Preventive Cardiology: Application of Theory to Practice

Delivering Evidence Based Cardiovascular Prevention and Rehabilitation Services in Hospitals and Primary Care

THURSDAY 21st and FRIDAY 22nd JUNE 2007
IMPERIAL COLLEGE, CHARING CROSS CAMPUS, FULHAM PALACE ROAD LONDON

Targeted Audience:
- Nurses, physiotherapists, dietitians, 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.

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-led 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.

Aim:
This practically based 2 day multidisciplinary course aims to provide health professionals (e.g. nurses, dietitians, physiotherapists, cardiologists, general practitioners and other health professionals) with knowledge and skills in running a family based lifestyle and risk factor programme for cardiovascular health and to share the experiences of one example model, the EUROACTION programme.

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 psychological health
- 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?

Cost:
- £200 Early fee
- £250 for applications after 22nd May 2007
**Led and delivered by the members of the EUROACTION co-ordinating team and steering group.**

Professor David Wood (Professor of Cardiovascular Medicine)
Dr Jonathan Morrell (General Practitioner)
Dr Kornelia Kotseva and Dr Susan Connolly (Cardiologists)
Catriona Jennings (Cardiovascular Nurse Specialist)
Alison Mead (Specialist Dietitian in Cardiovascular Medicine)
Jennifer Jones (Specialist Physiotherapist in Cardiovascular Medicine, Course director)
Annie Holden (Physical Activity Specialist)

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### 21st June 2007
**The core of preventive cardiology**

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<tr>
<th>Time</th>
<th>Session</th>
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<tr>
<td>08.45–9.00</td>
<td>Coffee &amp; Registration</td>
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<tr>
<td>09.00–9.15</td>
<td>Welcome and Opening: Professor David Wood (Professor of Cardiovascular Medicine, Chairman for EUROACTION)</td>
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<tr>
<td>09.15–9.45</td>
<td>Preventive cardiology – the vision for cardiovascular disease prevention</td>
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<td>09.45–10.15</td>
<td>Current policies and guidelines that underpin practice</td>
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<tr>
<td>10.15–11.00</td>
<td>The evidence for a clinically effective preventive cardiology programme</td>
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<tr>
<td>11.00–11.30</td>
<td>BREAK</td>
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<tr>
<td>11.30–12.00</td>
<td>Who to recruit to a preventive cardiology programme and how?</td>
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<tr>
<td>12.00–13.30</td>
<td>How to assess cardiovascular risk, smoking, diet and physical activity</td>
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<td>13.30–14.15</td>
<td>LUNCH</td>
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<tr>
<td>14.15–14.45</td>
<td>How to assess psychosocial health</td>
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### 22nd June 2007
**Putting lifestyle theory into practice**

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<tr>
<th>Time</th>
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<tr>
<td>08.30–8.45</td>
<td>Coffee &amp; Registration</td>
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<tr>
<td>08.45–10.30</td>
<td>Theme 4 cont The lifestyle intervention</td>
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<td>10.30–10.45</td>
<td>BREAK</td>
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<tr>
<td>10.45–12.45</td>
<td>Physical activity: how to design and advise on safe and effective physical activity</td>
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<td>12.45–13.30</td>
<td>LUNCH</td>
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<td>13.30–14.15</td>
<td>Delivering an effective weight management programme</td>
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<td>14.30–14.45</td>
<td>Theme 5: Risk factor and therapeutic management</td>
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<td>14.45–15.45</td>
<td>Managing to target continued – blood pressure, cholesterol and glucose</td>
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<td>15.45–16.00</td>
<td>BREAK</td>
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<td>16.00–17.15</td>
<td>How to get started</td>
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<td>17.15–17.30</td>
<td>Close and Evaluation</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.*
What is Euroaction?
EUROACTION is the largest demonstration project in preventive cardiology across Europe with an emphasis on multidisciplinary teams and family support.

Final results from EUROACTION show that a nurse-led 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.

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.

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 – anti-platelet therapy, beta-blockers, ACE inhibitors and statins – was also improved. The EUROACTION project web pages are available at: www.escardio.org/EUROACTION

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

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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.

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.

For more information Tel: +44 (0)7815058599 or J.Jones@imperial.ac.uk
Registration Form (One form per active participant, please take copies as necessary)

Title
First name
Family Name (Surname)

Job Title / Profession:

Hospital / Institute/Company:

Contact Address:

Postal code: Country: City: State/County:

E-mail: Tel: Fax:

REGISTRATION FEES
Early Fees £200*
Fee from 22nd May 2007 £250*

The registration fee includes course participation, course materials, lunches, 1 dinner and coffee breaks

*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 April 2007

Signed: Dated:

Official use only: Application number: Date application received: