



# ACRA 2016 ASM

## Full Day Pre-Conference Workshop

Sponsored by:

Boehringer Ingelheim

BMS/Pfizer

Bayer Australia

Monday, 1 August 2016		
0900-1900	Registration Open	<i>Pre-Conference Area</i>
<b>1000-1630</b>	<b>Atrial Fibrillation Workshop</b>	<b><i>Hindley Room 1</i></b>
1000-1015	<b>Launch of AF Group</b> <i>Dr Lis Neubeck</i>	
1015-1115	<b>What is AF A&amp;P, Stroke Risk and NOACS</b> <i>Dr Ben Freedman OAM</i>	
1115-1130	<b>AF News</b> <i>Dr Ben Freedman OAM</i>	
1130-1200	<b>AF Screening</b> <i>Dr Nicole Lowres</i>	
<b>1200-1245</b>	<b>Lunch</b>	<i>Pre-Conference Area</i>
1245-1330	<b>Lifestyle Evidence</b> <i>Dr Dennis Lau</i>	
1330-1415	<b>Nurse-led AF Clinics</b> <i>Dr Jeroen Hendriks</i>	
1415-1430	<b>Health Literacy and AF</b> <i>Dr Lis Neubeck</i>	
<b>1430-1450</b>	<b>Afternoon Tea</b>	<i>Pre-Conference Area</i>
1450-1550	<b>Behavioural Interventions for Lifestyle Changes</b> <i>Professor David Thompson and Associate Professor Chantal Ski</i>	
1550-1630	<b>Partnering with Care Givers and Patients</b> <i>Dr Caleb Ferguson</i>	
<b>1630</b>	<b>Conclusion of AF Workshop</b>	



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Monday, 1 August 2016		
1630 - 1730	<b>Members Forum</b> <i>Chair: Dr Lis Neubeck</i>	<i>Hindley Room 1</i>
1800 - 2000	<b>Welcome Reception</b> <i>Sponsored by SA Heart</i>	<i>Torrens Room 1 &amp; 2</i>
1900 - 1914	<b>Moderated Clinical Poster Prize Session</b> <i>Moderator: Professor Robyn Clark</i> <i>Co-moderator: Ms Jacinta McDonald</i>	<i>Torrens Room 1 &amp; 2</i>
1900 - 1907	Transforming Rehabilitation: Flexibility, Sensitivity and Patient-Centredness, not just a Promise <b>Ms Jane Kerr</b>	
1907 - 1914	Benefits of cardiac rehabilitation for patients with spontaneous coronary artery dissection <b>Mr Robert Zecchin</b>	
1914 - 1928	<b>Moderated Research Poster Prize Session</b> <i>Moderator: Professor Robyn Clark</i> <i>Co-moderator: Ms Jacinta McDonald</i>	<i>Torrens Room 1 &amp; 2</i>
1914 - 1921	Keep taking the tablets; PCI patients don't! <b>Dr Susan Dawkes</b>	
1921 - 1928	Promoting Oral Health in the Cardiac Setting: Perception of Cardiovascular patients in Sydney, Australia <b>Ms Paula Sanchez</b>	
2000	<b>Conclusion of Welcome Reception</b>	<i>Torrens Room 1 &amp; 2</i>

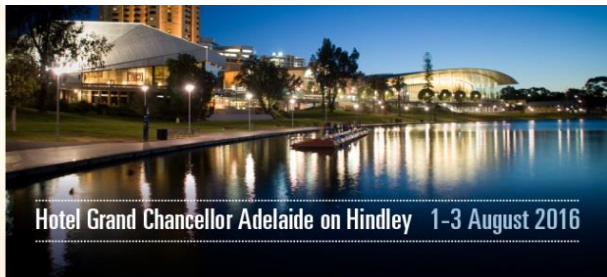


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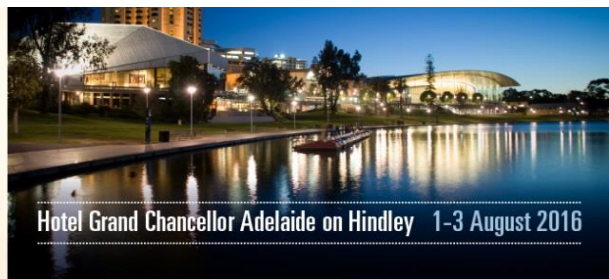
Tuesday, 2 August 2016	
0615-0700	<b>Walk along the River Torrens</b> Chaperone: Ms Sindy Millington, Mrs Helen McLean <i>Meet in the lobby of the Hotel Grand Chancellor</i>
0700-1700	<b>Registration Open</b>
0715-0830	<b>Breakfast: Sponsored by Heart Foundation - SA Division</b> <span style="float: right;"><i>Hindley Rooms 1,2&amp;3</i></span> Are patients failing cardiac rehabilitation or are we failing our patients? <i>Moderator: Dr Amanda Rischbieth</i> <i>Panelist: Mr Russ Jackson, Mrs Janett Jackson, Associate Professor Julie Redfern, Dr Alistair Begg, Ms Lyn Dimer, Ms Jenny Finan</i>
0845-0910	Opening Session - Welcome <span style="float: right;"><i>Hindley Rooms 1,2&amp;3</i></span> <b>Official Opening and Welcome: Stephen Nicholls, Leader SAHMRI Heart Group</b> <i>Chairs: Dr Lis Neubeck, Dr Marian Worcester</i>
0910-0920	Welcome to Country <b>Mr Jack Buckskin</b>
0920-0930	"My Story" Patient Perspective <b>Mr Simon Taylor</b>
0930-1030	<b>Plenary Session 1</b> <span style="float: right;"><i>Hindley Rooms 1,2&amp;3</i></span> 7 deadly risk factors –future management in cardiac rehabilitation and secondary prevention
0930-1000	<b>The Inaugural Alan Goble Oration: Introduced by Dr Marian Worcester</b> Are Sugar and Salt more deadly than Heroin? <b>Professor Manny Noakes</b>
1000-1030	It is not about weight: Life style changes in a world of obesity <b>Professor Garry Wittert</b>
1030-1100	<b>Morning Tea and Trade Display</b>
1100-1340	<b>Plenary Session 1 – Continued</b> <span style="float: right;"><i>Hindley Rooms 1,2&amp;3</i></span> 7 deadly risk factors –future management in cardiac rehabilitation and secondary prevention <i>Chairs: Dr Nicole Lowres, Ms Kim Gray</i>
1100-1130	Sleep <b>Professor Doug McEvoy</b>
1130-1200	Depression



	<b>Associate Professor David Colquhoun</b>				
1200-1230	Pathophysiology of exercise intolerance in heart failure and preserved ejection fraction <b>Professor Mark Haykowsky</b>				
1230-1300	Smoking <b>Associate Professor Colin Mendlesohn</b>				
1300-1330	Being a Woman <b>Professor Margaret Arstall</b>				
1330-1340	Showcasing the enhanced cardiac rehabilitation and heart failure services directory <b>Ms Rachelle Foreman</b>				
1340-1430	<b>Lunch and Trade Display</b>				
1345-1415	Use of Avatars (ECA's) in Health Coaching <b>Ms Vickie Edwards RN and Ms Tanya Newhouse</b>				
1430-1530	<b>ACRA 2016 ASM Research Prize Session</b>			<i>Hindley Rooms 1,2&amp;3</i>	
	<i>Chairs: Professor Robyn Gallagher, Dr Lis Neubeck</i>				
1430-1445	An integrated care approach in atrial fibrillation is associated with improved patient outcomes – a systematic review and meta-analysis <b>Ms Celine Gallagher</b>				
1445-1500	Motor vehicle driving after cardiac surgery via a Median Sternotomy: Mechanical and cognitive considerations <b>Dr Doa El-Ansary</b>				
1500-1515	Technology use and confidence in cardiac rehabilitation patients – influence of age <b>Ms Ling Zhang</b>				
1515-1530	Establishing a NSW cardiac rehabilitation minimum dataset (CRMDS) <b>Mr Robert Zecchin</b>				
1530-1600	<b>Afternoon Tea and Trade Display</b>				
1600-1700	<b>Concurrent Workshops</b>				
	Tool kits for the FUTURE implementation of ACRA Core Components				
	<i>Hindley Room 1</i>	<i>Hindley Room 2</i>	<i>Hindley Room 3</i>	<i>Torrens Rooms 1</i>	<i>Torrens Room 2</i>
	The journey to national KPIs  1. SA Model of Care 2. Minimum datasets	Cardiovascular Physical assessment. A core component of practice  <b>Dr Adam Nelson</b>	Making sure everyone gets Phase 1 and Phase 2 Cardiac Rehabilitation Tools and Resources for empowering the	How to increase your effectiveness of having a paper accepted for publication or oration	Case Study of cardiac rehabilitation for a diabetic patient who has CABG and develops an unstable sternum Exercise



	<p>3. Core Components 4. What should the national KPIs be?</p> <p><b>Ms Wendy Keech</b> <b>Dr Carolyn Astley</b> <b>Mr Steve Woodruffe</b> <b>Mr Robert Zecchin</b></p>	<p><b>Ms Sindy Millington</b> <b>Ms Jenny Finan</b></p> <p><i>(Maximum 40 participants)</i></p>	<p>bedside nurse and patient for discharge education</p> <p><b>Ms Sabine Drilling</b> <b>Ms Amanda Jennings</b> <b>Ms Vanessa Poulsen</b> <b>Dr Tracey Giles</b></p>	<p><b>Professor Robyn Clark</b> <b>Associate Professor Julie Redfern</b> <b>Dr Lis Neubeck</b></p>	<p>Sternal Assessment</p> <p><b>Associate Professor Craig Cheetham</b> <b>Dr Doa El-Ansary</b></p>
1900-2300	<p><b>Conference Dinner: <i>From the decades and into the future</i></b> <i>Dress up in your favourite decade (60's 70's 80's or into the future!)</i> Adelaide Oval, Ian McLachlan Room, Level 3, Western Stand</p>				



## ACRA 2016 ASM PROGRAM

Wednesday, 3 August 2016					
0800-1600	Registration Open				
0900-1030	<b>Plenary Session 2</b> When bad things happen to good hearts: what will future cardiac rehab and secondary prevention programs need to consider <i>Chairs: Ms Natalie Simpson, Ms Sue Sanderson</i>				<i>Hindley Rooms 1,2&amp;3</i>
0900-0930	Alcoholic cardiomyopathy <b>Professor Carmine De Pasquale</b>				
0930-1000	Chemotherapy – induced cardiotoxicity <b>Dr Aaron Sverdlov</b>				
1000-1030	Upper limits of human performance post-cardiac transplant <b>Professor Mark Haykowsky</b>				
1030-1100	Illicit drugs (Cocaine and ICE) <b>Professor Ann Roche</b>				
1100-1130	<b>Morning Tea and Trade Display</b>				
1130-1230	<b>Free Papers – Concurrent Sessions</b>				
	<i>Hindley Room 1</i>	<i>Hindley Room 2</i>	<i>Hindley Room 3</i>	<i>Torrens Rooms 1</i>	<i>Torrens Room 2</i>
	<b>Technology and Apps</b> <i>Chairs:</i> Ms Natalie Simpson, Ms Sue Sanderson	<b>Risk Factor Strategies</b> <i>Chairs:</i> Ms Kathy Read, Mrs Helen McLean	<b>Culture and Ethnicity</b> <i>Chairs:</i> Ms Lyn Dimer, Ms Cate Ferry	<b>Education</b> <i>Chairs:</i> Ms Sindy Millington, Mr Steve Woodruffe	<b>Exercise and Healthy Activity</b> <i>Chairs:</i> Ms Renee Henthorn, Mr Robert Zecchin
1130-1145	Cardiac Rehabilitation Smartphone App <b>Dr Alistair W Begg</b>	Managing the cardiac blues in clinical practice <b>Dr Barbara Murphy</b>	Cardiac Rehabilitation for Aboriginal and Torres Strait Islander People in Western Australia <b>Dr Sandra J Hamilton</b>	Cardiac rehabilitation identified as an appropriate time and place for Basic Life Support Training: A qualitative study <b>Ms Susie Cartledge</b>	Meditation as a secondary prevention strategy for heart disease <b>Ms Angela Rao</b>

1145-1200	Development of SMS text messages for heart failure patients promoting self-care <b>Dr Jan Cameron</b>	Prevalence of obstructive sleep apnoea in cardiac patients: a systematic review <b>Mr Michael Le Grand</b>	Cardiac Rehabilitation in the land of the Mongols (Mongolia) <b>Dr Geoff Abbott</b>	Online training for health professionals to support behavioural and psychosocial self-management in chronic heart failure <b>Dr Donita Baird</b>	Exercise barriers and the relationship to self-efficacy for exercise over 12 months of a lifestyle-change program for overweight or obese people with heart disease and diabetes <b>Mr Muaddi Alharbi</b>
1200-1215	Using consumer participation to develop an avatar-based application for teaching recognition and response to heart attack symptoms in elderly acute coronary syndrome (ACS) patients with low health literacy <b>Miss Jintana Tongpeth</b>	My Heart My Life (MHML) Support Program <b>Ms Karen Uhlmann</b>	Solutions to the Challenges of Providing Cardiac Rehabilitation and Chronic Disease Management in Rural and Remote WA <b>Dr Sandra J Hamilton</b>	Application of inspiratory muscle training for people with phrenic nerve palsy post CABG <b>Mr Grant Turner</b>	Assessing the 'active couch potato' phenomenon in cardiac rehabilitation: baseline results <b>Dr Nicole Freene</b>
1215-1230	"I'm ready": Using a music video as a recruitment and awareness tool for cardiac rehabilitation <b>Ms Kerry Poole</b>	Who is responsible for the cardiovascular health of people with severe mental illness? An important role for cardiac rehabilitation <b>Mr Glenn Paull</b>	Creating Partnerships Around the World <b>Ms Robyn Leece</b>	Communication, Collaboration, Cooperation: The Training Centre in Subacute care (TRACS WA) strengthen interprofessional learning for sub-acute care clinicians in the cardiac setting <b>Mrs Helen M McLean</b>	The effects of community-based exercise training in adults with a history of a Fontan procedure <b>Mr Andrew Maiorana</b>
<b>1230-1330</b>	<b>Lunch and Trade Display</b>				
<b>1245 - 1315</b>	<b>ACRA Annual General Meeting</b>				<i>Hindley Rooms 1,2&amp;3</i>



1330 - 1500	<b>Plenary Session 3 &amp; ACRA 2016 ASM Clinical Prize Session</b> <i>Chairs: Alun Jackson, Rosemary Higgins</i>	<i>Hindley Rooms 1,2&amp;3</i>
1330 - 1400	Future innovative solutions for Aboriginal and Torres Strait Islander CR <b>Ms Lyn Dimer</b>	
1400-1415	Supporting patient self-management and secondary prevention: a novel online patient intervention <b>Dr Lyndel Shand</b>	
1415-1430	Success and challenges to enabling regional access to CHF program via telehealth <b>Ms Michelle Wilson</b>	
1430-1445	An innovative cardiac rehabilitation program for the Greek community...learn about their past and together we can transform their future <b>Ms Kathryn Kelly</b>	
1445-1500	The Wimmera Hub and Spoke telehealth model: Improving access to cardiac rehabilitation for rural people <b>Ms Pam Marshman and Mrs Jo Carroll</b>	
1500-1530	<b>Afternoon Tea and Trade Display</b>	
1530-1630	<b>Closing Session</b> <i>Chairs: Dr Lis Neubeck, Mrs Dianna Lynch</i>	<i>Hindley Rooms 1,2&amp;3</i>
1530-1540	Highlights from ACRA 2016 <b>Mrs Dianna Lynch</b>	
1540-1550	ACRA 2017 ASM <b>Mrs Helen McLean</b>	
1550-1610	<b>Announcement of Awards</b> Best Clinical Poster Award Best Research Poster Award Best Research Presentation Award Best Clinical Presentation Award People's Choice Best Paper (Most votes in any category) Sponsor Passport Prize* <i>*Must be present to collect prize</i>	
1610-1630	"My Story" Patient Closing <b>Mr Rodney Martin</b>	