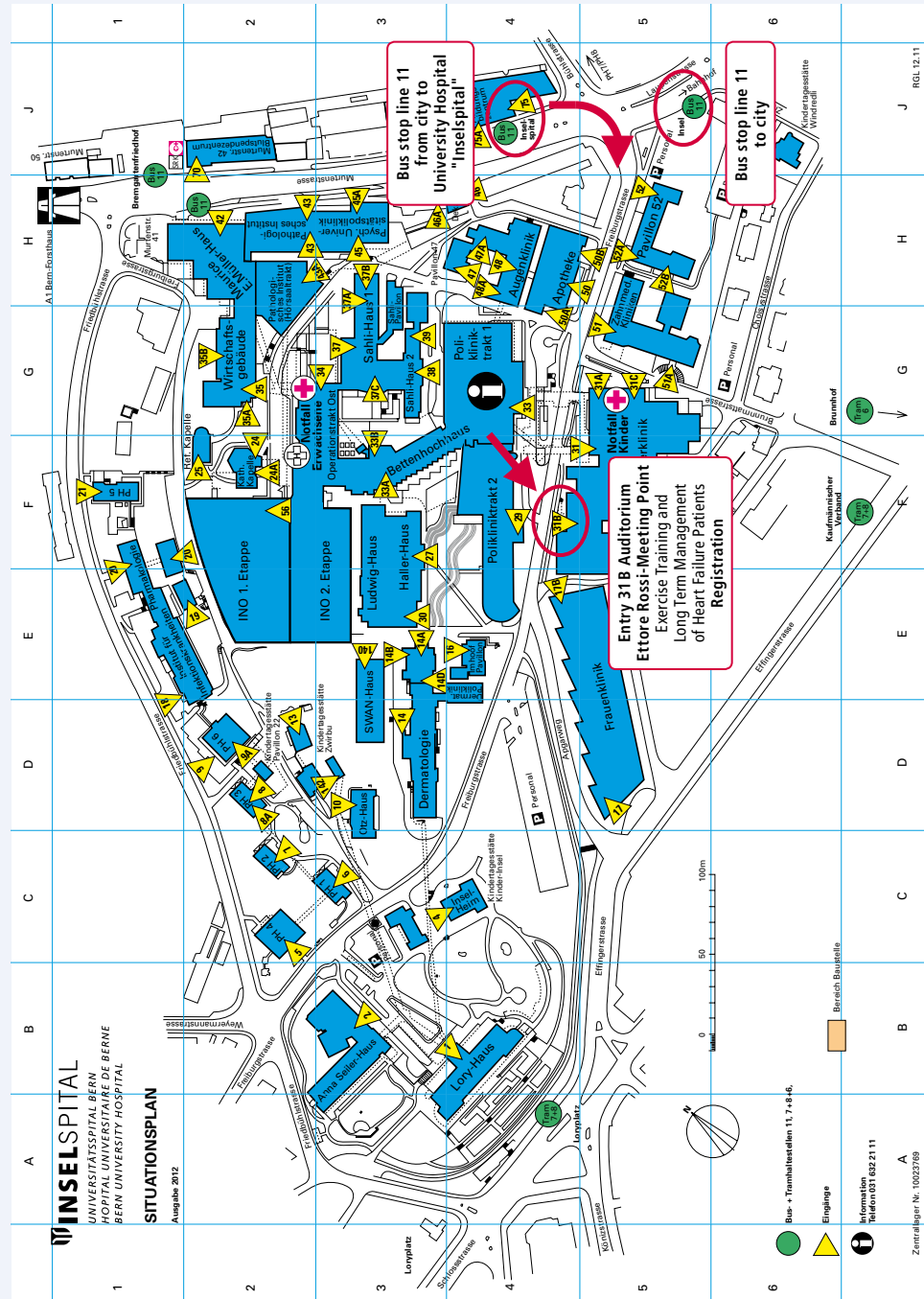


## Location Plan



## Continuing Medical Education

This programme has been submitted to the European Board for Accreditation in Cardiology (EBAC) for CME accreditation.

This Training Workshop is a Heart Failure Association Training Programme endorsed by the European Association for Cardiovascular Prevention and Rehabilitation.

[www.escardio.org/HFA](http://www.escardio.org/HFA)

This educational programme has received unrestricted grants from:

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The sponsors were not involved in the development of this programme, and in no way influenced its scientific contents.

## Exercise Training and Long Term Management of Heart Failure Patients

19 September – 21 September 2013



UNIVERSITY HOSPITAL, INSELSPITAL BERN, SWITZERLAND  
Auditorium Ettore Rossi – Entry 31 B



HEART FAILURE  
ASSOCIATION  
OF THE ESC



EUROPEAN  
SOCIETY OF  
CARDIOLOGY®

### Course Directors

Jean-Paul Schmid (Bern, CH)  
Massimo F. Piepoli (Piacenza, IT)  
Piotr Ponikowski (Wroclaw, PL)

### Faculty

PierGiuseppe Agostoni (Milano, IT)  
Viviane Conraads (Antwerp, BE)  
Ugo Corrà (Veruno, IT)  
Sabina De Geest (Basel, CH)  
Dorothy Frizelle (Hull, GB)  
Ioannis Laoutaris (Athens, GR)

Paul Mohacsi (Bern, CH)  
Burkert Mathias Pieske (Graz, AT)  
Ewa Piotrowicz (Warsaw, PL)  
Petar M. Seferovic (Belgrade, RS)  
Vilborg Sigurdardottir (Bern, CH)  
Matthias Wilhelm (Bern, CH)

## Welcome to the Training Workshop on Rehabilitation and Long Term Management of Heart Failure Patients

The promotion of regular physical activity and the participation in structured exercise training programs for patients with heart failure is strongly recommended by the guidelines of the European Society of Cardiology. Regular physical activity may ultimately lead to favourable changes in myocardial function, symptoms, functional capacity, longer hospitalization-free life span and probably survival. However, physical activity is still poorly implemented in daily clinical practice outside specialized centers and in the real world of heart failure clinics.

The course is dedicated to demonstrate the state of the art of exercise training and secondary prevention and the discussion of the interplay between key elements of long term management of heart failure patients. The hands-on workshops include live demonstrations and case presentations of different aspects of exercise training and testing, and addresses in an interactive way the role of telemedicine, biomarkers, medical treatment and psychological support in the long term management.

### Course objectives

In this course, the most current evidence for the benefit of exercise training in heart failure patients, especially in the context of long-term management, is summarized and presented with practical advice for assessment of exercise capacity and the application of different exercise modalities.

### Target audience

- Cardiac rehab physicians
- Heart failure specialists
- Cardiologists and GP's
- Physiotherapists and sports scientists
- Nurses

### Thursday 19 September 2013 – 12:45-18:45

12:45-13:30	Registration
13:30-13:50	Welcome address J.-P. Schmid
	Presentation of the two Associations (HFA & EACPR) P. Ponikowski, M.F. Piepoli
<b>Session 1:</b>	<b>Acute and post acute setting</b> Chairperson: U. Corrà
13:50-14:20	State of the art From systolic cardiac dysfunction to heart failure symptoms P. Ponikowski
14:20-14:40	Case presentation 1: Systolic heart failure, NYHA class III, patient before discharge V. Sigurdardottir
14:40-15:00	Risk assessment (laboratory, echo parameters, clinical parameters) M.F. Piepoli
15:00-15:20	Optimal medical therapy P. Mohacsí
15:20-15:50	Coffee Break
<b>Session 2:</b>	<b>Why and how to offer exercise based CR in CHF patients</b> Chairperson: V. Conraads
15:50-16:10	Aims of cardiac rehabilitation in CHF management M.F. Piepoli
16:10-16:30	Barriers to CR participation D. Frizelle
16:30-16:50	Core components and standards of a CR programme U. Corrà
16:50-17:10	Panel discussion
17:10-17:40	Coffee Break
<b>Session 3:</b>	<b>Starting CR: phase I, post acute setting, in-patient CR</b> Chairperson: M.F. Piepoli
17:40-18:10	Case presentation 2: Systolic heart failure, NYHA II to III, in-patient cardiac rehabilitation in the post acute setting U. Corrà
18:10-18:30	Functional evaluation before CR (CPET, 6-MWT, other functional tests) P.G. Agostoni
18:30-18:45	Panel discussion

### Friday 20 September 2013 – 09:00-18:20

<b>Session 4</b>	<b>Phase II Cardiac Rehabilitation</b> Chairperson: V. Conraads
09:00-09:30	State of the art Causes of exercise intolerance in chronic heart failure M.F. Piepoli
09:30-09:50	Physiologic basis of exercise training M. Wilhelm
09:50-10:10	Endurance training: Low intensity, moderate intensity, high intensity? J.-P. Schmid
10:10-10:40	Coffee Break
10:40-11:10	Case presentation 3: Systolic heart failure, NYHA II to III, out-patient cardiac rehabilitation E. Piotrowicz
11:10-11:30	<b>Live demonstration</b> Cardiopulmonary exercise stress test J.-P. Schmid / P.G. Agostoni
11:30-11:50	How to assess the patient before CR? U. Corrà
11:50-12:10	Exercise prescription: How to start and how to progress training? V. Conraads
12:10-12:30	Panel discussion
12:30-13:30	Lunch
<b>Session 5:</b>	<b>Long term management of heart failure</b> Chairperson: P. Mohacsí
13:30-13:50	How to assess psychosocial problems in CHF patients? D. Frizelle
13:50-14:10	How to overcome problems to adherence S. De Geest
14:10-15:00	How to motivate patients? Crash course in motivational interviewing D. Frizelle
15:00-15:30	Coffee Break
<b>Session 6:</b>	<b>Exercise training modalities</b> Chairperson: M.F. Piepoli
15:30-15:50	Strength training V. Conraads
15:50-16:10	Inspiratory muscle training I. Laoutaris
	<b>Live demonstrations</b> J.-P. Schmid / M. Wilhelm / M.F. Piepoli
16:20-16:50	Strength training
16:50-17:20	Endurance training in CHF
17:20-17:50	Mobility and coordination
17:50-18:20	Inspiratory muscle training
18:45	Departure for Dinner

### Saturday 21 September 2013 – 09:00-12:30

<b>Session 7a</b>	<b>Meet the physiotherapists</b>
09:00-10:30	Practical workshop on different training modalities (you ask, we try to answer)
<b>Session 7b</b>	<b>Heart failure with preserved left ventricular function</b> Chairperson: E. Piotrowicz
09:00-09:30	State of the art Heart failure with preserved left ventricular function (HFPEF) P. Seferovic
09:30-09:50	Case presentation 4: Diastolic heart failure, phase II cardiac rehabilitation B. Pieske
09:50-10:10	Functional assessment, exercise testing in HFPEF P.G. Agostoni
10:10-10:30	Exercise training in HFPEF B. Pieske
10:30-11:00	Coffee Break
<b>Session 8:</b>	<b>Exercise training in patients with devices</b> Chairperson: P.G. Agostoni
11:00-11:20	What is special in training with ICD / CRT patients V. Conraads
11:20-11:40	Training in pts with LVAD I. Laoutaris
11:40-12:00	Role of monitoring and telemedicine in high risk patients E. Piotrowicz
12:00-12:30	Summary and Conclusions J.-P. Schmid / M.F. Piepoli

### Highlights

- State of the art lectures
- Practical workshops
- Patho-physiology of exercise intolerance in heart failure with reduced + preserved left ventricular ejection fraction
- Cardiopulmonary exercise testing
- Different training modalities in heart failure
- Special needs of patients on devices
- Psychological aspects and management
- Long term management of CHF

## General Information

### Venue

Auditorium Ettore Rossi, University Hospital, Inselspital, Bern, Switzerland  
Nearest international airport: Zurich, Switzerland

### Local organizing committee

Jean-Paul Schmid, Cardiovascular Prevention and Rehabilitation Unit, Swiss Cardiovascular Center Bern, University Hospital, Bern, Switzerland  
www.kardrehab.insel.ch

### Secretariat

The secretariat of the meeting will be handled by:  
Cardiovascular Prevention and Rehabilitation Unit, Swiss Cardiovascular Center Bern, University Hospital, Bern, Switzerland  
Tel.: +41 31 632 03 29, Fax: +41 31 632 89 77, e-mail: eurocardio.edu@insel.ch

### Registration

Registration fees include: course participation, course materials, lunches and coffee breaks, one dinner with social event.

Hotel accommodation and transportation are not included in the fees.

Registration Fees in Swiss Francs (CHF)	Early Fee until 5 Aug 2013	Late Fee until 16 Sept 2013	Last Minute Fee / On-site Fee from 17 September 2013
Standard Fee	CHF 625 (€ 500)	CHF 750 (€ 600)	CHF 850 (€ 680)
HFA Member*	CHF 500 (€ 400)	CHF 600 (€ 480)	CHF 810 (€ 650)
<b>Day Tickets</b>			
Friday 20 Sept 2013	CHF 420 (€ 335)		CHF 470 (€ 375)

\*HFA Member: applies only for online and full HFA members

Upon receipt of a written cancellation, a refund of fees (less a 25 % administrative charge) will be applied up to 9 weeks before the course. After this date no refund will be made for cancellations.

In case of cancellation of the course the full registration fee will be refunded.  
The organizer is not liable for any further costs incurred.

Hotel accommodation	Single room per night	Twin room per night / room
Cat. ****	CHF 180-213	CHF 256
Cat. ***	CHF 115-121	CHF 170
Cat. *	CHF 99-120	CHF 99-160

### Registration office

Bern Incoming GmbH, Amthausgasse 4, CH-3011 Bern, +41 31 328 12 60, Fax +41 31 328 12 69  
info@bern-incoming.ch, www.bern-incoming.ch

### Course and hotel registration

www.esccardio.org/HFA

Direct online registration for Smartphones and PDA

For further information please contact: eurocardio.edu@insel.ch

