

<b>CHEP+ 5<sup>th</sup> ANNUAL CONFERENCE</b> <i>Bringing Together Canada's Cardiovascular Focused Guidelines</i> <b>PROGRAM AGENDA</b>		
Time (EDT)	Topic	Speaker
<b>INTERACTIVE WORKSHOPS</b>		
8:00 – 8:30 a.m.	<b>Welcome Registration &amp; Breakfast - Conference Opening</b>	
8:30 – 9:30 a.m.	<b>A1.</b> SGLT2i for Cardiac Protection in Patients with Heart Failure	Dr. Subodh Verma (Speaker) Dr. Rahul Jain (Moderator)
9:30 – 9:45 a.m.	<b>Break</b>	
9:45 – 10:45 a.m.	<b>B1.</b> CV Risk Reduction in Diabetes (SGLT2 inhibitors/GLP1-RA receptor agonists in patients with DM and ASCVD)	Dr. Andrew Steele (Speaker) Dr. Sol Stern (Moderator)
10:45 – 11:00 a.m.	<b>Break</b>	
10:00 – 11:00 a.m.	<b>C1.</b> Culinary Medicine Experience for Health Professionals: How to prepare a series of heart-healthy DASH (Dietary Approaches to Stop Hypertension) recipes, explore new nutrition behavior change strategies for patients and incorporate healthy behaviors into personal and medical practice.	Joel Barohn, MSc, RD Lee Rysdale, MEd, RD (Speakers) Dr. Rahul Jain (Moderator)
11:00 – 12:00 p.m.	<b>Exhibitor Showcase and Lunch</b>  <b>Presentation</b> <ul style="list-style-type: none"> <li>11:20 – 11:40 a.m. - Culinary Medicine</li> </ul>	Joel Barohn, MSc, RD Lee Rysdale, MEd, RD (Speakers) Dr. Sheldon Tobe (Moderator)
<b>PLENARY SESSIONS</b>		
12:00 – 12:15 p.m.	<b>Introductions</b>	Dr. Sheldon Tobe Dr. Rahul Jain
	<b>Health Behaviours: Diet, Physical Activity, Obesity (20 min each)</b>	
12:15 – 12:35 p.m.	<b>P1.</b> Implementing Canada's dietary guideline into primary care - Office of Nutrition Policy and Promotion, Health Canada	Ms. Krista Esslinger
12:35 – 12:55 p.m.	<b>P2.</b> Physical activity to improve health and exercise prescriptions – What clinicians should know.	Dr. Shannon Bredin
12:55 – 1:15 p.m.	<b>P3.</b> Is pharmacotherapy really needed in Obesity Medicine?	Dr. Sean Wharton
1:15 – 1:45 p.m.	<b>Q&amp;A with Panel Moderator</b>	Dr. Rahul Jain

<b>Diabetes, Hypertension and Dyslipidemia Management (20 min each)</b>		
1:45 – 2:05 p.m.	<b>P4.</b> Have new therapies for type 2 diabetes brought us to the beginning of the end for advanced nephropathy from diabetes?	Dr. Philip McFarlene
2:05 – 2:25 p.m.	<b>P5.</b> An approach to achieving blood pressure targets in people with chronic kidney disease: The journey is as important as the destination	Dr. Sheldon Tobe
2:25 – 2:45 p.m.	<b>P6.</b> To describe who should and who should not be prescribed a statin for primary prevention and why.	Dr. Glen Pearson
2:45 – 3:15 p.m.	<b>Q&amp;A with Panel Moderator:</b>	Dr. Ross Feldman
3:15 – 3:45 p.m.	<b>Exhibitor Showcase and Break</b>	
<b>Atherosclerotic Cardiovascular Disease, Congestive Heart Failure, Atrial Fibrillation, Stroke and Dementia Management (20 min each)</b>		
3:45 – 4:05 p.m.	<b>P7.</b> An approach to heart failure management with the 'Fantastic Four'	Dr. Stephanie Poon
4:05 – 4:25 p.m.	<b>P8.</b> Adopting best practices for stroke prevention in primary care	Dr. Alexandre Poppe
4:25 – 4:45 p.m.	<b>P9.</b> What do I need to know about the long-term management of my patient with stable atrial fibrillation?	Dr. Jason Andrade
4:45 – 5:15 p.m.	<b>Q&amp;A with Panel Moderator</b>	Dr. James Stone
5:15 – 5:30 p.m.	<b>Closing - Final Remarks and Refreshments</b>	Dr. Rahul Jain
<b>ACCREDITATION</b>		
<b>Interactive Workshops (Morning)</b>		
<ul style="list-style-type: none"> <li>This event is an accredited Group Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 6 Mainpro+ credits.</li> <li>This event is an accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians &amp; Surgeons of Canada and approved by the Canadian Cardiovascular Society. You may claim a maximum of 2 hours.</li> </ul>		
<b>Plenary (Afternoon)</b>		
<ul style="list-style-type: none"> <li>This event is an accredited Group Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 5 Mainpro+ credits.</li> <li>This event is an accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians &amp; Surgeons of Canada and approved by the Canadian Cardiovascular Society. You may claim a maximum of 5 hours.</li> </ul>		

## PRESENTATION DESCRIPTIONS

### Interactive Workshops (1 hour each session)

#### **A1. SGLT2i for Cardiac Protection in Patients with Heart Failure**

Upon completion of this case study, participants should be able to:

- Describe heart failure and its consequences
- Explain the rationale for the management of heart failure to include SGLT2i and the potential benefits
- Describe how and when to introduce SGLT2i for heart failure

#### **B1. CV Risk Reduction in Diabetes (SGLT2 inhibitors/GLP1-RA receptor agonists in patients with DM and ASCVD)**

Upon completion of this case study, participants should be able to:

- Describe the patient who should be treated with an SGLT2i or GLP-1 RA
- Explain the rationale for this treatment and the potential benefits
- Describe the steps for initiating and monitoring therapy for patients with diabetes

#### **C1. Culinary Medicine Experience - Teaching Kitchens: Innovative Nutrition Training for Health Professionals**

Participants will prepare a series of heart-healthy DASH (Dietary Approaches to Stop Hypertension) recipes, explore new nutrition behavior change strategies for their patients and learn how to incorporate healthy behaviors into both their personal life and medical practice.

**(Limited Capacity – Pre-Registration is First Come Basis)**

Upon completion of this workshop, participants should be able to:

- Prepare a series of heart-healthy DASH (Dietary Approaches to Stop Hypertension) recipes
- Explore new nutrition behavior change strategies for their patients
- Incorporate healthy behaviors into both their personal life and medical practice

### Plenary Presentations

#### **P1. Implementing Canada's dietary guideline into primary care - Office of Nutrition Policy and Promotion, Health Canada**

- Describe how the new Food Guide has evolved from previous version.
- Describe how primary care practitioners can become familiar with the Food Guide and how they can use it to assist their patients meet guideline's recommended nutritional intake
- To explain how to prescribe exercise to a patient who cannot walk briskly due to disability or frailty

#### **P3. Is pharmacotherapy really needed in Obesity Medicine?**

- Review current treatments of obesity
- Review the current landscape of obesity practice and success
- Give clear recommendations on treatment of patients living with obesity

#### **P4. Have new therapies for type 2 diabetes brought us to the beginning of the end for advanced nephropathy from diabetes?**

- Describe the impact of GLP-1 RA on delaying the start of Type 2 diabetes
- To describe an approach to a patient who has developed Type 2 diabetes to explain about the impact on their cardiovascular and renal health from following the updated DC practice recommendations

#### **P5. An approach to achieving blood pressure targets in people with chronic kidney disease: The journey is as important as the destination**

- Describe what is meant by chronic kidney disease, and what is the blood pressure target
- Describe the importance of blood pressure measurement when intensifying blood pressure treatment

- Describe the principle of therapeutic burden that may impact on a patient with hypertension and multiple co-morbidities, and an approach to managing it

**P6. Describe who should and who should not be prescribed a statin for primary prevention and why and describe why a statin is necessary to bring the LDL-c below threshold for primary prevention of ASCVD**

- To describe the thresholds for primary and secondary prevention of ASCVD in dyslipidemia management and how to best lower risk.
- To describe additional therapies to statins, when and how to add them.

**P7. An approach to heart failure management with the 'Fantastic Four'**

- To describe an approach to diagnosing heart failure and how to use the terms HFrEF and HFpEF
- To describe how the 'Fantastic Four' came to be so fantastic
- To describe an approach to initiating and maintaining the Fantastic Four, even after a hospitalization.

**P8. Adopting best practices for stroke prevention in primary care**

**P9. What do I need to know about the long-term management of my patient with stable atrial fibrillation?**

- To describe the epidemiology of incident and prevalent atrial fibrillation in Canada
- To describe guidelines-based management of atrial fibrillation
- To describe an approach to the long-term management of the 'stable' patient with atrial fibrillation