

ACRA 2018 Annual Scientific Meeting CONFERENCE PROGRAM

MONDAY 30 JULY 2018 PRE-CONFERENCE PROGRAM

9:00am – 6:00pm	Registration Desk Open	Ground Level Foyer
11:00am – 4:00pm	Pre-Conference Workshop: What's New in Heart Failure Management? Chairs: Julie Adsett & Steve Woodruffe	Grand Ballroom First Floor
11:00am – 11:30am	Emerging treatments in heart failure Associate Professor John Atherton, Royal Brisbane and Women's Hospital	
11:30am – 12:15pm	Management of Renal Impairment in the heart failure patient i) The Nephrologist perspective – Professor Keshwar Baboolal, Royal Brisbane Women's Hospital ii) The Cardiologist perspective – Associate Professor John Atherton, Royal Brisbane and Women's Hospital iii) Discussion and questions	
12:15pm – 1:00pm	Remote monitoring and management of the heart failure patient i) Telemonitoring of the heart failure patient – Dr Scott McKenzie, Prince Charles Hospital Queensland ii) Remote monitoring of body weight – Associate Professor Andrew Maiorana, Curtin University iii) Heart failure management via Telehealth – Christine Horton, West Moreton Hospital Health Service iv) Discussion and questions	
1:00pm – 1:45pm	Lunch and Trade Exhibition	Chancellor Ballroom Ground Floor
1:45pm – 2:30pm	The future of Valvular Disease Interventions to manage heart failure Associate Professor Greg Scalia, Prince Charles Hospital Queensland	
2:30pm – 3:15pm	Emerging treatments for the patient with a Ventricular Assist Device i) Care of the VAD patient – Jayne Bancroft, Prince Charles Hospital Queensland ii) Exercise-based CR for VAD patients – Associate Professor Andrew Maiorana, Curtin University iii) Discussion and questions	
3:15pm – 3:30pm	The future of cardiac transplant – “Heart-in-a-box” Jo Maddicks-Law	
3:30pm – 3:45pm	New models of care in heart failure management – where to from here? Annabel Hickey, Prince Charles Hospital Queensland	
3:45pm – 4:00pm	Afternoon Tea and Trade Exhibition	Chancellor Ballroom

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		Ground Floor
4:00pm – 5:00pm	ACRA Members' Forum (all welcome) Chair: Robyn Gallagher, ACRA National President	
6:00pm – 8:00pm	Welcome Reception (including Networking Speed Dating Event & launch of ACRA Mentoring Program)	Chancellor Ballroom Ground Floor

TUESDAY 31 JULY 2018

CONFERENCE PROGRAM – DAY 1

7:00am – 5:00pm	Registration Desk Open	Ground Level Foyer
7:15am - 8:00am	Breakfast Panel: Sponsored by the Heart Foundation Create, Collaborate and Grow: How can we engage with patients to optimise medication and lifestyle adherence? Panellists: Professor Robyn Clark (MC) Dr Geoff Holt, Interventional Cardiologist Chastina Heck, Pharmacist and Aboriginal Woman Dr Anita Green, General Practitioner Dr Gina Cleo, Dietitian Lexy Hamilton-Smith, Consumer Rep/Patient Experience  Heart Foundation®	Grand Ballroom First Floor
8:30am - 10:25am	Plenary Session 1: "Collaborate" Chairs: Robyn Clark & Steve Woodruffe	Grand Ballroom First Floor
8:30am - 8:40am	Welcome to Country	
8:40am - 8:45am	Convenor Welcome Paul Camp, Conference Convenor	
8:45am - 9:00am	Official Opening via Patient Story John	
9:00am - 9:40am	Alan Goble Oration- The challenge of reaching out to Cardiologists: How can we get them involved in Cardiac Rehabilitation? Associate Professor David Colquhoun, Wesley Medical Centre and Greenslopes Private Hospital. With facilitated discussion led by Robyn Clark	
9:40am - 9:45am	Get Up and Move! (physical activity session) Jim Sallis, University of Southern California	
9:45am - 10:25am	International Keynote: The evolving epidemiology of Heart Failure and its prevention Professor John Cleland, Royal Brompton Hospital, UK	
10:25am - 10:45am	Morning Tea, Poster Display and Trade Exhibition	Chancellor Ballroom Ground Floor

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10:45am - 12:30pm	Plenary Session 2 Chairs: Bridget Abell & Alun Jackson			Grand Ballroom First Floor
10:45am - 11:45am	Research Prize Session Sponsored by: 			
10:45am - 11:00am	A systematic review and meta-analysis of the effect of exercise parameters on quality of life and physical function in community dwelling people with Chronic Heart Failure Katie Palmer, Monash Health			
11:00am - 11:15am	Are people with stroke and TIA attending cardiac rehab? A nationwide survey Thomas Howes, University of Canberra			
11:15am - 11:30am	Feasibility, safety, adherence and efficacy of high intensity interval training in cardiac rehabilitation for patients with coronary heart disease. Findings from The FITR Heart Study Jenna Taylor, University of Queensland			
11:30am - 11:45am	Breaking accessibility barriers: Can tele-rehabilitation deliver real-time specialist support to every patient, in every location? Jonathan Rawstorn, Deakin University			
11:45am - 11:50am	Get Up and Move! (physical activity session) Karen Uhlmann, Heart Foundation Queensland			
11:50am - 12:30pm	Clinical Excellence Showcase (4 x 6 min presentations) <ol style="list-style-type: none"> Chest pain assessment service trial at Caboolture Hospital - improving patient safety and patient flow Kathleen Powter and Julie Taylor, Queensland Health Caboolture Hospital A Cardiac Rehabilitation coalition: measuring and improving practice Carolyn Astley, SAHMRI/Flinders University “Track and Trigger” Heart Failure weight monitoring tool Eugene Lugg, National Heart Foundation Victoria Living well with SCAD - A Novel cardiac rehabilitation program Wendy Maginness, Canterbury District Health Board Followed by questions from the floor and session chairs			
12:30pm - 1:30pm	Lunch, Poster Display and Trade Exhibition			Chancellor Ballroom
12:50pm – 1:20pm	ACRA Annual General Meeting			Wickham and Leichhardt Rooms (First Floor)
CONCURRENT ABSTRACT SESSIONS				
1:30pm - 2:15pm	Theme: “Create” Strengthening the chain of survival for AMI and Cardiac Arrest	Theme: “Create” Lifestyle Change: Exercise and Diet Chairs: Tracy Swanson & Chris Askew	Theme: “Collaborate” Patient engagement and support Chairs: Jo Wu & Sandy McKellar	Theme: “Create, Collaborate, Grow” Heart Failure Chair: Alun Jackson & Alison Venn

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	Chairs: Susie Carledge & Emma Boston	Terrace Room (First Floor)	Wickham Room (First Floor)	Leichhardt Room (First Floor)
	Roma Room (First Floor)			
1:30pm - 1:45pm	A novel approach to promote timely care-seeking in patients with acute myocardial infarction: creating a virtual heart attack experience Polly Li, Chinese University of Hong Kong	Dietary Patterns for Heart Health – An evidence informed approach Beth Meertens, National Heart Foundation	Patient readiness for risk-reduction education and lifestyle change following transient ischemic attack Heidi Janssen, Hunter New England Health Local Health District	Identifying barriers to engagement in rehabilitation for people with Chronic Heart Failure: An Australian Survey Katie Palmer, Monash Health
1:45pm - 2:00pm	Australian's awareness of cardiac arrest and rates of CPR training: results from the Heart Foundation's Heart Watch Survey Janet Bray, Monash University	Are cardiac rehabilitation patients meeting the physical activity guidelines 12 months after their event? A longitudinal study Nicole Freene, University of Canberra	Clinical and health promotion partnerships support cardiothoracic surgical patient recovery Brittany Marsh, Heart Foundation South Australia	Mortality rates post Heart Failure exercise rehabilitation program Steve Woodruffe, Ipswich Cardiac Rehabilitation Service
2:00pm - 2:15pm	Benefits of cardiac rehabilitation on patients who have experienced an out of hospital cardiac arrest (OOHCA) – a retrospective cohort study Robert Zecchin, Western Sydney Local Health District	Exercise prescription following median sternotomy: What's best for physical and cognitive recovery? A systematic review Jacqueline Pengelly, Swinburne University of Technology	The Queensland My Heart, My Life Support Program Karen Uhlmann, Heart Foundation Queensland	An empowerment-based program on self-care and health-related quality of life of patients with Chronic Heart Failure: A preliminary cost-effective analysis on the program effects Doris Yu, Chinese University of Hong Kong
BREAKOUT SESSIONS				
2:15pm - 3:30pm	Roma Room (First Floor) Chair: Sandy McKellar	Terrace Room (First Floor) Chair: Jane Kerr	Wickham Room (First Floor) Chair: Lis Neubeck	Leichhardt Room (First Floor) Chair: Andrew Maiorana
	Networking roundtables and clinical practice sharing This session will provide a chance to meet others working	ATSI Workshop: Closing the Gap- a Health Systems Response Facilitated by Alison Nelson and Renee Brown	Atrial Fibrillation Symposium: Perspectives on managing competing priorities, cardiac	Walking Workshop: Active Cities- Why it matters and what to look for

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	<p>in the CR field in an informal setting. Small group discussion and networking opportunities will be facilitated in a fun and interactive manner.</p> <p>Topics to discuss could include: What lessons have you learned from your own practice/research? How do you do things in your practice?; How can we better look after our own health as CR professionals? How can we better collaborate and advocate for patients and improvements in CR services?</p>	<p>from the Institute for Urban Indigenous Health</p>	<p>rehabilitation and the patient journey</p> <p>A set of presentations with extended audience Q & A and panel discussion facilitated by Professor Lis Neubeck. Topics to be discussed include AF definitions; the latest technologies, risk factors and treatments; community and integrated care.</p> <ul style="list-style-type: none"> — Atrial Fibrillation-Getting to the heart of the problem (Luke Shanahan, Gold Coast Health and Hospital Service) — Integrated AF management and its role in the coordination of care (Dr Jeroen Hendricks, University of Adelaide) — Atrial Fibrillation-considering the risk factor profile (Dr Nicole Lowres, University of Sydney) — International perspectives (Professor Lis Neubeck, Edinburgh Napier University) 	<p>Facilitated by Professor Jim Sallis, University of California</p> <p>Learn how to become an advocate for active neighbourhoods.</p> <p>This Walkshop will move quickly from evidence to application. It will begin with an overview of evidence linking the design of cities and streetscapes with physical activity, sedentary behavior, and physiological risk factors for CVD. Because patients live in the same communities as everyone else, there is reason to believe that creating more activity-supportive cities and neighborhoods can contribute to improved prevention, treatment, and rehabilitation. Attendees will learn how to use a brief streetscape observation measure looking at elements of an activity-supportive neighborhood. They will then go out into the streets, and apply the measure. Evidence from this activity will be used to recommend improvements.</p> <p><i>(Please wear comfortable shoes and clothes for walking if you plan on attending this session)</i></p>
3:30pm - 4:00pm	Afternoon Tea, Poster Q & A and Trade Exhibition			<i>Chancellor Ballroom Ground Floor</i>
4:00pm – 4:50pm	Plenary Session 3: “Create” Chairs: Lis Neubeck & Kim Gray			<i>Grand Ballroom First Floor</i>
4:00pm - 4:40pm	The effect of lifestyle and obesity in childhood and early adulthood on the risk of developing cardiovascular disease and diabetes later in life Professor Alison Venn, Menzies Institute for Medical Research, University of Tasmania			
4:40pm - 4:50pm	The Patient's Perspective Dale			
4:50pm	Close of Day 1			
6:15pm	Coach transfers departing Hotel Grand Chancellor Brisbane <i>All attendees are to meet in the Lobby of the Hotel Grand Chancellor</i>			
6:30pm – 11:00pm	ACRA 2018 ASM Gala Dinner			<i>GOMA River Room</i>
11:00pm	Return coach transport Hotel Grand Chancellor Brisbane			

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WEDNESDAY 1 AUGUST 2018
CONFERENCE PROGRAM – DAY 2

7:00am – 5:00pm	Registration Desk Open			Ground Level Foyer
7:30am - 8:15am	Blended models of conventional and technology based cardiac rehabilitation Dr John Rivers, Queensland Cardiovascular group FCANZ Breakfast Symposium sponsored by CardiHab 			Grand Ballroom First Floor
7:30am - 8:15am	Heart Foundation Guided Walk through the Parklands			
8:55am – 10:45am	Plenary Session: “Grow” Chairs: Robyn Gallagher & Nicole Lowres			
8:55am - 9:00am	Chair to welcome delegates, housekeeping, updates			
9:00am - 9:40am	Brain fitness and resilience: How to manage stress to grow mindset, embrace change and improve health Professor Selena Bartlett, IHBI, Queensland University of Technology			
9:40am - 9:45am	Get Up and Move! (physical activity session) Jim Sallis, University of Southern California			
9:45am - 10:45am	Clinical Prize Session Sponsored by 			
9:45am - 10:00am	After hours Cardiac Rehabilitation, meeting the needs of our younger patients Emma McGlynn, Princess Alexandra Hospital			
10:00am - 10:15am	Scottish National Inquiry on Atrial Fibrillation Professor Lis Neubeck, Edinburgh Napier University			
10:15am - 10:30am	Clinical considerations for high intensity interval training in cardiac rehabilitation Jenna Taylor, University of Queensland			
10:30am - 10:45am	Screening for sleep apnoea in Cardiac Rehabilitation: prevalence and outcomes Mary-Anne Beer, Alfred Health			
10:45-11:15	Morning Tea, Poster Q&A and Trade Exhibition			Chancellor Ballroom Ground Floor
BREAKOUT SESSIONS				
11:15am - 12:30pm	Roma Room (First Floor) Chair: Steve Woodruffe	Terrace Room (First Floor) Chair: Karen Uhlmann	Wickham Room (First Floor) Chair: Bridget Abell	Leichhardt Room (First Floor) Chairs: Paul Camp & Katina Corones-Watkins
	Networking roundtables and clinical practice sharing This session will provide a chance to meet	ATSI Workshop: Better Cardiac Care - better services, better data, better outcomes	Workshop: How to become an evidence-based cardiac rehabilitation practitioner	Symposium: Addiction, Habits and the Brain: How recent advances in science can

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	<p>others working in the CR field in an informal setting. Small group discussion and networking opportunities will be facilitated in a fun and interactive manner.</p> <p>Topics to discuss could include: What lessons have you learned from your own practice/research? How do you do things in your practice?; How can we better look after our own health as CR professionals? How can we better collaborate and advocate for patients and improvements in CR services?</p>	<p>Facilitated by Daniel Williamson and Vivian Bryce</p> <p>This workshop will present the Cardiac Care Outreach Model and Better Cardiac Care Data Linkage Project. It will explore the importance of supported cultural care models of acute and secondary service delivery and how these are linked to better health outcomes. This workshop also provides the opportunity to provide feedback on planned research in this area.</p>	<p>This workshop provides fundamental skills in evidence based practice. Learn how to find the answers to your clinical questions in the research evidence, critically read and appraise a journal article, understand basic medical statistics (e.g. p-value), and apply the findings to every-day practice. No previous research experience is required.</p>	<p>inform clinical practice</p> <p>A set of 3 presentations with extended audience Q & A and panel discussion around the theme of addiction.</p> <ul style="list-style-type: none"> - How to use neuroplasticity to reduce stress-induced addictions Professor Selena Bartlett, Queensland University of Technology - Smoking habits and nicotine addiction Associate Professor Colin Mendelsohn, University of New South Wales - Are habits the key to sustained weight loss? Dr Gina Cleo, Bond University
12:30pm - 1:15pm	Lunch, Poster Display and Trade Exhibition			<i>Chancellor Ballroom</i>
12:50pm - 1:10pm	ACRA-Qld Annual General Meeting			<i>Leichhardt Room (First Floor)</i>
CONCURRENT SESSIONS				
1:15-2:20pm	<p>Theme: “Create” Screening in CVD - Challenges and Opportunities</p> <p>Chairs: Alun Jackson & Jeroen Hendricks</p> <p>Roma Room (First Floor)</p>	<p>Theme: “Collaborate” Addressing referral, access and resourcing issues for cardiac rehabilitation improvement</p> <p>Chairs: Cate Ferry & Kathy O'Donnell</p> <p>Terrace Room (First Floor)</p>	<p>Theme: “Grow” Is it time to rethink cardiac rehabilitation program design, content and eligibility?</p> <p>Chairs: Michelle Aust & Emma Boston</p> <p>Wickham Room (First Floor)</p>	
1:15pm - 1:35pm	<p>Invited Speaker Pre-exercise screening for cardiac rehabilitation Associate Professor Andrew Maiorana, Curtin University</p>	<p>Invited Speaker The Queensland Cardiac Outcomes Registry- CR module Samara Phillips, Statewide Cardiac Clinical Network Queensland</p>	<p>Invited Speaker The management of patients with peripheral vascular diseases in the cardiac rehabilitation setting Associate Professor Chris Askew, University of the Sunshine Coast</p>	
1:35pm - 1:50pm	<p>Screening for Obstructive Sleep Apnoea in Cardiac Rehabilitation – a</p>	<p>The Global Cardiac Rehabilitation Program Survey: Cardiac Rehabilitation</p>	<p>Evaluation of a new health service designed to improve cardiovascular health and reduce the risk of recurrent cardiovascular events after transient ischemic attack or non-disabling stroke</p>	

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	single site experience Robert Zecchin, Western Sydney Local Health District	program resources and impact in Australia Robyn Gallagher, University of Sydney	Heidi Janssen, Hunter New England Health Local Health District
1:50pm - 2:05pm	Total cardiovascular disease risk scoring assessments: a survey on screening in general practice Anita Smith, Sir Charles Gairdner Hospital, WA	Cardiac Rehabilitation Secondary Prevention referral numbers: a retrospective audit and process review Hazel Mountford, Sir Charles Gairdner Hospital	Resistance training following median sternotomy: should we continue to fear it? Jacqueline Pengelly, Swinburne University of Technology
2:05pm - 2:20pm	Identification of secondary atrial fibrillation during hospital admission and patient self-monitoring for atrial fibrillation recurrence post discharge: a feasibility study Nicole Lowres, Heart Research Institute NSW	Cardiac rehabilitation for all adults in rural and remote areas of northern Queensland: Barriers, enablers and pathways Patricia Field, James Cook University	Developing a cardiac rehabilitation curriculum in Victoria – methods and preliminary results Susie Cartledge, Deakin University
2:20pm - 2:25pm	Get Up and Move!		
INVITED SPEAKER SYMPOSIUMS			
2:25pm - 3:35pm	“Create”: Acute care and the patient journey Chairs: Robert Zecchin & Janet Bray Roma Room (First Floor)	“Collaborate”: Closing the heart- health gap for Aboriginal and Torres Strait Islander peoples Chair: Karen Uhlmann & Katina Corones-Watkins Terrace Room (First Floor)	“Grow”: Managing heart disease in an aging population: challenges and opportunities Chairs: Robyn Gallagher and Jim Sallis Wickham Room (First Floor)
2:25pm - 2:45pm	Out of hospital cardiac arrest and considerations for cardiac rehabilitation Professor Judith Finn, Curtin University	An improved model of cardiac care for ATSI patients at the PA Hospital Dr William Wang, The University of Queensland	Mobility, frailty and other considerations for exercise in the older patient Dr Alison Mudge, Royal Brisbane and Women's Hospital
2:45pm - 3:05pm	Faster and safer ways of investigating patients with chest pain in the ED	Cardiovascular health outcomes through Work It Out – a chronic disease self-management program	Advanced heart disease and advanced-care planning Professor Liz Reymond, Metro South Palliative Care Service

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	Professor Will Parsonage, Royal Brisbane and Women's Hospital	Tabinda Basit, Institute for Urban Indigenous Health	
3:05pm - 3:25pm	Multidisciplinary care of families with inherited heart diseases Dr Jodie Ingles, Cardiac Society of Australia and New Zealand	The Rheumatic Heart Disease plan and future directions Kathy Brown, Aboriginal & Torres Strait Islander Health Branch, Queensland Health	Too much medicine? Deprescribing in patients with cardiovascular disease Associate Professor Ian Scott, Princess Alexandra Hospital
3:25pm - 3:35pm	Panel Discussion	Panel Discussion	Panel Discussion
3:35pm - 3:55pm	Afternoon Tea, Poster Display and Trade Exhibition		<i>Chancellor Ballroom Ground Floor</i>
3:55pm - 5:00pm	Plenary Session 5: "Grow" Chairs: Paul Camp & Robyn Gallagher		<i>Grand Ballroom First Floor</i>
3:55pm - 4:35pm	Clearing the air on E-cigarettes Experts in smoking cessation and tobacco treatment discuss the pros and cons of e-cigarettes including the latest evidence, safety and risks, impact on smoking rates, and potential clinical implications. Opportunity for audience questions and debate provided. Speakers: Colin Mendelsohn (University of New South Wales) and Renee Bittoun (University of Notre Dame, Australia) Moderator: Brett Windeatt, Queensland Health		
4:35pm - 4:45pm	The Final Word (a patient story) Peter		
4:45pm - 4:55pm	Prizes and Awards Clinical Paper, Research Paper, Poster Prizes, People's Choice, Exhibitor Passport Prize, Poster Passport Prize		
4:55pm - 5:00pm	ACRA 2019 ASM Promo		
5:00pm	Conclusion of Conference		

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