



5TH ANNUAL CONFERENCE
HYBRID

CHEP+ Conference

Bringing Together Canada's Cardiovascular- Focused Guidelines

Hybrid | Toronto – Pan Pacific Hotel

In Person Attendance: 900 York Mills Rd, North York, ON
Virtual Attendance Option

March 25, 2023

PROGRAM AGENDA





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A Message from the Conference Co-Chairs:

Welcome to the 5th Annual CHEP+ Conference! We are delighted to have your participation in our upcoming HYBRID conference. After three 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 conference date is **Saturday March 25, 2023** and 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, we release our **2022 Update to the C-CHANGE Guidelines** in the Canadian Medical Association Journal. 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. Alexandre Poppe, Darren Warburton, Sean Wharton, Stephanie Poon, Subodh Verma, 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 2022 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

2023 CHEP+ Conference Co-Chairs:



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



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



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REGISTRATION FOR 2023 CHEP+ CONFERENCE

REGISTER NOW

For more information: www.chepplus.com

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

All registrations will have additional 13% HST applied online along with processing fees.

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
- Chance to participate in the lunchtime nutrition cooking demo
- 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.



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Interactive Workshops (Morning)

- 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**.
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Plenary (Afternoon)

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Conference Speakers/Facilitators

Jason Andrade, MD, FRCPC, FHRS

Associate Professor of Medicine, University of British Columbia, Adjunct Professor at Université de Montréal, Director, VGH Cardiac Electrophysiology Laboratory, Co-Chair of the Canadian Cardiovascular Society Atrial Fibrillation Guidelines

Joel Barohn, MSc, RD

Adjunct Professor, University of British Columbia
Nutrition Educator, BC Dairy Association
Owner, The Culinary specializing in culinary medicine and food literacy in medical education

Shannon Bredin, MSc, PhD

Associate Professor, Faculty of Education, School of Kinesiology, University of British Columbia
Co-Director, Physical Activity Promotion and Chronic Disease Prevention Unit
Founder/Director, Cognitive and Functional Learning (LEARN) Laboratory and the Laboratory for Knowledge Mobilization (KNOW)

Krista Esslinger, RD

Nutrition Advisor, Dietary Guidance, Office of Nutrition Policy and Promotion, Health Canada

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

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.



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Stephanie Poon MD, MSc, FRCPC

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

Alexandre Poppe MD, CM, FRCPC

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

Lee Rysdale, MEd, RD

Associate Professor, Clinical Sciences and Research Affiliate, Centre for Social Accountability, Northern Ontario School of Medicine (NOSM)

Research and Evaluation Lead, Northern Ontario Dietetic Internship Program (NODIP), NOSM

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

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

Subodh Verma MD, PhD, FRCSC, FAHA

Cardiac Surgeon, St. Michael's Hospital, Unity Health Toronto, Scientist, Keenan Research Centre for Biomedical Science and Li Ka Shing Knowledge Institute of Unity Health Canada Research Chair in Cardiovascular Surgery

Sean Wharton, MD, PharmD, FRCP(C)

Internal Medicine Specialist, Women's College Hospital, Medical Director, Wharton Medical Clinic, Hamilton Health Sciences Centre, Adjunct Professor, McMaster University and York University

CHEP+ 5th ANNUAL CONFERENCE <i>Bringing Together Canada's Cardiovascular Focused Guidelines</i> PROGRAM AGENDA		
Time (EDT)	Topic	Speaker
INTERACTIVE WORKSHOPS		
8:30 – 9:30 a.m.	A1. SGLT2i for Cardiac Protection in Patients with Heart Failure	Dr. Subodh Verma (Speaker) Dr. Rahul Jain (Moderator)
9:30 – 10:30 a.m.	B1. 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)
10:30 – 11:00 a.m.	Break	
10:00 – 11:00 a.m.	C1. Culinary 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
11:00 – 12:00 p.m.	Exhibitor Showcase and Lunch Presentation – Culinary Medicine	Joel Barohn, MSc, RD
PLENARY SESSIONS		
12:00 – 12:15 p.m.	Introductions	Dr. Sheldon Tobe Dr. Rahul Jain
	Health Behaviours: Diet, Physical Activity, Obesity (20 min each)	
12:15 – 12:35 p.m.	P1. 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.	P2. Physical activity to improve health and exercise prescriptions – What clinicians should know.	Dr. Shannon Bredin
12:55 – 1:15 p.m.	P3. Can patients with living with obesity really lose weight and how will they benefit?	Dr. Sean Wharton
1:15 – 1:45 p.m.	Q&A with Panel Moderator	Dr. Rahul Jain
	Diabetes, Hypertension and Dyslipidemia Management (20 min each)	
1:45 – 2:05 p.m.	P4. 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.	P5. 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.	P6. 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.	Q&A with Panel Moderator:	Dr. Peter Liu
3:15 – 3:45 p.m.	Exhibitor Showcase and Break	
	Atherosclerotic Cardiovascular Disease, Coronary Heart Failure, Atrial Fibrillation, Stroke and Dementia Management (20 min each)	
3:45 – 4:05 p.m.	P7. An approach to heart failure management with the 'Fantastic Four'	Dr. Stephanie Poon
4:05 – 4:25 p.m.	P8. Stroke screening strategies for prevention and how a virtual community of practice for stroke can implement stroke care best practice in primary care	Dr. Alexandre Poppe
4:25 – 4:45 p.m.	P9. 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.	Q&A with Panel Moderator	Dr. James Stone
5:15 – 5:30 p.m.	Closing - Final Remarks	Dr. Rahul Jain

ACCREDITATION

Interactive Workshops (Morning)

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Plenary (Afternoon)

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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. 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 – 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. Can patients with living with obesity really lose weight and how will they benefit?

- Describe how to manage obesity (BMI 30-34 kg/m²) in the clinic.
- Describe the health benefits over time from a 10 lb weight loss in a patient with BMI 32, A1c 6.4%, age 55.
- Describe how to take a history of root causes of weight gain, and the indications for referral to a weight loss specialist.

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 HF_rEF and HF_pEF
- 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. Stroke screening strategies for prevention and how a virtual community of practice for stroke can implement stroke care best practice 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