

IN COLLABORATION WITH THE IRISH ASSOCIATION OF CARDIAC REHABILITATION

# Delivering Evidence-based Cardiac Rehabilitation in Practice

## Saturday, 24th November 2018

Johnstown Estate Hotel  
Enfield, Co Meath

The NIPC is pleased to offer this unique education and training programme which aims to equip all health professionals with the core knowledge, skills and competences to deliver measurably effective evidence-based rehabilitation services in Ireland.

This short course comprises of a one day face to face programme, supplemented with an online training component.

Delivered by leading academics and clinical specialists from the fields of cardiology, nursing, dietetics and physiotherapy.

- ✓ Expert sessions in how to assess smoking, diet, physical activity and psychosocial health
- ✓ Best practice approaches to tobacco cessation
- ✓ Theory and practice of health-behaviour change
- ✓ New frontiers in healthy eating and secondary prevention
- ✓ The foundations for effective exercise programming
- ✓ Management of BP, cholesterol and glucose to target, with optimisation of pharmacological therapies

Endorsed by:



**REGISTRATION IS FREE** TO EXISTING CARDIAC  
REHAB PRACTITIONERS. LUNCH AND REFRESHMENTS WILL BE PROVIDED.

To apply, log on to [www.nipc.ie](http://www.nipc.ie) or call **091 893299**

