



ACRA 2018 Annual Scientific Meeting CONFERENCE PROGRAM

MONDAY 30 JULY 2018 PRE-CONFERENCE PROGRAM

9:00am – 6:00pm	Registration Desk Open	<i>Pre-Function Area</i>
11:00am – 4:00pm	Pre-Conference Workshop: What's New in Heart Failure Management? Chairs: Julie Adsett & Steve Woodruffe	<i>Grand Ballroom First Floor</i>
11:00am – 11:30am	Emerging Treatments in Heart Failure A/Prof John Atherton	
11:30am – 12:15pm	Management of Renal Impairment in the Heart Failure Patient i) The Nephrologist perspective – Prof Keshwar Baboolal ii) The Cardiologist perspective - A/Prof John Atherton iii) Discussion and questions	
12:15pm – 1:00pm	Remote Monitoring and Management of the Heart Failure Patient i) Telemonitoring of the HF patient – Dr Scott McKenzie ii) Remote monitoring of body weight – Andrew Maiorana iii) HF management via Telehealth – Chris Horton iv) Discussion and questions	
1:00pm – 1:45pm	Lunch and Trade Exhibition	<i>Chancellor Ballroom Ground Floor</i>
1:45pm – 2:30pm	The Future of Valvular Disease Interventions to Manage Heart Failure A/Prof Greg Scalia	
2:30pm – 3:15pm	Emerging Treatments for the Patient with a Ventricular Assist Device i) Care of the VAD Patient – Jayne Bancroft ii) Exercise-based CR for VAD Patients – Andrew Maiorana 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	
3:45pm – 4:00pm	Afternoon Tea and Trade Exhibition	<i>Chancellor Ballroom Ground Floor</i>
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)	<i>Chancellor Ballroom Ground Floor</i>

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TUESDAY 31 JULY 2018
CONFERENCE PROGRAM – DAY 1

7:00am – 5:00pm	Registration Desk Open	Pre-Function Area
7:15am - 8:00am	<p>Breakfast Panel: Sponsored by the Heart Foundation Create, Collaborate and Grow: How can we engage with patients to optimise medication and lifestyle adherence?</p> <p>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)</p> 	Grand Ballroom First Floor
8:30am - 10:25am	<p>Plenary Session 1: “Collaborate” Chairs: Robyn Clark & Robyn Gallagher/Steve Woodruffe</p>	Grand Ballroom First Floor
8:30am - 8:40am	Welcome to Country	
8:40am - 8:45am	<p>Convener Welcome Paul Camp– welcome delegates, housekeeping and updates</p>	
8:45am - 9:00am	<p>Official Opening via Patient Story John</p>	
9:00am - 9:40am	<p>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</p>	
9:40am - 9:45am	Get Up and Move! (physical activity session)	
9:45am - 10:25am	<p>International Keynote: The evolving epidemiology of Heart Failure and its prevention Professor John Cleland, Royal Brompton Hospital, UK</p>	
10:25am - 10:45am	Morning Tea, Poster Display and Trade Exhibition	Chancellor Ballroom Ground Floor
10:45am - 12:30pm	<p>Plenary Session 2 Chairs: Bridget Abell & Alun Jackson</p>	Grand Ballroom First Floor
10:45am - 11:45am	<p>Research Prize Session Sponsored by:</p> 	Judges: Robyn G Andrew M Jim S (Lis N)
10:45am - 11:00am	A systematic review and meta-analysis of the effect of exercise parameters on quality of life and physical function in	

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	community dwelling people with Chronic Heart Failure Katie Palmer			
11:00am - 11:15am	Are people with stroke and TIA attending cardiac rehab? A nationwide survey Thomas Howes			
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			
11:30am - 11:45am	Breaking accessibility barriers: Can tele-rehabilitation deliver real-time specialist support to every patient, in every location? Jonathan Rawstorn			
11:45am - 11:50am	Get Up and Move! (physical activity session)			
11:50am - 12:30pm	Clinical Excellence Showcase (5 x 5 min presentations) <ol style="list-style-type: none"> 1. Chest pain assessment service trial at Caboolture Hospital - improving patient safety and patient flow. Kathleen Powter and Julie Taylor 2. Overcoming hyperventilation: functional breathing training in clinical cardiac rehabilitation. Ehsan Hamdy 3. A Cardiac Rehabilitation coalition: measuring and improving practice. Carolyn Astley 4. "Track and Trigger" Heart Failure weight monitoring tool. Eugene Lugg 5. Living well with SCAD - A Novel cardiac rehabilitation program. Wendy Maginness Followed by questions from the floor and session chairs			
12:30pm - 1:30pm	Lunch, Poster Display and Trade Exhibition	Chancellor Ballroom Ground Floor		
12:30pm	ACRA Annual General Meeting	Room TBA		
CONCURRENT ABSTRACT SESSIONS				
1:30pm - 2:15pm	Theme: "Create" Strengthening the chain of survival for AMI and Cardiac Arrest Chairs: Susie Carlledge & Judith Finn Roma Room (First Floor)	Theme: "Create" Lifestyle Change: Exercise and Diet Chairs: Tracy Swanson & Chris Askew Terrace Room (First Floor)	Theme: "Collaborate" Patient engagement and support Chairs: Jo Wu & Sandy McKellar Wickham Room (First Floor)	Theme: "Create, Collaborate, Grow" Heart Failure Chairs: Alun Jackson & Alison Venn Leichhardt 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)	Dietary Patterns for Heart Health – An evidence informed approach (Beth Meertens)	Patient readiness for risk-reduction education and lifestyle change following transient ischemic attack (Heidi Janssen)	Identifying barriers to engagement in rehabilitation for people with Chronic Heart Failure: An Australian Survey (Katie Palmer)


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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)	Are cardiac rehabilitation patients meeting the physical activity guidelines 12 months after their event? A longitudinal study (Nicole Freene)	Clinical and health promotion partnerships support cardiothoracic surgical patient recovery (Brittany Marsh)	Mortality rates post Heart Failure exercise rehabilitation program (Steve Woodruffe)
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)	Exercise prescription following median sternotomy: What's best for physical and cognitive recovery? A systematic review (Jacqueline Pengelly)	The Queensland My Heart, My Life Support Program (Karen Uhlmann)	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)
BREAKOUT SESSIONS				
2:15pm - 3:30pm	Roma Room (First Floor) Chair: TBC	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 A chance to meet others working in the CR field in an informal environment. 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?	Workshop: Aboriginal and Torres Strait Islander Themed (Title TBC) Content to be confirmed: – Rheumatic Heart Disease Register and Control Program – Lighthouse 3 project	Atrial Fibrillation Symposium: Perspectives on managing competing priorities, cardiac rehabilitation and the patient journey A set of presentations with extended audience Q & A and panel discussion facilitated by Lis Neubeck. Topics to be discussed include AF definitions; the latest technologies, risk factors and treatments; community and integrated care. - Atrial Fibrillation- Getting to the heart of the problem (Luke Shanahan) - Integrated AF management and its role in the coordination of care (Dr Jeroen Hendricks) - International initiatives and	Walking Workshop: Active Cities- Why it matters and what to look for Learn how to become an advocate for active neighborhoods. 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

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		perspectives (Lis Neubeck)	neighborhood. They will then go out into the streets, and apply the measure. Evidence from this activity will be used to recommend improvements. (Please wear comfortable shoes and clothes for walking if you plan on attending this session)
3:30pm - 4:00pm	Afternoon Tea, Poster Q & A and Trade Exhibition		Chancellor Ballroom Ground Floor
4:00pm - 4:50pm	Plenary Session 3: "Create" Chairs: Lis Neubeck & Kim Gray		Grand Ballroom First Floor
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 Peter Bond		
4:50pm	Close of Day 1		
6:15pm - 6:30pm	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		GOMA River Room
11:00pm	Return coach transport Hotel Grand Chancellor Brisbane		

WEDNESDAY 1 AUGUST 2018 CONFERENCE PROGRAM – DAY 2

7:00am - 5:00pm	Registration Desk Open	Pre-Function Area
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" Chair: Robyn Gallagher & TBC	
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)	
9:45am - 10:45am	Clinical Prize Session Sponsored by	

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9:45am - 10:00am	After hours Cardiac Rehabilitation, meeting the needs of our younger patients Emma McGlynn			
10:00am - 10:15am	Scottish National Inquiry on Atrial Fibrillation Lis Neubeck			
10:15am - 10:30am	Clinical considerations for high intensity interval training in cardiac rehabilitation Jenna Taylor			
10:30am - 10:45am	Screening for sleep apnoea in Cardiac Rehabilitation: prevalence and outcomes Mary-Anne Beer			
10:45-11:15	Morning Tea, Poster Q &A and Trade Exhibition			<i>Chancellor Ballroom Ground Floor</i>
BREAKOUT SESSIONS				
11:15am - 12:30pm	Roma Room (First Floor)	Terrace Room (First Floor)	Wickham Room (First Floor)	Leichhardt Room (First Floor)
	Chair: Steve Woodruffe	Chair: Karen Uhlmann	Chair: Bridget Abell	Chairs: Paul Camp & Katina Coronos-Watkins
	Networking roundtables and clinical practice sharing A chance to meet others working in the CR field in an informal environment. 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?	Workshop: Aboriginal and Torres Strait Islander Theme (Title TBC) Content to be confirmed: - Rheumatic Heart Disease Register and Control Program - Lighthouse 3 project - The Cardiac Care Outreach Model - Better cardiac care data linkage to close patient pathway gaps	Workshop: How to become an evidence-based cardiac rehabilitation practitioner 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	Symposium: Addiction, Habits and the Brain: How recent advances in science can inform clinical practice A set of 3 presentations with extended audience Q & A and panel discussion around the theme of addiction. - How to use neuroplasticity to reduce stress-induced addictions (Selena Bartlett) - Smoking habits and nicotine addiction (Colin Mendelsohn) - Are habits the key to sustained weight loss? (Gina Cleo)
12:30pm - 1:15pm	Lunch, Poster Display and Trade Exhibition			<i>Chancellor Ballroom Ground Floor</i>
12:50pm	ACRA-Qld AGM 12:50pm			<i>Room TBA</i>
CONCURRENT SESSIONS				
	Theme: "Create" Screening in CVD - Challenges and Opportunities	Theme: "Collaborate" Addressing referral, access and resourcing issues for cardiac	Theme: "Grow" Is it time to rethink cardiac rehabilitation program design, content and eligibility?	
			Chairs: Michelle Aust & Jodie Ingles	

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	Chairs: Alun Jackson & Jeroen Hendricks Roma Room (First Floor)	rehabilitation improvement Chair: Cate Ferry & Emma Boston Terrace Room (First Floor)	Wickham Room (First Floor)
1:15pm - 1:35pm	Invited Speaker Pre-exercise screening for cardiac rehabilitation (A/Prof Andrew Maiorana)	Invited Speaker The Queensland Cardiac Outcomes Registry- CR module (Samara Phillips)	Invited Speaker The management of patients with peripheral vascular diseases in the cardiac rehabilitation setting (A/Prof Chris Askew)
1:35pm - 1:50pm	Screening for Obstructive Sleep Apnoea in Cardiac Rehabilitation – a single site experience (Robert Zecchin)	The Global Cardiac Rehabilitation Program Survey: Cardiac Rehabilitation program resources and impact in Australia (Robyn Gallagher)	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 (Heidi Janssen)
1:50pm - 2:05pm	Total cardiovascular disease risk scoring assessments: a survey on screening in general practice (Anita Smith)	Cardiac Rehabilitation Secondary Prevention referral numbers: a retrospective audit and process review (Hazel Mounford)	Resistance training following median sternotomy: should we continue to fear it? (Jacqueline Pengelly)
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)	Cardiac rehabilitation for all adults in rural and remote areas of northern Queensland: Barriers, enablers and pathways (Patricia Field)	Developing a cardiac rehabilitation curriculum in Victoria – methods and preliminary results (Susie Cartledge)
2:20pm - 2:25pm	Get Up and Move!		
INVITED SPEAKER SYMPOSIUMS			
2:25pm - 3:35pm	“Create”: Acute care and the patient journey Chairs: Janet Bray & Katina Coronis-Watkins Roma Room (First Floor)	“Collaborate”: Closing the heart-health gap for Aboriginal and Torres Strait Islander peoples Chair: Karen Uhlmann & Rob Zecchin Terrace Room (First Floor)	“Grow”: Managing heart disease in an aging population: challenges and opportunities Chair: Robyn Clark & Jim Sallis Wickham Room (First Floor)

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2:25pm - 2:45pm	Out of hospital cardiac arrest and considerations for cardiac rehabilitation Prof Judith Finn	An improved model of cardiac care for ATSI patients at the PA Hospital Dr William Wang	Mobility, frailty and other considerations for exercise in the older patient Dr Alison Mudge
2:45pm - 3:05pm	Faster and safer ways of investigating patients with chest pain in the ED Prof Will Parsonage	Community-controlled care: Work It Out from prevention to rehabilitation Alison Nelson	Advanced heart disease and advanced-care planning Prof Liz Reymond
3:05pm - 3:25pm	Multidisciplinary care of families with inherited heart diseases Dr Jodie Ingles	TBC	Too much medicine? Deprescribing in patients with cardiovascular disease A/Prof Ian Scott
3:25pm - 3:35pm	Panel Discussion	Panel Discussion	Panel Discussion
3:35pm - 3:55pm	Afternoon Tea, Poster Display and Trade Exhibition		Chancellor Ballroom Ground Floor
3:35pm - 5:00pm	Plenary Session 5: "Grow" Chairs: Paul Camp & Robyn Gallagher		Grand Ballroom First Floor
3:55pm - 4:35pm	The Great Vape Debate Experts in smoking cessation and tobacco treatment debate 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 and Renee Bittoun Moderator: Brett Windeatt		
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, Committee, Exhibitor Passport Prize, Poster Passport Prize		
4:55pm - 5:00pm	ACRA 2019 ASM Promo		
5:00pm	Conclusion of Conference		

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