



HeartLife
FOUNDATION

CHFS/SCIC

E³

Engage.

Educate.

Empower.

MAY

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HeartLife Day E3 - Engage, Educate, Empower is designed to bring lived experience together with medical expertise to promote awareness and understanding of the patient journey.

By attending HeartLife Day E3 @ Heart Failure Update 2021 you will:

- Gain understanding of the value and need for a national standard of heart failure care.
- Be informed about current trends and future possibilities for heart failure therapies and treatments.
- Gain practical and emotional insights into the patient journey to enable greater acceptance and better patient outcomes.
- Gain an understanding of the multidisciplinary care model and the impact it can have on a patient's quality of life.

heartlife.ca/events



Thursday, May 6

9 AM PST	50 min	<p>Opening Remarks Dr. Jillianne Code, Ph.D., President & Co-Founder The HeartLife Foundation, PWLE*</p> <p>Plenary Changing the conversation: A National Standard of HF Care Facilitated by: Jillianne Code Marc Bains, Vice President & Co-Founder The HeartLife Foundation, PWLE Dr. Anique Ducharme, Cardiologist & President Canadian Heart Failure Society</p>		<p>Opening: Join Jillianne Code to kick off the first annual People with Lived Experience Day at the 2021 Heart Failure Update.</p> <p>Plenary: Marc Bains and Anique Ducharme begin our day by advocating for a national standard of heart failure care. With a focus on the patient journey, goals of care and optimal treatments as we aspire to live our best lives.</p>
10 min		Break		
10 AM PST	50 min	<p>iRobot: New Drugs, Devices and Trials Dr. Elizabeth Swiggum, Cardiologist, Medical Director, Heart Function Clinic, Royal Jubilee Hospital Dr. Justin Ezekowitz, Cardiologist, Director, Cardiovascular Research, University of Alberta Dr. Jillianne Code, Ph.D., PWLE Pre-recorded + Live Q & A</p>	<p>It's About Life: Cardiac Rehab & Self-Management Gordon Fogg, BSc, BA - Clinical Exercise Physiologist Bonnie Catlin, HeartLife Nurse Champion Sunny Tutt, PWLE Pre-recorded + Live Q & A</p>	<p>Workshops (choose one)</p> <p>1. iRobot: New Drugs, Devices and Trials – A look into the latest research and clinical trials for new heart failure therapies. The scientific advancements that are changing the face of heart failure care in Canada and the world.</p> <p>2. It's About Life: Cardiac Rehab & Self Management – Self care and daily management are the key to living well with heart failure. But what does that look like in practical terms? In this session we'll explore the importance, you'll learn practical tips and exercises and hear a cautionary tale.</p>
10 min		Break		
11 AM PST	50 min	<p>Plenary Sharing the Journey Facilitated by: Marc Bains People with Lived Experience: Cynthia Culhane [Diagnosis], Tracy Bawtinheimer [Finding Hope in HF] Wayne Sandvik [Living with HF], Donna Hart [Transplant] Heather Lannon [Caregiver]</p>		<p>The patient journey is unique and complex; yet from diagnosis through transplant there is an underlying depth of understanding we share as patients and family caregivers. In this session we'll follow the journey of people that have lived experience in finding their way through a scary and trying diagnosis to find new ways of living with heart failure.</p>
10 min		Break		

*PWLE: Person with Lived Experience

12 PM PST	50 min	<p>Stronger Together: Support & Mental Health</p> <p>Rob Nolan, PhD, C.Psych. Director, Cardiac eHealth & Behavioural Cardiology Research Unit -Peter Munk Cardiac Centre, University Health Network</p> <p>Kim McLeod, PWLE Ryan Davies, PWLE Pre-recorded + Live Q & A</p>	<p>Live Now, Plan for the Future: Advance Care Planning</p> <p>Lauren Thomas, Advance Care Planning Nurse Clinician Barb Field, Social Worker, Heart Failure Specialty Brad Pope, PWLE Pre-recorded + Live Q & A</p>	<p>Workshops (choose one)</p> <p>1. Stronger Together: Support & Mental Health – You’re not alone. The need for mental health support is often underestimated in heart failure care, yet over 80% of heart failure patients say they are in need. In this session we’ll explore the existing healthcare gap, the options and the value of connecting people with lived experience with each other and with the broader mental health profession.</p> <p>2. Live Now, Plan for the Future: Advance Care Planning – A diagnosis of heart failure can be scary and comes with many questions. Our experts will guide you through the realities of a heart failure prognosis, and the importance of planning and communication to help ease your mind so you can focus on what’s important to you and your loved ones.</p>
10 min		<p>Break</p> <p>HeartLife Dance-a-thon with Jerry Alfonso, PWLE</p> <p>Get up and get moving! Trust us, if you haven’t danced with Jerry before you’re in for a treat. A line dance instructor and heart failure survivor, Jerry’s got the moves to bring a smile to your face and get your toes tapping!</p>		
1 PM PST	90 min	<p>Closing + Reception</p> <p>Jackie Ratz, PWLE</p> <p>Dr. Sean Virani, Head, Division of Cardiology, Providence Health Care & Medical Director HeartLife Foundation</p>	<p>Dr. Virani and Jackie Ratz will close our day of learning with their key takeaways. Followed by an interactive social reception for all attendees.</p>	

*PWLE: Person with Lived Experience