**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 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 (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.

**Course content:**
- Lifestyle and risk factors for cardiovascular disease
- An update of the evidence base for established and ‘new’ emerging risk factors
- 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 familybased cardiovascular prevention programme in hospital and primary care achieve and what lessons can be learnt?
- How to implement a preventive cardiology programme in hospital, primary care and community settings.

**Cost:**
- £330 Early fee
- £380 for applications after 22nd September 2007

**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)
NOVEMBER 22\textsuperscript{nd} 2007: 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
   \textit{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
   \textit{Dr Kornelia Kotseva}

12.45-13.45 LUNCH

**Theme 2: Family screening**

13.45–15.30 How to assess cardiovascular risk, smoking, diet, physical activity and psychosocial health
   \textit{Ms Jennifer Jones and the faculty}

   \begin{itemize}
   \item Station 1: Estimating CVD risk
   \item Station 2: Assessment of smoking and medical risk factors
   \item Station 3: Chester Step Test*
   \item Station 4: Self report diet and physical activity
   \item Station 5: 24 hour recall, BMI, Waist Hip Ratio, Waist Circumference
   \item Station 6: Tools for assessing psychosocial health
   \end{itemize}

15.30–15.45 TEA BREAK

15.45-16.30 Assessment case studies

16.30-16.45 Questions to panel

*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 23rd 2007: 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 – 12.15 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

12.15 – 13.00 LUNCH

13.00 – 14.00 Smoking cessation: delivering an effective smoking cessation service - Catriona Jennings

14.00–15.15 Diet: advising and empowering families to make health food choices (Part 1)- Alison Mead

15.15 – 15.30 BREAK

15.30–16.15 Diet: advising and empowering families to make health food choices (Part 2)- Alison Mead

16.15 – 17.00 Promoting cardiovascular health in the family – concordance for lifestyle in families- Catriona Jennings

NOVEMBER 24th 2007: Implementation of preventive cardiology services

Theme 3: The Lifestyle Intervention (continued)

9.00 Coffee & Registration

9.15 – 9.30 Questions to panel

9.30 –11.00 Physical activity: how to design and advise on safe and effective physical activity- Jennifer Jones

11.00 – 11.15 BREAK

11.15–12.45 Delivering an effective weight management programme - Alison Mead

12.45–13.30 LUNCH

Theme 4: Managing to Target

13.30-14.45 Managing to target– blood pressure, cholesterol and glucose - Dr Susan Connolly and Dr Jonathan Morrell

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

14.45–15.30 How to get started - Professor David Wood (lead) and all EUROACTION team

15.30 – 15.45 The future vision for preventive cardiology – The MyAction project - A new integrated multidisciplinary preventive cardiology community based programme for hospital and general practice

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 *Fee
inclusive of 17.5% VAT. 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
November 2007

Signed:            Dated:

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 *Fee
inclusive of 17.5% VAT. 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
November 2007

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 this date 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