Northwestern Medicine®

DECEMBER 10-12, 2020

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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, CHFN, CCRN, NE-BC, FAHA, FCCM, FHFSA, 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

7:30 am **Optional NON-CME Ancillary Event**
The Next Horizon in the Heart Failure Treatment Paradigm for Patients with HFrEF
Karthik Linganathan, MD, MBA
Sponsor: AstraZeneca

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 Grogen, MD

11:40 am **End-Stage No More: Updates in Heart Transplantation**
Kambiz Ghafourian, MD, MHP

11:55 am **Discussion**

12:10 pm **EXHIBITS and LUNCH**

12:10 pm **NON-CME ANCILLARY EVENT**

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

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**
Title: TBD
Corey Woodrow, 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**

FACULTY

COURSE DIRECTORS

Jonathan D. Rich, MD, FACC, FHFSA
Associate Professor of Medicine
Northwestern University
Feinberg School of Medicine
Medical Director,
Mechanical Circulatory Support
Program Director, Advanced Heart
Failure and Transplant
Fellowship
Bluhm Cardiovascular Institute
Northwestern Memorial Hospital

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

Duc Thinh Pham, MD, FACS
Associate Professor of Surgery
Surgical Director,
Center for Heart Failure, Heart
Transplantation and Mechanical
Assistance
Bluhm Cardiovascular Institute
Northwestern University
Feinberg School of Medicine

Jane Wilcox, MD, MSc
Assistant Professor of Medicine
Director Myocardial Recovery Program
Associate Director, T1 Center for
Cardiovascular Therapeutics
Bluhm Cardiovascular Institute

Clyde W. 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

Enricho Ammirati, MD
S.C. Cardiologia 2 Insufficienza Cardiaca
e Trapianti Dipartimento
Cardiotoracovascolare
Niguarda Ca Granda Hospital, Milan

Nancy Albert, PhD, CCNS, CHFN, CCRN, NE-BC, FAHA, FCCM, FHFSA, FAAN
Associate Chief Nursing Officer,
Office of Nursing Research
and Innovation
Cleveland Clinic Health System
Clinical Nurse Specialist,
Kaufman Center for Heart Failure
Cleveland Clinic Main Campus

Mark Drazner, MD
Clinical Chief of Cardiology;
Medical Director of the LVAD and
Cardiac Transplantation Program
UT Southwestern

Martha Grogen, MD
Cardiology Specialist
Internist
Mayo Clinic

Nasrein Ibrahim, MD
Assistant Professor of Medicine
Harvard Medical School
Associate Director,
Resynchronization & Advanced Cardiac
Therapeutics Program

Jim Januzzi, MD
Cardiologist, Director,
Dennis and Marilyn Barry Fellowship
in Cardiology Research
Massachusetts General Hospital

JoAnn Lindenfeld, MD, FHSA
Professor of Medicine
Director, Advanced Heart Failure /
Cardiac Transplantation
Vanderbilt University Medical Center

Chris O'Connor, MD
Specialty: Cardiovascular Disease,
Internal Medicine
President, Inova Heart and
Vascular Institute

Orly Vardeny, PharmD, MS
Core Investigator,
Center for Care Delivery
and Outcomes Research
Associate Professor of Medicine,
University of Minnesota Medical School
Adjunct Faculty,
University of Minnesota
College of Pharmacy

Connie White-Williams, FNP, PhD
Associate Professor,
University of Alabama,
School of Nursing
Senior Director, Center for Nursing
Excellence, UAB University Hospital
Senior Director, UAB Hospital Heart
Failure Transitional Care Services for
Adults (HRTSA) Clinic

NORTHWESTERN UNIVERSITY FEINBERG SCHOOL OF MEDICINE FACULTY

Faraz Ahmad, MD, MS
Assistant Professor of Medicine
and Preventative Medicine

Laura Davidson, MD, MS
Assistant Professor of Medicine

Ewa Dembowski, MD
Assistant Professor of Medicine

Michelle Fine, PharmD, BCACP, BCPS
Clinical Pharmacist

Robin Fortman, MS, APRN-CNP
Advanced Practice Nurse –
Nurse Practitioner, Cardiology

Kambiz Ghafourian, MD, MHP
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 & Translational Research
Chair, Department of
Preventive Medicine
Director, Northwestern University
Clinical and Translational
Sciences Institute (NUCATS)

S. Chris Malaisrie, MD
Professor of Surgery
Surgical Director,
Thoracic Aortic Surgery Program
Division of Cardiac Surgery

Rupal Mehta, MD
Assistant Professor of Medicine

R. Kannan Mutharasan, MD
Assistant Professor of Medicine

Ike Okwuosa, MD
Assistant Professor of Medicine

Anthony Pick, MD
Clinical Assistant Professor
of Medicine

Nilay Shah, MD, MPH
Instructor of Medicine and
Preventive Medicine

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

Ranya Sweis, MD, MS
Associate Professor of Medicine

Esther Vorovich, MD, MS
Assistant Professor of Medicine

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

Quentin Youmans, MD
Chief Fellow, Division of Cardiology

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