



Clinical Practice Guidelines Update

Managing the Multi-Comorbid Patient

Bringing the Guidelines Together Online Conference

Saturday, March 27, 2021 8:45 a.m. – 3:15 p.m.

We are pleased to host the **third annual “CHEP+” Conference for updated C-CHANGE Clinical Practice Guidelines**. This interactive and practical program is designed for family physicians, specialists, nurse practitioners, nurses, pharmacists and other primary care practitioners with an interest in cardiovascular disease prevention and management.

This year's conference is devoted to updates from Diabetes, Obesity, and Cardiac Rehabilitation and the latest clinical trial results and challenges facing the care of multi-morbidity patients with complex conditions with a focus on heart failure.

Co-Chairs

Rahul Jain, MD and Sheldon Tobe, MD

Plenary Talks from Guideline Leads

- Diabetes guideline update
- Obesity guideline update
- Lipid guideline update
- Newest recommendations for cardiac rehabilitation
- Latest Stroke Best Practice Guideline
- Guideline on prescribing physical activity
- Kidney disease management and prevention



Registration

Early Bird Registration (\$90)

Accreditation

This Group Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to **9.00 Mainpro+ credits**.

Register Online Today!

Visit: <http://www.cheplus.com>

Workshop Speakers/Facilitators:

Richard Choi, MD, FRCPC

Dr. Choi is a staff cardiologist at St. Joseph's Health Centre/Unity Health Toronto and clinical adjunct faculty/Lecturer in the Department of Medicine at the University of Toronto.

Lisa Dubrofsky, MDCM, FRCPC, FASH

Dr. Dubrofsky is a Clinical Associate, Division of Nephrology, Sunnybrook Health Sciences Centre

Benedict M Glover, MD, MRCP

Dr. Glover is a staff cardiologist at Sunnybrook Health Sciences Centre with a specific interest in atrial fibrillation and ventricular arrhythmias, catheter ablation and device therapy.

Jeff Habert MD, CCFP, FCFP

Dr. Habert is an Assistant Professor in the Department of Family and Community Medicine at the University of Toronto, Co-Chair of Clinical Guidelines Committee Thrombosis Canada.

Rahul Jain MD, CCFP, MScCH (HPTE)

Dr. Jain is a Family Physician and Hospitalist, Sunnybrook Health Sciences Centre Assistant Professor, University of Toronto, Department of Family and Community Medicine.

Sol Stern, MD, MSc, MCFP

Dr. Stern is a Family Physician at Argus Medical Centre in Oakville, Ontario.

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

Dr. Tobe is a specialist in Hypertension and Nephrology, Division of Nephrology, Sunnybrook Health Sciences Centre, and is the University of Toronto Postgraduate Fellowship Director – Nephrology. He is a Professor in the Faculty of Medicine, University of Toronto and Northern Ontario School of Medicine.

Jonathan Gabor MSc, MD, FRCPC, SCH, Dip. ABOM

Dr. Gabor is a specialist in Clinical Hypertension, Department of Medicine, Concordia General Hospital, Winnipeg, Manitoba

Plenary Speakers

Stroke Best Practice Guidelines

Alexandre Y. Poppe, MD, CM, FRCPC

Clinical Associate Professor, Department of Neurosciences, Université de Montréal
Stroke Neurologist, Stroke fellowship program director
Centre Hospitalier de l'Université de Montréal (CHUM)

Diabetes Canada Guidelines

Peter Senior, MBBS, PhD

Professor of Medicine, Director, Division of Endocrinology and Metabolism, University of Alberta Clinical Section Head, Endocrinology and Metabolism, Alberta Health Services Medical Director, Clinical Islet Transplant Program, Alberta Health Services Co-director, Northern Alberta Diabetic Nephropathy Prevention Program

Obesity Canada Guidelines

Sean Wharton, MD, DPharm

Women's College Hospital, Hamilton Health Sciences Centre
Assistant Clinical Professor, McMaster University

Canadian Association of Cardiovascular Prevention and Rehabilitation (CACPR) Guidelines

Simon Bacon, PhD, FTOS, FCCS, FABMR

Co-Director, Montreal Behavioural Medicine Centre
CIUSSS-NIM, Hopital du Sacre-Coeur de Montreal
Professor, Department of Health, Kinesiology, and Applied Physiology, Concordia University

Canadian Cardiovascular Society – Dyslipidemia Guidelines

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

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

Agenda | Saturday March 27, 2021

Time	Presentation	Facilitator
8:45 - 9:00	Introductions <ul style="list-style-type: none"> • C-CHANGE Update 2021 • Orientation and Certification 	Dr. Rahul Jain Diane Hua-Stewart
9:00 - 11:45	Plenary	Dr. Sheldon Tobe
9:00 - 9:20	Plenary 1 What's New in Stroke Best Practices?	Dr. Alexandre Poppe
9:20 - 9:40	Plenary 2 What's New in Diabetes?	Dr. Peter Senior
9:40 - 10:00	Plenary 3 What's New in Obesity?	Dr. Sean Wharton
10:00 - 10:30	Q&A, Exhibitor Showcase	
10:30 - 10:50	Plenary 4 What's New in Cardiac Rehab?	Dr. Simon Bacon
10:50 - 11:10	Plenary 5 What's New in Lipids (CCS)?	Dr. Glen Pearson
11:10 - 12:00	Q&A, Health Break with Exhibitors	TBD
12:00 - 13:00	Session A Concurrent Workshops	
	A1: CV Risk Reduction in T2DM - SGLT2i/GLP1 in Patients with DM and CVD	Dr. Sol Stern
	A2: Cardiovascular Management of Patients with Chronic Kidney Disease	Dr. Sheldon Tobe
	A3: Anticoagulation in Nonvalvular Atrial Fibrillation in Patients with Renal Disease	Dr. Benedict Glover
13:00 - 14:00	Session B Concurrent Workshops	
	B1: How C-CHANGE can Help Management of the multi co-morbidity patient	Dr. Rahul Jain
	B2: Anticoagulation in Nonvalvular Atrial Fibrillation in Patients with Renal Disease	Dr. Jeffrey Habert
	B3: Blood Pressure Measurement Diagnosis and Follow-Up of Hypertension	Dr. Lisa Dubrofsky
14:00 - 15:00	Session C Concurrent Workshops	
	C1: Renal Protection in Patients with Diabetes and Advanced Nephropathy	Dr. Sheldon Tobe
	C2: ARNI in Reduced Ejection Fraction Heart Failure (HFrEF)	Dr. Richard Choi
	C3: Blood Pressure Measurement Diagnosis and Follow-Up of Hypertension	Dr. Jonathan Gabor
15:00 - 15:15	Closing Remarks - Evaluation	

Overall Program Objectives

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

1. Describe the coming updates to the C-CHANGE Guideline
2. Develop an approach to the multi-comorbid patient
3. Summarize the newest and emerging therapies and how they apply to renal and cardiovascular protection

Session Descriptions

Plenary Talk

1. What's New in Stroke Best Practices?

- Describe the latest stroke update
- Explain how to implement these changes in practices

2. What's New in Diabetes?

- Describe the latest diabetes update
- Explain how to implement these changes in practices

3. What's New in Obesity management?

Registrants who attend and participate will be better able to do the following:

- Explain why obesity is a chronic disease
- Discuss the complications of obesity and their impact on chronic disease management
- Mitigate bias and stigma in your practice
- Assess a patient living with obesity based on the latest evidence as outlined in the recently published Canadian Adult Obesity Clinical Practice Guidelines

4. What's New in Cardiac Rehab?

- Describe the latest CACPR Cardiovascular Rehabilitation Guidelines update
- Explain how to implement these changes in practices

5. What's New in Lipid Guideline Recommendations?

- Describe the latest dyslipidemia guideline update
- Explain how to implement these changes in practices

Concurrent Workshops

Format: The sessions are led by a trained facilitator. Sessions are 60 min case-based interactive group workshops (40 min of presentation with discussion questions to stimulate discussion of case presentation, labs, history, practice and data points, and 20 min for topic related Q & A throughout the case module)

Blood Pressure Measurement Diagnosis and Follow-Up of Hypertension

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

- To describe the new Hypertension Canada recommendations and algorithm for the diagnosis of hypertension
- To outline the rationale for and the methods for using automated office blood pressure measurements.
- Define White Coat Hypertension, Masked Hypertension, and Masked Uncontrolled Hypertension (MUCH)
- To describe tools for helping learners acquire and teach the knowledge and skills for blood pressure measurement.

How C-CHANGE can Help Management of the multi co-morbidity patient

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

- 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

Session Descriptions Concurrent Workshops continued

Cardiovascular Management of Patients with Chronic Kidney Disease

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

- Identify a patient with chronic kidney disease.
- Formulate a treatment plan for renal and cardiovascular risk reduction using the C-CHANGE guidelines including BP control and lipid management and SGLT2i.
- Communicate and initiate the treatment plan to reduce renal and cardiovascular risk in patients with chronic kidney disease

CV Risk Reduction in Diabetes (SGLT2 inhibitors/GLP-1 Receptor Agonists in Patients with DM and CVD)

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

Anticoagulation in Nonvalvular Atrial Fibrillation in Patients with Renal Disease

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

- Describe the rationale for anticoagulation of non-valvular atrial fibrillation
- Describe the effect on outcomes of non-valvular atrial fibrillation with CKD
- Describe the management of patients with CKD and non-valvular atrial fibrillation

ARNI in Reduced Ejection Fraction Heart Failure (HFrEF)

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

- Describe the epidemiology and pathophysiology of reduced ejection fraction heart failure (HFrEF) and preserved ejection fraction heart failure (HFpEF)
- Describe the current management of HFrEF
- Describe the evidence for ARNI in HFrEF
- Apply the clinical practice guideline for ARNI in HFrEF

Renal Protection in Patients with Diabetes and Advanced Nephropathy

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

- Describe advanced diabetic nephropathy and its consequences
- Explain the rationale for the management of advanced nephropathy and the potential benefits
- Describe how advanced nephropathy might be prevented