



# 1<sup>st</sup> National Conference on Cardiopulmonary Rehabilitation



23 & 24 September 2017  
Senate Hall, The Tamilnadu Dr. MGR Medical University, Chennai

## Host

**Cardiac Wellness Institute,  
Chennai**

## Co-host

**The Tamilnadu Dr. MGR  
Medical University,  
Chennai**

## Welcome Message

Dear Colleague,

It gives us great pleasure to invite you to the 1<sup>st</sup> National Conference on Cardiopulmonary Rehabilitation to be held on 23 & 24 September 2017 at the Tamilnadu Dr. MGR Medical University campus in Guindy, Chennai.

Cardiovascular and chronic lung diseases are posing a major threat to the health and wellbeing of men and women of all ages and socioeconomic strata, globally as well as in India. As healthcare professionals caring for affected individuals and their families, we need to update ourselves on the latest developments in the field of cardiopulmonary rehabilitation and other effective prevention strategies.

This program aims to impart up-to-date scientific knowledge and skills while simultaneously providing an opportunity to interact and learn from experts in this rapidly evolving multidisciplinary branch of medicine. Regional & National Faculty from the departments of Cardiology, Cardiothoracic Surgery, Internal Medicine, Sports Medicine, Physiotherapy, Nutrition & Dietetics and Psychology will be sharing their insights in this unique scientific platform. Student delegates will hugely benefit from the special sessions such as poster presentation, quiz and break-out workshops and can avail CME credit points as well.

This World Heart Day, let us pledge to educate, enlighten and empower!

Look forward to your active participation.

Dr. Priya Chockalingam  
(Organizing Secretary)

Prof. Dr. V. Chockalingam  
(Scientific Chairman)

## 23 September 2017 - DAY 1

TIME	AGENDA
<b>9.15 - 10.45</b>	<b>Module 1: Global Trends in Cardiopulmonary Rehabilitation</b>
9.15 - 9.35	What do the current guidelines say?
9.35 - 9.55	What can we learn from the west?
9.55 - 10.15	New frontiers in cardiopulmonary rehabilitation
10.15 - 10.35	Evidence from low and middle income countries
10.35 - 10.45	Discussion
10.45 - 11.00	Tea
<b>11.00 - 13.00</b>	<b>Module 2: Functions of a Rehab Team</b>
11.00 - 11.20	Assessment criteria - pre & post
11.20 - 11.40	Exercise & the heart
11.40 - 12.00	Heart-healthy diet for our population
12.00 - 12.20	Educating the patient & the caregiver
12.20 - 12.40	Getting to the heart of the matter
12.40 - 12.50	Discussion
12.50 - 13.15	Poster Presentation
13.15 - 14.00	Lunch
<b>14.00 - 15.30</b>	<b>Module 3: Ensuring the success of a Rehab Program</b>
14.00 - 14.20	Early referral is key
14.20 - 14.40	Avoiding exercise related adverse events
14.40 - 15.00	Paving the way for long term adherence
15.00 - 15.20	Yoga & Meditation for better outcomes
15.20 - 15.30	Discussion
15.30 - 15.45	Tea
<b>15.45 - 16.15</b>	<b>Quiz</b>
<b>16.15 - 16.45</b>	<b>Overcoming the Barriers: Panel Discussion</b>
<b>16.45 - 17.00</b>	<b>Quiz awards</b>

## 24 September 2017 - DAY 2

TIME	AGENDA
<b>9.00 - 10.30</b>	<b>Workshop 1: Primordial &amp; Primary Prevention of CVD (Hand-out based discussion)</b>
9.00 - 9.20	Exercise is the best medicine
9.20 - 9.40	Smoking cessation & de-addiction
9.40 - 10.00	Understanding the Metabolic Syndrome
10.00 - 10.20	Mind your Heart
10.20 - 10.30	Q&A
10.30 - 10.45	Tea
<b>10.45 - 12.45</b>	<b>Workshop 2: Getting to know the basics (break out sessions)</b>
Doctors	Medical Management of Cardiovascular & Chronic Lung Diseases
Physiotherapists	Exercise Physiology & Risk-stratification
Dieticians	Nutritional Assessment & Counseling
Other healthcare professionals	Community based awareness & Counseling skills
12.45 - 13.15	Poster Presentation
13.15 - 14.00	Lunch
<b>14.00 - 15.30</b>	<b>Workshop 3: From Theory to Practice (break out sessions)</b>
Doctors	Advanced treatment modalities
Physiotherapists	Personalised exercise prescription
Dieticians	Dietary modifications for specific conditions
Other healthcare professionals	Psychosocial risk assessment & lifestyle modification tools
15.30 - 15.45	Tea
<b>15.45 - 16.45</b>	<b>Workshop 4: Case Scenarios</b>
<b>16.45 - 17.00</b>	<b>Feedback forms, Certificate/Award Distribution &amp; Vote of Thanks</b>

## **Poster Competition**

### **Topic: Effects of Cardiopulmonary Rehabilitation in the Indian Population**

#### **Abstract submission Guidelines**

- Abstracts should not exceed 250 words; should include Background, Methods, Results and Conclusion sections
- All abstracts must be submitted in English
- Deadline for Abstract Submission is 31 August 2017; selected abstracts will be intimated by 5 September 2017
- Abstract submissions without a registration will be not considered for the competition
- Abstracts must be submitted to [janetha@cardiacwellnessinstitute.com](mailto:janetha@cardiacwellnessinstitute.com)

#### **Registration Fee**

<b>Category</b>	<b>Early Bird (until 15 August 2017)</b>	<b>Regular Fee (until 15 September 2017)</b>
<b>Medical professionals</b>	INR 2000	INR 3000
<b>Medical students*</b>	INR 1500	INR 2000
<b>Paramedical Professionals</b>	INR 1500	INR 2000
<b>Paramedical Students*</b>	INR 1000	INR 1500
<b>Day 2 only**</b>	INR 1000	INR 1500

\* Student ID required at the time of registration.  
\*\* Full program participants earn 25 CME points; Day 2 only participants earn 15 CME points.  
Limited seats only. No Spot Registration.

## REGISTRATION FORM

### **Personal Details**

Dr./Mr./Mrs./Ms.: .....

Designation: .....

Organization: .....

Address for communication: .....

.....

City: .....State: .....PIN: .....

Phone No.: ..... Mobile Number: .....

Email: .....

### **Payment Details**

NEFT Reference no: .....

Demand Draft: .....Date: .....Bank: .....

Amount in words: .....

The Demand Draft (DD) should be in favour of "Cardiac Wellness Institute LLP" payable at Andhra Bank, R.A.Puram Branch.

### **Payment via NEFT**

Bank Name: ANDHRA BANK

Branch Name: R.A.PURAM BRANCH

ACC No: 161511100000797

IFSC Code: ANDB0001615

Ben Name: CARDIAC WELLNESS INSTITUTE LLP

### **Kindly send the filled registration form to**

Dr. Priya Chockalingam

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