

Clinical Practice Guidelines Update Managing the Multi-Comorbid Patient

Bringing the Guidelines Together Online Conference

Saturday, March 27, 2021 8:45 a.m. – 3:15 p.m.

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

This year's conference is devoted to updates from Diabetes, 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.

Co-Chairs

Rahul Jain, MD and Sheldon Tobe, MD

Plenary Talks from Guideline Leads

- Diabetes guideline update
- Obesity guideline update
- Lipid guideline update
- Newest recommendations for cardiac rehabilitation
- Latest Stroke Best Practice Guideline
- Guideline on prescribing physical activity
- Kidney disease management and prevention



Register Online Today!

Conference Price: \$125

Visit: www.chepplus.com

Accreditation

**College of Family Physicians of Canada
Mainpro+ Credits:**

- **Plenary** (1 credit/hour):
3.0 credits* (morning)
- **Concurrent Workshops** (3 credit/hour):
9.0 credits** (afternoon)

Royal College Maintenance of Certification

- Section 1: **6.0 hours** (full day)

Participants will receive certificates of attendance from the following:

- * University of Toronto, Continuing Professional Development

- ** CHEP Plus (practice reflection survey to be completed at 6 weeks post-session, before receiving certificate for workshops)

Plenary Speakers

Stroke Best Practice Guidelines

Alexandre Y. Poppe, MD, CM, FRCPC

Clinical Associate Professor, Department of Neurosciences,
Université de Montréal
Stroke Neurologist, Stroke fellowship program director
Centre Hospitalier de l'Université de Montréal (CHUM)

Diabetes Canada Guidelines

Peter Senior, MBBS, PhD

Professor of Medicine, Director, Division of Endocrinology
and Metabolism, University of Alberta Clinical Section Head,
Endocrinology and Metabolism, Alberta Health Services
Medical Director, Clinical Islet Transplant Program, Alberta
Health Services Co-director, Northern Alberta Diabetic
Nephropathy Prevention Program

Obesity Canada Guidelines

Sean Wharton, MD, DPharm

Women's College Hospital, Hamilton Health Sciences Centre
Assistant Clinical Professor, McMaster University

Canadian Association of Cardiovascular Prevention and Rehabilitation (CACPR) Guidelines

Simon Bacon, PhD, FTOS, FCCS, FABMR

Co-Director, Montreal Behavioural Medicine Centre
CIUSSS-NIM, Hopital du Sacre-Coeur de Montreal
Professor, Department of Health, Kinesiology, and Applied
Physiology, Concordia University

Canadian Cardiovascular Society – Dyslipidemia Guidelines

Glen J. Pearson, BScPhm, PharmD, FCSHP, FCCS

Professor of Medicine, Co-Director, Cardiac Transplant Clinic Chair,
Trainee Research Access Committee (TRAC)
University of Alberta, Division of Cardiology
Mazankowski Alberta Heart Institute

Workshop Speakers/Facilitators

Richard Choi, MD, FRCPC

Dr. Choi is a staff cardiologist at St. Joseph's Health Centre/
Unity Health Toronto and clinical adjunct faculty/Lecturer in the
Department of Medicine at the University of Toronto.

Lisa Dubrofsky, MDCM, FRCPC, FASH

Dr. Dubrofsky is a Clinical Associate, Division of Nephrology,
Sunnybrook Health Sciences Centre.

Benedict M Glover, MD, MRCP

Dr. Glover is a staff cardiologist at Sunnybrook Health Sciences
Centre with a specific interest in atrial fibrillation and ventricular
arrhythmias, catheter ablation and device therapy.

Jeff Habert MD, CCFP, FCFP

Dr. Habert is an Assistant Professor in the Department of Family
and Community Medicine at the University of Toronto,
Co-Chair of Clinical Guidelines Committee Thrombosis Canada.

Rahul Jain MD, CCFP, MScCH (HPTE)

Dr. Jain is a Family Physician and Hospitalist at Sunnybrook Health
Sciences Centre. He is an Assistant Professor in the Department of
Family and Community Medicine at the University of Toronto.

Sol Stern, MD, MSc, MCFP

Dr. Stern is a Family Physician at Argus Medical Centre in
Oakville, Ontario.

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

Dr. Tobe is a specialist in Hypertension and Nephrology, Division
of Nephrology, Sunnybrook Health Sciences Centre, and is
the University of Toronto Postgraduate Fellowship Director
– Nephrology. He is a Professor in the Faculty of Medicine,
University of Toronto and Northern Ontario School of Medicine.

Jonathan Gabor MSc, MD, FRCPC, SCH, Dip. ABOM

Dr. Gabor is a specialist in Clinical Hypertension, Department of
Medicine, Concordia General Hospital, Winnipeg, Manitoba.

Peter Liu MD, FRCPC

Dr. Peter Liu is Chief Scientific Officer/ Vice-President, Research,
Director Cardiac Function Laboratory, University of Ottawa Heart
Institute and Professor, Faculty of Medicine at the University of Ottawa

Thuy Pham RN(EC), MN, MScCH

Thuy Pham is a Nurse Practitioner in the Division of Nephrology
at Sunnybrook Health Sciences Centre. She is an adjunct lecturer
in the Faculty of Nursing at the University of Toronto and is a
member of the Scientific Planning Committee for CHEP +.

Agenda | Saturday March 27, 2021

Time	Presentation	Speaker	Moderator
8:45 - 9:00	Introductions <ul style="list-style-type: none"> C-CHANGE Update 2021 Orientation and Certification 	Dr. Sheldon Tobe Ms. Diane Hua-Stewart	Dr. Rahul Jain
9:00 - 11:20	Plenary	Q & A	
9:00 - 9:15	Plenary 1 What's New in Stroke Best Practices?	9:15 - 9:25 Dr. Alexandre Poppe	Dr. Rahul Jain
9:25 - 9:40	Plenary 2 What's New in Diabetes?	9:40 - 9:50 Dr. Peter Senior	
9:50 - 10:05	Plenary 3 What's New in Obesity?	10:05 - 10:15 Dr. Sean Wharton	
10:15 - 10:30	Health Break, Exhibitor Showcase		
10:30 - 10:45	Plenary 4 What's New in Cardiac Rehab?	10:45 - 10:55 Dr. Simon Bacon	Dr. Peter Liu
10:55 - 11:10	Plenary 5 What's New in Lipids (CCS)?	11:10 - 11:20 Dr. Glen Pearson	
11:20 - 12:00	Q & A, Health Break with Exhibitors	TBD	
	Concurrent Workshops		
12:00 - 13:00	Session A Concurrent Workshops	Facilitator	Moderator
	A1: CV Risk Reduction in T2DM - SGLT2i/GLP1 in Patients with DM and ASCVD	Dr. Sol Stern	Dr. Peter Liu
	A2: Cardiovascular Management of Patients with Chronic Kidney Disease	Dr. Sheldon Tobe	Dr. Rahul Jain
	A3: Anticoagulation in Nonvalvular Atrial Fibrillation in Patients with Renal Disease	Dr. Benedict Glover	Dr. Jeffrey Habert
13:00 - 14:00	Session B Concurrent Workshops		
	B1: How C-CHANGE can Help Management of the multi co-morbidity patient	Dr. Rahul Jain	Ms. Thuy Pham
	B2: Anticoagulation in Nonvalvular Atrial Fibrillation in Patients with Renal Disease	Dr. Jeffrey Habert	Dr. Benedict Glover
	B3: Blood Pressure Measurement Diagnosis and Follow-Up of Hypertension	Dr. Lisa Dubrofsky	Dr. Jonathan Gabor
14:00 - 15:00	Session C Concurrent Workshops		
	C1: Renal Protection in Patients with Diabetes and Advanced Nephropathy	Dr. Sheldon Tobe	Dr. Rahul Jain
	C2: ARNI in Reduced Ejection Fraction Heart Failure (HFrEF)	Dr. Richard Choi	Dr. Sol Stern
	C3: Blood Pressure Measurement Diagnosis and Follow-Up of Hypertension	Dr. Jonathan Gabor	Dr. Lisa Dubrofsky
15:00 - 15:15	Closing Remarks - Evaluation		

Overall Program Objectives

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

1. Describe the coming updates to the C-CHANGE Guidelines
2. Develop an approach to the multi-comorbid patient
3. Summarize the newest and emerging therapies and how they apply to renal and cardiovascular protection

Session Descriptions

Plenary Talk

1. What's New in Stroke Best Practices?

- Describe the latest stroke update
- Explain how to implement these changes in practice

2. What's New in Diabetes?

- Describe the latest diabetes update
- Explain how to implement these changes in practice

3. What's New in Obesity management?

- Explain why obesity is a chronic disease
- Discuss the complications of obesity and their impact on chronic disease management
- Mitigate bias and stigma in your practice
- Assess a patient living with obesity based on the latest evidence as outlined in the recently published Canadian Adult Obesity Clinical Practice Guidelines

4. What's New in Cardiac Rehab?

- Describe the latest CACPR Cardiovascular Rehabilitation Guidelines update
- Explain how to implement these changes in practice

5. What's New in Lipid Guideline Recommendations?

- Describe the latest dyslipidemia guideline update
- Explain how to implement these changes in practice

Concurrent Workshops

Format: The sessions are led by a trained facilitator. Sessions are 60 min case-based interactive group workshops (40 min of presentation with questions throughout the case module to stimulate discussion of case presentation, history, labs, practice and data points, and 20 min for topic related Q+A).

Blood Pressure Measurement Diagnosis and Follow-Up of Hypertension

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

- To describe the new Hypertension Canada recommendations and algorithm for the diagnosis of hypertension
- To outline the rationale for and the methods for using automated office blood pressure measurements.
- Define White Coat Hypertension, Masked Hypertension, and Masked Uncontrolled Hypertension (MUCH)
- To describe tools for helping learners acquire and teach the knowledge and skills for blood pressure measurement.

How C-CHANGE can Help Management of the multi co-morbidity patient

Upon completion of this activity, participants will be able to:

- Identify recommendations for multiple morbidities from the C-CHANGE guidelines
- Implement recommendations for multiple morbidities in a single patient
- Use the C-CHANGE recommendations to help keep the elderly living at home longer and healthier

Session Descriptions Concurrent Workshops continued

Cardiovascular Management of Patients with Chronic Kidney Disease

Upon completion of this activity, participants should be able to:

- Identify a patient with chronic kidney disease.
- Formulate a treatment plan for renal and cardiovascular risk reduction using the C-CHANGE guidelines including BP control and lipid management and SGLT2i.
- Communicate and initiate the treatment plan to reduce renal and cardiovascular risk in patients with chronic kidney disease

CV Risk Reduction in Diabetes (SGLT2 inhibitors/GLP-1 Receptor Agonists in Patients with DM and ASCVD)

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

Anticoagulation in Nonvalvular Atrial Fibrillation in Patients with Renal Disease

Upon completion of this activity, participants should be able to:

- Describe the rationale for anticoagulation of non-valvular atrial fibrillation
- Describe the effect on outcomes of non-valvular atrial fibrillation with CKD
- Describe the management of patients with CKD and non-valvular atrial fibrillation

ARNI in Reduced Ejection Fraction Heart Failure (HFrEF)

Upon completion of this activity, participants should be able to:

- Describe the epidemiology and pathophysiology of reduced ejection fraction heart failure (HFrEF) and preserved ejection fraction heart failure (HFpEF)
- Describe the current management of HFrEF
- Describe the evidence for ARNI in HFrEF
- Apply the clinical practice guideline for ARNI in HFrEF

Renal Protection in Patients with Diabetes and Advanced Nephropathy

Upon completion of this activity, 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



ACKNOWLEDGEMENTS

THANK YOU FOR YOUR PARTNERSHIP!

Our 2021 CHEP+ Conference Attendees, Speakers, Partners and Sponsors helped make this program possible!

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ACCREDITATION



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