Target audience:
- Nurses, physiotherapists, dietitians, exercise and physical activity specialists, cardiologists, general practitioners and other health professionals interested in the practical aspects of running a preventive cardiology programme.
- Previous experience of working with cardiac rehabilitation or preventive cardiology services is not necessary.
- Health professionals from all levels of care (acute setting, community or primary care) could benefit.

Course content:
- Lifestyle and risk factors for cardiovascular disease
- An update of the evidence base for cardiovascular disease prevention and rehabilitation
- How to estimate cardiovascular risk
- What are the latest guidelines for prevention of cardiovascular disease?
- How to assess smoking, diet, physical activity and psychosocial health
- Smoking cessation strategies
- Delivering a healthy eating and effective weight management programme
- Designing and implementing physical activity plans with confidence
- Management of blood pressure, cholesterol and glucose to target
- Optimisation of therapeutic and prophylactic pharmacological therapy
- EUROACTION: An example of a preventive cardiology programme. What did this family based cardiovascular prevention programme in hospital and primary care achieve and what lessons can be learnt?
- MyAction: An innovative family based preventive cardiology programme in the community
- How to implement a preventive cardiology programme in hospital, primary care and community settings
- Raising the standards in preventive cardiology

Cost:
- £445 early fee
- £485 for applications after 1st September 2008

Led and delivered by the members of the EUROACTION coordinating team and steering group
- Professor David Wood (Professor of Cardiovascular Medicine)
- Dr Kornelia Kotseva (Consultant Cardiologist)
- Dr Susan Connolly (Consultant Cardiologist)
- Catriona Jennings (Cardiovascular Nurse Specialist)
- Alison Mead (Specialist Dietitian)
- Annie Holden (Physical Activity Specialist)
- Jennifer Jones (Specialist Physiotherapist)
November 20th 2008: The Evidence for Preventive Cardiology

9.00-9.30 Coffee & Registration

9.30-9.45 Welcome and Opening: Professor David Wood (Professor of Cardiovascular Medicine, Chairman for EUROACTION)

Theme 1: Background and evidence in cardiovascular disease prevention and rehabilitation programmes

9.45-10.30 Preventive cardiology – the vision for cardiovascular disease prevention
Professor David Wood

10.30-11.00 The evidence for preventive cardiology and the results of the EUROACTION programme in preventive cardiology
Dr Kornelia Kotseva

11.00-11.15 TEA

11.15–11.45 The evidence for preventive cardiology and the results of the EUROACTION programme in preventive cardiology (continued)
Dr Kornelia Kotseva

11.45–12.30 Implementing evidence to clinical practice - MyAction – An innovative family based preventive cardiology programme in the community
Annie Holden

12.30-13.15 LUNCH

Theme 2: Family screening

13.15 –15.30 How to assess cardiovascular risk, smoking, diet, physical activity and psychosocial health

Self report methods for assessing lifestyle
Ms Jennifer Jones and the faculty

Station 1: Estimating CVD risk – Dr Kornelia Kotseva
Station 2: Chester Step Test* - Annie Holden
Station 3: 24 hour recall, BMI, Waist Hip Ratio, Waist Circumference – Alison Mead
Station 4: Tools for assessing psychosocial health – Catriona Jennings

15.30–15.45 TEA BREAK

15.45-16.30 Assessment continued

16.30-17.15 An approach to erectile dysfunction in coronary and high risk patients
Dr Susan Connolly

17.15-18.15 Drinks reception and opportunity to network (optional)

*Please note there is a practical element to the course. To participate in the physical activity workshops appropriate footwear and loose comfortable clothing will be required.
November 21st 2008: Turning lifestyle theory into practice

**Theme 3: The Lifestyle Intervention**

9.00  **Coffee & Registration**

9.15–11.00  Behaviour change and motivational interviewing - *Annie Holden*

11.00 – 11.15  **BREAK**

11.15 – 12.30  An example of a structured non-equipment based exercise programme for home or in the community (*practical*)
*Annie Holden and the faculty*

12.30 – 13.15  **LUNCH**

13.15 – 14.30  Smoking cessation: delivering an effective smoking cessation service
*Catriona Jennings*

14.30–15.15  Diet: advising and empowering families to make health food choices (Part 1)
*Alison Mead*

15.15 – 15.30  **BREAK**

15.30–16.30  Diet: advising and empowering families to make health food choices (Part 2)
*Alison Mead*

16.30 – 17.00  Stress management techniques and coping strategies
*Catriona Jennings*

*Please note there is a practical element to the course. To participate in the physical activity workshops appropriate footwear and loose comfortable clothing will be required.*
November 22\textsuperscript{nd} 2008: Implementation of preventive cardiology services

\textit{Theme 3: The Lifestyle Intervention (continued)}

\begin{tabular}{|c|l|}
\hline
9.00 & Coffee & Registration \\
9.15 – 10.00 & Promoting cardiovascular health in the family – concordance for lifestyle in families & Catriona Jennings \\
10.00 – 10.45 & Delivering an effective weight management programme & Alison Mead \\
10.45 – 11.00 & \textbf{BREAK} & \\
11.00 – 11.30 & Delivering an effective weight management programme case study & Alison Mead \\
11.30–12.45 & Physical activity: how to design and advise on safe and effective physical activity & Jennifer Jones \\
12.45–13.30 & \textbf{LUNCH} & \\
\end{tabular}

\textit{Theme 4: Managing to Target}

\begin{tabular}{|c|l|}
\hline
13.30 – 14.00 & An introduction to drug therapies and the practicalities & Dr Susan Connolly \\
14.00 - 15.15 & Managing to target– blood pressure, cholesterol and glucose & Dr Susan Connolly \\
\end{tabular}

\textit{Theme 5: Preventive Cardiology - Where to go from here?}

\begin{tabular}{|c|l|}
\hline
15.15–16.15 & How to get started \textit{(with tea)} & Professor David Wood (lead) and all EUROACTION team \\
16.15–16.30 & \textbf{Close and Evaluation} & \\
\end{tabular}
www.escardio.org/EUROACTION

- The largest ever European-wide preventive cardiology project, EUROACTION spanned eight countries and 24 hospital and general practice centres, in a cluster randomized controlled trial.
- The project addressed the cardiovascular health of over 10,000 coronary and high risk patients and their partners, according to the European preventive cardiology guidelines. The inclusion of partners and family members underpinned EUROACTION’s emphasis on family support and a shared commitment to heart-healthy living.
- Final results from EUROACTION show that a nurse managed multi-disciplinary team approach, coupled with the support and involvement of a patient’s partner and family, can yield significant lifestyle improvements and risk factor reductions in coronary patients and patients at risk of developing cardiovascular disease.
- Professor David Wood, Chairperson of EUROACTION comments, “With current treatment failing too many cardiovascular patients across Europe, EUROACTION has stepped up to the professional challenge of translating scientific evidence into effective care. Prevention guidelines are very difficult to implement, but the EUROACTION approach sets a new standard for preventive care across Europe which all hospitals and general practices can achieve.”
- Significant improvements were observed not only in EUROACTION patients but also in their partners, compared to usual care in other hospitals and general practices, across the key lifestyle and risk factors: diet (fruit and vegetable, saturated fat and oily fish intake), physical activity, central obesity, blood pressure, cholesterol and glucose. The administration of cardio-protective medication was also improved.

WHAT IS MyAction®?

- MyAction is the successor of EUROACTION and now builds on this new approach to preventive cardiology practice for the UK through a community based preventive cardiology programme which integrates the needs of both hospital and general practice. At present patients with coronary disease are usually managed in hospital programmes, those with diabetes in separate hospital and community programmes, and others at high risk of developing the disease are managed in primary care. Yet, all these high risk patients require the same professional lifestyle intervention, and appropriate risk factor and therapeutic management. The MyAction programme provides a specialised common integrated service for all these individuals and their families in the community. For more information in relation to setting up a MyAction programme contact: annie.holden@bromleymytime.org.uk

WHERE IS THE COURSE VENUE?

58 Prince’s Gate, South Kensington Campus, Imperial College, London, SW7 1NA
Nearest Tube: South Kensington

For further information contact:
Jennifer Jones (course director), EUROACTION Training and Education Coordinator, Department of Cardiovascular Medicine, 5th Floor, Imperial College, Charing Cross Campus, Fulham Palace Road, London, W6 8RF, United Kingdom. Tel: +44 (0)7815058599 or J.Jones@imperial.ac.uk
# Registration Form

*(One form per active participant, please take copies as necessary)*

Please PRINT all details clearly to avoid errors in processing information

| Surname: | .......................................................... |
|--------------------------|
| First names: | .......................................................... |
| Title: | □ Professor  □ Dr  □ Mr  □ Mrs  □ Miss  □ Ms |
| Correspondence Address: | .......................................................... |
| | .......................................................... |
| Postcode: | .......................................................... |
| Email: | .......................................................... |
| Tel: | .......................................................... |
| Fax: | .......................................................... |
| Profession: Please tick | |
| □ Nurse | □ Occupational Therapist | □ Psychiatrist | □ Research Fellow/Academic |
| □ Doctor | □ Exercise Physiologist | □ Dietician | □ Physiotherapist |
| □ BACR Phase IV Graduate | □ Other Exercise Professional | □ Other……………… |
| Full job title: | |
| Place of Work: | |

The registration fee includes course participation, course materials, lunches, and refreshments * This fee does not include accommodation. This must be arranged independently.

Special Diet (please specify):

*I have read and understand the conditions below. I accept that no refunds will be given for any bookings cancelled after 12th October 2008*

Signed: ..........................................................
Dated: ..........................................................
INVOICING:

Contact name, address and phone number to whom invoice should be sent (if different)

Contact name:

Invoice Address:

Contact Phone number:

Important: No place can be secured unless full payment is received. Attendance on the course will not be permitted in instances where payment has not been received.

Cancellations: Upon receipt of a written cancellation, a refund of fees (less a 25% administrative charge) will be applied up to 6 weeks before the course. After the 23rd May 2008 no refund will be made for cancellations. In the event of the cancellation of a course the full registration fee will be refunded. Imperial College and the Preventive Cardiology Trust are not liable for any further costs incurred.

Please return your application to:

Jennifer Jones, EUROACTION Training and Education Coordinator,
Department of Cardiovascular Medicine, 5th Floor, Imperial College, Charing Cross Campus, Fulham Palace Road, London, W6 8RF, United Kingdom. You will subsequently be invoiced for payment.

For more information Tel: +44 (0)7815058599 Fax: +44(0)2083835513 or J.Jones@imperial.ac.uk