



CACPR SPRING VIRTUAL CONFERENCE 2020 - FINAL PROGRAMME
Theme: 'Innovation in Prevention & Rehabilitation'
Friday June 5th, 2020 (1/2 day)
Virtual Program

| Friday June 5th, 2020 | Topic | Speaker (s) | Virtual Venue - Room/Moderator |
|---|--|--|--|
| 0830-0835 (PDT) 0930-0935 (MDT) 1030-1035 (CDT) 1130-1135 (EDT) 1230-1235 (ADT) | Welcome & Opening Remarks | Tracy Selway CACPR President | ZOOM |
| 0835-915 (PDT) 1135-1215 (EDT) | Nutrition - Brain & Heart Health connection (Mediterranean/plant - based diets) <i>Session Objective:</i> Nutritional approaches to optimizing both brain and heart health | Dr. Carol Greenwood Baycrest University of Toronto | ZOOM Moderator: Paul Oh |
| 0915-0920 (PDT) 1215-1220 (EDT) | Health Break - Stretches | 5-minute break | ZOOM - led by Rumsey Cardiac Staff, Jessica Nooyen |
| 0920-0940 (PDT) 1220-1240 (EDT) | Clinical & Exercise Rehab Updates - Special Population PAD <i>Session Objective:</i> How to deliver an exercise rehab program for this population Sharing tools, models, resources with your fellow CR colleagues. | Sandra Black UOHI | ZOOM Moderator: Tracey Colella |
| 0940-1000 (PDT) 1240-1300 (EDT) | Heart Failure <i>Session Objective:</i> (CHF) How does CR fit into a provincial/regional model of Heart Failure | Dr. Ashley Huitema LHSC | |



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| 1000-1010 (PDT) 1300-1310 (EDT) | care? Panel Q&A | | |
| 1010-1035 (PDT) 1310-1335 (EDT) | Health Break - Get Active | 10-15 min exercise break 10 min bio-break | ZOOM - led by Rumsey Cardiac Staff, Jessica Nooyen |
| 1035-1120 (PDT) 1335-1420 (EDT) 1435-1520 (ADT)* | “Virtual Reality”: Cardiac Rehab & COVID-19 <i>Session Objective:</i> Overview of the impact of COVID-19 on community-based cardiac care. | Dr. David Bewick | ZOOM Moderator: Paul Oh |
| 1120-1200 (PDT) 1420-1500 (EDT) | Climate Change & CR <i>Session Objective:</i> How to exercise safely in an increasingly challenging climate environment. | Dr. Daniel Gagnon EPIC (Montreal) | ZOOM Moderator: Colin Yeung |
| 1200-1215 (PDT) 1500-1515 (EDT) | Health Break - Get Active | 10-15 min exercise 10 min bio-break | ZOOM - led by Rumsey Cardiac Staff, Jessica Nooyen |
| 1215-1255 (PDT) 1515-1555 (EDT) | Women’s Heart Health <i>Title:</i> SCAD - epidemiology, clinical features and the importance of cardiac rehabilitation <i>Session Objective:</i> Overview of what's new with Women’s heart | Dr. Thais Coutinho (UOHI) | ZOOM Moderator: Lisa Cotie |



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| | <p>health and the rehabilitation implications to consider in planning care for this patient population.</p> <p>Canadian Women's Heart Health Alliance Progress Updates</p> | | |
| <p>1255-1310 (PDT) 1555-1615 (EDT)</p> | <p><i>Program Summary & Closing Remarks</i></p> <p><i>Save-the-Date for Winnipeg next year!</i></p> | <p>Tracy Selway & Gord Fogg</p> | <p>ZOOM</p> <p>No moderator needed</p> |