

REGISTER NOW
JUNE 8-9, 2023
ORFORD, QUEBEC
MANOIR DES SABLES

PROGRAM

Target Audience: Physicians, sports scientists and kinesiologists, nurses, nutritionists, physiotherapist, respiratory therapists, researchers, and students

At the end of the conference, the participant will be able to:

- enhance participant screening and risk assessment for safe participation in moderate to high-intensity activities, including identifying high-risk features for exercise-induced adverse cardiac events;
- develop comprehensive exercise prescription guidelines for the stable CAD population and establish recommendations for safely returning to moderate to high-intensity activities following an acute event;
- explore the indications for using VO₂ in cardiac rehabilitation, interpret variables, and optimize exercise prescription based on VO₂ evaluation;
- investigate the impact of physical activity on cardiovascular conditions such as aortic dilation, post-cardiac surgery, and arterial hypertension, and develop exercise prescription strategies accordingly; and
- discuss the psychological and physiological implications of cardiac conditions, fear-related exercise limitations, and acceptance processes to provide holistic support for patients.

A minimum of 25% of each session will be dedicated to participant interaction.

Cette activité est accréditée par le Centre de formation continue (CFC) de la Faculté de médecine et des sciences de la santé de l'Université de Sherbrooke qui est pleinement agréé par le Collège des médecins du Québec (CMQ) et par le Comité d'agrément de l'éducation médicale continue (CAÉMC). Pour les professionnels de la santé, le CFC remet une attestation de présence de 11 h 45 de formation accréditée. Les participants doivent réclamer un nombre d'heures conforme à la durée de leur participation.

Selon le règlement du Collège des médecins du Québec (CMQ), cette formation correspond à 11 h 45 d'activités de développement professionnel reconnues (catégorie A).

Thursday, June 8, 2023

Time EDT	Event	Location
7:30 – 8:30	Registration Open	Level 2 Foyer
8:30 – 9:00	Going Back to High Intensity Activities after a Cardiac Event Pierre Boulay 8:52 – Q&A At the end of this session, participants will be able to: <ul style="list-style-type: none"> • know how to screen participants before participating in moderate to high intensity activities and the high-risk features for exercise-induced adverse cardiac events; 	Champêtre ABC

	<ul style="list-style-type: none"> • prescribe exercise in the stable CAD population; and • prescribe recommendation for returning to moderate to high intensity activities following an acute event. 	
9:00 – 9:30	<p>VO2: Its Use for the Master Athlete Eric Nadreau</p> <p>9:22 – Q&A</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> • review the indications for using VO2 in cardiac rehabilitation; • familiarize with the interpretation of the different variables; and • discuss the optimisation of exercise prescription following a VO2 evaluation. 	Champêtre ABC
9:30 – 10:00	<p>Sports and Diseases of the Aorta Marie Thibault</p> <p>9:52 – Q&A</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> • discuss the impact of physical activity on the aorta; • prescribe exercise in patients with dilated aorta; and • prescribe exercise in patients post aortic surgery. 	Champêtre ABC
10:00 – 10:30	Break	Cordial
10:00 – 10:30	Posters	Champêtre D
10:30 – 11:15	<p>The Athlete with Hypertension Carolina Carvalho</p> <p>11:04 – Q&A</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> • prescribe exercise in patients with arterial hypertension; • discuss the implications of an exaggerated blood pressure response to physical activity; and • discuss the impact of the anti-hypertensive medication on exercise performance. 	Champêtre ABC
11:15 – 12:00	<p>Psychological Considerations of the Injured Athlete Jean-Michel Pelletier</p> <p>11:49 – Q&A</p> <p>At the end of this session, participants will be able to:</p>	Champêtre ABC

	<ul style="list-style-type: none"> • identify differences between transient psychological adaptation to disease and pathological situation; • develop tools to help patients with fear related to exercise after cardiac event; and • accompany the patient in the acceptance process in the context of limitations due to a cardiac condition. 	
12:00 – 13:00	Lunch	Dining Room
12:00 – 13:00	Focus Group with Free Lunch: Come Share Your Program Needs to Support Delivery of Women-Focused Education	Cherry River
13:00 – 14:00	<p>Terry Kavanagh Lecture Jennifer Reed</p> <p><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, & knowledge with a broad reaching impact in the field of cardiovascular prevention and rehabilitation.</i></p> <p>13:45 – Q&A</p>	Champêtre ABC
14:00 – 14:30	<p>Sports and Arrhythmias Fabrice Demonière</p> <p>14:22 – Q&A</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> • investigate the athlete who complains of palpitations; • discuss the risk of sudden death from arrhythmic cause in athletes; and • discuss the incidence and impact of atrial fibrillation in athlete. 	Champêtre ABC
14:30 – 15:00	Break	Cordial
14:30 – 15:00	Posters	Champêtre D
15:00 – 15:45	<p>Considerations for Diving and Altitude Exposure in Cardiac Patients Marie-Kristelle Ross</p> <p>15:34 – Q&A</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> • describe the basics of diving physiology; • describe the basic of high altitude physiology; and • identify contra-indications to exposure to both environments. 	Champêtre ABC

15:45 – 16:45	<p>Lifelong Exercise Training: Are Master Athletes at Greater Risk of Cardiac Dysfunction? Catherine Bourque, Francois Simard</p> <p>16:30 – Q&A</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> • discuss the benefits of intense physical activities; and • discuss the potential risks associated with high intensity exercise. 	Champêtre ABC
18:00 – onward	<p>CACPR Social Evening <i>Tickets must be purchased in advance.</i></p>	Albatros Bar

Friday, June 9, 2023

Time EST	Event	Location
7:00 – 8:00	Fun Run	Meet in the hotel lobby
7:30 – 8:30	Registration Open	Level 2 Foyer
8:30 – 9:15	<p>Cognitive Functions and Exercise Louis Bherer</p> <p>9:04 – Q&A</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> • identify the relevant advances and highlight promising research concerning the interaction between exercise and cognition. • explain the role of exercise in maintaining or improving cognitive function; and • identify which exercises and activities specifically improve brain function. 	Champêtre ABC
9:15 – 10:00	<p>HIIT Mathieu Gayda</p> <p>9:49 – Q&A</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> • describe HIIT vs Continuous exercise protocols; • discuss the cardiovascular effect of a high-intensity interval training program in comparison with a moderate-intensity continuous training; and • discuss the effectiveness and health benefits of high-intensity interval training vs continuous aerobic exercise training. 	Champêtre ABC

10:00 – 10:15	Break	Cordial
10:15 – 10:45	<p>Interactive Workshop #1</p> <p>A. <i>Pacemakers: What Do the Sports Scientists Need to Know?</i> Félix Alejandro Ayala-Paredes</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> • discuss the physiology of cardiac pacing; • discuss the implications of cardiac pacing on exercise physiology; and • troubleshoot inappropriate of heart rate response during exercise. <p>B. <i>Telerehabilitation</i> Tania Janaudis Ferreira</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> • discuss evidence for tele-rehabilitation in chronic respiratory diseases; • recognize how to conduct remote functional exercise testing safely and effectively; and • identify precautions that should be considered to ensure safety during tele-rehabilitation. <p>C. <i>VO2: Demonstration and Update</i> Eric Nadreau</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> • familiarize with the equipment used to perform VO2 test; • practice how to conduct a VO2 max test; and • discuss what variables are obtained during the test and their clinical significance. 	<p>Cantons A</p> <p>Cantons B</p> <p>Champêtre ABC</p>
10:55 – 11:25	<p>Interactive Workshop #2</p> <p>A. <i>Pacemakers: What Do the Sports Scientists Need to Know?</i> Félix Alejandro Ayala-Paredes</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> • discuss the physiology of cardiac pacing; • discuss the implications of cardiac pacing on exercise physiology; and • troubleshoot inappropriate of heart rate response during exercise. 	Cantons A

	<p><i>B. Telerehabilitation</i> Tania Janaudis Ferreira</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> • discuss evidence for tele-rehabilitation in chronic respiratory diseases; • recognize how to conduct remote functional exercise testing safely and effectively; and • identify precautions that should be considered to ensure safety during tele-rehabilitation. <p><i>C. VO2: Demonstration and Update</i> Eric Nadreau</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> • familiarize with the equipment used to perform VO2 test; • practice how to conduct a VO2 max test; and • discuss what variables are obtained during the test and their clinical significance. 	<p>Cantons B</p> <p>Champêtre ABC</p>
11:30 – 12:15	<p>Cardiovascular Adaptations to Exercise: A Matter of Biological Sex? Warner Mampuya 12:04 – Q&A</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> • discuss the impact of gender in cardiovascular adaptations to aerobic training; and • discuss the impact of gender in cardiovascular adaptations to anaerobic training. 	Champêtre ABC
12:15 – 13:15	Lunch	Dining Room
12:15 – 13:15	CACPR Trainee Mentorship Session	Champêtre ABC
13:15 – 13:45	<p>Hot Topics in Nutrition Scott Lear</p> <p>13:37 – Q&A</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> • describe the role of the gut microbiome and its contribution to CVD; and • discuss popular dietary patterns and nutrients and their impact in the risk for CVD. 	Champêtre ABC
13:45 – 14:30	Hot Topics in Pulmonary Rehabilitation	Champêtre ABC

	<p>Claude Poirier</p> <p>14:19 – Q&A</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> • outline essential components of a comprehensive pulmonary rehabilitation program; • discuss the outcomes of pulmonary rehabilitation; and • identify barriers to pulmonary rehabilitation. 	
14:30 – 14:45	Break	Cordial
14:45 – 15:15	<p>Guidelines Update: Women-Focused Cardiovascular Rehabilitation Gabriela Melo Ghisi</p> <p>15:07 – Q&A</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> • underline the difference behind women-focused cardiovascular rehabilitation groups; • discuss the impact of women-focused cardiovascular rehabilitation groups; and • develop tools to implement women focused cardiac rehabilitation sessions. 	Champêtre ABC
15:15 – 16:15	<p>Hot Topics in Prevention, Rehabilitation and Sports Cardiology Warner Mampuya</p> <p>16:00 – Q&A</p> <p>At the end of this session, participants will be able to:</p> <ul style="list-style-type: none"> • discuss the latest literature in cardiovascular prevention; • discuss the latest literature in cardiovascular rehabilitation; and • discuss the latest literature in sports cardiology. 	Champêtre ABC
16:15	<p>Adjournment/Closing Remarks Spring Conference Co-chairs</p>	Champêtre ABC



Thank You to the Planning Committee:

Warner Mampuya, cardiologist
Marie-Kristelle Ross, cardiologist
Geneviève Garand, respiratory therapist
Jennifer Harris, physiotherapist
Livia Pinheiro Carvalho, physiotherapist
Alexis Marcotte-Chenard, sport scientist
Annie-Pier Coté, sport scientist
Andrée-Anne Hébert, sport scientist

CACPR 2023 Spring Conference Poster List

Poster #	Abstract
1	Postpartum Cardio-Obstetrics Rehabilitation Program for Women After Hypertensive Pregnancy: A Feasibility Pilot Study Mariane Bertagnolli, Karan Pongpanit, Michelle Jewett, Léna Nguyen, Garvee Patel, Lishana Sellan, Isabelle Vachon
2	Effects of Cardiovascular Risk Factors and Cardiovascular Disease Etiology on Cognitive and Functional Profiles in Aging Individuals Florent Besnier, E.G. Dupuy, C. Gagnon, T. Vincent, C.A. Grégoire, C.A. Blanchette, K. Saillant, N. Bouabdallaoui, J. Iglésies Grau, M.F. Marin, S. Belleville, M. Juneau, P. Vitali, M. Gayda, A. Nigam, L. Bherer
3	Pain-Free Walking Distance and Physical Activity: Are they Related in People with Peripheral Arterial Disease? Julian David Claros Duarte, Renaud Tremblay, Laurence Poirier, Gabriel Huard, Andréanne Durivage, Warner M. Mampuya, Eléonor Riesco
4	A Comprehensive Systematic Review of Clinical Practice Guidelines and Consensus Statements for Cr Delivery Post-Pandemic Lisa Cotie, Lais Vanzella, Maureen Pakosh, Gabriela Lima de Melo Ghisi
5	Improvement in Enrollment Among Women Since the COVID-19 Pandemic Jennifer Harris, Julie Sawyer, Tammy Lafrenière, Fleur Faleri, Bonnie Quinlan, Thais Coutinho
6	Evaluating the Validity of the Edinburgh Claudication Questionnaire on the Nova Scotian Population Emma MacLean, Ethan Fogarty, Shirley Xu, Dr. Nicholas Giacomantonio
7	Effect of Sedentary Behaviours and Physical Activity Levels on Achievement of Abc in the Canadian Population: Data from the CHMS Alexis Marcotte-Chénard, René Maréchal, Ahmed Ghachem, Alan Cohen, Eléonor Riesco
8	Effectiveness of a Virtual vs. In-Person Group-Based Education Curriculum to Increase Disease-Related Knowledge and Change Health Behaviour Among Cardiac Rehabilitation Participants Gabriela Lima de Melo Ghisi, Crystal Aultman, Lais Vanzella, Renee Konidis, Nicole Sandison, Paul Oh
9	Knowledge, Attitudes and Experiences of Physiotherapists in Nigeria on Cardiopulmonary Rehabilitation (CPR) Adedotun Michael Ogunyemi, Professor Stephen Fallows
10	Impact of Cardiovascular Rehabilitation on Major Adverse Cardiovascular Events in Adults with Atrial Fibrillation: A Retrospective Cohort Study Robert Pap, Jennifer Reed
11	Hybrid Cardiac Rehabilitation Models: A Scoping Review Pamela Tanguay, Mathieu Bélanger, Nicola Marquis
12	Discussing Cardiac Illness with Children: Investigating the Perspectives of Parents with Cardiac Disease Chowdhury Tarannum, Karen Bouchard, Kathleen Lalande, Michael Dans, Bonnie Quinlan, Jessica O'Dell, Heather Tulloch
13	The Acute and Chronic Effect of Exogenous Ketone Supplementation on Blood Pressure: A Systematic Review and Meta-Analysis Renaud Tremblay, Alexis Marcotte-Chénard, Kaja Falkenhain, Jonathan Little, Eléonor Riesco



Thank You to Our Sponsors

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