



## Secondary Prevention in Cardiology Symposium 2017

### “Surfing the Waves of Change”

Jointly hosted by the Australian Cardiovascular Health and Rehabilitation Association-Queensland (ACRA-Qld) and the National Heart Foundation of Australia

#### SYMPOSIUM PROGRAM

**Time:** Friday, 9am- 3:30pm, 20<sup>th</sup> October 2017

**Location:** The [SCHI Auditorium, Hub building](#), Sunshine Coast University Hospital, Birtinya.

Videoconference available for those outside Sunshine Coast and Brisbane Areas (limited, please book early).

**Registration:** <http://bit.ly/WavesOfChange>

Time	
0815	Registration Open (Tea /Coffee) in Foyer outside Auditorium <b>Trade displays</b>
<i>0830</i>	<i>Welcome to the Sunshine Coast University Hospital: guided walk-through with facts and figures about the Sunshine Coast's newest hospital (spaces limited, booking required)</i>
0900	Welcome to Country - Lyndon Davis Local Kabi Kabi storytelling and history
0915-0945	Official Opening – Dr Rohan Poulter Sunshine Coast Cardiology Update- new hospital, new facilities, new services. Keynote Speaker: Professor Rohan Poulter (Director of Cardiology Sunshine Coast University Hospital)
0945-1000	Sunshine Coast Cardiac Rehabilitation Journey: Surfing the waves of change – Michelle Aust (CR coordinator)
1000-1015	How to achieve better health and lifestyles in regional communities, reducing the causes, incidence and impacts of major chronic diseases – Robb Major (Central Qld, Wide Bay and Sunshine Coast PHN)
1015-1030	How is Wide Bay CR service surfing the chop, avoiding the wipe outs and scoring the perfect 10 for their patients? Reflections from 15 years in cardiac rehab - Phillip Wells (Wide Bay CR coordinator)
<i>1030-1045</i>	<i>Time to get active with EFM Health Clubs during a fun networking activity</i>
1045	Morning Tea in Foyer
1115-1245	<b>The latest evidence / guidelines in lifestyle and risk factor management</b>
1115-1145	Dietary patterns and cardiovascular disease management evidence-based position statements – Professor Clare Collins (Professor of Nutrition and Dietetics)
1145-1200	Does making habits or breaking habits influence weight loss and lifestyle change? – Gina Cleo (Dietitian and PhD Candidate)
1200-1215	What's new in exercise prescription guidelines and practice - Bridget Abell (Research Fellow)
1215-1230	Patient Story: Spontaneous coronary artery dissection - Janine Delaney
1230-1245	Interactive Secondary Prevention and ACRA-Qld CR Think Tank session (audience participation) & ACRA 2018 Scientific Meeting promotional video official launch
1245-1345	<b>Lunch – Foyer</b>
1300-1330	<b>ACRA QLD AGM (MEMBERS ONLY)</b>

1345-1530	<b>Afternoon Session</b>
1345-1415	Acute Rheumatic Fever and Rheumatic Heart Disease within QLD - Erin Howell (Clinical Nurse Consultant, Rheumatic Heart Program)
	<b>Surfing the digital health waves – Health innovation projects and programs</b>
1415-1435	Qld CR State-wide data module update – Samara Phillips (Department of Health)
1435-1455	The evolution of Cardihab- Gus Taddeo (Cardihab/CSIRO)
1455-1515	Latest patient resources and programs from the Heart Foundation – Karen Uhlmann (National Heart Foundation)
1515-1530	Wrap up and Symposium close
1530-1615	<b>Networking Afternoon Tea</b>

---

**Continuing Professional Development Points (CPD):** equivalent of 5 CPD points

## Acknowledgements

QCRA would like to thank our valued sponsors for making this event possible:

### GOLD SPONSOR



### SILVER SPONSORS

