DECEMBER 6-7, 2019

THE 15TH ANNUAL
HEART FAILURE
HOLIDAY SYMPOSIUM

Radisson Blu Aqua Hotel
Chicago, Illinois

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

THIS ACTIVITY HAS BEEN APPROVED FOR
12.25 AMA PRA CATEGORY 1 CREDITS™

REGISTER TODAY! www.cme.northwestern.edu
We will celebrate our 15th Annual Northwestern Holiday Heart Failure Symposium, by including an evening of lectures and discussions focused on career paths in heart failure, to be held Thursday, December 5th 2019 at The Radisson Blu Aqua Hotel from 6:00-8:30pm. Our distinguished speakers will focus on addressing “What Can I Do With My Career in Heart Failure?” All registrants are invited to attend this session. We highly encourage attendance by cardiovascular and cardiac surgical fellows and doctoral candidates and graduates, as well as clinicians who are considering a career in research.

We encourage those interested in attending this exciting kick-off session to submit a research abstract to be included in our poster presentations (research submission is not a pre-requisite to attend this session). Prizes will be awarded to the top 3 abstract presenters, which will be announced at noon the following day during the Heart Failure Symposium. A complimentary dinner will be served.

This year, we are privileged to have the following esteemed and dynamic speakers:

Nancy Sweitzer, MD, PhD, Chief of Cardiology, Editor-in-Chief, Circulation: Heart Failure
University of Arizona-Tucson
— The Future of Heart Failure Clinical Trials

Biykem Bozkurt, MD, PhD, President-elect Heart Failure Society of America,
Baylor College of Medicine
— The Future of Heart Failure Training

Mariann Piano, PhD, RN, Senior Associate Dean for Research,
Vanderbilt University, School of Nursing
— Graduate Research in Cardiovascular Diseases

CALL FOR ABSTRACTS
Trainees can submit abstract presentations here: https://bit.ly/34dkHig.

DEADLINE FOR SUBMISSION: The deadline for abstract submission is 11:00 PM Central Daylight Time on November 15, 2019. Notifications for abstract acceptance will be announced via e-mail.

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PROGRAM INFORMATION

OVERVIEW
The 15th Annual Heart Failure Holiday Symposium will share advances in heart failure prevention, identification of risk factors, medical and surgical therapies, and challenges in caring for patients and their families. Our speakers, who are among the leading cardiologists, cardiac surgeons, nurses, psychologists, and pharmacists, will provide updates on the very latest clinical, technological, genetic, and psychosocial / behavioral advances in heart failure.

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

1. Review pertinent new findings targeting the prevention of heart failure
2. Describe the evaluation and treatment approach to various cardiomyopathies including those which are heritable
3. Describe the current state of cardiac amyloidosis with an emphasis on emerging, novel therapeutic agents
4. Identify the key differences and approaches used in managing different heart failure syndromes including those with preserved, reduced, and recovered ejection fraction
5. Describe the current state of genetics and genetic testing in the evaluation of the heart failure patient with dilated cardiomyopathy
6. Summarize the state of advanced heart failure including the evolution of mechanical support devices for the treatment of end stage heart failure
7. Describe the current state of pulmonary hypertension treatments including the emergence of percutaneous, interventional treatment strategies
8. Identify the approach to developing a multidisciplinary heart failure program with an emphasis on optimizing transitions of care and reducing hospital readmissions
9. Explain the pros and cons to the current heart failure reduction readmission program including potential unintended consequences
10. Explore the various surgical and interventional therapies for heart failure including those with valvular heart disease and cardiogenic shock
11. Describe risk factors for poor heart failure self-care, new approaches to patient and caregiver education, psychosocial challenges of heart failure, and age-related factors in candidacy for advanced surgical therapies
12. Describe intricacies of shared decision making for heart failure patients considering advanced surgical therapies and the role of palliative care in heart failure management

TARGET AUDIENCE
This continuing medical education program has been designed to meet the educational needs of Cardiologists, Internists, Pharmacists, Cardiac Surgeons, Physicians, Physician Assistants, Nurse Practitioners, Nurses and Trainees and any other health care professionals who participate in the care of heart failure.

CONFERENCE LOCATION
The program will be held at the Radisson Blu Aqua Hotel located at 221 N Columbus Dr, Chicago, IL 60601. Directions and parking information are available at https://www.radissonblu.com/en/aquahotel-chicago.

ACCREDITATION STATEMENT
The Northwestern University Feinberg School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) 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 12.25 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 is in need of accommodation please indicate those needs on the registration form or submit a written request 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.

ACCOMMODATION
The group rate for Radisson Blu Aqua, Chicago (221 North Columbus Drive, Chicago, IL 60601) is $139. Please click on the link below to book your hotel at the group rate.

FACULTY DISCLOSURE
The Northwestern University Feinberg School of Medicine requires course directors, speakers, instructors, planners and other individuals who are in a position 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 The Northwestern University Feinberg School of Medicine for fair balance; The faculty disclosures will be indicated in the course syllabus.

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FACULTY

COURSE DIRECTORS

Jonathan Rich, MD
Associate Professor of Medicine
Medical Director,
Mechanical Circulatory Support Program Director,
Advanced Heart Failure and Transplant Fellowship
Bluhm Cardiovascular Institute

Kathleen Grady, PhD, RN, MS
Professor of Surgery and Medicine
Administrative Director,
Center for Heart Failure
Bluhm Cardiovascular Institute

Duc Thinh Pham, MD
Associate Professor of Surgery
Surgical Director, Center for Heart Failure, Heart Transplantation and Mechanical Assistance
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Bluhm Cardiovascular Institute

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Chief of Cardiology
Professor of Medicine
Professor, Medical Social Sciences
Associate Director
Bluhm Cardiovascular Institute
Deputy Editor, JAMA Cardiology

GUEST FACULTY

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Chair for Research,
Division of Circulatory Failure,
Department of Cardiovascular Medicine
Professor of Medicine
Mayo Clinic

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Mary and Gordon Cain Chair of Internal Medicine in the Winters Center for Heart Failure Research

Colleen McIlvennan, DNP, MS, BSN
Assistant Professor of Medicine
Lead Nurse Practitioner, Advanced Heart Failure and Transplantation
CU School of Medicine
University of Colorado

Michael Petty, PhD, RN, CNS
Cardiothoracic Clinical Nurse Specialist
University of Minnesota Medical Center

Mariann Piano, PhD, RN, FAAN, FAHA
Nancy and Hilliard Travis Professor of Nursing
Senior Associate Dean for Research,
Postdoctoral Fellowship Director
Vanderbilt School of Nursing

Andrew Sauer, MD
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KU Medical Center
University of Kansas

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Director, University of Arizona Sarver Heart Center
Professor of Medicine,
College of Medicine – Tucson
Chief, Division of Cardiology
Editor-in-Chief, Circulation: Heart Failure
University of Arizona Sarver Heart Center

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Director, Pless Center for Research
NYU College of Nursing

Rishi Wadhera, MD
Instructor in Medicine
Beth Israel Deaconess Medical Center

Haider Warrailch, MD
Physician, Clinical Researcher
Duke University Medical Center

Ronald Witteles, MD
Associate Professor of Medicine
Stanford University Medical Center
Co-Director, Stanford Amyloid Center

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Associate Professor of Surgery
Surgical Director, Thoracic Aortic Surgery Program

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Assistant Professor of Medicine

Adeboye Ogusenitan, MD
Assistant Professor of Medicine

Ike Okwuoza, MD
Assistant Professor of Medicine

Gail Osterman, PhD
Assistant Professor of Surgery and Psychiatry and Behavioral Sciences

Stuart Rich, MD
Professor of Medicine

Sanjiv Shah, MD
Neil J. Stone, MD, Professor
Professor of Medicine

Neil J. Stone, MD
Robert Bonow, MD, Professor
Professor of Medicine and Preventive Medicine

Ranya Sweis, MD
Associate Professor of Medicine

Esther Vorovich, MD, MS
Assistant Professor of Medicine

John Wilkins, MD, MS
Assistant Professor of Medicine

Lisa Wilsbacher, MD, PhD
Assistant Professor of Medicine and Pharmacology

NORTHWESTERN UNIVERSITY FEINBERG SCHOOL OF MEDICINE FACULTY

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Professor of Medicine and Medical Education

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Fellow, Cardiology Fellowship Program
Northwestern University

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Bluhm Cardiovascular Institute
Clinical Chief, Division of Cardiology
Vice Chair of Clinical Affairs
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Professor of Medicine

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Sadiya Khan, MD, MSc
Assistant Professor of Medicine and Preventive Medicine

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Senior Associate Dean for Clinical & Translational Research
Chair, Department of Preventive Medicine
Director, Northwestern University Clinical and Translational Sciences Institute (NUCATS)

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Assistant Professor of Medicine

John Wilkins, MD, MS
Assistant Professor of Medicine

Lisa Wilsbacher, MD, PhD
Assistant Professor of Medicine and Pharmacology
## THURSDAY, DECEMBER 5, 2019

**6:00 pm**  
**EVENING RESEARCH SESSION**  
**MODERATORS:**  
Jonathan Rich, MD  
Kathleen Grady, PhD, RN, MS

**7:00 pm**  
**What Can I Do With My Career in Heart Failure?**  
- **Future of HF Clinical Trials?**  
  Nancy Sweitzer, MD, PhD  
- **Future of HF Training/Research?**  
  Biykem Bozkurt, MD, PhD  
- **Graduate Research in Cardiovascular Diseases**  
  Mariann Piano, PhD, RN, FAAN, FAHA

**8:00 pm**  
**Q&A with Faculty**  
Nancy Sweitzer, MD, PhD  
Biykem Bozkurt, MD, PhD  
Mariann Piano, PhD, RN  
Clyde Yancy, MD, MSc  
Sanjiv Shah, MD  
Jane Wilcox, MD, MSc

## FRIDAY, DECEMBER 6, 2019

**7:00 am**  
**REGISTRATION AND BREAKFAST**

**7:55 am**  
**Welcome and Opening Remarks**

### SESSION 1:  
**A STAGED APPROACH TO HEART FAILURE:**

**MODERATORS:**  
John Wilkins, MD, MS  
Sadiya Khan, MD, MSc

**8:00 am**  
**Come On, Really? Can HF Actually Be Prevented?**  
Donald Lloyd-Jones, MD, ScM

**8:20 am**  
**Out of the Shadows and Into the Light – Evolving Risk Factors for Heart Failure**  
Biykem Bozkurt, MD, PhD

**8:40 am**  
**What Everyone Needs to Know: The Genetics of Heart Failure: A Clinical Primer**  
Lisa Wilsbacher, MD, PhD

**9:00 am**  
**Discussion**

**9:25 am**  
**REFRESHMENT BREAK**

### SESSION 2:  
**STAGES C&D: “UH-OH HEART FAILURE!”: WE CAN CHANGE PROGNOSIS**

**MODERATORS:**  
Esther Vorovich, MD, MS  
Sanjiv Shah, MD

**HEART FAILURE NO MORE: AN ‘OLDER’ DISEASE WITH ‘NEWER’ TREATMENTS**

**9:50 am**  
**New Treatment Approaches to HFrEF**  
Nancy Sweitzer, MD, PhD

**10:10 am**  
**New Treatment Approaches to HFpEF**  
Barry Borlaug, MD

**10:30 am**  
**Cardiac Amyloid: Finally Moving the Needle**  
Ron Witteles, MD

**10:50 am**  
**Discussion**

**11:10 am**  
**Recovering Ventricular Dysfunction—How To Do It and What It Means**  
Jane Wilcox, MD, MSc

**11:30 am**  
**VADS Are Getting Even Better**  
Jonathan Rich, MD

**11:50 am**  
**Discussion**

**12:00 pm**  
**AWARDS CEREMONY AND LUNCH**

### SESSION 3:  
**GETTING IT ‘RIGHT’-CHALLENGING CAUSES OF RV FAILURE**

**MODERATORS:**  
Michael Cuttica, MD  
Stuart Rich, MD

**PULMONARY ARTERIAL HYPERTENSION – WHERE WE’VE BEEN AND WHERE WE ARE GOING**

**1:00 pm**  
**A Unique Perspective on PAH**  
Stuart Rich, MD

**1:30 pm**  
**An Introduction to Chronic Thromboembolic PAH – Why You Might Miss It**  
Michael Cuttica, MD

**CHRONIC THROMBOEMBOLIC DISEASE – MORE COMMON THAN YOU THINK; MORE OPTIONS THAN YOU KNOW**

**1:40 pm**  
**Surgical Options**  
S. Chris Malaisrie, MD

**2:00 pm**  
**Percutaneous Options**  
Daniel Schimmel, Jr., MD, MS

**2:20 pm**  
**Discussion**

**2:45 pm**  
**REFRESHMENT BREAK**
BREAKOUT SESSION – OPTION 1
KEEPING PATIENTS OUT OF THE HOSPITAL AND KEEPING THEM WELL: THE VICIOUS CYCLE OF HOSPITAL READMISSIONS

MODERATORS:
Ike Okwuosa, MD
Michelle Fine, PharmD, BCACP, BCPS

3:00 pm HRPP: A Story of Unintended Consequences?
Rishi Wadhera, MD

3:15 pm Process Improvements
R. Kannan Mutharasan, MD

3:30 pm Transitions of Care and Ambulatory Hemodynamic Monitoring
Andrew Sauer, MD

3:45 pm Discussion

BREAKOUT SESSION – OPTION 2
UPDATES ON INTERVENTIONAL HEART FAILURE: VALVES AND SHOCK

MODERATORS:
Ranya Sweis, MD
Duc Thinh Pham, MD

3:00 pm TAVR in Low EF
Ranya Sweis, MD

3:15 pm Percutaneous Options for TV Disease
Charles Davidson, MD

3:30 pm Acute Support in Cardiogenic Shock
Esther Vorovich, MD, MS

3:45 pm Discussion

SESSION 5:
SPECIAL POPULATIONS WITH SPECIAL CHALLENGES

MODERATORS:
Gail Osterman, PhD
Kambiz Ghafourian, MD, MPH

9:00 am Helping Patients Cope with Advanced Heart Failure
Kim Feingold, PhD

9:20 am The doctors and nurses always ask my spouse how she/he is doing... what about me(?): Being a caregiver of a patient with advanced heart failure
Michael Petty, PhD, RN, CNS

9:40 am Are Older Advanced Heart Failure Patients Acceptable Candidates for Advanced Surgical Therapies?
Kathleen Grady, PhD, RN, MS

10:00 am Panel Discussion / Q & A

SESSION 6:
SHARED DECISION MAKING AND MULTIDISCIPLINARY HF CARE

MODERATORS:
Adeboye Ogunseitan, MD
Sarah Chuzi, MD

10:25 am PAL-HF: Insights into the Impact of a Multidisciplinary Palliative Care Program
Haider Warrach, MD

10:45 am Advanced HF: Shared Decision Making Regarding Heart Transplant and Mechanical Circulatory Support
Colleen McIlvennan, DNP, MS, BSN

11:05 am Panel Discussion Q / A

11:30 am WRAP UP & ADJOURNMENT

SATURDAY, DECEMBER 7, 2019

7:30 am REGISTRATION AND BREAKFAST

SESSION 4:
CHRONIC HEART FAILURE IS A FAMILY DISEASE

MODERATORS:
Kathleen Grady, PhD, RN, MS
Jane Wilcox, MD, MSc

8:00 am Risk Factors for Poor Self-Care: Patient-Level, Clinician-Level, and System-Level
Victoria Vaughan Dickson, PhD, RN, FAAN, FAHA, FHFS

8:15 am SimVAD: A Novel Approach to Patient and Family Education After Advanced Surgical Therapies
Jeffrey Barsuk, MD

8:30 am Medication Education: Perspectives from a Pharmacist
Michelle Fine, PharmD, BCACP, BCPS

8:45 am Panel Discussion / Q & A
REGISTRATION
THE 15TH ANNUAL
HEART FAILURE
HOLIDAY SYMPOSIUM

REGISTRATION FEE

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Finding your North Star: Thursday Night Event
Physicians
Industry Professionals
Nurses/Other HCP
Northwestern Medicine Physicians, Nurses, Staff
Fellows/Residents/Trainees*/Landsberg Society Members

*Trainees must submit Program Director’s letter to rana.khalifeh@northwestern.edu

HOW TO REGISTER

ONLINE – Please visit
www.cme.northwestern.edu

MAIL – Mail the registration form with a check made payable to
Northwestern University
Office of CME Northwestern University’s Feinberg School of Medicine
676 N. St. Clair St., Suite 2330
Chicago, Illinois 60611

Online registration will close on December 3, 2019 at 12:00 PM. Onsite registration will be available via cash or check only.

CANCELLATION POLICY

Cancellations must be made in writing to rana.khalifeh@northwestern.edu. The paid registration fee, minus a $50 administrative charge, will be refunded if cancellation is received by October 31, 2019. No refunds will be issued after this date.

PLEASE TYPE OR PRINT

Last Name
First Name

☐ MD  ☐ DO  ☐ PhD  ☐ RN  ☐ Other (please specify)

Institution

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Fax

E-mail (Required)

Your registration confirmation and receipt will be e-mailed

Specialty

Please indicate any special needs

Please indicate any dietary needs

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Northwestern Snowbirds:
Hot Topics in Cardiovascular Medicine
April, 2020 | Bonita Springs, Florida

13th Annual Women’s Cardiovascular Health Symposium
May, 2020 | Chicago, Illinois

Nutrition Science: From Populations to Plates
May 3, 2020 | Chicago, Illinois

9th Annual Cardiovascular Update

5th Annual Advances in Pulmonary Hypertension
August 1, 2020 | Chicago, Illinois

Cardiothoracic Nursing Symposium
September 3-4, 2020 | Chicago, Illinois

ECHO Northwestern
September 11-13, 2020 | Chicago, Illinois

Heart Team Summit
October 23-24, 2020 | St. Louis, MO

Northwestern Medicine® is the shared vision that joins Northwestern Memorial HealthCare and Northwestern University Feinberg School of Medicine in a collaborative effort to transform medicine through quality healthcare, academic excellence, and scientific discovery.

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