH IMPACT
Mary L'Abbe
Toronto, ON
Room 513B

10:30 – 11:00
Coffee Break – ePoster presentations
Community Form 2nd Floor

11:00 – 11:45

ORAL SESSION - ABSTRACT PRESENTATION – INNOVATION IN CARDIAC REHAB
PRÉSENTATION ORALE DES RÉSUMÉS – INNOVATIONS EN RÉADAPTATION CARDIAQUE
(Chair: Diana Hopkins-Rosseel)
Room 513B

1. DOES CARDIAC REHABILITATION IMPROVE QUALITY OF LIFE IN PATIENTS WITH ATRIAL FIBRILLATION? IS IT TIME TO CHANGE PRACTICE?
Jennifer Reed
Ottawa, ON
2. HIGH VOLUME LOW INTENSITY EXERCISE INCREASES A PRO ATHEROSCLEROTIC CYTOKINE: A NEW CONSIDERATION FOR EXERCISE PRESCRIPTION
Stefan Heinze-Milne
Halifax, NS
3. INCREASED CARDIOVASCULAR FITNESS IS ASSOCIATED WITH REDUCED RISK OF HYPERTENSION ONSET
Nicola J. Paine
Montreal, QC

11:45 – 12:30

PLENARY SESSION
SESSION EN PLÉNIÈRE
CORONARY DISEASE AND INTERVENTION: A PATIENT'S POINT OF VIEW
Pierre Tessier, MD
Montréal, QC
Room 513B

12:30 – 14:00

CCC/CACPR Lunch
Community Forum – 2nd Floor

14:00 – 15:00

PLENARY SESSION:
SESSION EN PLÉNIÈRE:
DEBATE: THIS HOUSE BELIEVES THAT THE CANADIAN GUIDELINES RECOMMENDATION OF 150 MINUTES OF MODERATE-TO-VIGOROUS INTENSITY PHYSICAL ACTIVITY PER WEEK TO PROMOTE HEALTH IS APPROPRIATE

Pro: Simon Bacon, PhD
Montreal, QC

Cons: Darren ER Warburton, PhD
Vancouver, BC

Moderator: Jean Diodati, MD
Montreal, QC
Room 513B

15:00 – 15:30

CACPR CLOSING CEREMONIES
CÉRÉMONIE DE CLÔTURE DE L'ACPRC
Jean Diodati, Closing remarks
Montreal, QC
Carolyn BaEr, CACPR President
Moncton, NB
Brea Lamb – Conference Chair 2017 Vancouver
Calgary, AB
Room 513B

15:30 – 16:00

COFFEE BREAK – EPOSTER PRESENTATIONS
Community Forum 2nd Floor

16:00 – 17:00

CCC – THE GREAT STETHOSCOPE DEBATE
Ken Gin
Mike Barret
Room 517A

Monday, October 24, 2016

09:00 – 10:30

Prevention track – Oral abstract presentations – Physical Activity and Prevention: Its all linked

(the top 6 abstracts in the Prevention track)

Room 514A

14:00 – 15:30

Prevention track workshop – CCS Lipids Guidelines

Room 517C