



Exercise Training for Cardiac Conditions

Friday 14th October, 2022

Royal Brisbane and Women's Hospital, Education Centre or Online

Online participants, please check calendar or email from gld.heartfailure@health.qld.gov.au for Microsoft Teams link

QLD	AEDT*	Length	Topic	
8.30	9.30*	5 min	Opening and acknowledgement of country	
Session 1 Exercise Training				
8.35	9.35*	35 min	Resistance training and principles for exercise prescription	Llion Roberts
9.20		15 min	Clinical application of resistance training for cardiac disease	Menaka Louis
9.40		30 min	What do we know about HFpEF and exercise training?	Glenn Stewart
10.15		5 min	Discussion	
10.20		30 min	Morning Tea	
Session 2 Research showcase				
10.55	11.55*	10 min	Physiological responses: sit to stand tests and 6MWT	Norm Morris
11.10		10 min	Standardising exercise post median sternotomy	Samara Philips
11.25		30 min	Exercise prescription post median sternotomy	Doa El-Ansary
12.00		10 min	Upper limb restrictions post device implantation	Julie Adsett
12.15		10 min	Heat and Heart Failure: Threat or Therapy?	Surendran Sabapathy
12.30		55 min	Lunch	
Session 3 Motivation and sport				
13.25	14.25*	30 min	Motivation in practice: 1. Recruiting patients - a team approach (5 min) 2. Lung Foundation project (5 Min) 3. Using volunteers (5 min) 4. Making exercise rehab fun (5 min)	Kellie Mikkelsen Emma Halloran Kelli Leyton Menaka Louis
13.55		50 min	Considerations for returning to sport for cardiac patients	Kelly Stanton
15.00	16.00		End	

*Australian Eastern Daylight Savings Time (NSW/ACT/VIC/TAS); WA starts at 6.30 am; SA starts at 9.00; NZ starts at 11.30.

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Speakers

Dr Julie Adsett	PhD, BPhy (Hons), Advanced Physiotherapist, Royal Brisbane and Women's Hospital, Heart Failure Exercise and Rehabilitation Network State-wide Chair
Professor Doa El-Ansary	PhD, BAppSc (Phy), Int. Cert OMT, APAM. Cardio-respiratory research, RMIT. Research fellow at University Melbourne Department of Surgery
Ms Emma Halloran	Pulmonary Exercise Manager, Lung Foundation Australia
Kelli Layton	Physiotherapist, Cardiac Rehabilitation, Cairns Hospital
Ms Menaka Louis	MPH, BAppSc(Phy), Advanced Physiotherapist, Gold Coast Hospital and Health Service and doctoral candidate Griffith University
Ms Kellie Mikkelsen	CNC, Heart failure, The Prince Charles Hospital
Professor Norm Morris	PhD, BAppSc(Phy), Physiotherapist and exercise physiologist researcher, Griffith University and The Prince Charles Hospital Brisbane
Ms Samara Phillips	MPH, BPhysio, Queensland Cardiac Rehabilitation Coordinator
Dr Llion Roberts	PhD, MSc Sport Physiology, BSc (Hons) Sport Science, Senior Lecturer; Human Physiology, Griffith University
Dr Kelly Stanton	Cardiologist and a PhD candidate currently working on the effects of exercise on cardiovascular health and cardiac remodelling
Dr Glenn Stewart	Research Fellow at Griffith University and The Prince Charles Hospital in Brisbane, where his work focuses on heart-lung interactions during exercise in health and disease
Dr Surendran Sabapathy	PhD, Senior Lecturer in Griffith University's School of Health Sciences & Social Work, and the Academic Lead for Exercise Science & Sport