



Registration:
\$90 (New Online Rate)



C-CHANGE

Informing through evidence.
transforming through engagement™

Accreditation: This continuing professional development activity has been designated as a University of Toronto Accredited program and awarded with the following credit categories:

The College of Family Physicians of Canada

5.5 Mainpro+ credits

Royal College of Physicians & Surgeons of Canada.

5.5 Section 1 hours



CHEP+ (C-CHANGE Education Program) Conference

Managing the Complex Patient: Diagnosis, Treatment and Follow-Up

Saturday, April 4, 2020 | 8:45 a.m. – 3:15 p.m.

Location: Now Online

⚠ During these challenging times, we must continue to adhere to the precautionary measures regarding Covid 19 as we still keep up with our continuing medical education. Therefore, we have committed to doing our best to meet your needs and offer our April 4th conference online. We are dedicated to presenting you an enjoyable and positive learning experience while you are safe in front of your computer, tablet or phone.

We will have an interactive component through testing and email. Submitted questions will be read out and we shall have a live discussion throughout the day. All while our faculty maintains social distancing!

We are pleased to host the **second annual “Circulate C-CHANGE” Conference**. This interactive and practical program is designed for family physicians, specialists, nurse practitioners, pharmacists and other primary care practitioners with an interest in cardiovascular disease prevention and management.

This year’s conference is devoted to updates from Hypertension, Obesity, and Cardiac Rehabilitation and the latest clinical trial results and challenges facing the care of multi-morbidity patients with complex conditions with a focus on heart failure.

Highlights Include:

- Atrial fibrillation in the patient with CHF
- Cardiovascular risk assessment, Management of Heart Failure
- Medical and non-medical management of dysglycemia and dyslipidemia
- Newest recommendations from Diabetes Canada, Hypertension Canada
- New and emerging therapies for heart failure
- Kidney disease in diabetes; management and prevention

REGISTER TODAY! for the online program (limited space)

Visit www.cchangeguidelines.com/april4-2020

Co-Chairs: **Sheldon Tobe**, MD, MScCH (HPTE), FRCPC, FACP, FAHA
Rahul Jain, MD, CCFP, MScCH (HPTE)

Program Speakers/Facilitators

Sheldon Tobe, MD, MScCH (HPTE), FRCPC, FACP, FASH

Nephrologist, Division of Nephrology, Sunnybrook Health Sciences Centre
Professor of Medicine, University of Toronto, Northern Ontario School of Medicine
Nephrologist Sunnybrook Health Sciences Centre

Robert Myers, MD, FRCPC

Cardiologist, Division of Cardiology Sunnybrook Health Sciences Centre
Assistant Professor, Department of Medicine, University of Toronto
Director of the Rapid Cardiology Assessment Clinic Sunnybrook Health Sciences Centre

Paul Oh, MD, FRCPC

Scientist, Toronto Rehabilitation Institute (TRI)
Associate Professor, Department of Medicine, University of Toronto
Medical Director, Cardiovascular Prevention and Rehabilitation Program
Research Division Head, Toronto Rehabilitation Institute (TRI)

Rahul Jain MD, CCFP, MScCH (HPTE)

Family Physician and Hospitalist, Sunnybrook Health Sciences Centre
Assistant Professor, University of Toronto, Department of Family and Community Medicine

Sol Stern, MD, MSc, CCFP

Family Physician, Argus Medical Centre
Oakville, Ontario

Program Speakers/Facilitators:

Richard Choi, MD, FRCPC

Staff Cardiologist at Unity Health Toronto

Lisa Dubrofsky, MDCM, FRCPC, FAHA

Clinical Associate, Division of Nephrology, Sunnybrook Health Sciences Centre

Michael Heffernan, MD, PhD, FRCPC, FACC

Director, Oakville Cardiologists Inc.

Staff Cardiologist, Oakville Trafalgar Memorial Hospital

Director, Heart Function Clinic, Oakville Trafalgar Memorial Hospital

Assistant Clinical Professor (adj), Mc Master University

Rahul Jain, MD, CCFP, MScCH (HPTE)

Family Physician and Hospitalist, Sunnybrook Health Sciences Centre

Assistant Professor, University of Toronto, Department of Family and Community Medicine

Peter Liu MD, FRCPC

Chief Scientific Officer/ Vice President Research, Director Cardiac Function Laboratory,
University of Ottawa Heart Institute

Professor, Faculty of Medicine, University of Ottawa

Professor, Faculty of Medicine, University of Toronto

Robert Myers, MD, FRCPC

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Assistant Professor, Department of Medicine, University of Toronto

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Sheldon Tobe, MD, MScCH (HPTE), FRCPC, FACP, FAHA

Hypertension and Nephrology, Division of Nephrology, Sunnybrook Health Sciences Centre,
University of Toronto Postgraduate Fellowship Director – Nephrology

Professor, Faculty of Medicine, University of Toronto and Northern Ontario School of
Medicine

Subodh Verma, MD, PhD, FRCSC, FAHA

Cardiac Surgeon, St. Michael's Hospital,

Professor, Faculty of Medicine, University of Toronto

CRC Chair in CV Surgery

AGENDA

Saturday April 4, 2020

| TIME | PRESENTATION | FACILITATOR |
|---------------|--|-------------------------------------|
| 8:45 – 9:30 | Plenary Appropriate Follow Up and Lab Testing for Patients with HFrEF and HFpEF | Dr. P Liu |
| 9:30 – 10:30 | Workshop*: | |
| | CC 01: CV Risk Reduction in T2DM -SGLT2i/GLP1 in Patients with DM and CVD | Dr. Sol Stern/ Dr. Richard Choi |
| 10:30 – 11:00 | Health Break | |
| 11:00 – 12:00 | Workshops: | |
| | CC 02: The C-CHANGE Heart Failure Recommendation for Patients with HFrEF: How to Introduce and Manage an 'ARNI' | Dr. Richard Choi/ Dr. Rahul Jain |
| 12:00 – 1:00 | Lunch | |
| 12:15 – 12:45 | Plenary The New CACPR Guidelines: Health Behaviors Change and Beyond | Dr. Paul Oh |
| 1:00 – 1:30 | Approach to Atrial Fibrillation in Heart Failure | Dr R Myers |
| 1:30 – 2:30 | Workshops: | |
| | CC 03: Renal Protection in Patients with Diabetes and Advanced Nephropathy | Dr. Rahul Jain/ Dr. Sheldon Tobe |
| 2:30 – 2:45 | Health Break | |
| 2:45 – 3:15 | Plenary SGLT2 Inhibition in the prevention and Treatment of Heart Failure | Dr. Subodh Verma |
| 3:15 | Closing Remarks – Evaluation | |

* **Format:** Each of the sessions are led by a trained facilitator. Sessions are 60 min case-based interactive group workshops (45 min of presentation with discussion questions embedded throughout the case module to stimulate discussion of case presentation, labs, history, practice and data points, and 15 min for topic related Q & A

Plenary Sessions: Include 10 minutes for Q&A

Program Objectives:

At the conclusion of this program, participants will be able to:

1. Apply the C-CHANGE Guidelines in their practice for improved patient care
2. Determine appropriate laboratory tests for the screening and management of patients with heart failure
3. Summarize the newest and emerging therapies and how they apply to renal and cardiovascular protection

SESSION DESCRIPTIONS

Plenary Talk Objectives:

Appropriate Follow Up and Lab Testing for Patients with HFrEF and HFpEF

Upon completion, participants should be able to:

- Describe the epidemiology of HFrEF and HFpEF and the relationship with hypertension
- Explain the natural history of HFrEF and HFpEF and the impact of traditional therapy with beta blockers, RAAS inhibitors, mineralocorticoid receptor antagonists, SGLT2i's, and ARNI's
- Describe the ideal ambulatory management of patients with HFrEF and HFpEF and the lab and imaging studies recommended after discharge.

Approach to Atrial Fibrillation in Heart Failure

Upon completion, participants should be able to:

- Describe the epidemiology and natural history of atrial fibrillation in heart failure.
- Formulate a management plan for patients with heart failure and atrial fibrillation.
- Describe a diagnostic testing regimen to assist with surveillance.

The New CACPR Guidelines - Health Behaviors change and beyond

Upon completion, participants should be able to:

- Explain the impact of cardiac rehab on patient outcomes after a cardiac event
- Describe the process for the CACPR clinical practice guideline
- Describe the highlights of the new CACPR clinical practice guideline.

SGLT2 inhibition in the prevention and treatment of heart failure

Upon completion, participants should be able to:

- List the clinical trials that have evaluated prevention and treatment of heart failure in people with diabetes and those without diabetes with SGLT2 inhibitors
- Describe the clinical implications and practice guidelines supporting these clinical trial observations
- Appreciate the mechanism of the heart failure benefit with SGLT2 inhibitors

Workshops:

CC 01: CV Risk Reduction in T2DM-SGLT2i/GLP1 in Patients with DM and CVD

Upon completion of this case study, participants should be able to:

- Describe the patient who should be treated with an SGLT2i or GLP-1 RA
- Explain the rationale for this treatment and the potential benefits
- Describe the steps for initiating and monitoring therapy for patients with diabetes

CC 02: The C-CHANGE HF Recommendation for Patients with HFrEF: How to introduce and manage an 'ARNI'

Upon completion of this case study, participants should be able to:

- Identify a patient with reduced ejection fraction heart failure with an indication for an ARNI
- Explain to a patient the mechanism and benefit of this therapy in addition to usual standard of care for HF
- Describe the steps for initiating and monitoring therapy for patients with reduced EF heart failure

CC 03: Renal Protection in Patients with Diabetes and Advanced Nephropathy

Upon completion of this case study, participants should be able to:

- Describe advanced diabetic nephropathy and its consequences
- Explain the rationale for the management of advanced nephropathy and the potential benefits
- Describe how advanced nephropathy might be prevented