PREVENTIVE CARDIOLOGY: APPLICATION OF THEORY TO PRACTICE
Delivering Evidence Based Cardiovascular Prevention and Rehabilitation Services in Hospitals and Primary Care
12th-14th June 2008, Imperial College, London

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

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.
- 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 family members, 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.

Cost:
- £430 early fee
- £485 for applications after 4th April 2008

Led and delivered by the members of the EUROACTION co-ordinating team and steering group
- Professor David Wood (Professor of Cardiovascular Medicine)
- Dr Kornelia Kotseva and Dr Susan Connolly (Cardiologists)
- Dr Jonathan Morrell (General Practitioner)
- Catriona Jennings (Cardiovascular Nurse Specialist)
- Alison Mead (Specialist Dietitian)
- Jennifer Jones (Specialist Physiotherapist)
- Annie Holden (Physical Activity Specialist)
June 12th 2008: The Evidence for Preventive Cardiology

10.00 Coffee & Registration

10.30-10.45 Welcome and Opening: Professor David Wood (Professor of Cardiovascular Medicine, Chairman for EUROACTION) and Jennifer Jones (course coordinator)

**Theme 1: Background and evidence; The EUROACTION cardiovascular prevention and rehabilitation programme**

10.45-11.15 Preventive cardiology – the vision for cardiovascular disease prevention
   Professor David Wood

11.15-11.45 The EUROACTION programme in preventive cardiology: An Overview
   Catriona Jennings, Jennifer Jones, Alison Mead and Annie Holden

11.45–12.45 The evidence for preventive cardiology and the results of the EUROACTION programme in preventive cardiology
   Dr Kornelia Kotseva

12.45-13.30 LUNCH

13.30-14.00 MyAction – An innovative family based preventive cardiology programme in the community
   Annie Holden

**Theme 2: Family screening**

14.00–15.30 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

15.45-16.45 Assessment continued

16.45-17.15 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 13th 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 – please wear suitable footwear and clothing to participate*) - 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 Promoting cardiovascular health in the family – concordance for lifestyle in families - Catriona Jennings

June 14th 2008: Implementation of preventive cardiology services

**Theme 3: The Lifestyle Intervention** (continued)

9.00 Coffee & Registration
9.15 – 10.45 Delivering an effective weight management programme - Alison Mead
10.45 – 11.00 BREAK
11.00 – 12.30 Physical activity: how to design and advise on safe and effective physical activity - Jennifer Jones
Delivering an effective weight management programme - Alison Mead
12.30 – 13.15 LUNCH

**Theme 4: Managing to Target**

13.15 – 15.00 Managing to target – blood pressure, cholesterol and glucose - Dr Susan Connolly and Dr Jonathan Morrell

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

15.00 – 15.45 How to get started - Professor David Wood (lead) and all EUROACTION team
15.45 – 16.00 Close and Evaluation (Tea available)
WHAT IS 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.

For further information contact: 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. Tel: +44 (0)7815058599 or J.Jones@imperial.ac.uk

WHERE IS THE COURSE VENUE?

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

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 ☐ 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 23rd May 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 or J.Jones@imperial.ac.uk