

The Canadian Association of Cardiovascular Prevention and Rehabilitation's  
**2022 ANNUAL SPRING CONFERENCE**

Virtual | June 3 - 4

*Register Today!*

#CACPR2022

**Accreditation**

The University of British Columbia Division of Continuing Professional Development (UBC CPD) is fully accredited by the Committee on Accreditation of Continuing Medical Education (CACME) to provide study credits for continuing medical education for physicians. This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada and has been approved by UBC CPD for up to 9.0 MOC Section 1 Group Learning credits. Each physician should claim only those credits accrued through participation in the activity.

**Friday, June 3, 2022**

| Time PST/EST                                     | Event   |
|--|---|
| 8:30 a.m. – 8:35 a.m.<br>11:30 a.m. – 11:35 a.m. | <b>Introductions</b><br>President Dylan Chipperfield  |
| 8:35 a.m. – 9:30 a.m.<br>11:35 a.m. – 12:30 p.m. | <b>Terry Kavanagh Lecture</b><br><i>This annual lecture is one of the highlights of the conference and TK lecturer is chosen from nominations from CACPR members. The honored speaker chosen embodies the spirit of Dr. Terry Kavanagh, a Canadian pioneer in the field of cardiovascular health, and demonstrates leadership, research, &amp; knowledge with a broad reaching impact in the field of cardiovascular prevention and rehabilitation.</i><br><br><b>Romancing Risk: Relationship Quality Among Patients with CVD and Their Partners</b><br>Speaker: Dr. Heather Tulloch<br>Moderator: Dr. Andrew Pipe<br><br>At the end of this session, participants will be able to: <ul style="list-style-type: none"> <li>• review the importance of social relationships for cardiovascular health;</li> <li>• discuss the mechanisms by which relationship quality impacts heart health; and</li> <li>• describe couples-based interventions for patients with CVD, including the Healing Hearts Together program.</li> </ul> |
| 9:30 a.m. – 10:00 a.m.<br>12:30 p.m. – 1:00 p.m. | <b>CACPR Guideline Review</b><br>Speakers: Dr. Simon Bacon, Jennifer Harris, Diana Hopkins-Rosseeel<br>Moderator: Dylan Chipperfield<br><br>At the end of this session, participants will be able to: <ul style="list-style-type: none"> <li>• describe the new CACPR Exercise guidelines; and</li> <li>• detail the next steps in the guideline process.</li> </ul>  |

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| <p>10:00 a.m. – 10:30 a.m.<br/>1:00 p.m. – 1:30 p.m.</p> | <p><b>Long Term Effects of COVID-19</b><br/>Speakers: Dr. Simon Bacon, Dr. Vincent Gosselin Boucher<br/>Moderator: Dylan Chipperfield</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> <li>• detail the prevalence of Long COVID in Canada; and</li> <li>• describe the potential impacts of Long COVID on exercise and medical seeking behaviours.</li> </ul>   |
| <p>10:30 a.m. - 10:45 a.m.<br/>1:30 p.m. – 1:45 p.m.</p> | <p><b>Break</b></p>   |
| <p>10:45 a.m. – 11:45 a.m.<br/>1:45 p.m. – 2:45 p.m.</p> | <p><b>Promoting Adherence, Preventing Resistance to Behaviour Change</b><br/>Speakers: Dr. Mary Jung<br/>Moderator: Dr. Colin Yeung</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> <li>• describe factors that promote adherence to healthful lifestyle changes; and</li> <li>• identify barriers to behaviour change and strategies to prevent resistance to change.</li> </ul>   |
| <p>11:45 a.m. – 12:45 p.m.<br/>2:45 p.m. – 3:45 p.m.</p> | <p><b>What is High-intensity Interval Training (HIIT) and Can it Work for Clinical Populations?</b><br/>Speaker: Dr. Jonathan Little<br/>Moderator: Dr. Colin Yeung</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> <li>• define high-intensity interval training (HIIT);</li> <li>• describe the evidence supporting the potential application of HIIT in cardiac rehabilitation and heart failure;</li> <li>• explain why HIIT can be an effective exercise strategy; and</li> <li>• evaluate the potential clinical application of different types of HIIT.</li> </ul> <p><b>New Concepts and Applications of High-intensity Interval Training (HIIT) for Cardiometabolic Disease Prevention</b><br/>Speaker: Dr. Jenna Gillen</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> <li>• describe the evidence supporting the application of HIIT to improve insulin sensitivity and glycemic control;</li> <li>• explain how nutrition around exercise can influence the glycemic benefits of HIIT; and</li> <li>• explain novel types of interval training that can improve health and fitness with limited to no exercise equipment.</li> </ul> |
| <p>12:45 p.m. – 1:45 p.m.<br/>3:45 p.m. – 4:45 p.m.</p>  | <p><b>CACPR Annual General Meeting (Members Only)</b></p>   |
| <p>1:45 p.m. – 2:45 p.m.<br/>4:45 p.m. – 5:45 p.m.</p>   | <p><b>CACPR Trainee Mentorship Satellite Session (not accredited)</b><br/>Moderator: Dr. Colin Yeung</p> <p>The CACPR is excited to newly offer this session for trainees, students, and those who may be considered new or early career in the field of cardiovascular prevention and rehabilitation. For attendees, this session will provide career insight and opportunity to engage with experienced clinicians representing multiple disciplines from across Canada. Panel speakers will discuss working in their respective fields and explore mentorship opportunities.</p>   |

## Saturday, June 4, 2022

| Time (PST)                                       | Event   |
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| 9:00 a.m. – 9:05 a.m.<br>12:00 p.m. – 12:05 p.m. | <b>Introductions</b><br>Tracy Selway  |
| 9:05 a.m. – 10:00 a.m.<br>12:05 p.m. – 1:00 p.m. | <b>Sleep &amp; Heart Health</b><br>Speaker: Dr. Ron Cridland<br>Moderator: Tracy Selway<br><br>At the end of this session, participants will be able to: <ul style="list-style-type: none"> <li>• recognize the importance of sleep on health and the significant contribution of sleep disorders to disease;</li> <li>• discuss the high prevalence and large spectrum of sleep disorders in the general population, and in particular, the population of patients they see on a regular basis and how this affects the conditions they are attempting to treat;</li> <li>• implement a “Sleep Disorder Diagnostic Tool” that can be used to help organize their understanding of sleep disorders; and</li> <li>• identify up to 4 essential habits to optimize sleep quality and quantity.</li> </ul> |
| 10:00 a.m. – 10:30 a.m.<br>1:00 p.m. – 1:30 p.m. | <b>Subclinical Atrial Fibrillation &amp; Monitoring</b><br>Speaker: Dr. Kevin Pistawka<br>Moderator: Tracy Selway<br>At the end of this session, participants will be able to: <ul style="list-style-type: none"> <li>• define SCAF &amp; associated risks;</li> <li>• explore validity/utility of various monitors in detection of SCAF; and</li> <li>• recognize the controversy regarding the treatment of SCAF.</li> </ul>  |
| 10:30 a.m. – 11:30 a.m.<br>1:30 p.m. – 2:30 p.m. | <b>Clinical Experiences &amp; Patient Perspective at the Vancouver Coastal SCAD Clinic</b><br>Speakers: SCAD Clinic, Dr. Jackie Saw, Taira Birnie, Alison Hill<br>Moderator: Diamond Fernandes<br><br>At the end of this session, participants will be able to: <ul style="list-style-type: none"> <li>• recognize and identify SCAD specific considerations for cardiac rehabilitation, including return to physical activity and exercise post SCAD;</li> <li>• consider use of virtual resources as opportunities to connect and engage with SCAD clients; and</li> <li>• discuss for return to physical activity and exercise advice for clients post SCAD, and recognize educational resources on SCAD.</li> </ul>   |
| 11:30 a.m. – 11:45 a.m.<br>2:30 p.m. – 2:45 p.m. | <b>Break</b>  |
| 11:45 a.m. – 12:30 p.m.<br>2:45 p.m. – 3:30 p.m. | <b>Towards an Environment of Cultural Safety, Anti-racism &amp; Trustworthiness: Unlearning and Undoing Systemic White Supremacy and Racism Within the OPHO</b><br>Speaker: Dr. Daniele Behn Smith<br>Moderator: Diamond Fernandes<br><br>At the end of this session, participants will be able to: <ul style="list-style-type: none"> <li>• list Foundational Commitments to Reconciliation;</li> </ul>  |

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|   | <ul style="list-style-type: none"> <li>describe a methodological framework for unlearning and undoing systemic white supremacy and racism in public health organizations; and</li> <li>identify the ways in which they are upholding or undermining these foundational commitments in their spheres of influence.</li> </ul>  |
| 12:30 p.m. – 1:00 p.m.<br>3:30 p.m. – 4:00 p.m. | <b>Break</b>  |
| 1:00 p.m. – 1:45 p.m.<br>4:00 p.m. – 4:45 p.m.  | <p><b>Management of Heart Failure, Advanced Care Planning &amp; MAID</b></p> <p>Speaker: Pamela Luehr<br/>Moderator: Gordon Fogg</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> <li>identify advances in heart failure management;</li> <li>describe components of advanced care planning; and</li> <li>explore current use of MAID program in end stage cardiac care.</li> </ul>  |
| 1:45 p.m. – 2:30 p.m.<br>4:45 p.m. – 5:30 p.m.  | <p><b>2022 Hypertension Highlights</b></p> <p>Speaker: Dr. Kathryn Brown<br/>Moderator: Gordon Fogg</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> <li>identify methods &amp; cut off values for the diagnosis of hypertension;</li> <li>implement evidence based targets for blood pressure management; and</li> <li>integrate guidelines for hypertension management including: <ul style="list-style-type: none"> <li>Choosing agents &amp; titration of medical therapy</li> <li>Duration of medical therapy &amp; addressing barriers</li> <li>Invasive or procedural therapeutic options.</li> </ul> </li> </ul> |
| 2:30 p.m. – 3:15 p.m.<br>5:30 p.m. – 6:15 p.m.  | <p><b>Cannabis Use and Impact on Cardiovascular Health</b></p> <p>Speaker: Michelle St. Pierre, PHD candidate<br/>Moderator: Gordon Fogg</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> <li>describe the use of cannabis in chronic disease management;</li> <li>recognize the risk and benefits of cannabis use on CVD health; and</li> <li>identify future directions in cannabis research and chronic disease management.</li> </ul>  |
| 3:15 p.m. – 3:30 p.m.<br>6:15 p.m. – 6:30 p.m.  | <p><b>Adjournment/Closing Remarks</b></p> <p>Diamond Fernandes &amp; Spring Conference Co-chairs</p>  |

## **Sponsors**

Funds in support of the 2022 Annual Spring Conference were provided as an educational grant to CACPR. The funds were independently allocated and disbursed in accordance with the UBC CPD Support Guidelines, adherent to the National Standard.

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