



CACPR Spring 2018 Annual Meeting and Symposium

May 11-12, 2018

Delta Hotels by Marriott Hotel Beausejour, Moncton, New Brunswick

Program Learning Objectives

Upon completion of the conference, participants should be able to:

- identify gaps in current cardiac rehab guidelines;
- identify future areas of research; and
- overcome current obstacles in providing care to special populations participating in cardiac rehab.

Friday, May 11, 2018		
11:00 – 13:00	Registration and Lunch	Mezzanine C
13:00 – 13:10	Welcome and Opening Remarks	Ballroom B/C
13:10 – 14:00	<p>Telehealth: Lessons Learned When Using Alternate Modalities to Traditional Patient Appointments Speaker: Krisan Palmer</p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Discuss how Telehealth can enhance their clinical practice to deliver more collaborative, responsive, patient-centric primary health care while ensuring quality care, cost effectiveness and sustainability . • Be aware of challenges, opportunities and their roles in advancing the integration of Telehealth into mainstream practice as a viable way of delivering primary health care services across various care settings in Canada. 	Ballroom B/C
14:00 – 14:50	<p>Sleep Speaker: Michelle Morrison</p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Appreciate the importance of sleep in achieving overall health, • Consequences and impact of inadequate sleep • Common sleep disorders that may be preventing your patients from having “a good night sleep” 	Ballroom B/C

14:50 – 15:30	Networking Break	Mezzanine C
15:30 – 16:20	<p>Addressing Challenges in Pharmacotherapy: The Case of Antiplatelet and Novel Anticoagulant Agents Speaker: Dr. Paul Oh</p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Describe the pathophysiology of platelet aggregation and thrombosis in patient friendly terms. • Discuss the actions of antiplatelet and anticoagulant therapies. • Critically evaluate new approaches to combined antithrombotic treatments in the cardiac rehab population. 	Ballroom B/C
16:20 – 17:10	<p>Nutrition Hurdles Speaker: Sharon Pitre</p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Understand the challenges patients have with changing lifestyle behaviors and guidance on how to steer your patients in the right direction. • Recognize the hurdles dietitians encounter due to conflicting nutrition messages patients receive from various sources and how to ensure we are all delivering the same message to reduce patient confusion and frustration. 	Ballroom B/C
17:10 – 18:00	<p>Heart Failure: The Forgotten Complication of Diabetes Speaker: Shelley Jones</p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Gain an appreciation of the epidemiology and natural history of heart failure in people with diabetes. • Understand the mechanisms through which diabetes increases the incidence of heart failure. • Evaluate the influence of oral antihyperglycemic agents on heart failure in recent clinical trials. • Provide practical guidance. 	Ballroom B/C
Saturday, May 12, 2018		
7:00	CACPR Fun Run	Hotel Lobby
08:00 – 09:00	Registration and Breakfast	Mezzanine C
09:00 – 09:10	Opening Remarks	Ballroom B/C
09:10 – 10:00	<p>Adherence Strategies Speaker: Jennifer Harris</p>	Ballroom B/C

	<p>Learning Objectives</p> <ul style="list-style-type: none"> • Discuss cardiac rehab adherence and issues related to maintaining an exercise program after graduation from cardiac rehab. • Appreciate one model of an adherence strategy and the preliminary results of an RCT using this model. • Consider various strategies for maintenance programming that could be adopted in CR programs. 	
10:00 – 10:20	Networking Break	Mezzanine C
10:20 – 11:10	<p>Marijuana and the Heart - Getting Into and Out of the Weeds Speaker: Dr. Paul Oh</p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Describe the pharmacology of cannabis and the different effects of THC and CBD. • Evaluate the medical evidence for or against potential uses of cannabis by cardiac rehab clients. • Be aware of the adverse effects of cannabis (THC) on the cardiovascular system. 	Ballroom B/C
11:10 – 12:00	<p>Difficult Conversations Speaker: Dr. Dean Snow</p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Identify reasons for directly and promptly addressing Interpersonal issues in cardiac rehab. • Identify different types of difficult conversations which may arise in cardiac rehab. • Describe a process for formulating a therapeutic response to a difficult conversation. 	Ballroom B/C
12:00 – 13:00	<p>CACPR Annual General Meeting (Members only) <i>Lunch will be available</i></p>	Ballroom B/C
13:00 – 13:50	<p>Vaping and E-Cigarettes Speaker: Bob Reid</p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Recognize the fundamental importance of nicotine in creating and sustaining tobacco addiction. • Examine the potential role of electronic cigarettes as an aid to cessation. • Analyze the latest clinical data examining the safety of electronic cigarettes. 	Ballroom B/C

	<ul style="list-style-type: none"> List tips and recommendations for patients about the role of e-cigarettes in the context of heart disease. 	
13:50 – 14:40	<p>HIIT Speaker: Steve Mundle</p> <p>Learning Objectives</p> <ul style="list-style-type: none"> Understand the evolution of HIIT from athletes to cardiac patients. Feel confident in utilizing this exercise option in their own program. 	Ballroom B/C
14:40 – 15:30	<p>How to Help People Get “Back on the Wagon” of Behaviour Change: Dealing with Lapse and Relapse Speaker: Simon Bacon</p> <p>Learning Objectives</p> <ul style="list-style-type: none"> Describe the difference between lapse and relapse. Recognize the importance of effective provider-patient communication for continued behaviour change in patients. Identify the most common communication traps in dealing with lapse and relapse. 	Ballroom B/C
15:30-15:45	Closing Remarks	Ballroom B/C

Accreditation Statement

As an accredited provider, Dalhousie University, CPD, designates this continuing professional development activity for up to **9.25** credit hours as an accredited group learning Section 1 activity as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada.

Through an agreement between the Royal College of Physicians and Surgeons of Canada and the American Medical Association, physicians may convert Royal College MOC credits to *AMA PRA Category 1 Credits™*. Information on the process to convert Royal College MOC credit to AMA credit can be found at www.amaassn.org/go/internationalcme.

In keeping with CMA Guidelines, program content and selection of speakers are the responsibility of the planning committee. Support is directed toward the costs of the course and not to individual speakers.

Thank You to Our Sponsors and Exhibitors!

This program has received educational grants from:

