PROGRAMME

(A) 2nd Asian Preventive Cardiology & Rehabilitation Conference cum 7th Certificate Course in Cardiac Rehabilitation

SATURDAY, 22 NOVEMBER 2008

08:00-16:00	REGISTRATION	*(Venue: Room 601)*
09:00-10:30	ABSTRACT PRESENTATION (ORAL) ***Moderators:*** ***Dr. Kin-wing CHAN*** ***Dr. Tak-sun TSE***	*(Venue: Room 601)*
	1. Improving Quality of Life of Patients with Cardiac Problems through Health Qigong Program	Ms. Athina POON
	2. Cardiovascular Risk Profile in Individuals with or without History of Cardiovascular Disease	Dr. Suet-ting LAU
	3. Prevent Rehospitalisation Program for High Risk Heart Failure Patients	Dr. Kai-chi LEUNG
	4. Outpatient Cardiac Rehabilitation for Cardiac Surgery Patients in National University Hospital – Report on Retrospective Data	Prof. Kayambu GEETHA
	5. Detection of Coronary Artery Disease in Asymptomatic High Risk Individuals with Coroary CT Angiography	Dr. Raymond Ho-ming CHAN
	6. Cardiovascular Risk Factors, Echocardiographic Parameters and 2 Years Outcome in End Stage Renal Disease Patient	Dr. Ying-keung LO
	7. To Investigate the Effectiveness of Cardiac Rehabilitation Program for Patients Utilising the Exercise Prescription Program Based on American College of Sports Medicine Exercise Prescription Guidelines in Changi General Hospital	Mr. Mingxian LIM
	8. Review of Cardiac Rehabilitation Outcome Achievements	Ms. Yee-man FONG
	9. Comparison of Treatment Outcome and Health-related Quality of Life in Acute Coronary Syndrome Patients of Three Age Groups: <60, 60 to 80, and >80 Years	Dr. Ruijie LI
10:30-11:00	TEA BREAK POSTER EXHIBIT	*(Venue: Room 603-604)*
11:00-12:30	ABSTRACT PRESENTATION (ORAL) – BEST PAPER AWARDS ***Moderators:*** ***Dr. Kai-fat TSE*** ***Dr. Charles Kau-chung HO***	*(Venue: Room 601)*
	10. CHF-HOME (Congestive Heart Failure – Home cOmmunity Monitoring and Exercise) Program: A Multidisciplinary Program to Improve the Outcome of Patients with Congestive Heart Failure	Dr. Hiu-lam CHAN
	11. Perioperative Negative Emotions and Quality of Life Six Months after Cardiac Surgery	Mr. Phillip TULLY
	12. Community Cardiac Rehabilitation Program – Local Experience in a Regional Rehabilitation Centre	Dr. Kai-chi LEUNG

	13. Affective Disorders as Risk Factors for Delirium after Cardiac Surgery	Mr. Phillip TULLY
	14. Hypertension in Pregnancy is an Independent Risk Factor for Hypertension Later in Life	Dr. Vensa GAROVIC
	15. Clinical Outcomes of Cardiac Rehabilitation Program on Functional Capacity, Biochemistry and Physiological Changes	Dr. Supak KANCHANAPORN
12:30-14:00	LUNCH BREAK	
14:00-14:30	OPENING CEREMONY	*(Venue: Room 601)*
14:30-15:30	SYMPOSIUM 1 - Hong Kong Heart Foundation Symposium: Targets for Prevention	
	Moderators: ***Prof. Chu-pak LAU***	
	Dr. Suet-ting LAU	
	CVD Prevention: How Low to Go in 2009?	Dr. Sandeep GUPTA
	The Role of Fitness and Physical Activity in Heart Disease	Prof. Terence KAVANAGH
15:30-16:00	TEA BREAK	*(Venue: Room 603-604)*
	POSTER EXHIBIT	
16:00-17:30	SYMPOSIUM 2 – From Prevention to Treatment	*(Venue: Room 601)*
	Moderators: ***Dr. Regina Cheuk-tuen CHING***	
	Dr. Patrick Tak-him KO	
	Dr. Chris Kwok-yiu WONG	
	EatSmart at School – From Survey to Practice	Dr. Christina Kit-chee MAW
	Metabolic Syndrome Identification and Treatment	Ms. Kathy BERRA
	Recent Advance in Heart Failure Treatment	Prof. Cheuk-man YU

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SUNDAY, 23 NOVEMBER 2008

08:30-09:00	REGISTRATION	*(Venue: Room 601)*
09:00-10:30	SYMPOSIUM 3 – Perspectives in Cardiac Rehabilitation	*(Venue: Room 601)*
	Moderators: ***Dr. Leonard Sheung-wai LI***	
	Dr. Sum-kin LEUNG	
	Dr. Shu-kin LI	
	Prof. Stephen Wai-luen LEE	
	Dr. Kei-pui LEUNG	
	Dr. Andy Wai-kwong CHAN	
	Models for Cardiac Rehabilitation	Prof. Visal KANTARATANAKUL
	Coronary Artery Disease Club – One of the Experience of Cardiac Rehabilitation in Guangdong	Dr. Lan GUO

	Health Experience of Chronic Ischemic Heart Disease in Malaysia	Dr. Lydia Abdul LATIF
	Outpatient Phase III Cardiac Rehabilitation and the Training System of the Masters of Cardiac Rehabilitation in Japan	Prof. Masahiro KOHZUKI
	Schedule of Cardiac Rehabilitation in Iran	Dr. Farzaneh TORKAN
	Medicine and Spirituality: A New Task for Heart Friends Around the World	Dr. Flavio BURGARELLA
10:30-11:00	TEA BREAK POSTER EXHIBIT	*(Venue: Room 603-604)*
11:00-12:30	SYMPOSIUM 4 – Contemporary Cardiac Care ***Moderators:*** ***Prof. Cheuk-man YU*** ***Dr. Chi-ming WONG*** ***Dr. Albert Wai-suen LEUNG***	*(Venue: Room 601)*
	Ethnicity: The Other CV Risk Factor?	Dr. Sandeep GUPTA
	Towards Person-related Cardiac Care: Weighing the Evidence on Type D Personality	Dr. Johan DENOLLET
	An Update on the Treatment of Stable Angina Pectoris	Ms. Kathy BERRA
12:30-14:00	LUNCH BREAK	
14:00-15:30	SYMPOSIUM 5 – Essential Component: Exercise ***Moderators:*** ***Dr. Chung-seung CHIANG*** ***Dr. Kathy Lai-fun LEE*** ***Dr. Ngai-yin CHAN*** ***Dr. Chiu-sun YUE***	*(Venue: Room 601)*
	Effect and Molecular Mechanism of Physiological Ischemia Training of Skeletal Muscle on Angiogenesis at Remote Sites with Pathological Ischemia in Rabbit Models of Coronary and Peripheral Artery Stenosis	Prof. Jianan LI
	Exercise Prescription in Cardiac Patients	Dr. Farzaneh TORKAN
	Electrical Stimulation of Skeletal Muscles in Patients with Heart Failure: An Alternative to Aerobic Training?	Prof. Masahiro KOHZUKI
	Exercise and Hypertension	Prof. Chul KIM
15:30-16:00	TEA BREAK POSTER EXHIBIT	*(Venue: Room 603-604)*
16:00-17:30	SYMPOSIUM 6 – Control the Risks ***Moderators:*** ***Dr. Chun-ho CHENG*** ***Dr. Kam-tim CHAN*** ***Prof. Kam-sang WOO***	*(Venue: Room 601)*
	Is Cardiovascular Disease Preventable?	Prof. Bernard Man-yung CHEUNG
	The Malignant Threat of Hypertension	Ms. Nancy Houston MILLER
	How to Achieve Regression of Atherosclerosis	Prof. Brian TOMLINSON

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(B) ICHHN Workshop on Successful Marketing of Heart-Smart Eating Program in Schools

SATURDAY, 22 NOVEMBER 2008

14:30-14:45	REGISTRATION	*(Venue: Room 606-607)*
14:45-14:55	Opening Remarks & Souvenir Presentation	Dr. Regina Cheuk-tuen CHING Mrs. Chu-eng TAN
14:55-15:15	How to be Heart Healthy	Dr. Patrick Tak-him KO
15:15-15:35	Facts & Traps	Dr. Nanley CHENG
15:35-16:05	Be a Smart Customer – read the labels	Ms. Shanna WU
16:05-16:35	TEA BREAK	
16:35-17:05	Promotion of Healthy Eating in Schools	Ms. Fanny CHAN
17:05-17:30	EatSmart at School – From Survey to Practice	Dr. Christina Kit-chee MAW
17:30-17:45	Closing Remarks	Dr. Kenneth NG

(C) Rotary Heart Health Public Conference Update in Cardiac Treatment and Rehabilitation 扶輪健心公眾研討會暨工作坊「心臟復康治療新趨勢」

SUNDAY, 23 NOVEMBER 2008

09:00-16:00	REGISTRATION	*(Venue: Room 606-607)*
09:30-10:00	Opening Remark	Dr. Suet-ting LAU Mrs. Chelsia TO
10:00-11:00	LECTURES ***Moderator: Dr. Kin-ming TAM***	
	Update in Medical Treatment	Dr. Yat-yin LAM
	Update in Intervention Treatment and Rehabilitation	Dr. Albert Wai-suen LEUNG
11:00-11:25	Q&A	
11:25-11:40	BREAK	
11:40-12:10	LECTURES ***Moderator: Dr.Yu-tak HUNG***	
	Update in Exercise and Cardiac Rehabilitation	Dr. Leonard Sheung-wai LI
	Update in the Rehabilitation of Heart Failure	Dr. Kei-pui LEUNG

12:40-13:00	Q&A	
13:00:14:30	LUNCH BREAK	
14:30-17:00	❖***WORKSHOP 1*** Healthful Eating for a Healthy Heart	*(Venue: Room 605-607)* Ms. Selina KHOR
	❖***WORKSHOP 2*** Nourish Your Heart: Say Goodbye to Stress	Prof. Cecilia Lai-wan CHAN Ms. Celia Hoi-yan CHAN Mr. Andy Hau-yan HO
	❖***WORKSHOP 3*** Exercise for Cardiac Patients	Mr. Frederick Kin-wa LI Ms. Eva AU

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(D) 7th Certificate Course in Cardiac Rehabilitation

MONDAY, 24 NOVEMBER 2008 *(Venue: Room 601)*

09:00-10:30	WORKSHOP 1 – Conducting Cardiac Rehabilitation Program ***Moderator: Dr. Ngai-yin CHAN***	
	Inpatient Cardiac Rehabilitation	Dr. Farzaneh TORKAN (Assistant: Dr. Laleh HAKEMI)
	Outpatient Cardiac Rehabilitation	Dr. Farzaneh TORKAN (Assistant: Dr. Laleh HAKEMI)
10:30-11:00	TEA BREAK	
11:00-12:30	WORKSHOP 2 – Behavior Modification ***Moderators: Prof. Sek-ying CHAIR*** ***Dr. Michael Kang-yin LEE***	
	Behavioral Skills Training	Ms. Nancy Houston MILLER
	Updates on Smoking Cessation	Dr. Ronald LAM
	Motivational Interviewing and Smoking Cessation: What Is It and Is It Effective?	Dr. Douglas Tat-chau LAI
12:30-14:00	LUNCH BREAK	
14:00-15:30	WORKSHOP 3 – Patient Education ***Moderator: Dr. Thomas Wai-cheong YIP***	
	Type II Diabetes – A 6-week Patient Education Program for Cardiac Rehabilitation Professionals	Ms. Kathy BERRA
15:30-16:00	TEA BREAK	

16:00-17:30	WORKSHOP 4 – Exercise ***Moderator:*** ***Dr. Polly Mo-yee LAU***	
	How to Make People Exercise	Prof. Visal KANTARATANAKUL (Assistant: Ms. Metta JARUKITJAROON)

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TUESDAY, 25 NOVEMBER 2008 *(Venue: Room 601)*

09:00-10:30	WORKSHOP 5 – Diet ***Moderator:*** ***Dr. Shu-keung KWONG***	
	The Influence of Nutrition on Cardiovascular Health	Ms. Vanessa Lai-fan AU
10:30-11:00	TEA BREAK	
11:00-12:30	WORKSHOP 6 – Self Management ***Moderator:*** ***Miss Mabel CHAU***	
	Facilitating Self-management Behaviors in Cardiac Patients	Mr. Peter POON
12:30-14:00	LUNCH BREAK	
14:00-15:30	WORKSHOP 7 – Exercise ***Moderator:*** ***Dr. Steve Wai-keung LAI***	
	Exercise in Practice for Cardiac Patients	Miss Snowball IP Ms. Mandy Shun-yan LEUNG
15:30-16:00	TEA BREAK	
16:00-17:10	WORKSHOP 8 – Vocation and Driving ***Moderators:*** ***Miss Stella CHENG*** ***Dr. Leonard Sheung-wai LI***	
	Return to Work after Acute Myocardial Infarction	Mr. Tony Ka-keung WONG
	Driver Assessment for Cardiac Patients	Ms. Jocelyn AU
17:10-17:30	CLOSING REMARK AND CERTIFCATE PRESENTATION	