



THE 17<sup>TH</sup> ANNUAL

# HEART FAILURE HOLIDAY SYMPOSIUM

DECEMBER 10-11, 2021

VIRTUAL  
FORMAT

**Course Directors:**

Kathleen Grady, PhD, RN, MS  
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THIS ACTIVITY HAS BEEN APPROVED FOR

**8.25** AMA PRA CATEGORY  
1 CREDITS™

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Northwestern University Feinberg School of Medicine  
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## THE 17<sup>TH</sup> ANNUAL **HEART FAILURE** HOLIDAY SYMPOSIUM

Now in its 17th year, this symposium is respected as a top tier regional heart failure meeting, and is once again endorsed by the Heart Failure Society of America (HFSA). Critical updates and thoughtful contemporary reviews delivered by national experts in the field, including recognized Northwestern faculty, have been the hallmark of this program. This year we will once again assemble leading cardiologists, cardiac surgeons, nurses, and psychologists with expertise in heart failure and cardiac surgery to provide updates on the very latest clinical, scientific, genetic, behavioral and technological advances for managing patients with heart failure.

### LEARNING OBJECTIVES

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

1. Review 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. Recognize the important role of biomarkers in the evaluation and management of heart failure and describe new potential strategies in their utilization to improve patient outcomes
4. Identify the key differences and approaches used in managing different heart failure syndromes including those with preserved, reduced, and recovered ejection fraction
5. Summarize the state of advanced heart failure including the evolution of mechanical support devices and transplantation for the treatment of end stage heart failure.
6. Become familiar with advances in myocarditis including the potential cardiac implications of COVID-19
7. Describe the current treatment options (interventional and surgical) available for the treatment of heart failure due to specific valvular pathologies
8. Identify the approach to developing a multidisciplinary heart failure program with an emphasis on optimizing transitions of care and reducing hospital readmissions
9. Recognize the importance of health-related quality of life (HRQOL) and how to begin to implement HRQOL measures into clinical practice
10. Describe the important considerations of caring for special patient populations including the elderly when considering surgical heart failure treatment options role of the caregiver in the management of the heart failure patient including how to ensure that caregiver health and quality of life is not compromised
11. Summarize the role of a palliative care team in the care of heart failure with an emphasis on earlier implementation
12. Describe the social determinants of health in heart failure including disparities and the importance of a social support network for optimal care and outcomes

### TARGET AUDIENCE

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

### VIRTUAL FORMAT

A website link to the two-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 (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 8.25 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### MOC POINTS

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 8.25 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

### FACULTY DISCLOSURE

Northwestern University FSM 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 Northwestern University FSM for fair balance. The faculty disclosures will be indicated in the course syllabus.

### ADDITIONAL INFORMATION

For additional information please visit our website <http://northwestern.cloud-cme.com> or contact us via email at [cvconferences@northwestern.edu](mailto:cvconferences@northwestern.edu).

## COURSE DIRECTORS

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Associate Professor, University of Alabama at Birmingham School of Nursing

## FRIDAY, DECEMBER 10, 2021

- 7:45 am **INDUSTRY PRODUCT THEATRE**  
(NON-CME)  
**Improving Outcomes in Patients with HFrEF**  
James H. O'Keefe, MD  
Medical Director,  
Charles and Barbara Duboc  
Cardio Health & Wellness Center  
Saint Luke's Mid America  
Heart Institute  
Professor of Medicine  
University of Missouri-Kansas City
- 8:40 am **Opening Comments**

### SESSION I: THE ABC'S OF HEART FAILURE

MODERATORS:  
Ewa Dembowska, MD  
Donald Lloyd-Jones, MD, ScM

- 8:45 am **Prevention of Heart Failure and the Future of SGLT2I**  
Sadiya Khan, MD, MSc
- 9:00 am **New Heart Failure Drugs**  
Mark Drazner, MD, MSc
- 9:15 am **The NEW staging system in HF**  
Clyde Yancy, MD, MSc
- 9:30 am **DEBATE: GDMT all 4 right away vs. Staged approach**  
Javed Butler, MD, MPH, MBA  
Alanna Morris, MD, MSc
- 9:50 am **Discussion**  
All Speakers and Moderators
- 10:05 am **BREAK and EXHIBITS**

### SESSION II: UNIQUE POPULATIONS IN HF

MODERATORS:  
Jonathan Rich, MD  
Jane Wilcox, MD, MSc

- 10:20 am **KEYNOTE - The Hospitalized HF Patient: Discussion on Policy and Prescription Costs of Meds**  
Akshay Desai, MD, MPH
- 10:40 am **DEBATE: THE HFpEF Patient**  
Sanjiv Shah, MD  
Nancy Sweitzer, MD, PhD

- 11:00 am **Pulmonary Hypertension Updates**  
Yasmin Raza, MD
- 11:15 am **Arrhythmias in HF: Chicken or Egg**  
Susan Kim, MD
- 11:30 am **Discussion**  
All Speakers and Moderators
- 11:50 am **LUNCH BREAK**
- INDUSTRY PRODUCT THEATRE**  
(NON-CME)  
**A Treatment Option for Patients with Heart Failure with Reduced Ejection Fraction and Chronic Kidney Disease**  
Victor Howard, MD, FACC  
Senior Field Medical Director for CardioMetabolic Division US Medical Affairs at AstraZeneca

### SESSION III: SHOCK/MCS CONSIDERATIONS IN HF

MODERATORS:  
Duc Thin Pham, MD  
Anjan Tibrewala, MD

- 12:40 pm **Building a SHOCK Program: Hub and Spoke**  
Esther Vorovich, MD, MSCE
- 12:55 pm **Acute MCS in SHOCK**  
Navin Kapur, MD
- 1:10 pm **SHOCK 101: Case Presentations**  
Sarah Chuzi, MD
- 1:30 pm **Frailty in LVAD Evaluation**  
Rebecca Cogswell, MD
- 1:45 pm **Discussion**  
All Speakers and Moderators
- 2:00 pm **BREAK and EXHIBITS**

### BREAKOUT SESSION: OPTION 1 IMAGING IN HF (PFT/MR/PYP)

MODERATOR:  
Ike Okwuosa, MD

- 2:15 pm **Visualizing the Disease**  
Jennifer Ho, MD
- 2:30 pm **Imaging Updates in Amyloid and Sarcoid/Infiltrative CM**  
Grace Lin, MD
- 2:45 pm **Discussion**  
All Speakers and Moderators

## BREAKOUT SESSION: OPTION 2 TRANSPLANTATION UPDATES

MODERATORS:  
Anjan Tibrewala, MD  
Duc Thinh Pham, MD

- 2:15 pm **DCD/Expanded DBD**  
Michelle Kittleson, MD, PhD
- 2:30 pm **Clinical Trials in Transplantation**  
Kambiz Ghafourian, MD, MPH
- 2:45 pm **Discussion**  
All Speakers and Moderators
- 3:05 pm **OPEN MIC**  
MODERATORS:  
Esther Vorovich, MD, MSCE  
Clyde Yancy, MD, MSc
- 3:25 pm **Closing Comments**  
**FRIDAY ADJOURN**

## SATURDAY, DECEMBER 11, 2021

- 8:40 am **Opening Comments**

### SESSION IV: USE OF HRQOL MEASURES IN CLINICAL PRACTICE - THE TIME HAS COME

MODERATORS:  
Faraz Ahmad, MD  
Kathleen Grady, PhD, RN

- 8:45 am **HRQOL: The Phantom Outcome in Medical Care and Medical Records**  
Dave Cella, PhD
- 9:00 am **Integrating HF-specific HRQOL into Heart Failure Care: Achieving the Holy Grail**  
John Spertus, MD, MPH
- 9:15 am **Discussion**  
All Speakers and Moderators

### SESSION V: HEALTH DISPARITIES AND HEART FAILURE - WE CAN DO BETTER

MODERATORS:  
Ike Okwuosa, MD  
Yasmin Raza, MD

- 9:30 am **Cultural and Social Determinants of Health and Behavior Change**  
Alyssa Vela, PhD
- 9:45 am **Bias, Racism, and Sociocultural Influences on Health: What HF Providers Should Know**  
Khadijah Breathett, MD, MS
- 10:00 am **Building an Interprofessional Collaborative Practice Team Caring for Underserved Patients with Heart Failure**  
Connie White-Williams, PhD, RN
- 10:15 am **Discussion**  
All Speakers and Moderators

### SESSION VI: POTPOURRI IN HEART FAILURE - HOW TO SESSION

MODERATORS:  
Kathleen Grady, PhD, RN  
Jonathan Rich, MD

- 10:30 am **How to (Quickly) Implement a Heart Failure Telehealth Clinic: Lessons Learned during the Pandemic and Next Steps**  
Kannan Mutharasan, MD
- 10:45 am **How to Advocate for your Patients: The Intersection between Social Media and Policy**  
Nasrien Ibrahim, MD
- 11:00 am **How to Support "Critical" HF Team Members: Caregivers**  
Michael Petty, PhD, RN
- 11:15 am **Discussion**  
All Speakers and Moderators
- 11:30 am **Closing Comments**  
**SATURDAY ADJOURN**

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DECEMBER 10-11, 2021 | VIRTUAL FORMAT


### REGISTRATION FEE

Virtual Attendance  \$100

### CANCELATION POLICY

Cancellations must be in writing and sent to [cvconferences@northwestern.edu](mailto:cvconferences@northwestern.edu). The paid registrations fee will be refunded if cancellation is received by **December 1, 2021**. No refunds will be issued after this date.

### HOW TO REGISTER

 **ONLINE** - Please visit [www.northwestern.cloud-cme.com](http://www.northwestern.cloud-cme.com)

### QUESTIONS

Questions regarding registration should be directed to [cvconferences@northwestern.edu](mailto:cvconferences@northwestern.edu). Registrations will not be accepted by telephone. Please visit [cvconferences.com/heartfailure](http://cvconferences.com/heartfailure) for more information.



# 2022

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