**Target audience:**
- This three day course is for GPs, nurses, physiotherapists, dietitians, occupational therapists, pharmacists, health promotion specialists and other health professionals with a specialist interest in areas such as cardiology, diabetes, lipid management and cardiovascular risk management.
- Health professionals from all levels of care (acute setting, community or primary care) could benefit.

**Course rationale:**
- Risk factor management in individuals with Coronary Heart Disease and those at high cardiovascular risk in Europe is far from optimal. Surveys of clinical practice such as EUROASPIRE I and II and more recently in EUROASPIRE III (European Action on Secondary and Primary Prevention In order to Reduce Events) have shown that integration of cardiovascular disease prevention into daily practice is inadequate.
- With the publication of ‘Putting Prevention First’ screening for and managing individuals at high cardiovascular risk is a top priority on our national health agenda. This 3-day course aims to equip practice nurses, GP’s, specialist nurses (e.g. diabetes, vascular, rehabilitation), physicians and other health professionals (e.g. pharmacists, healthcare assistants) with the necessary knowledge and practical skills in assessment and management of cardiovascular risk.
- The British Association for Cardiac Rehabilitation (BACR) ‘Standards and Core Components for Cardiac Rehabilitation (2007)’ advocates a comprehensive approach including the following: lifestyle (i. Physical activity and exercise; ii. Diet and weight management and iii. Smoking cessation); Education; Risk factor management; Psychosocial factors; Cardio protective drug therapies and implantable devices and finally a long-term management strategy.
- This 3-day course aims to participants with the necessary knowledge and practical skills in assessment and management of cardiovascular risk in both primary and secondary prevention.

**Course content:**
- Lifestyle and risk factors for cardiovascular disease
- The scientific background 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
- Stress management and coping strategies
- Management of blood pressure, cholesterol and glucose to target
- Optimisation of therapeutic and prophylactic pharmacological therapy
- Examples of current clinical practice: Benchmarks for future service provision
- How to implement an evidence-based vascular disease prevention programme in hospital, primary care and within the community
- Raising the standards in preventive care nationally – the future vision.

**Cost:**
- £430 early fee
- £485 for applications after 1st February 2009

**Led and delivered by the clinical and academic specialists in the field of preventive cardiology**
- 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)
- Beverly Cox (Clinical Lead, Health education)
June 18th 2009: 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: Scientific background and evidence to the prevention and treatment of cardiovascular disease

9.45-10.30 The vision for cardiovascular disease prevention
Professor David Wood

10.30-11.00 The evidence for primary and secondary cardiovascular disease programmes
Dr Kornelia Kotseva

11.00-11.15 TEA

11.15-11.45 The evidence for primary and secondary cardiovascular disease programmes (continued)
Dr Kornelia Kotseva

11.45–12.30 Implementing evidence to clinical practice
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.
June 19th 2009: Turning lifestyle theory into practice

**Theme 3: The Lifestyle Intervention**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>9.00</td>
<td>Coffee &amp; Registration</td>
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<tr>
<td>9.15–11.00</td>
<td>Behaviour change and motivational interviewing - <em>Annie Holden</em></td>
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<tr>
<td>11.00 – 11.15</td>
<td>BREAK</td>
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<tr>
<td>11.15 – 12.30</td>
<td>An example of a structured non-equipment based exercise programme for home or in the community (*practical) Annie Holden and the faculty</td>
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<td>12.30 – 13.15</td>
<td>LUNCH</td>
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<tr>
<td>13.15 – 14.30</td>
<td>Smoking cessation: delivering an effective smoking cessation service <em>Catriona Jennings</em></td>
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<tr>
<td>14.30–15.15</td>
<td>Diet: advising and empowering families to make health food choices (Part 1) <em>Alison Mead</em></td>
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<tr>
<td>15.15 – 15.30</td>
<td>BREAK</td>
</tr>
<tr>
<td>15.30–16.15</td>
<td>Diet: advising and empowering families to make health food choices (Part 2) <em>Alison Mead</em></td>
</tr>
<tr>
<td>16.15 – 17.00</td>
<td>Promoting cardiovascular health in the family – concordance for lifestyle in families <em>Catriona Jennings</em></td>
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*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.
June 20th 2009: Implementation of preventive cardiology services

Theme 3: The Lifestyle Intervention (continued)

9.00  Coffee & Registration

9.15 – 10.30  Delivering an effective weight management programme case study
Alison Mead

10.30 – 10.45  BREAK

10.45 – 11.30  Stress management techniques and coping strategies
Beverley Cox (TBC)

11.30–12.45  Physical activity: how to design and advise on safe and effective physical activity
Jennifer Jones

12.45–13.30  LUNCH

Theme 4: Managing to Target

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

Theme 5: Preventive Cardiology - Where to go from here?

15.15–16.15  Where to go from here?
(with tea)  Professor David Wood

16.15–16.30  Close and Evaluation
WHERE IS THE COURSE VENUE?
170 Queen’s Gate (Building 25)

For further information contact:
Jennifer Jones (course 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

Nearest Tube: South Kensington
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  □ Psychologist  □ Research Fellow/Academic

□ Doctor  □ Exercise Physiologist  □ Dietician  □ Physiotherapist

□ BACR Phase IV Graduate  □ Pharmacist  □ Other………………………

Full job title: ..................................................................................................................

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Place of Work:

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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 7th May 2009

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 7th May 2009 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, 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