

CHEP+

Conference

HYBRID | TORONTO
PAN PACIFIC HOTEL

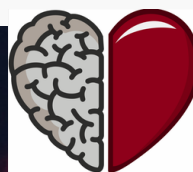
IN PERSON ATTENDANCE:
900 YORK MILLS RD, TORONTO, ON

6th Annual Conference
SATURDAY MARCH 23, 2024
8:00 - 5:30 PM EDT



REGISTER NOW

**SPECIAL FOCUS ON BRAIN-
HEART INTERCONNECTED NEW
CLINICAL PRACTICE GUIDELINE**



INTERCONNECTOME
COEUR-CERVEAU
BRAIN-HEART
INTERCONNECTOME

About CHEP+



We are driven by a single goal; to do our part in improving health care quality and patient safety and health.

CHEP+ (C-CHANGE Education Program)

CHEP+ is a not-for-profit organization founded in 2018 representing the continuing education and professional development arm disseminating the Canadian Cardiovascular Harmonized National Guidelines Endeavour (C-CHANGE).

Mission

Our mission is to improve health care quality and patient safety by supporting clinicians with enhanced professional development and health education.

CHEP+ brings together a multi-disciplinary group of healthcare professionals with the commitment to provide high quality, up-to-date continuing professional development programs with the aim of improving clinical practice and patient outcomes.

MESSAGE FROM THE CONFERENCE CO-CHAIRS

Welcome to the 6th Annual CHEP+ Conference!

We are delighted to have your participation in our upcoming HYBRID conference. After a few years of meeting with our colleagues virtually, it is time for us to come together again and connect during these times. We hope that the conference will meet your expectations of all the wonderful opportunities that a hybrid event can bring us.

Our program is aimed to be more accessible to the national primary care audience. We invite primary care practitioners (general practitioners, family physicians, specialists, nurse practitioners, pharmacists and other practitioners) with an interest in cardiovascular disease prevention and management. This year our special focus is on the brain-heart interconnected diseases.

The conference continues to be a unique platform to disseminate the national harmonized cardiovascular-focused guideline and this year, we bring together topics from some of our guideline partners such as hypertension, diabetes, lipid, obesity, heart failure, stroke and more. We will feature prominent speakers including Drs Sandra Black, Jodi Edwards, Philip McFarlane, Stephanie Poon , Glen Pearson.. and many other prominent family physicians and specialists in their fields.

Overall Program Objectives

At the conclusion of this program, participants will be able to:

1. Describe the Updates to the C-CHANGE Guideline
2. Develop an approach to managing the multi-comorbid patient
3. Summarize the newest and emerging therapies and how they apply to renal and cardiovascular protection
4. Describe the Brain-Heart connected diseases and important considerations for management of brain and heart health of patients



Dr. Sheldon Tobe MD, MScCH
(HPTE), FRCPC, FACP, FAHA



Dr. Rahul Jain MD, CCFP, MScCH
(HPTE)

REGISTRATION FOR 2024 CHEP+ CONFERENCE

FOR MORE INFORMATION: WWW.CHEPPLUS.COM



In Person Attendance	Full Conference (Early Bird Until Jan 31, 2024)	Full Conference (Regular)
Professional Delegate	\$145	\$190
Trainee/Resident/Fellow/Student Delegate	\$105	\$160
Digital Attendance	Full Conference (Early Bird Until Dec 15, 2023)	Full Conference (Regular)
Professional Delegate	\$105	\$125
Trainee/Resident/Fellow/Student Delegate	\$64	\$85

REGISTRATION DETAILS*

IN-PERSON ATTENDANCE INCLUDES:

- Admission to accredited sessions including breakfast, nutrition breaks, lunch, and refreshments
- Access to on demand accredited sessions through the digital platform
- Participation in Q&A portions
- Access to live, in person exhibits and talks
- Networking opportunities with delegates and exhibitors
- Passport to all exhibitors' booths with chance to win a ticket to next year's conference

DIGITAL ATTENDANCE INCLUDES:

- Admission to all broadcasted accredited sessions
- Access to on demand accredited sessions through the digital platform
- Participation in Q&A through the CHEP+ Conference digital platform
- Access to virtual exhibitor spaces
- Networking opportunities with delegates and exhibitors
- Passport to all exhibitors' booths with chance to win a ticket to next year's conference

(* See registration page for all details regarding registration, cancellation, and refund policy.

Accreditation * Participants may claim credits for BOTH morning and afternoon sessions if attended.

CONFERENCE SPEAKERS/ MODERATORS

Johnathon Brizard is a half-Inuk/half-Oji-Cree man.
Presenter, Person with Lived Experience
Clinical Research Assistant, The Bridge Engagement
Centre, Ottawa Hospital Research Institute

Gemma Cheng MD FRCP FRCPC

Cardiometabolic Clinic Director, Jewish General
Hospital - Herzl Family Practice Unit
Department of Medicine, McGill University

Jodi Edwards PhD

Scientist, University of Ottawa Heart Institute
Director, Brain and Heart Nexus Research Program
University of Ottawa Heart Institute
Assistant Professor, School of Epidemiology and Public
Health, University of Ottawa

Ross Feldman MD

Professor of Pharmacology & Therapeutics and of
Physiology & Pathophysiology, University of Manitoba
Professor of Medicine (Emeritus) Western University

Aravind Ganesh MD DPhil(Oxon) FRCPC

Assistant Professor of Neurology, Vascular and
Cognitive Neurology, Department of Clinical
Neurosciences, Cumming School of Medicine
University of Calgary

Michael D. Hill, MD MSc FRCPC

Senior Medical Director, Cardiovascular and Stroke SCN,
AHS
President, Canadian Neurological Sciences Federation
Professor, Dept Clinical Neuroscience & Hotchkiss Brain
Institute, Cumming School of Medicine, University of
Calgary & Foothills Medical Centre

Rahul Jain MD, CCFP, MScCH (HPTE)

Family Physician and Hospitalist, Sunnybrook Health
Sciences Centre, Assistant Professor, Department of
Family and Community Medicine, University of Toronto

Peter Liu MD, FRCPC

Cardiologist, Chief Scientific Officer/Vice-President,
Research, Director Cardiac Function Laboratory,
University of Ottawa Heart Institute, Professor, Faculty
of Medicine, University of Ottawa



CONFERENCE SPEAKERS/ MODERATORS

Bradley J MacIntosh, PhD

Senior Scientist, Centre for Brain Resilience & Recovery,
Hurvitz Brain Sciences Program,
Physical Sciences Platform, Sunnybrook Research Institute
Computational Radiology & Artificial Intelligence unit, Oslo
University Hospital, Norway
Professor of Medical Biophysics, University of Toronto

Philip McFarlane MD, FRCPC, PhD

Assistant Professor, University of Toronto
Clinical Investigator, Division of Nephrology at St. Michael's
Hospital, Medical Director, Home Dialysis and Chief
Nephrologist, Live Kidney Donor Program,
St. Michael's Hospital

Smita Pakhalé MD FRCPC MSc

Associate Professor, Department of Medicine, University
of Ottawa, Staff Respiriologist, Division of Respiratory
Medicine, Ottawa Hospital
Scientist, Ottawa Hospital Research Institute

Glen J. Pearson BSc, BScPhm, PharmD, FCSHP, FCCS

Co-Director, Cardiac Transplant Clinic Chair, Trainee
Research Access Committee (TRAC)
Professor of Medicine, Division of Cardiology, University of
Alberta, Mazankowski Alberta Heart Institute

Stephanie Poon MD, MSc, FRCPC

Medical Director, Heart Function Clinic Cardiologist,
Sunnybrook Health Sciences Centre
Associate Professor, University of Toronto

Paul Roumeliotis DCS, MDCM, MPH, AMP, CCPE, FRCPC

Adjunct Professor, University of Ottawa
Medical Officer of Health and Chief Executive Officer
Eastern Ontario Health Unit

Sol Stern, MD MSc, MCFP

Family Physician and CME Educator
Argus Medical Centre, Oakville, Ontario



James Stone, MD, FRCPC

Clinical Professor, Cardiac Sciences, Medicine,
University of Calgary

Rick Swartz, MD, PhD

Clinician-Scientist, Hurvitz Brain Sciences Research
Program, Director Stroke Research Unit, Sunnybrook
Research Institute, Medical Director North and East GTA
Regional Stroke Program, Associate Professor,
Neurology, Department of Medicine, University of
Toronto

Sheldon Tobe, MD, FRCPC, MScCH (HPTE) FACP, FAHA,

Nephrologist, Sunnybrook Health Sciences Centre,
Professor, Faculty of Medicine, University of Toronto,
and Northern Ontario School of Medicine, Postgraduate
Fellowship Director Nephrology, University of Toronto

Tracy Vaillancourt PhD

Tier 1 Canada Research Chair, in School-Based Mental,
Health and Violence Prevention, Member of the College
of the Royal Society of Canada, Counselling Psychology,
Faculty of Education, School of Psychology, Faculty of
Social Sciences, Brain and Mind Research Institute,
Faculty of Medicine, University of Ottawa

Kevin Young MD, FRCPC

Vice-President, Medical Affairs and Chief of Staff
Waypoint Centre for Mental Health Care

PROGRAM AGENDA

ACCREDITATION

Royal College of Physicians & Surgeons of Canada (Full Day)

This event is an accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians & Surgeons of Canada and approved by the Canadian Cardiovascular Society. You may claim a maximum of 7.5 hours.

College of Family Physicians of Canada

Morning Workshops

This Group Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 6.0 Mainpro+ credits.

Afternoon Presentations

This Group Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 5.5 Mainpro+ credits.

INTERACTIVE WORKSHOPS

TIME (EDT)	TOPIC	SPEAKER
8:00 – 8:30 a.m.	Welcome Registration & Breakfast - Conference Opening	
8:30 – 9:20 a.m.	A1. How C-CHANGE can help clinicians manage the multi co-morbidity patient	Dr. Kevin Young (Speaker) Dr. Rahul Jain (Moderator)
9:20 – 9:35 a.m.	BREAK	
9:35 – 10:25 a.m.	B1. Hypertension and Stroke Prevention and Management in Patients	Dr. Sheldon Tobe (Speaker) Dr. Sol Stern (Moderator)
10:25 – 10:45 a.m.	EXHIBITOR SHOWCASE AND BREAK	

PLENARY SESSIONS

TIME (EDT)	TOPIC	SPEAKER
10:45 - 11:00 a.m.	Welcome Back & Introductions	Dr. Sheldon Tobe Dr. Rahul Jain
Epidemiology, Aetiology, Pathophysiology of Brain-Heart Interconnected Conditions (20 min each)		
11:00 – 11:20 a.m.	P1. Epidemiology of Brain-Heart Interconnected Conditions, including clinically important sex/gender differences	Dr. Jodi Edwards
11:20 – 11:40 p.m.	P2. Midlife Brain Volume and Cognition What 25 year data from the CARDIA study tell us about the importance of Metabolic and Vascular Risk Factors	Dr. Bradley MacIntosh
11:40 – 12:00 p.m.	P3. Can continuing medical education improve physician practices? Insights on improving information flow before the next pandemic by leveraging digital media technology and persuasive communications	Dr. Paul Roumeliotis
12:00 – 12:20 p.m.	Q&A with Panel Moderator	Dr. Rahul Jain
12:20 - 12:50 p.m.	LUNCH	
Health Behaviours and Depression – Impact on Brain-Heart Health (20 min each)		
12:50 – 1:10 p.m.	P4. Health Behaviours for secondary prevention of stroke – Canadian Stroke Best Practice Recommendations	Dr. Michael Hill
1:10 – 1:30 p.m.	P5. Key Considerations for Health Care Providers on Tobacco Dependence and Marginalized Populations	Dr. Smita Pakhale, Johnathon Brizard
1:30 – 1:50 p.m.	P6. Impact of Childhood Mental Health on Adult Depression – Should Brain-Heart Disease Prevention Begin in Elementary School?	Dr. Tracy Vaillancourt
1:50 – 2:10 p.m.	Q&A with Panel Moderator	Dr. Gemma Cheng
2:10 – 2:30 p.m.	Exhibitor Showcase and Break	

PLENARY SESSIONS (CONTINUED...)

TIME (EDT)	TOPIC	SPEAKER
Diabetes, Hypertension and Dyslipidemia Management (20 min each)		
2:30 – 2:50 p.m.	P7. New guideline for diabetes management in kidney disease	Dr. Philip McFarlane
2:50 – 3:10 p.m.	P8. Arterial Hypertension its Importance and Management in Brain and Heart Health	Dr. Ross Feldman
3:10 – 3:30 p.m.	P9. To describe who should and who should not be prescribed a statin for primary prevention and why.	Dr. Glen Pearson
3:30 – 3:50 p.m.	Q&A with Panel Moderator	Dr. James Stone
Atherosclerotic Cardiovascular Disease, Congestive Heart Failure, Atrial Fibrillation, Stroke and Dementia Management (20 min each)		
3:50 – 4:10 p.m.	P10. Can we narrow the heart failure treatment gap in Canada?	Dr. Stephanie Poon
4:10 – 4:30 p.m.	P11. Save your patient's brain: Cognitive reserve and mitigating progression of vascular cognitive impairment	Dr. Aravind Ganesh
4:30 – 4:50 p.m.	P12. Building on reductions in vascular cognitive impairment from intensified BP control, lessons from the SPRINT-MIND study, and new SGLT2i data	Dr. Rick Swartz
4:50 – 5:10 p.m.	Q&A with Panel Moderator	Dr. Peter Liu
5:10 – 5:30 p.m.	Closing - Final Remarks and Refreshments	Dr. Rahul Jain

PRESENTATION DESCRIPTIONS

INTERACTIVE WORKSHOPS

Upon completion of this activity, participants will be able to:

AI. How C-CHANGE can help clinicians manage the multi co-morbidity patient

- Identify recommendations for multiple morbidities from the C-CHANGE guidelines
- Implement recommendations for multiple morbidities in a single patient
- Use the C-CHANGE recommendations to help keep the elderly living at home longer and healthier

PLENARY PRESENTATIONS

Upon completion of this activity, participants will be able to:

P1. Dr. Jodi Edwards : Epidemiology of Brain-Heart Interconnected Diseases, including clinically important sex/gender differences:

- Define brain-heart interconnected diseases.
- Estimate the prevalence of brain-heart interconnected diseases.
- Express the impact of gender/sex differences in brain-heart interconnected diseases on clinical practice.

P2. Dr. Bradley MacIntosh: Midlife Brain Volume and Cognition What 25 year data from the CARDIA study tell us about the importance of Metabolic and Vascular Risk Factors

- Explain why metabolic and vascular risk factors are important over time for the development of vascular cognitive impairment
- Detail how the CARDIA study provides insight about the underlying causes of vascular cognitive impairment
- Describe how the findings of the CARDIA study might be incorporated into clinical practice to better diagnose, and prevent vascular cognitive impairment

BI. Hypertension and Stroke Prevention and Management in Patients

- Plan to assess and screen patients blood pressure at all appropriate visits.
- Discuss modifiable cardiovascular risk factors with patients.
- Discuss blood pressure targets and need for anticoagulation/anti-platelet therapy in people who have just suffered a stroke.



P3. Dr. Paul Roumeliotis: Can continuing medical education improve physician practices? Insights on improving information flow before the next pandemic by leveraging digital media technology and persuasive communications.

- Explain what the is Information –Motivation–Behavioral Skills (IMB) model-based approach to CME, and how it can be used to change physician awareness of best practices.
- Describe how an accredited CME program can improve patient behavior and outcomes, and how to apply this approach for improving management and prevention of brain-heart interconnected diseases
- Provide insights on improving information flow from the various levels (National, Provincial, Municipal/Regional) of public health agencies, to health care providers, and the public.
- Understand the importance of persuasive communications approached leveraging emerging digital media technology

PRESENTATION DESCRIPTIONS

PLENARY PRESENTATIONS

P4. Dr. Michael D. Hill: Health Behaviours for secondary prevention of stroke – Canadian Stroke Best Practice Recommendations

- Describe the Canadian Stroke Best Practice recommendations, and how to access them
- Explain the natural history of patients following a stroke.
- Outline an approach to improve outcomes for patients following a stroke.

P5. Dr. Smita Pakahle and Johnathon Brizard: Key Considerations for Health Care Providers on Tobacco Dependence and Marginalized Populations

- List the evidence-based modalities for smoking cessation and their success rates.
- Describe the American Thoracic Society clinical practice guideline's approach to discontinuing tobacco use.
- List the key considerations for managing tobacco dependence in marginalized populations.

P6. Dr. Tracy Vaillancourt: Impact of Childhood Mental Health on Adult Mental Health – Should Brain-Heart Disease Prevention Begin in Elementary School?

- Explain the connection between childhood mental health and adult mental health
- Describe how to recognize clinically significant childhood mental health problems including anxiety and depression, and when and how to make a referral
- Encourage the awareness of the longitudinal assessment of the impact of childhood mental health problems and on adult mental health



P7. Dr. Philip McFarlane: New guideline for diabetes management in kidney disease

- Describe the new clinical practice guideline for management of kidney disease in people with diabetes
- Explain how to diagnose kidney disease and the risk of kidney disease in people with diabetes.
- Discuss how to implement a multi-risk factor intervention to prevent progression of kidney disease in people with diabetes.

P8. Dr. Ross Feldman: Arterial Hypertension its Importance and Management in Brain and Heart Health

- Describe the role of hypertension in the vascular pathology of brain and heart disease, including atrial fibrillation.
- Explain how stroke type impacts on stroke management and outcomes.
- Describe blood pressure management following a stroke according to the Stroke Best Practice guideline.

PRESENTATION DESCRIPTIONS

PLENARY PRESENTATIONS

P9. Dr. Glen Pearson: To describe who should and who should not be prescribed a statin for primary prevention and why.

- Describe the relationship between lipid levels and the new onset brain and heart disease.
- Summarize the evidence for LDL lowering for the primary prevention of brain and heart disease that impacted on the Canadian Dyslipidemia clinical practice guideline.
- Explain how to identify who should or should not receive a statin for primary prevention of brain and heart diseases.

P10. Dr. Stephanie Poon: Can we narrow the heart failure treatment gap in Canada?

- Present the 'Fantastic Four' therapies and their impact on HFREF outcomes.
- Describe the heart failure treatment gap in Canada.
- Elaborate on how Canadian health care providers can narrow and close the heart failure treatment gap.



P11. Dr. Aravind Ganesh: Save your patient's brain: Cognitive reserve and mitigating progression of vascular cognitive impairment

- Identify the clinical clues that a cognition screen is indicated for your patient
- Describe executive function, and how vascular disease can affect it
- Define cognitive reserve and how to assess it
- Discuss key modifiable factors to address in general practice to maximize reserve and minimize cognitive decline

P12. Dr. Rick Swartz: Building on reductions in vascular cognitive impairment from intensified BP control, lessons from the SPRINT-MIND study, and new SGLT2i data

- Describe the new data on reducing vascular cognitive impairment with blood pressure control and SGLT2 inhibitors.
- Explain how blood pressure control and SGLT2 inhibition can impact on the development or worsening of vascular cognitive impairment.



ACKNOWLEDGEMENTS & SPONSORS



Many Thanks

To our 2024 CHEP+ Conference Delegates,
Speakers, Partners and Sponsors helped make
this program possible.

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