



Physical activity in patients with CHD
a collaborative partnership to identify and share
good practices among European countries

TRAIN THE TRAINERS ACTIVITY

Rome

May 26th - 27th, 2016

Institute of Sports Medicine and Science

Italian National Olympic Committee

Largo Piero Gabrielli, 1

Co-funded by the
Erasmus+ Programme
of the European Union



*This project has been funded with support from the European Commission
(ERA-COPART - G.A. 2014-3140/002-001 – ERASMUS+ SPORT).*

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OBJECTIVES

According to the ERASMUS+ SPORT programme, TAKE HEART project general objective is to promote social inclusion, equal opportunities and awareness of the importance of health-enhancing physical activity, through increased participation in, and equal access to sport for all.

The project objectives will be achieved, on the one hand by improving the knowledge of physicians, coaches and all the stakeholders involved and on the other by increasing awareness and acceptance by patients and their families.

The Train the trainers (TtT) methodology is used to implement medical educational activities through the organization of this training course for healthcare professionals working in the selected countries.

For each participating country 2 healthcare professionals have been selected. At the end of the course, these professionals will be able to train other professionals. The training contents will be adapted to the local needs.

INVITED SPEAKERS



Inger Lise Aamot

Gerardo Ansalone

Romualdo Belardinelli

Manuela Benzi

Alessandro Biffi

Birna Bjarnason-Wehrens

Ugo Corrà

Barbara Di Giacinto

Dolores Forgione

Ines Frederix

Cesare Greco

Jostein Grismo

Armando Grossi

Stefan Höfer

Maura Ilardi

Ziggy Kovacs

Josef Niebauer

Massimo Pagani

Roberto F.E. Pedretti

Antonio Pelliccia

Ligia Rusu

Erik Solberg

Maria Rosaria Squeo



Thursday 26 May 2016

MORNING

8.30 9.00 **Registration**

9.00 9.30 **Introduction**

9.30 9.50 **Take Heart Project:
the importance of bridging to phase IV**
A. Biffi - Rome

INDIVIDUAL PERSPECTIVE

9.50 10.10 **Physical activity in CR: metabolic effects**
A. Grossi - Rome

10.10 10.30 **Physical activity in CR:
effects on endothelial function**
J. Niebauer - Salzburg

10.30 11.00 **Coffee break**

11.00 11.20 **Physical activity in CR:
effects on autonomic nervous system**
M. Pagani - Milan

11.20 11.40 **Heart adaptations: effects of physical training**
A. Pelliccia - Rome

11.40 12.00 **Effects of aerobic exercise in CHD**
B. Di Giacinto - Rome

12.00 12.20 **Effects of resistance training in CHD**
MR. Squeo - Rome

12.20 12.40 **Effects on quality of life, not only V02 max**
S. Hofer - Innsbruck

12.40 13.00 **Wrap-up and conclusions**



AFTERNOON

CR KEY ISSUES

14.00 14.30 **CR guidelines: from theory to practice**

U. Corrà - Piacenza

14.30 16.30 **Round table: CR activities**

The selection of candidates

R. Pedretti - Tradate (VA)

The effect of treatments on CR

G. Ansalone - Rome

The importance of patient evaluation tests

R. Belardinelli - Ancona

**Exercise prescription (Interval training, vs “leisure” training,
vs physical activity in daily life)**

I.L. Aamot - Norway

Outcome measures in CR

C. Greco - Rome

16.30 17.00 **Coffee break**

17.00 17.30 **The importance of safety in CR**

J. Grismo - Oslo

17.30 18.00 **Wrap-up and conclusions**



Friday 27 May 2016

MORNING

GENERAL PERSPECTIVE

9.00	9.30	CR differences within Europe and within countries <i>B. Bjarnason-Wehrens - Cologne</i>
9.30	10.00	TAKE HEART experience in data collection <i>E. Solberg - Oslo</i>
10.00	10.30	Is there a Yentl Syndrome in CR? <i>L. Rusu - Craiova</i>
10.30	11.00	Coffee break
11.00	11.30	TAKE HEART analysis of best practices <i>Z. Kovacs - Debrecen</i>
11.30	12.30	Round table: The change of mentality The importance of lobbying <i>J. Grismo - Oslo</i> The importance of telemedicine <i>I. Frederix - Belgium</i> The importance of psychological approach <i>M. Benzi - Rome</i>
12.30	13.00	Wrap-up and conclusions

Friday 27 May 2016



AFTERNOON

TAKE HEART: TRAIN THE TRAINERS ACTIVITY

14.00	14.30	Train the trainers activity <i>M. Ilardi</i>
14.30	15.00	Train the trainers activity: tools <i>M. Ilardi</i>
15.00	15.30	Administrative aspects <i>D. Forgione</i>
15.30	16.00	EU requirements <i>D. Forgione</i>
16.00	16.30	Coffee break
16.30	17.00	Local training organization: Q&A <i>All</i>
17.00	17.30	Local training organization: workgroup <i>All</i>
17.30	18.00	Final conclusions



Partner



Institute of Sports Medicine and Science - CONI Servizi
Rome - Italy



SALK - University Institute of Sports Medicine, Prevention and Rehabilitation
Salzburg - Austria



LHL-Klinikkene AS - Department of Cardiac Rehabilitation at the Feiring Heart Clinic
Oslo - Norway



UNIVERSITY OF CRAIOVA
Faculty of Physical Education and Sport-Sports Medicine and Kinesiology Department
Craiova Romania



DEKUT
Debrecen - Hungary

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