




**THE CHAP
PROJECT**

**CARDIAC
REHABILITATION
PROFESSIONAL
DEVELOPMENT**

**2021-22
PROGRAM**



 The CHAP project is co-funded by NHMRC Partnership Grant (GNT 1169893)



TOBACCO CESSATION AND ALCOHOL REDUCTION



FACILITATOR
Dr. Stephanie Champion

DR COLIN MENDELSON

'VAPING NICOTINE CAN HELP YOUR SMOKING PATIENTS QUIT?'

Join us in exploring strategies to support cardiac rehabilitation participants to quit smoking with Dr Colin Mendelsohn.

Colin was a Sydney GP for 27 years with a special interest in smoking cessation and now works exclusively in tobacco treatment, helping smokers to quit.

Colin is a member of the committee that develops the RACGP national smoking cessation guidelines. He is actively involved in research, writing and teaching about smoking cessation and tobacco control and is the Founding Chairman of the Australian Tobacco Harm Reduction Association.



MAIN SPEAKER

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INNER NORTH COMMUNITY HEALTH SERVICES

CAROLINE WILKSCH



SERVICE OF THE MONTH

PHARMACIST CORNER



CHAP PHARMACIST Dr Lemlem Gebremichael

Talking about effective pharmacotherapies for smoking cessation



CHAP CPD PROGRAM -
JULY 14TH, 2021
**MANAGING
MEDICAL RISK
FACTORS**



FACILITATOR
Dr. Stephanie Champion

PROFESSOR JEROEN HENDRIKS
**'RISK FACTOR MODIFICATION FOR AF: WHAT
WORKS AND WHAT DOESN'T. LESSONS LEARNED
FROM MY NURSE -LED AF CLINIC'**

Dr Hendriks is a Professor of Cardiovascular Nursing at Flinders University and the Royal Adelaide Hospital. In this clinical academic role, he aims to generate clinical research in the cardiovascular field with a focus on the nursing profession. Over the past 10 years, Dr Hendriks has developed an International reputation in the field of integrated care management of cardiac arrhythmias and in particular AF and redesign of current practices. As part of that he has develop a novel model of AF care (integrated care), in terms of rapid access clinics (iCARE-AF Clinics), incorporating a multicentre RCT which will recruit 1367 patients with AF.



MAIN SPEAKER

**THE COUNTRY HEART ATTACK
PREVENTION PROJECT**
KATIE NESBITT



SERVICE OF THE MONTH



PHARMACIST CORNER

CHAP PHARMACIST
**Dr Lemlem
Gebremichael**

What is NEW about the
new SGLT2 inhibitor,
Sotagliflozin?



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ACTIVITIES OF DAILY LIVING



FACILITATOR
Dr. Stephanie Champion

PROFESSOR ROBERT ADAMS **'MANAGING SLEEP DISORDERS POST HOSPITAL DISCHARGE FOR A CARDIAC EVENT'**

Professor Robert Adams is a specialist respiratory and general physician with extensive experience in public health, clinical epidemiology and health services research.

One of his many research interests relates to designing and modelling new strategies for sleep disorders management in primary care and is a Chief Investigator on the NHMRC Centre of Research Excellence National Centre for Sleep Health Services Research.

NORTHERN AND YORK HEALTH SERVICES **BROOKE BUSSENSCHUTT**

PHARMACIST CORNER



CHAP PHARMACIST **Dr Lemlem Gebremichael**

What does the evidence say about the role of Myotrope therapy in HF patients with reduced ejection fraction?



MAIN SPEAKER



SERVICE OF THE MONTH



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PSYCHOSOCIAL WELLBEING



FACILITATOR
Dr. Stephanie Champion

A/ PROFESSOR DAVID COLQUHOUN **'DEPRESSION IS A RISK FACTOR FOR COMPLETING** **CARDIAC REHABILITATION; HOW DO WE CHANGE** **THIS?**

Associate Professor David Colquhoun is a clinical cardiologist who has been in private practice in Queensland for over 30 years. He's been involved in clinical practice and research in the fields of cardiology, lipids, nutrition, diabetes, obesity, nutraceutical and psychological aspects of heart disease.

Most notably, A/Prof Colquhoun was announced as the Cardiologist appointed to the Australia 2020 Summit to contribute to the Long-Term National Health Strategy.

PORT PIRIE REGIONAL HEALTH SERVICE **TRUDY BAKER**

CHAP PHARMACIST **Dr Lemlem** **Gebremichael**

Which anti-depression medications are safe to treat cardiac patients?

PHARMACIST CORNER



MAIN SPEAKER



SERVICE OF THE MONTH



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MEDICATION EDUCATION & REVIEW



FACILITATOR
Dr. Stephanie Champion

MR. GREG ROBERTS

'THIS IS WHAT I SAY IN THE DISCHARGE TALK FOR PATIENTS ON WARFARIN AND ANTICOAG THERAPY'

Greg is an experienced practicing clinical pharmacist and researcher with strong interests in antithrombotic medications and transitions of care from hospital to community.

He has published a number of papers examining the risks and benefits of antithrombotics and how various patient factors can impact this balance. The session will focus on prioritising the most important and relevant info around anticoagulants and antiplatelets for the patient at discharge, and optimising the transfer of that info in a manner easily understood by the patient.



BAROSSA HILLS FLEURIEU MEGAN COYLES



CHAP PHARMACIST Dr Lemlem Gebremichael



How important is duration when prescribing beta-blockers after acute MI?

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CHAP CPD PROGRAM - NOVEMBER 10TH, 2021 REASSESSMENT AND COMPLETION



FACILITATOR
Dr. Stephanie Champion

PROFESSOR ROBYN CLARK

'THE SCIENCE BEHIND THE CATCH PRE AND POST ASSEMENT DATA COLLECTION AND SA HEALTH DATA DRIVEN PRACTICE'

Prof Robyn Clark is a clinician and has been a full-time researcher for 17 years. She is a Critical Care RN, with a MEd, and a PhD in Health Sciences. As a clinical nurse Prof Clark is in the top 1% of nurses who have received continuous research career funding from the Heart Foundation and NHMRC and SA Health recently completing a Heart Foundation Future Leaders Fellowship.

Prof Clark has earned international recognition for her research into the most effective CVD management of Australia's most disadvantaged populations (elderly, rural and remote, low literacy, English as a second language and Aboriginal and Torres Stait Islander people. Prof Clark utilises her clinical skills to lead the translation knowledge in all aspects of her research program ensuring that the research evidence is implemented into practice, is patient centred and adapted into policy to achieve sustained models to improve access to CVD services.

FLINDERS UPPER NORTH KATRINA CARTER

PHARMACIST CORNER



CHAP PHARMACIST Dr Lemlem Gebremichael



How important is duration when prescribing beta-blockers after acute MI?

MAIN SPEAKER



SERVICE OF THE MONTH Flinders & Upper North Local Health Network

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CHAP CPD PROGRAM -
DECEMBER 8TH, 2021

XMAS SPECIAL HEALTHY EATING AND WEIGHT



FACILITATOR
Dr. Stephanie Champion

PROFESSOR PETER CLIFTON NUTRITION AND CARDIOVASCULAR DISEASE: WHAT IS THE EVIDENCE?

Peter Clifton is adjunct Professor at UniSA and an endocrinologist with an interest in Diabetes, obesity, lipids and heart disease.



MAIN SPEAKER

SERVICE OF THE MONTH AWARDS



CHAP PHARMACIST
Dr Lemlem
Gebremichael

Can Type 2 diabetes
medications help people
lose weight?



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Flinders
UNIVERSITY

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CHAP CPD PROGRAM -
FEBRUARY 9TH, 2022
**INITIAL
ASSESSMENT
AND GOAL
SETTING**



FACILITATOR
Dr. Stephanie Champion

DR ROSEMARY HIGGINS

**'MOTIVATIONAL INTERVIEWING AND GOAL SETTING:
LESSONS LEARNED FROM MY PRACTICE '**

Dr Rosemary Higgins is a Health Psychologist who works with adults and their families to help them cope with and manage the impact of health issues and other life changes. She is interested in the areas of lifestyle and behaviour change including smoking cessation and improving health and psychocardiology and adjustment to chronic illness, including neurological disorders, heart disease, cancer and diabetes.



MAIN SPEAKER

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**BAROSSA HILLS FLEURIEU
CHERRYL ELEY**



PHARMACIST CORNER

**CHAP PHARMACIST
Dr Lemlem
Gebremichael**

Direct oral
anticoagulants or
vitamin K antagonists
can be used to treat
patients with

bioprosthetic valve and AF



CHAP CPD PROGRAM -
MARCH 9TH, 2022
**HEART
EDUCATION
AND SELF
MANAGEMENT**



FACILITATOR
Dr. Stephanie Champion

PROFESSOR ROBYN CLARK

'MEET NURSE CORA: AVATARS AND GAMING FOR CARDIAC PATIENT EDUCATION'

Prof Robyn Clark is a clinician and has been a full-time researcher for 17 years. She is a Critical Care RN, with a MEd, and a PhD in Health Sciences. As a clinical nurse Prof Clark is in the top 1% of nurses who have received continuous research career funding from the Heart Foundation and NHMRC and SA Health recently completing a Heart Foundation Future Leaders Fellowship.

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**FLINDERS UPPER NORTH
LINDA MARSHALL**



**CHAP PHARMACIST
Dr Lemlem
Gebremichael**

Important tips to safe
prescription of novel oral
anticoagulants



CHAP CPD PROGRAM -
APRIL 13TH, 2022
**EXERCISE
TRAINING &
PHYSICAL
ACTIVITY**



FACILITATOR
Dr. Stephanie Champion

A/PROFESSOR CLAIRE DRUMMOND
**'10 TIPS ON GETTING INACTIVE POST CARDIAC
PATIENTS ACTIVE'**

Prof Claire Drummond is the Head of Exercise Science/Clinical Exercise Physiology programs at Flinders University. She is passionate about the idea that Exercise is Medicine. Her research spans across several areas, including physical activity, exercise and sports science.



TBC

MAIN SPEAKER

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RIVERLAND MALLEE COORONG
ANN FELDER



SERVICE OF THE MONTH
**Riverland
Mallee
Coorong**
Local Health Network



PHARMACIST CORNER

CHAP PHARMACIST
**Dr Lemlem
Gebremichael**

Pros and cons of weight loss medications on the cardiovascular system



HEALTHY EATING & WEIGHT



FACILITATOR
Dr. Stephanie Champion

DR KACIE DICKINSON

'EXCESS SODIUM INTAKE, HIDDEN SALTS, FOOD MYTHS AND CARDIOVASCULAR DISEASE

Kacie is an Accredited Practising Dietitian and Early Career Researcher in Nutrition and Dietetics at Flinders University. She completed her research training at CSIRO and the University of Adelaide examining the effects of excess sodium intake on biomarkers for cardiovascular disease.



MAIN SPEAKER

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SERVICE OF THE MONTH



PHARMACIST CORNER

CHAP PHARMACIST Dr Lemlem Gebremichael

All about the two new non-statin drugs for cholesterol lowering



ILLICIT SUBSTANCE MISUSE & ALCOHOL REDUCTION



FACILITATOR
Dr. Stephanie Champion

PROFESSOR ANN ROCHE

'ILLICIT DRUG USE AND HEART DISEASE: COCAINE AND ICE IN THE CONTEXT OF CARDIAC REHAB PATIENTS

Ann is Professor and Director of the National Centre for Education and Training on Addiction at Flinders University. Previously she was the Director of the Queensland Alcohol and Drug Research and Education Centre (QADREC) at the University of Queensland for five years.



MAIN SPEAKER

INTEGRATED CARDIOVASCULAR CLINICAL NETWORK SA

GEMMA WILSON



PHARMACIST CORNER

CHAP PHARMACIST Dr Lemlem Gebremichael

Cardiovascular adversity
of illegal drugs



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MEDICATION EDUCATION & REVIEW



FACILITATOR
Dr. Stephanie Champion

DR LEMLEM GEBREMICHAEL

'REVIEW OF EVIDENCE BASED PAHRMACOTHERAPY IN SA CARDIAC REHABILITATION PROGRAMS: NOTES FOR YOUR PRACTICE'

Dr. Lemlem Gebremichael is a post-doctoral Research Fellow at Flinders University, working with the Country Heart Attack Prevention (CHAP) project team. She has worked as a tutor and research assistant at the University of South Australia, whilst completing her PhD study at the University of South Australia, School of Pharmacy and Medical Sciences and graduated in September 2020.

Previously, she was an Adjunct Professor at the School of Pharmacy, College of Health Sciences, Mekelle University, Ethiopia.

SOUTH EAST REGIONAL COMMUNITY HEALTH FRANK CIRCELLI



MAIN SPEAKER



SERVICE OF THE MONTH

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MANAGING MEDICAL RISK FACTORS



FACILITATOR
Dr. Stephanie Champion

A/PROFESSOR MARGARET ARSTALL **'GIRL TALK: MANAGING CVD IN WOMEN DURING PREGNANCY, MENOPAUSE AND BEYOND'**

A/Prof Margaret Arstall is the Director of Cardiology at the Northern Adelaide Local Health Network (NAHLN) since 2007. She is also an Associate Professor at the University of Adelaide. Margaret is an academic cardiologist and has numerous roles in research, clinical and teaching settings.



MAIN SPEAKER

SOUTHERN ADELAIDE LOCAL HEALTH NETWORK **FLINDERS MEDICAL CENTRE**



SERVICE OF THE MONTH

PHARMACIST CORNER



CHAP PHARMACIST **Dr Lemlem Gebremichael**

Re-thinking the old beliefs of oestrogen benefits the cardiovascular system



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PSYCHOSOCIAL WELLBEING



FACILITATOR
Dr. Stephanie Champion

PROFESSOR ADAM SCOTT 'TELE-MENTAL HEALTH SOLUTIONS FOR COUNTRY CARDIAC PATIENTS'

Prof Adam Scott is currently the Acting Executive Director of Clinical Support Services for Queensland Health's Metro North Hospital and Health Service. Adam is one of the Founding Fathers of modern tele-health in Australia and found the inspiration to create White Cloud, a Queensland-based not-for-profit organisation that provides practical support, easy access to treatment, and early intervention programs for people living with or at risk of developing depression and anxiety in its many forms.



MAIN SPEAKER

CENTRAL ADELAIDE LOCAL HEALTH NETWORK ROYAL ADELAIDE HOSPITAL



SERVICE OF THE MONTH

PHARMACIST CORNER



CHAP PHARMACIST
Dr Lemlem
Gebremichael

Depression treatment
and cardiovascular
diseases



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ACTIVITIES OF DAILY LIVING



FACILITATOR
Dr. Stephanie Champion

A/ PROFESSOR DOA EL-ANSARY **'MOTOR VEHICLE DRIVING AFTER CARDIAC SURGERY** **VIA A MEDIAN STERNOTOMY: MECHANICAL AND** **COGNITIVE CONSIDERATIONS'**

A/ Prof Doa El-Ansary is a Physiotherapist and functional anatomist, with extensive clinical and research experience in cardiovascular and musculoskeletal physiotherapy. Doa's PhD research established Physiotherapy guidelines for the diagnosis and management of sternal instability following cardiac surgery. Her research interests include: cardiac surgery; physiological adaptations to exercise in bone and muscle; ultrasound imaging; sternal closure; postoperative recovery and patient reported outcomes; differential diagnosis and management of chest wall pain.

NORTHERN ADELAIDE LOCAL HEALTH **NETWORK** **LYELL MCEWIN HOSPITAL**



PHARMACIST CORNER



CHAP PHARMACIST **Dr Lemlem** **Gebremichael**

The MAGICAL "triple pill"
effectively controls high
blood pressure



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REASSESSMENT AND COMPLETION



FACILITATOR
Dr. Stephanie Champion

PROFESSOR JAMES MCVEIGH

'HOW TO MEND A BROKEN HEART' - TREATMENT AND CAUSES OF TAKOTSUBO

Prof Jim McVeigh is an authorised Nurse Practitioner in the field of High Dependency Nursing (Coronary Care/ Cardiology) and is a coordinator of the Heart Failure Service at the Prince of Wales Hospital, Randwick. He is a Foundation Fellow of the Australian College of Nurse Practitioners and has a special interest in Takotsubo cardiomyopathy.



PORT LINCOLN HEALTH SERVICE

ALYSSIA SMITH

SERVICE OF THE MONTH



PHARMACIST CORNER

CHAP PHARMACIST Dr Lemlem Gebremichael

What is Takotsubo
cardiomyopathy and
how to treat it?



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XMAS SPECIAL



FACILITATOR
Dr. Stephanie Champion

DR ALLINE BELEIGOLI CHAP/CATCH PROJECT OUTCOMES BASELINE AND YEAR 1: CELEBRATING WHAT WE HAVE ACHIEVED!

Alline Beleigoli is a medical doctor and researcher with special interests in clinical and epidemiology aspects of obesity, behaviour change and digital health interventions. Alline is a Senior Research Fellow in the Country Heart Attack Prevention (CHAP) - NHMRC Partnership funded project in Flinders University, aiming to developing a digitally-enabled model of care to increase attendance to cardiac rehabilitation in rural and remote areas of Australia.



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SERVICE OF THE MONTH AWARDS



CHAP PHARMACIST
Dr Lemlem
Gebremichael



Do 'MONA' treatment has
clinical applicability to
treat ACS at present?

