



SECOND INTERNATIONAL SYMPOSIUM ON SPORTS CARDIOLOGY AND SUDDEN CARDIAC ARREST PREVENTION

Friday October 11 & Saturday October 12, 2019
Halim and Aida Daniel ACC Building
American University of Beirut Medical Center

Organized by CHAMPS Fund at the Department of Family Medicine at AUBMC

In collaboration with the Lebanese Order of Physicians, the American Heart Association, Children Heart Center, the Salim El Hoss Bioethics and Professionalism Program at AUB and its Medical Center, and the Lebanese Ministry of Public Health.

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Faculty of Medicine
Salim El-Hoss Bioethics and Professionalism Program
البرنامج البيئي في الصحة العامة في الجامعة اللبنانية
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General Information

Overview

The symposium will address the burden of sudden cardiac arrest globally and in Lebanon as well as primary and secondary prevention strategies. It will cover the epidemiology and pathologies of sudden cardiac arrest in youth and adults with emphasis on athletes. Screening recommendations, risk stratification and the role of electrocardiogram (EKG) in preventing sudden cardiac arrest in young athletes will be discussed. The role of exercise and its dilemma in the health of the heart will be clarified.

The symposium will address as well the role of genetics, technology and implantable cardioverter defibrillators in preventing sudden cardiac arrest. Special conditions in athletes will be covered such as the athlete's heart and approach to an athlete with symptoms as well as indications to return to sports for athletes with cardiovascular conditions. Moreover, the symposium will address the psychological support to survivors of sudden cardiac arrest and dealing with grief of sudden cardiac death.

The symposium will discuss the role of public access defibrillator programs in preventing sudden cardiac death, highlighting the scientific evidence of cardiopulmonary resuscitation (CPR) performed by bystanders and the availability of automated external defibrillators (AED) in public places.

The symposium will offer the ground to sharing experiences in preventing sudden cardiac arrest at the national, regional and global levels.

Objectives

At the end of this activity participants will be able to:

- Discuss the epidemiology and causes of sudden cardiac arrest in different age groups with emphasis on athletes.
- Identify primary and secondary prevention strategies of sudden cardiac arrest.
- Discuss the diagnosis, management and genetics of cardiovascular diseases in young athletes.
- Identify red flags while reading the electrocardiogram (EKG) of athletes.
- Discuss the role of implantable cardioverter defibrillator (ICD) in prevention of sudden cardiac arrest.
- Manage psychological distress in survivors of sudden cardiac arrest.
- Manage grief of families losing loved ones suddenly.
- Discuss the role of genetic testing in preventing sudden cardiac arrest.
- Discuss the role of public access defibrillators in preventing sudden cardiac death.
- Discuss the scientific evidence of Automated External Defibrillators (AEDs) in preventing sudden cardiac death.

Date and Location

This activity will be held on Friday, October 11 & Saturday October 12, 2019 at the Halim and Aida Daniel ACC Building, multipurpose rooms, American University of Beirut Medical Center.

Target Audience

This activity is designed for Cardiologists, Family Medicine Specialists, Pediatricians, General Practitioners, Sports Medicine Specialists, Emergency Medicine Specialists, and doctors from other specialties interested in sports cardiology and prevention of sudden cardiac arrest. Registered Nurses, Nurse Practitioners, Public Health Specialists, residents, fellows, medical students, nursing students, public health students, paramedics, sports professionals, Ministry of Public Health, Ministry of Education and Higher Education, Ministry of Youth and Sports, Lebanese Order of Physicians, and Order of Nurses in Lebanon.

Accreditation

This live activity is pending approval for CME credits from the Lebanese Order of Physicians. Each attendee should claim only those credits based on actual time spent in the activity.

Activity Directors

Mona Osman MD, MPH, MBA

Assistant professor of Family medicine
Founder-CHAMPS Fund
Department of Family Medicine
American University of Beirut Medical Center
Beirut, Lebanon

Marwan M. Refaat, MD, FACC, FAHA, FHRS, FESC, FRCP

Associate Professor of Medicine and Biochemistry
Departments of: Internal Medicine; Biochemistry & Molecular Genetics
Director, Cardiovascular Fellowship Program
Member, Division of Cardiology/ Section of Cardiac Electrophysiology
American University of Beirut Faculty of Medicine and Medical Center
Associate Editor, Pacing and Clinical Electrophysiology (PACE)
American University of Beirut Medical Center
Beirut, Lebanon

Day One: Friday October 11, 2019

8:30 - 9:00 REGISTRATION

Session 1: Sudden cardiac death: who is affected and what are the causes?

- 9:00 - 9:25 The Demographics of sudden cardiac death
Dr. S uel Dudley
- 9:25 -9:50 Causes of sudden cardiac death in young athletes:
The cardiomyopathies
Dr. Bernard El Braidy
- 9:50 - 10:15 Performance-enhancing drugs and sudden cardiac death
Dr. Afif Mufarrij
- 10:15 - 10:40 Non-Cardiac causes of sudden death
Dr. Hala Ishak
- 10:40 - 11:00 COFFEE BREAK

Session 2: Prevention of sudden cardiac death

- 11:00 - 11:25 Prevention of sudden cardiac death in the young
Dr. Salim Idriss
- 11:25 - 11:50 Role of public access defibrillator programs in sudden
cardiac death prevention
Dr. Mazen El Sayyed
- 11:50 - 12:15 Hands-only cardiopulmonary resuscitation: what is
the evidence?
Dr. Taghreed Al Najjar

Session 3: Screening of young athletes

- 12:15 - 12:40 Lessons learned from 20 years of cardiac screening
Dr. Sanjay Sharma
- 12:40 - 1:30 EKG reading in young athletes: identifying red flags
Dr. Nathan Riding
- 1:30 - 2:30 LUNCH BREAK

Session 4: Exercise and the heart: A dilemma

- 2:30 - 2:55 Effects of exercise on the heart
Dr. Samir Alam
- 2:55 - 3:20 Athletes' heart
Dr. Dermot Phelan
- 3:20 - 3:45 Cardiac adaptation to sports and industry challenges
Dr. Tarek Gherbal
- 3:45 - 4:10 Hypertension and exercise in recreation and top level sport
Dr. Lana Ruzic

Session 5: Genetics and Sudden cardiac Death

- 4:10 - 4:35 Role of genetic/genomic testing in predicting sudden cardiac death
Dr. Samuel Dudley
- 4:35 - 5:00 Genetics of inherited arrhythmias: its importance in clinical decision-making
Dr. Fatme Charafeddine
- 5:00 - 5:25 Genetic testing: Are we ready to open Pandora's Box?
Dr. Thalia Arawi

Session 6: Sudden cardiac death: more causes and diagnostic modalities

- 5:25 - 5:50 Sudden cardiac arrest in adults
Dr. Ziyad Ghazzal
- 5:50 - 6:15 Value of cardiac imaging in the assessment of sudden cardiac death risk
Dr. Issam Mikati

Day Two: Saturday October 12, 2019

8:00 -8:30: REGISTRATION

Session 7: Athletes' health

- 8:30 - 8:55 Athlete with symptoms suspicious for sudden cardiac arrest risk
Dr. Maurice Khoury
- 8:55 - 9:20 Pre-participation exam
Dr. Mona Osman
- 9:20 -9:45 Return to Sports for athletes with cardiovascular diseases
Dr. Phelan Dermot

Session 8: Sudden cardiac death: causes & consequences

- 9:45 - 10:10 **Non-CME Symposium – Heart Failure & Sudden Cardiac Death**
Dr. Maurice Khoury
- 10:10 - 10:35 Causes of sudden cardiac arrest in youth: The arrhythmias
Dr. Johnny Abboud
- 10:35 - 11:00 Psychological support for families and survivors of sudden cardiac arrest
Ms. Mia Atwi
- 11:00 - 11:30 COFFEE BREAK

Session 9: Technology in prevention of sudden cardiac death

- 11:30 - 11:55 Role of Technology in prevention of sudden cardiac arrest
Dr. Samer Nasr
- 11:55 - 12:20 Use of handheld echocardiography in screening young athletes
Dr. Bernard Harbieh
- 12:20 - 12:45 Role of ICDs in preventing sudden cardiac death
Dr. Marwan Refaat

- 12:45 - 1:10 Cardiovascular implantable electronic devices in neonates, infants and children for sudden cardiac arrest prevention
Dr. Salim Idriss
- 1:10 - 1:35 Automated external defibrillators (AED):
what is the evidence?
Dr. Mario Njeim
- 1:35 - 2:00 Non-CME Symposium: Becoming a heart safe city... Aligning the ecosystems surrounding sudden cardiac arrest -
Ms. Debra Anne Slye
- 2:00 - 2:25 Heart rate in health/Heart rate in illness
Dr. Omar Hamoui
- 2:25 - 3:00 LUNCH BREAK

Session 10: Panel Discussion

- 3:00 - 5:00 Global, Regional and National Experiences in cardiac screening and prevention of sudden cardiac death (United Kingdom, Qatar, United States of America, Lebanon, Survival Chain Partners, CHAMPS Fund)

Continuing Medical Education Office
American University of Beirut Medical Center
Beirut - Lebanon
Tel: +961 1 350000 ext. 4752/4718
Email: cme@aub.edu.lb
Web: cme.aub.edu.lb