



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™



Officially endorsed by the Heart Failure Society of America. The opinions presented in this educational activity do not necessarily reflect the opinions or recommendations of the HFSA.

REGISTER TODAY! www.cme.northwestern.edu

FINDING YOUR NORTH STAR: FUTURE LEADERS IN HEART FAILURE SUMMIT

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/34dkHiq>.

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 in 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. bit.ly/HFRooms. Promotional Code: HFSYMP.

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 Tinh Pham, MD

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

Jane Wilcox, MD, MSc

Assistant Professor of Medicine
Director, Myocardial Recovery Program
Associate Director, T1 Center for
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Bluhm Cardiovascular Institute

Clyde Yancy, MD, MSc

Vice-Dean, Diversity & Inclusion
Chief of Cardiology
Professor of Medicine
Professor, Medical Social Sciences
Associate Director
Bluhm Cardiovascular Institute
Deputy Editor, JAMA Cardiology

GUEST FACULTY

Barry Borlaug, MD

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

Biykem Bozkurt, MD, PhD

Professor, Medicine
Baylor College of Medicine
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

Associate Professor of Medicine
Medical Director, Center for Advanced
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KU Medical Center
University of Kansas

Nancy Sweitzer, MD, PhD

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

Victoria Vaughan Dickson, PhD, RN, FAAN, FAHA, FHFA

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Director, Pless Center for Research
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Rishi Wadhera, MD

Instructor in Medicine
Beth Israel Deaconess Medical Center

Haider Warraich, MD

Physician, Clinical Researcher
Duke University Medical Center

Ronald Witteles, MD

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

NORTHWESTERN UNIVERSITY FEINBERG SCHOOL OF MEDICINE FACULTY

Jeffrey Barsuk, MD

Professor of Medicine
and Medical Education

Sarah Chuzi, MD

Fellow, Cardiology Fellowship Program
Northwestern University

Michael Cuttica, MD

Associate Professor of Medicine

Charles Davidson, MD

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

Kim Feingold, PhD

Director, Cardiac Behavioral Medicine
Assistant Professor of Surgery,
Psychiatry and Behavioral Sciences

Michelle Fine, PharmD, BCACP, BCPS

Clinical Pharmacist

Kambiz Ghafourian, MD, MPH

Assistant Professor of Medicine

Sadiya Khan, MD, MSc

Assistant Professor of Medicine
and Preventive Medicine

Donald Lloyd-Jones, MD, ScM

Senior Associate Dean for Clinical &
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Chair, Department of Preventive
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Surgical Director,
Thoracic Aortic Surgery Program

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Assistant Professor of Medicine

Adeboye Ogunseitan, MD

Assistant Professor of Medicine

Ike Okwuosa, MD

Assistant Professor of Medicine

Gail Osterman, PhD

Assistant Professor of Surgery and
Psychiatry and Behavioral Sciences

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Daniel Schimmel, Jr., MD, MS

Assistant Professor of Medicine

Sanjiv Shah, MD

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Neil J. Stone, MD

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Associate Professor of Medicine

Esther Vorovich, MD, MS

Assistant Professor of Medicine

John Wilkins, MD, MS

Associate Professor of Medicine
and Preventive Medicine

Lisa Wilsbacher, MD, PhD

Assistant Professor of Medicine
and Pharmacology

AGENDA

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?**

i. Future of HF Clinical Trials?

Nancy Sweitzer, MD, PhD

ii. Future of HF Training/Research?

Biykem Bozkurt, MD, PhD

iii. 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**

AGENDA

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 **HRRP: 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**

- 4:00 pm **PUTTING IT ALL TOGETHER FROM DAY #1**

Lessons From the Guidelines
Clyde Yancy, MD, MSc
- 4:30 pm **OPEN MIC: Anything Goes Q+A with the Guest Faculty**
- 5:00 pm **CLOSING REMARKS AND ADJOURN**
- 6:30 pm **RECEPTION**
The Signature Room at the 95th

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, FHFA
- 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**

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 Chuzy, MD

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

REGISTRATION

THE 15TH ANNUAL HEART FAILURE HOLIDAY SYMPOSIUM

REGISTRATION FEE

Early Bird

Regular Rate

Ends November 8, 2019 at 5:00 PM

Finding your North Star: Thursday Night Event

☐ \$50

☐ \$80

Physicians

☐ \$475

☐ \$575

Industry Professionals

☐ \$475

☐ \$575

Nurses/Other HCP

☐ \$325

☐ \$385

Northwestern Medicine Physicians, Nurses, Staff

☐ \$250

☐ \$475

Fellows/Residents/Trainees*/Landsberg Society Members

☐ \$250

☐ \$250

*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 _____

Address _____

City _____ State _____ ZIP Code _____

Daytime Phone _____ 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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676 North St. Clair Street
Suite 2330
Chicago, Illinois 60611

SAVE THE DATE!

Northwestern Snowbirds:

Hot Topics in Cardiovascular Medicine

April, 2020 | Bonita Springs, Florida

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May 3, 2020 | Chicago, Illinois

9th Annual Cardiovascular Update

July 23-25, 2020 | Chicago, Illinois

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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