



**HFA**  
Heart Failure  
Association

**Preliminary Programme**

# Care vs Cure vs Rehabilitation in Heart Failure Patients

21- 22 March 2018

4<sup>th</sup> HFA Educational Training Practical Course on  
“Rehabilitation and Long Term Management of  
Heart Failure Patients”



CNR (National Research Council) Research Area  
via G. Moruzzi 1, Pisa



**ESC**

European Society  
of Cardiology



## Welcome to the HFA Training Workshop on Rehabilitation and Long Term Management of Heart Failure Patients

Heart failure is the single most important cause of hospitalisation and one of the leading causes of mortality. Its burden on clinical medicine is expected to rise exponentially in the next few years.

Secondary prevention and cardiac rehabilitation accompanying Guidelines recommended medical treatment are the cornerstones of management, but a majority of heart failure patients do not achieve best standards, predisposing them to progression of the disease, recurrent events, and re-hospitalisations.

Personalised programmes have the potential to instill a healthier lifestyle, increase risk factor control and adherence to cardio-protective medication.

However, in most European countries, less than 50% of heart failure patients attend these programmes. There is a clear need to improve the situation by increasing the number of modern preventive cardiology programmes, facilitating the access to these programmes, and tailoring these programmes to the patients' requirements.

Moreover, the fixed-term and often centre-based programmes have to move towards concepts for long-term management of heart failure patients.

### Course Directors

*Prof. Massimo F. Piepoli*, Guglielmo da Saliceto Hospital, Piacenza, Italy

*Prof. Piotr Ponikowski*, Medical University, Wroclaw, Poland

*Prof. Petar Seferovic*, University Medical Center, Belgrade, Serbia

### Local Organisers

*Prof. Michele Emdin*, Scuola Superiore S. Anna, Pisa, Italy

*Prof. Claudio Passino*, Scuola Superiore S. Anna, Pisa, Italy

### Faculty

*Prof. Piergiuseppe Agostoni*, University of Milan, Italy

*Dr. Gaia Cattadori*, Ospedale San Giuseppe, Milan, Italy

*Prof. Andrew JS Coats*, University of Warwick, United Kingdom

*Prof. Ugo Corrà*, Istituti Scientifici S Maugeri, Veruno, Italy

*Prof. Michele Emdin*, Scuola Superiore S. Anna, Pisa, Italy

*Dr. Alberto Giannoni*, Fondazione Toscana Gabriele Monasterio per la Ricerca Medica e di Sanità Pubblica, Pisa, Italy

*Prof. Tiny Jaarsma*, University of Linköping, Sweden

*Prof. Mitja Lainscak*, University Clinic, Golnik, Slovenia

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*Prof. Michele Senni*, AO Papa Giovanni XXIII, Bergamo, Italy

*Prof. Petar Seferovic*, University Medical Center, Belgrade, Serbia

*Dr. Giuseppe Vergaro*, Fondazione Toscana Gabriele Monasterio per la Ricerca Medica e di Sanità Pubblica, Pisa, Italy

*Prof. Maurizio Volterrani*, IRCCS San Raffaele Pisana, Rome, Italy

### Educational objectives

- Learn to set up and run a modern preventive cardiology programme, including risk factor control, optimal medical therapy, exercise-based cardiac rehabilitation in different heart failure populations
- Learn how to implement a multidisciplinary approach (including smoking cessation, nutrition, psychosocial, vocational and social counselling)
- Special focus on long-term management in heart failure patients
- Special focus on new emerging scenarios and new therapeutic approaches
- Special focus on new frontiers, and alternative concepts in secondary prevention

The content of the course covers essential knowledge on secondary prevention and rehabilitation of heart failure patients, according to the Core Curriculum for the European Cardiologist.

The course approach is practical, including plenary clinical case discussion rounds, workshops, and live demonstrations of patient management.

### Target Audience

This course is addressed to the multidisciplinary team of specialists working in the field of secondary prevention and cardiac rehabilitation

- Cardiologists
- Internal Medicine
- Heart failure specialists
- Cardiac rehabilitation physicians
- General Practitioners
- Physiotherapists and sports scientists
- Nurses

13.00-14.00	<b>Registration and buffet lunch</b>
<b>SESSION 0</b>	<b>WELCOME AND INTRODUCTION</b>
14.00-14.15	<b>Welcome address and presentation of the HFA</b> <i>Massimo F. Piepoli, Piotr Ponikowski, Petar Seferovic</i>
14.15-14.35	<b>State of the art lectures. European Guidelines in Clinical Practice. The opinion of the Chairs</b> <b>ESC-HFA guidelines: novelty and challenges</b> <i>Piotr Ponikowski, Chair of the 2016 Heart Failure Guidelines</i>
14.35-14.55	<b>European Guidelines on CVD prevention: risk stratification and prevention in heart failure</b> <i>Massimo F. Piepoli, Chair of the 2016 Guidelines on Cardiovascular Disease Prevention</i>
14.55-15.10	<b>Q&amp;A</b>
<b>SESSION I</b>	<b>ACUTE SETTING – FIRST STEPS IN INITIALIZING CARDIAC REHABILITATION</b>
15.10-15.20	<b>Case presentation 1: HFrEF, NYHA III</b> <i>Alberto Giannoni</i>
15.20-15.40	<b>Assessment and risk stratification in the acute setting: when is it safe to start a rehabilitation program in Hospital?</b> <i>Michele Emdin</i>
15.40-16.00	<b>1 Live demonstration (transmissions in the main auditorium): early mobilization and physical reconditioning in acute setting</b> <i>Giuseppe Vergaro</i>
16.00-16.15	<b>Q&amp;A</b>
16.15-16.40	<b>Coffee break</b>
<b>SESSION II</b>	<b>POST-ACUTE SETTING – FIRST STEPS IN INITIALIZING A CARDIAC REHABILITATION AND SECONDARY PREVENTIVE PROGRAM</b>
16.40-17.00	<b>Case presentation 2: HFrEF, role of frailty and co-morbidities (DM, CKD, Hypertension, COPD, AF)</b> <i>Mitja Lainscak</i>
17.00-17.20	<b>Assessment and risk stratification in post-acute setting: which prognostic score?</b> <i>Piergiuseppe Agostoni</i>
17.20-17.40	<b>Evaluation of the patient for physical activity prescription: functional capacity assessment</b> <i>Ugo Corrà</i>
17.40-18.00	<b>2 Live demonstration: Cardiopulmonary exercise testing</b> <i>Claudio Passino</i>
18.00-18.15	<b>Q&amp;A</b>
<b>SESSION III</b>	<b>GUIDELINES TWO YEAR LATER</b>
18.15-18.35	<b>Therapeutic flowchart (iron deficiency, I<sub>1</sub> current inhibitor, ICD ...): time to be updated?</b> <i>Piotr Ponikowski</i>
18.35-18.55	<b>Prevention in HF (in DM, Dyslipidemia, AF, Hypertension, hyperkalemia): new pharmacologic options</b> <i>Petar Seferovic</i>
18.55-20.00	<b>Q&amp;A</b>
20.00	<b>Visit of Ancient Camposanto in Piazza dei Miracoli and Dinner</b>

<b>SESSION IV</b>	<b>PHASE II REHABILITATION</b>
08.30-08.45	<b>Case presentation 3: NYHA II, CR in the outpatient setting. Risk stratification and optimization of pharma therapy to control HR</b> <i>Maurizio Volterrani</i>
08.45-09.05	<b>Role of new pharmacological therapies: ARNI treatment</b> <i>Michele Senni</i>
09.05-09.25	<b>Impact of comorbidities</b> <i>Andrew JS Coats</i>
09.25-09.45	<b>Prescription of exercise training and physical activity</b> <i>Massimo Piepoli</i>
09.45-10.00	<b>Q&amp;A</b>
10.00-10.30	<b>3 Live demonstration: Endurance training</b> <i>Claudio Passino, Giuseppe Vergaro</i>
10.30-11.00	<b>Coffee break</b>
<b>SESSION V</b>	<b>EMERGING SCENARIOS IN HF: CASE PRESENTATIONS</b>
11.00-11.15	<b>Case presentation 4: telerehabilitation, Wii gaming</b> <i>Tiny Jaarsma</i>
11.15-11.30	<b>Case presentation 5: difficult patients with angina and CAD</b> <i>Michele Senni</i>
11.30-11.45	<b>Case presentation 6: VAD patients</b> <i>Ugo Corrà</i>
11.45-12.00	<b>Case presentation 7: Heart failure and pulmonary hypertension</b> <i>PierGiuseppe Agostoni</i>
12.00-12.15	<b>Case presentation 8: Heart failure with DM: role of new SGLT 2 inhibitor therapy</b> <i>Petar Seferovic</i>
12.15-12.30	<b>Q&amp;A</b>
12.30-14.00	<b>Lunch</b>
<b>SESSION VI</b>	<b>MULTIDISCIPLINARY APPROACH</b>
14.00-14.15	<b>How to deal with psychosocial and family problems?</b> <i>Gaia Cattadori</i>
14.15-14.30	<b>What is the best diet?</b> <i>Mitja Lainscak</i>
14.30-14.45	<b>How to deal with vocational, sex and other crucial items</b> <i>Tiny Jaarsma</i>
14.45-15.00	<b>Developing a business case for HF secondary prevention/rehabilitation</b> <i>Andrew JS Coats</i>
15.00-15.15	<b>Q&amp;A</b>
<b>SESSION VII</b>	<b>DIFFERENT CHRONIC CARE MODELS IN HF</b>
15.30-16.30	<b>Introduction</b> <i>Michele Emdin, Massimo F. Piepoli</i> <b>Different experiences. Round table</b> <i>Rome (M Volterrani), Belgrade (P Seferovic), Linköping (T Jaarsma), London (A Coats)</i>
16.30-17.00	<b>4 Live demonstrations: Exercise training in practice</b> <i>Giuseppe Vergaro, Claudio Passino</i>
17.00	<b>Conclusion</b> <i>Massimo Piepoli, Michele Emdin</i>

## Continuing Medical Education

This programme has been submitted to EBAC and CME accreditation.

## Secretariat and registration office



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## Registration

Registration fees include: course participation, course materials, lunches and coffee breaks.

Hotel accommodation, dinner and transportation are not included.

Registration fees in Euro (€)	Early Fee until 2 Feb 2018	Regular
1 day*	100	150
2 days*	200	300
Dinner	50	50

\* HFA members: 30% discount applies to Silver members, Gold members and Fellows only.

\* EAPC members: 5% discount to Ivory members, 10% discount to Silver members, 20% discount to Gold members.

An official membership certification is requested.

In case of participant's cancellation, a fee refund (minus 25% for administrative costs) will be applied until February, 14th. After this date no refund will be paid.

The organizer is not liable for any further costs incurred.



Scientific Programme endorsed by EAPC