

## ACRA 2019 Annual Scientific Meeting CONFERENCE PROGRAM

11:00 Registration Desk Opens

12:30 – 4:15 PRE-CONFERENCE WORKSHOP

*Adhering to long term behaviour change – building bridges, not walls!*

Chairs: Nicole Freene and Helen Parker

This workshop will focus on the big 3 risk factors for non-communicable diseases and improving adherence to cardiovascular medications. The aim is to equip you with strategies and tools to help your patients positively change their modifiable risk factors over the longer term. The format will include practical sessions including case studies, and setting priorities

- **Strategies and tools for positive change**, Jenny Fildes
- **Medication adherence**, Dr Sasha Bennett
- **Optimizing diet**, Dr Helen Parker
- **Enhancing physical activity**, Dr Nicole Freene
- **Smoking cessation: important considerations and successful approaches**, Dr Hester Wilson



4:30 – 5:30 ACRA Members' Forum (all welcome)

Chair: Prof Robyn Gallagher, ACRA National President

6:00 – 8:00 Welcome Reception

(including promotion of ACRA Mentoring Program)

7:30 Registration Desk Opens

8:30 – 10:15 PLENARY SESSION 1

Ballroom

Chairs: Cate Ferry and Robyn Gallagher

8:30 **Welcome to Country**

8:40 **Official Opening**

Adjunct Professor John Kelly AM, Group CEO National Heart Foundation of Australia

8:55 **Asking the identifying question: 'Are you of Aboriginal and / or Torres Strait Islander descent'**

AJ Williams-Tchen, Director, Girraway Ganyi Consultancy

9:25 **Management of pre-eclampsia, SCAD, and gestational diabetes**

Dr Clare Arnott, Cardiologist, Royal Prince Alfred Hospital

9:50 **Genetic heart disease and sudden death**

Prof Chris Semsarian, Cardiologist, Centenary Institute

10:15-10:40 Morning Tea and Trade Exhibition

10:20 Interactive Poster Display Session – Your chance to chat directly with the poster presenters

10:40-12:30 PLENARY SESSION 2

Ballroom

Chairs: Susie Cartledge and Jeroen Hendriks

10:40 **Sam's story**

10:45 **Exercise and quality of life in congenital heart disease**

Prof Philip Moons, Healthcare and Nursing, University of Leuven, Belgium

11:25 **Get Up and Move!**

RESEARCH ABSTRACT PRIZE SESSION

Sponsored by Australian Centre for Heart Health



11:30 **The effects of different intensity exercise training in patients with left ventricular assist devices: A randomised controlled trial**

Nacho Suarez

11:45 **Providing education to Chinese-speaking patients: perceptions and experiences of Australian cardiac nurses**

Jialin Li

12:00 **A randomised controlled trial of a comprehensive WeChat-based cardiac rehabilitation and secondary prevention program in China**

Dr Zhaxiduojie Zhaxiduojie

12:15 **Prevalence and patterns of cognitive impairment in acute coronary syndrome patients: a systematic review**

Emma Zhao

12:30 - 1:30 Lunch, Poster Display, and Trade Exhibition

12:45 ACRA Annual General Meeting

**1:30-2.35 WORKSHOP SESSIONS**

Premier Room	Kirribilli Room	Ballroom
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**1:30 Attaining best function and quality of life in congenital heart disease**

This interactive workshop will build on the theoretical evidence presented during the morning keynote. It will delve into more depth and discuss practical solutions for how we can solve the pending issues.

Chair: Liam Johnson

Facilitator:

Prof Phillip Moons, Healthcare and Nursing, University of Leuven, Belgium

**Asking the identifying question: workshop**

Chair: Jane Kerr

Facilitator:

AJ Williams-Tchen, Director, Girraway Ganyi Consultancy

**Improving prevention and management of heart disease in women**

This workshop will review the gender specific and gender preponderant risk factors for women and heart disease. It will cover the implications for prevention and management, and discuss the importance of taking a life-course / gendered approach to achieve better health outcomes.

Facilitators:

Dr Clare Arnott, Cardiologist, Royal Prince Alfred Hospital

Angela Hehir, Manager, Women & Heart Disease Heart Foundation



Sponsored by Sanofi

2:30 **Get Up and Move!**

**2:35 – 3:30 CONCURRENT ABSTRACT SESSIONS**

Premier Room	Kirribilli Room	Ballroom
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**Bridging into the future of e-cardiac rehabilitation**

Chair: Lis Neubeck and Dion Candelaria

**Moving to the beat: let's talk physical**

Chair: Nicole Freene and Steve Woodruffe

**Targeting 100%: strategies to improve uptake of cardiac rehabilitation**

Chair: Heidi Janssen and Paul Camp

**2:35 Utility and acceptability of empowerment-based eHealth cardiac rehabilitation of coronary heart disease patients**

Jing Jing Su

**Not all physical activity has equal effects on health: the key role of leisure time physical activity**

Dr Helen Parker

**Developing a lifestyle behaviour intervention to improve cardiovascular health among women with a history of preeclampsia: What do they want?**

Dr Melinda Hutchesson

**2:47 Clinician and Consumer co-development of an avatar-based education application for improving knowledge and self-care behaviours for patients with heart failure**

Katie Nesbitt

**Evidence-based interventions to increase time spent engaging in moderate to vigorous physical activity (MVPA) by people living in the community following a transient ischaemic attack (TIA) or non-disabling stroke**

Maria Sammut

**Impacts of the introduction of same day discharge following percutaneous coronary intervention on length of hospital stay and outpatient cardiac rehabilitation attendance**

Dr Yingyan Chen

## DAY 1: TUESDAY 6 AUGUST 2019

2:59	<b>Heart Disease, hospitalisation and referral to COACH cardiac rehabilitation in Queensland</b> Patricia Field	<b>High-intensity interval training within cardiac rehabilitation: findings from a feasibility trial.</b> Dr Andrew Keech	<b>Increasing the uptake of cardiopulmonary resuscitation training within Australian cardiac rehabilitation programs: a randomised implementation study.</b> Dr Susie Cartledge
3:11	<b>How much exercise is enough? Dose-response analysis of physiological load during exercise-based cardiac telerehabilitation</b> Dr Jonathan Rawstorn	<b>The safety and feasibility of early resistance training following median sternotomy (The SAFE-ARMS Study): An interim analysis.</b> Jacqueline Pengelly	<b>Exploration of a Nurse Practitioner-led phase two cardiac rehabilitation program on attendance and compliance.</b> Kathryn O'Toole
3:23	<b>A randomised controlled trial to determine the feasibility of a web-based lifestyle intervention for women with a history of pre-eclampsia: Be Healthe for your Heart Study</b> Dr Melinda Hutchesson	<b>Keeping on Track: Exploring the activity levels and utilization of healthcare services of patients in the first 30-days after discharge from hospital for patients with Acute Coronary Syndrome.</b> Prof Robyn Clark	<b>Health professional perspectives of the organisational barriers and facilitators to implementing meditation in heart disease clinical settings</b> Angela Rao

**3:35 - 4:00 Afternoon Tea, Poster Display, and Trade Exhibition**

**4:00 - 5:00 PLENARY SESSION 3**

**Ballroom**

Facilitator: Prof Robyn Clark

**The Great Debate: Availability of cardiovascular rehabilitation in cardiovascular conditions – time for change of policy, practice and guidelines?**

Speakers: TBA

**5:00 Close of Day 1**

**6:30 – 11:00 Gala Dinner - Luna Park**

“Sparkles and Lights Spectacular” theme

7:30 – 8:15 Heart Foundation Guided Walk

8:00 Registration Desk Opens

8.30 – 10.10 PLENARY SESSION 4

Ballroom

Chairs: Robert Zecchin and Kim Gray

8:30 Alan Goble Oration:

**Core components of Cardiac Rehabilitation and the essentials of data collection**

Prof Robyn Gallagher

8:55 **What do we know about cardiac rehabilitation delivery around the world? (via live streaming)**

Prof Sherry Grace, Kinesiology and Health Science, York University, Toronto, Canada

9:30 **How the built environment affects physical activity participation**

A/Prof Melody Ding, Public Health, University of Sydney

9:50 **Overcoming the challenges of long-term behaviour change**

A/Prof Philayrath Phongsavan, Prevention Research, University of Sydney

10:10 - 10:45 Morning Tea and Trade Exhibition

10:25 Moderated Poster Q & A

Chairs: Helen Parker and Susie Cartledge

10:45–12:30 PLENARY SESSION 5

Ballroom

Chairs: Nicole Lowres and Andrew Maiorana

10:45 **New frontiers in exercise and cardiovascular disease**

Prof Jonathan Myers, VA Palo Alto Health Care, Stanford University, USA

11:25 **Get Up and Move!**

CLINICAL ABSTRACT PRIZE SESSION

Sponsored by Australian Centre for Heart Health



11:30 **Will patients who are returning to work after a myocardial infarction benefit from access to a nurse led clinic within two weeks of discharge**

Julie Prout

11:45 **BRAVE Hearts**

Tania Arnott and Jannie Denyer

12:00 **Delivery of outpatient cardiac rehabilitation using a GP Hybrid / Telephone Program model**

Claudine Clark

12:15 **Activity and Outcomes of a Nurse Led Heart Failure Service**

Vicki Paul

12:30 - 1:30 Lunch, Poster Display and Trade Exhibition

12.45 CRA NSW Annual General Meeting

1:30 - 2:30 WORKSHOP SESSIONS			
	Premier Room	Kirribilli Room	Ballroom
1:30	<p><b>Exercise testing and prescription for heart failure patients</b></p> <p>The workshop will cover clinical applications of cardiopulmonary exercise testing in heart failure, including methods, implications for risk stratification, exercise prescription, and cardiac rehabilitation.</p> <p>Chair: Jonathan Rawstorn</p> <p><i>Facilitator:</i></p> <p>Prof Jonathan Myers VA Palo Alto Health Care, Stanford University, USA</p>	<p><b>Exploring pertinent issues affecting health of CALD community in Australia</b></p> <p>This workshop will provide practical advice for working with people from CALD backgrounds, including a focus on health literacy considerations and shared decision making</p> <p>Chair: Ling Zhang</p> <p><i>Facilitators:</i></p> <p>Dr Danielle Muscat, Public Health, University of Sydney</p> <p>Ms Ling Zhang, School of Nursing, University of Sydney</p>	<p><b>Championing cardiac rehabilitation: referrals, attendance and measurement</b></p> <p>This workshop will provide an overview about the Heart Foundation's advocacy to increase cardiac rehabilitation referral &amp; attendance and showcase initiatives and the stakeholders we're working with to develop quality indicators to measure cardiac rehabilitation uptake &amp; effectiveness. It will seek input and expertise from attendees on the opportunities and challenges of collecting cardiac rehabilitation data.</p> <p><i>Chairs/Facilitators:</i></p> <p>Rachelle Foreman, Director Support &amp; Care Heart Foundation</p> <p>Alexander Clarke, Manager Advocacy Strategy Heart Foundation</p> <p>Cate Ferry, Manager NSW Clinical Programs Heart Foundation</p> <p>Robert Zecchin, NUM- Area Cardiac Rehabilitation Western Sydney Local Health District</p> <p>Sponsored by Heart Foundation</p> 
2:30	<b>Get Up and Move!</b>		

2:35-3:25 CONCURRENT ABSTRACT SESSIONS			
	Premier Room	Kirribilli Room	Ballroom
	<p><b>Does Australian cardiac rehabilitation walk the walk as well as it talks the talk?</b></p> <p>Chairs: Jonathan Rawstorn and Kellie Roach</p>	<p><b>Matters of the Heart and Mind</b></p> <p>Chairs: Alun Jackson and Ling Zhang</p>	<p><b>You are what you eat: nutrition in cardiac rehabilitation</b></p> <p>Chairs: Celine Gallagher and Michelle Aust</p>
2:35	<p><b>Establishing a practice gap to inform the implementation of more effective cardio-oncology clinical services: a retrospective audit examining the clinical management of patients with cardiotoxicity after cancer treatment.</b></p> <p>Prof Robyn Clark</p>	<p><b>Prevalence and predictors of depression and anxiety in a cardiac rehabilitation population and its impact on adherence</b></p> <p>Angela Rao</p>	<p><b>Fitness, fatness and artery function in coronary heart disease</b></p> <p>Anna Scheer</p>

## DAY 2: WEDNESDAY 7 AUGUST 2019

2:47	<b>Cardiac rehabilitation quality assessment and benchmark developing for NSW, ACT and Tasmania</b> Prof Robyn Gallagher	<b>Intimacy and sex after a heart attack: Australian health professionals' current attitudes and practice</b> Rachelle Foreman	<b>Nutrition education in outpatient cardiac rehabilitation: A protocol for change</b> Lucy Kocanda and Jane Kerr
2:59	<b>What content is essential to deliver within a cardiac rehabilitation program? Results of a modified-Delphi approach</b> Emma Thomas	<b>Depression-screening using PHQ9: the experience of a cardiac rehab program at a metro tertiary hospital</b> Vanessa Ogden	<b>Development of a Mediterranean diet knowledge questionnaire (Med-NKQ20)</b> Carissa Moroney
3:11	<b>A National Survey of Australian Cardiac Rehabilitation Programs: Does current exercise programming adhere to evidence-based guidelines and best practice?</b> Matthew Hollings	<b>Understanding patient and family experiences during care process of same day discharge after percutaneous coronary intervention</b> Dr Yingyan Chen	<b>Differential changes to body composition in patients following completion of cardiac rehabilitation: impact of cardiac diagnosis</b> Dr Helen Parker

**3:25 – 3:50 Afternoon Tea, Poster display, and Trade Exhibition**

**3:50 - 5:00 PLENARY SESSION 6**

**Ballroom**

Chairs: Robyn Gallagher and Steve Woodruffe

**3:50 CLINICAL EXCELLENCE SHOWCASE**

**Community Collaboration to Enhance Long Term Adherence to Exercise**

Tracy Sparks

**The strength of story**

Kathryn Tonini

**Measuring cardiac rehabilitation service effectiveness in Australia**

A/Prof Carolyn Astley

**Moving cardiac rehabilitation to the sporting heart of a town to increase attendance**

Roschelle Brown

**Returning to commercial driving after a cardiac event**

Daniele Day

**4:15 Patients with no risk factors: what we can do?**

Prof Gemma Figtree, Interventional Cardiologist, Royal North Shore Hospital; and

Mr. Ian Hutchison (Patient)

**4:45 Prizes and Awards**

Clinical Paper, Research Paper, Clinical Excellence, Poster Prize, People's Choice, Exhibitor Passport Prize

**4:55 ACRA 2020 ASM Promo**

**5:00 Conclusion of Conference**

## POSTER PROGRAM

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#### Moderated Posters

**Telehealth interventions for the secondary prevention of coronary heart disease: A systematic review and meta-analysis**

Lis Neubeck

**Inter organisation collaboration targets country health professionals in Western Australia (WA): utilising telehealth to provide support and education**

Carolyn Morrish

**Cardiac telerehabilitation combines near-universal accessibility with expert oversight: protocol for the SCRAM randomised controlled trial.**

Jonathan Rawstorn

**Management of iron deficiency in ambulatory chronic heart failure patients: what role does proton pump inhibitor use play?**

Dwaraka Rajan

**Validity of the Past-day Adults Sedentary Time questionnaire in a Cardiac Rehabilitation population.**

Nicole Freene

#### Poster display

**A consumer-led model of care to increase female participation in cardiac rehabilitation.**

Joanne Leonard

**Uptake of a primary care atrial fibrillation screening program (AF-SMART): a realist evaluation of implementation in metropolitan and rural general practice**

Jessica Orchard

**Does silicone sheeting enhance sternotomy wound healing following cardiac surgery? A randomised controlled study.**

Frances Wise

**Examining sex inequalities in the evidence for the management of acute coronary syndrome (ACS): an audit of Australian clinical guidelines.**

Anna Scovelle

**Exercise-based cardiac rehabilitation and health-related quality of life of contemporary patients with coronary artery disease: a systematic review and meta-analysis.**

Dion Candelaria

**Experience of cardiac rehabilitation in private sector Sri Lanka.**

Manori Jayawardena

**Incremental yield of repeating annual ECG screening over 4 years in a Japanese population without prior atrial fibrillation.**

Nicole Lowres

**Is it the nurse or the APP?**

Julie Rutherford



## POSTER PROGRAM

### Poster display

**Low health literacy predicts emergency department visits and self-rated health in first-generation Chinese immigrants with cardiovascular disease**

Ling Zhang

**Warfarin education strategies and their effect on patient outcomes: a literature review**

Julie Hanson

**One Stop Data Shop-Implementing a comprehensive & multi-purpose data collection tool into our cardiac rehabilitation program.**

Lisa Sammartino

**Oxygen as a training tool in prehabilitation for heart and lung transplant: effect on repeat room air 6-minute walk test.**

Kim Gray

**Rural Cardiac Rehab**

Madonna Prenzler