

DECEMBER 10-12, 2020

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COMPLIMENTARY!**

THE 16TH ANNUAL

HEART FAILURE

HOLIDAY SYMPOSIUM

Course Directors:

Jonathan D. Rich, MD, FACC, FHFSa
Kathleen Grady, PhD, RN, MS, FAAN
Duc Thinh Pham, MD, FACS
Jane Wilcox, MD, MSc
Clyde W. Yancy, MD, MSc

SPONSORED BY:

Bluhm Cardiovascular Institute of Northwestern Memorial Hospital
Northwestern University Feinberg School of Medicine
Office of Continuing Medical Education

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11 AMA PRA CATEGORY
1 CREDITS™

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THE 16TH ANNUAL HEART FAILURE HOLIDAY SYMPOSIUM

We are delighted to invite cardiovascular fellows to attend a unique virtual educational opportunity designed especially for trainees and young Investigators conducting basic or clinical research, who are embarking on a career in academic medicine in cardiovascular diseases and heart failure in particular.

As we celebrate our **16th Annual Northwestern Holiday Heart Failure Symposium**, we are opening the weekend with this memorable event to be held virtually from 6:00-7:30 pm Thursday evening.

This year, we are privileged to have the following keynote speakers who will speak on the following topics:

6:15 pm Future of HF Clinical Trials
Chris O'Connor, MD

6:30 pm Future of HF Training/Research
Clyde W. Yancy, MD, MSc

6:45 pm Graduate Research in Cardiovascular Diseases
Nancy Albert, PhD, CCNS, CHF, CCRN, NE-BC,
FAHA, FCCM, FHFA, FAAN

A 30-minute question and answer session with our expert faculty will follow.

PROGRAM INFORMATION

OVERVIEW

The purpose of this event is to share advances in heart failure prevention and treatment. In addition, this symposium assembles some of the best leading cardiologists, cardiac surgeons, nurses, and pharmacists to provide updates on the very latest clinical, scientific, genetic, psychosocial, and technological advances.

LEARNING OBJECTIVES

At the conclusion of this activity, participants should be able to:

1. Describe pertinent new findings targeting the prevention and epidemiology of heart failure
2. Describe the evolution of the treatment approach to patients with cardiovascular disease and diabetes including the utility of cardiometabolic clinics
3. Identify key differences and approaches used in managing heart failure syndromes including those with preserved, reduced, and recovered ejection fraction and implications for heart failure guidelines
4. Describe updates in surgical treatment of end-stage heart failure with a focus on heart transplantation
5. Describe surgical and interventional management of patients with mitral, aortic, and tricuspid valve disease, as well as those with chronic thromboembolic pulmonary hypertension (CTEPH)
6. Identify advances in management of patients with heart failure in the outpatient setting
7. Become familiar with updates on management of myocarditis including potential cardiac implications of COVID-19
8. Describe the social determinants of health in heart failure including disparities and the importance of a social support network for optimal care and outcomes
9. Describe how to integrate family care into a cardiomyopathy clinic
10. Describe how to initiate and sustain a clinic with a focus on medication titration
11. Understand the relationships among sodium, kidney disease and heart failure

TARGET AUDIENCE

This CME program has been designed to meet the educational needs of Cardiologists, Internists, Cardiac Surgeons, Physicians, Physician Assistants, Nurse Practitioners, Fellows, Residents, Pharmacists, and Nurses and any other health care professionals who participate in the care of heart failure.

VIRTUAL FORMAT

A website link to the three-day live program will be sent out to registered participants three days prior to the conference date.

ACCREDITATION STATEMENT

The Northwestern University Feinberg School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CREDIT DESIGNATION STATEMENT

The Northwestern University Feinberg School of Medicine designates this live activity for a maximum of 11 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only credit commensurate with the extent of their participation in the activity.

OTHER CREDITS

The American Academy of Nurse Practitioners and the American Nurses Credentialing Center accept *AMA PRA Category 1 Credit(s)*[™] from organizations accredited by the ACCME.

SPECIAL NEEDS

The Northwestern University Feinberg School of Medicine fully intends to comply with the legal requirements of the Americans with Disabilities Act. If any participant of this conference needs accommodation, please indicate those needs on the registration form or submit written requests to the Office of CME at least one month prior to the conference date.

ADDITIONAL INFORMATION

Contact the Bluhm Cardiovascular Institute by phone at 312-664-3278, email cvconferences@northwestern.edu, or visit our website at heart.nm.org.

FACULTY DISCLOSURES

The Northwestern University Feinberg School of Medicine requires course directors, speakers, instructors, planners and other individuals who are able to control the content of this activity to disclose any relevant financial relationships. All identified potential conflicts of interest, scientific objectivity of studies mentioned in the materials or used as the basis for content, and appropriateness of patient care recommendations are thoroughly vetted by Northwestern University FSM for fair balance. The faculty disclosures will be indicated in the course syllabus.

AGENDA

THURSDAY, DECEMBER 10, 2020

- 6:00 pm **EVENING RESEARCH SESSION**
WELCOME
 MODERATORS:
 Kathleen Grady, PhD, RN, MS, FAAN
 Jane Wilcox, MD, MSc
- 6:15 pm **What Can I Do With My Career in Heart Failure?**
 i. **Future of HF Clinical Trials**
 Chris O'Connor, MD
 ii. **Future of HF Training/Research**
 Clyde W. Yancy, MD, MSc
 iii. **Graduate Research in Cardiovascular Diseases**
 Nancy Albert, PhD, CCNS, CHFN, CCRN, NE-BC, FAHA, FCCM, FHFSa, FAAN
- 7:00 pm **Q&A with Faculty**
 Nancy Albert, PhD, CCNS, CHFN, CCRN, NE-BC, FAHA, FCCM, FHFSa, FAAN
 Kathleen Grady, PhD, RN, MS, FAAN
 Chris O'Connor, MD
 Sanjiv Shah, MD
 Jane Wilcox, MD, MSc
 Clyde W. Yancy, MD, MSc

FRIDAY, DECEMBER 11, 2020

- 8:30 am **Welcome and Opening Remarks**

SESSION 1: STAGES A-B HEART FAILURE

- MODERATORS:
 Ewa Dembowski, MD
 Donald Lloyd-Jones, MD, ScM
- 8:40 am **The Evolving Epidemiology of Heart Failure**
 Sadiya Khan, MD, MSc
- 9:00 am **Diabetes + Cardiovascular Disease = Opportunity!**
 Jim Januzzi, MD
- 9:25 am **Cardiometabolic Clinics: How Does This Work?**
 Anthony Pick, MD
- 9:40 am **Discussion**
- 10:00 am **BREAK**

STAGES C-D HEART FAILURE HEART FAILURE NO MORE: AN 'OLDER' DISEASE WITH 'NEWER' TREATMENTS

- MODERATORS:
 Jane Wilcox, MD, MSc
 Jonathan D. Rich, MD, FACC, FHFSa
- 10:10 am **New Treatment Approaches to HFrEF: More Drugs Are on the Way!**
 Mark Drazner, MD
- 10:35 am **Updates in the Treatment Approaches to HFpEF**
 Sanjiv Shah, MD
- 10:50 am **Implications of New HF Therapies on HF Guidelines**
 Clyde W. Yancy, MD, MSc
- 11:05 am **Discussion**
- 11:25 am **Cardiac Amyloid vs Cardiorenal Syndrome?**
 Martha Grogan, MD
- 11:40 am **End-Stage No More: Updates in Heart Transplantation**
 Kambiz Ghafourian, MD, MPH
- 11:55 am **Discussion**
- 12:10 pm **EXHIBITS and LUNCH**
- 12:10 pm **Optional NON-CME Ancillary Event**
The Next Horizon in the Heart Failure Treatment Paradigm for Patients with HFrEF
 Karthik Lingamathan, MD, MBA
 Sponsor: AstraZeneca

SESSION 2: SURGICAL AND INTERVENTIONAL MANAGEMENT OF HEART FAILURE

- MODERATORS:
 Duc Thinh Pham, MD, FACS
 Laura Davidson, MD, MS

HEART FAILURE NO MORE: AN 'OLDER' DISEASE WITH 'NEWER' TREATMENTS

- 1:10 pm **Mitral Valve Disease: To Clip or Not to Clip That is the Question**
 JoAnn Lindenfeld, MD, FHSA
- 1:30 pm **Aortic Valve Disease: Never Too Old, Never Too Sick?**
 Ranya Sweis, MD, MS
- 1:50 pm **Discussion**

AGENDA

- 2:00 pm **Tricuspid Valve Disease: When, Where, and How?**
 Laura Davidson, MD, MS
- 2:20 pm **Chronic Thromboembolic PH (CTEPH): You Don't Want to Miss It!**
 S. Chris Malaisrie, MD
- 2:40 pm **Discussion**
- 2:50 pm **BREAK & EXHIBITS**

BREAKOUT SESSIONS

OPTION 1: THE EVOLUTION OF OUTPATIENT HEART FAILURE MANAGEMENT

- MODERATORS:
 Robin Fortman, MS, APRN-CNP
 Faraz Ahmad, MD, MS
- 3:00 pm **Process Improvements**
 R. Kannan Mutharasan, MD
- 3:20 pm **Transitions of Care and Ambulatory Hemodynamic Monitoring**
 Nasrein Ibrahim, MD
- 3:40 pm **Discussion**

OPTION 2: UPDATES ON MYOCARDITIS DIAGNOSIS AND MANAGEMENT

- MODERATORS:
 Esther Vorovich, MD, MS
 Duc Thinh Pham, MD, FACS
- 3:00 pm **Lessons Learned from COVID-19**
 Orly Vardeny, PharmD, MS
- 3:20 pm **Management of Fulminant Myocarditis**
 Enrico Ammirati, MD, PhD, FESC
- 3:40 pm **Discussion**

4:00 pm **Open Mic: Anything Goes Q+A With the Guest Faculty**

- MODERATORS:
 Clyde W. Yancy, MD, MSc
 Esther Vorovich, MD, MS

4:30 pm **CLOSING REMARKS**

5:00 pm **VIRTUAL RECEPTION**

SATURDAY, DECEMBER 12, 2020

- 7:30 am **Optional NON-CME Ancillary Event**
Take Heart SGLT2i Awareness: A Cardiologist's Role in SGLT2i Initiation
 Woodrow Corey, MD
 Sponsor: Boehringer Ingelheim

SESSION 3: THE INFLUENCE OF SOCIAL FACTORS ON RISK AND OUTCOMES: FOCUS ON HEART FAILURE

- MODERATORS:
 Clyde W. Yancy, MD, MSc
 Kathleen Grady, PhD, RN, MS, FAAN
- 8:30 am **A Primer on Social Determinants of CVD and Race, Ethnic and Cultural Risks**
 Nilay Shah, MD, MPH
- 8:45 am **The Link Between Socioeconomic Status and CVD Risk**
 Ike Okwuosa, MD
- 9:00 am **Addressing the Social Support Component of Social Determinants of Health**
 Connie White-Williams, FNP, PhD
- 9:15 am **Challenges in Access to Care and Next Steps**
 Quentin Youmans, MD
- 9:30 am **Q&A and Panel Discussion**
- 9:50 am **BREAK & EXHIBITS**

SESSION 4: A POTPOURRI OF "HOW TO" CARE FOR PATIENTS WITH HEART FAILURE

- MODERATORS:
 Jane Wilcox, MD, MSc
 Jonathan D. Rich, MD, FACC, FHFSa
- 10:00 am **How to Integrate Care for the Family as a Unit in Cardiomyopathy Clinic**
 Lisa Wilsbacher, MD, PhD
- 10:15 am **How to Initiate and Sustain a Heart Failure Medication Titration Clinic**
 Michelle Fine, PharmD, BCACP, BCPS
- 10:30 am **How to Understand Sodium and Kidney Disease in HF**
 Rupal Mehta, MD
- 10:45 am **Q&A and Panel Discussion**
- 11:05 am **WRAP UP & ADJOURNMENT**

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