

## Virtual National Prevention Conference 2020

# TRANSFORMING PREVENTIVE CARDIOVASCULAR HEALTHCARE

Featuring Special Collaborative Sessions with: Irish Cardiovascular Nurses Association (INCA), ESC Association of Cardiovascular Nursing and Allied Professions (ACNAP), International Council of Cardiovascular Prevention and Rehabilitation (ICCP), Australian Cardiovascular Health and Rehabilitation Association (ACRA), British Association for Cardiovascular Prevention and Rehabilitation (BACPR), Preventive Cardiovascular Nursing Association (PCNA) & Heart Rhythm Alliance

Friday, November 20, 2020

[CLICK HERE TO REGISTER NOW](#)

Digital Revolutions in Cardiovascular Care Chairs: Dr Jennifer Jones and Trudie Lobban	
9.00 – 9.10	<b>Welcome to our Virtual Conference Experience</b> Dr Jennifer Jones, NIPC Director of Training and Education; Senior Lecturer in Preventive Medicine and Cardiovascular Health, NUI Galway
9.10 – 9.35	<b>Keynote Presentation: Technology to Improve Patient Care</b> Prof Tiny Jaarsma, Editor-in-Chief European Journal of Cardiovascular Nursing; Professor in Caring Sciences, University of Linköping, Sweden
9.35 – 10.50	<b>Virtual Showcase of Global Innovations and Technologies in Cardiovascular Care – Short Pitch Session</b> <ul style="list-style-type: none"> <li>Prof Jeroen Hendriks - Telecheck AF Flinders University, Adelaide, Australia</li> <li>Dr Juhi Tandon - Virtual Reality Programmes to Deliver Education in Chronic Disease Management, Cognitant Group, UK</li> <li>Prof Robyn Gallagher - Gaming in Cardiac Rehabilitation University of Sydney, Australia</li> <li>Prof Francis Finucane (NUI Galway, Ireland) and Irene Gibson (Croí, Heart &amp; Stroke Charity) - Remote Intensive Lifestyle Interventions in Severe Obesity</li> <li>Prof Robyn Clark - Avatar approaches in Self-Management of Heart Failure Flinders University, Adelaide, Australia</li> <li>Prof Martha Gulati - Hypertension Screening and Management at a Distance University of Arizona College of Medicine, USA</li> </ul>
10.50 – 11.10	<b>Question and Answer Session to Virtual Showcase Session Presenters</b>
11.10 – 11.45	<b>Virtual Break:</b> <ul style="list-style-type: none"> <li>Join the Virtual Expo</li> <li>Visit the Virtual Poster Exhibition</li> <li>Network Virtually</li> <li>Try a Virtual Mindfulness Session with Expert Coach and Psychologist Willie Horton (11:25 - 11:45)</li> </ul>

Workshops to Advance Cardiovascular Care				
11.45 – 12.15	Chairs: Prof Joe Harbison and Prof Paul Gallagher	Chairs: Prof David Wood and Dr Susan Connolly	Chairs: Prof Sean Dinnean and Suzanne Seery	Chairs: Prof Ian Graham and Prof Molly Byrne
	<b>Workshop 1: Interactive Application of the New ESC Guidelines on Atrial Fibrillation</b> Prof Lis Neubeck, President of ACNAP; Catherine Ross, ACNAP Membership Committee Chair 	<b>Workshop 2: Medicines Optimisation and Adherence in Cardiovascular Care</b> Dr Rani Khatib, Consultant Pharmacist, Leeds Institute of Cardiovascular and Metabolic Medicine; ACNAP Science Committee	<b>Workshop 3: What is the Best Dietary Approach in the Management of Diabetes?</b> Dr Nicola Guess, Senior Lecturer and Consultant Dietitian, Kings College London	<b>Workshop 4: Top Tips in Developing your Behaviour Change Skills</b> Rik Bes, Centre for Motivation and Change, Hilversum, Netherlands

Cardiovascular Health in the Time of COVID-19 and Beyond Chairs: Prof Bill McEvoy and Dr Orlaith O'Reilly	
12.15 – 12.30	<b>Implications of COVID-19 for Ireland's Cardiovascular Health?</b> Prof Bill McEvoy, NIPC Medical and Research Director
12.30 – 12.50	<b>The Future National Heart Programme for Ireland</b> Prof Ken McDonald, National Lead for the Heart Programme
12.50 – 13.00	<b>Awards and Announcements</b> Prof Bill McEvoy
13.00	<b>Opening of On-Demand Series</b>

## SPECIAL FEATURES SERIES ON-DEMAND (NOVEMBER 20 - 30, 2020)

SERIES 1: Digital Health	SERIES 2: Hot Topics in Lifestyle Approaches	SERIES 3: Expert Podcasts and 2020 Updates
<p><b>Future Perspectives: Technology and Cardiovascular Care</b> Prof Martin Cowie, ESC Digital Health Committee Chair</p> <p><b>Special Featured Session: How to Successfully Achieve Uptake to Virtual Cardiovascular Prevention and Rehabilitation</b> Prof Robyn Gallagher, Professor of Nursing, University of Sydney; Chair International Council of Cardiovascular Prevention and Rehabilitation  </p> <p><b>The Digital Patient: Patient Perspectives</b> Trudie Lobban MBE, Founder &amp; Trustee of Arrhythmia Alliance (The Heart Rhythm Charity) Founder of Syncope Trust and Reflex anoxic Seizure group (STARS &amp; STARS-US) Founder &amp; CEO of Atrial Fibrillation Association (AFA)  </p>	<p><b>Special Featured Session: Optimum nutritional strategies for cardiovascular disease prevention and rehabilitation - new BACPR guidelines</b> Dr Tom Butler, Senior Lecturer in Nutrition and Health, Edge Hill University, Registered Nutritionist and Senior Author of the Above BACPR Publication in HEART </p> <p><b>Should we be concerned with the 'Sitting Disease'?</b> Prof Charlotte Edwardson, Associate Professor in Physical Activity, Sedentary Behaviour and Health, Diabetes Research Centre, University of Leicester</p> <p><b>Evaporating benefits of e-vaping?</b> Dr Catriona Jennings, NIPC Director of Nursing and Interdisciplinary Relations; Specialist in Tobacco Cessation</p> <p><b>Masterclass in Mindfulness and Cognitive Psychology in Health and Wellbeing</b> Willie Horton, Expert Mindfulness Coach and Psychologist</p>	<p><b>Special Highlight Podcast from Dr Stephanie O'Keeffe, National Director of Health and Wellbeing</b></p> <p><b>Meet the Expert: Prof Ian Graham, CVD Prevention Guidelines and Barriers to Implementation</b></p> <p><b>Special Celebration: 2020 the Year of the Nurse</b> Irene Gibson, NIPC; Robyn Gallagher, President ICCPR; Lis Neubeck, President ACNAP; Maria Hayes, Vice-President INCA; Kim Newlin, President PCNA; Susan Dawkes, President BACPR; Catriona Jennings, NIPC  </p> <p></p> <p></p> <p><b>NIPC: Updates</b></p> <ul style="list-style-type: none"> <li>2020 NIPC Fellowship Programme Launch – Prof Ger Flaherty and Irene Gibson</li> <li>NIPC Education and Training Update – Dr Jenni Jones</li> <li>NIPC Research Update – Prof Bill McEvoy</li> </ul>

Supported by: