



Annual Scientific Meeting 2024 | Program

Sydney Masonic Centre
66 Goulburn St, Sydney NSW

Day 1 | Monday 29th July 2024

8.00am Registration Opens

Opening and Patient Story Location: Level 1, Banquet Hall

8.30am ASM Official Opening and Acknowledgement of Country
Mr Robert Zecchin, Ms Dawn McIvor (ACRA ASM 2024 Convenors)

8.35am Patient Story: **Mr Stephen Marshall**
Facilitator: Ms Chris Bruntsch

Keynote One Location: Level 1, Banquet Hall

Chairs: Dr Dion Candelaria, Prof Jeroen Hendriks

8.50am High-intensity Interval Training: HIITing Heart Disease
A/Prof Jennifer Reed

Alan Goble Oration and Distinguished Service Award Presentation Location: Level 1, Banquet Hall

Chairs: Ms Carmel Bourne, Mr Robert Zecchin

9.30am Cardiac Rehabilitation: Looking Back and Moving Forward
Prof Patricia Davidson

10.00am Presentation of The Alan Goble Distinguished Service Award 2024
Ms Carmel Bourne – ACRA National President

10.10am **Morning Tea and Trade Exhibition – Location:** Level 1, Marble Foyer
Poster Display – Location: Level 1, Banquet Hall

Research Prize Session Location: Level 1, Banquet Hall

Chairs: Dr Georgia Chaselng, Dr Snezana Stolic



10.30am Effect of a smartphone app on hospital admissions and sedentary behavior in cardiac rehabilitation participants: ToDo-CR randomised controlled trial **Kacie Patterson**

10.45am Fear of recurrence of spontaneous coronary artery dissection (SCAD) and its association with mental health outcomes **Sarah Clarke**

11.00am Evaluation of the quality and self-management content of websites promoting physical activity engagement after myocardial infarction or cardiac surgery **Emily Gray**

11.15am Transient ischaemic attack and mild-stroke participant perspectives on barriers and enablers to participation in cardiovascular rehabilitation: A qualitative analysis **Lucy Walton**

Moderated Poster Presentations Location: Level 1, Banquet Hall

Chair: Dr Georgia Chaselng

11.30am Finding the top information needs of cardiac rehab participants **Rebecca Pich**

11.35am The effect of tele-based cardiac rehabilitation on emergency department presentations amongst patients with cardiovascular conditions living in rural and remote Australia **Lemma Bulto**

11.40am The association between cardiovascular disease and suicide: A systematic review and meta-analysis with 15 million persons **Phil Tully**

11.45am Factors associated with cardiac rehabilitation referrals in patients who underwent elective percutaneous coronary intervention **Lisa Chen**

11:50pm **Lunch and Trade Exhibition – Location:** Level 1, Marble Foyer

Poster Display – Location: Level 1, Banquet Hall

12.15pm **ACRA NSW/ACT Annual General Meeting (ACRA NSW/ACT members) – Location:** Level 1, Banquet Hall

Keynote Two

Chairs: Prof Jeroen Hendriks, Mr Robert Zecchin

Location: Level 1, Banquet Hall

1.00pm Developing Services for Patients with Spontaneous Coronary Artery Dissection (SCAD)
Prof Lis Neubeck

Concurrent Workshops

1.40pm	Enhancing Exercise and Physical Activity in Cardiac Rehabilitation: Practical Applications of the CSANZ Position Statement Facilitators: Prof Nicole Freene, Dr Matt Hollings, Dr Christian Verdicchio Location: Level 1, Banquet Hall	Bite Sized Nutrition Tools to Improve Cardiac Rehabilitation Practice Facilitators: Dr Lucy Kocanda, Dr Helen Parker, Dr Tracy Schumacher, Dr Lauren Blekkenhorst Location: Ground Floor, Corinthian
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2.40pm **Afternoon Tea and Trade Exhibition – Location:** Level 1, Marble Foyer
Poster Display – Location: Level 1, Banquet Hall

Concurrent Oral Abstract Presentations

	SCAD Location: Level 1, Banquet Hall Chairs: Dr Matt Hollings, Ms Jessica-Rose Tait	Cognition and Distress Location: Ground Floor, Corinthian Chairs: Dr Phillip Tully, Dr Angela Rao-Newton	CR Access and Attendance Location: Ground Floor, Composite Chairs: Dr Lucy Kocanda, Dr Snezana Stolic
3.00pm	Physical activity characteristics and safety prior to and after spontaneous coronary artery dissection: a scoping review Chloe Trevor	The influence of coronary artery disease on cognitive function and the effect of exercise-based cardiac rehabilitation: A pilot study Jenna Taylor	Socioeconomic variation and the relationship between CR participation and mortality and cardiovascular rehospitalisation: A systematic review Deborah Manandi
3.13pm	The SCAD-Insights study: Understanding the patient experience after spontaneous coronary artery dissection Elizabeth Turner	Prevalence of distress in coronary artery disease patients undergoing cardiac rehabilitation Frances Wise	Accessibility of cardiac services following first myocardial infarction: a qualitative study Denise Azar
3.26pm	Cognitive and physical fatigue: the experience and consequences of 'brain fog' after spontaneous coronary artery dissection: a qualitative study Joe Weddell	Nurses' understanding, perspectives and practices related to cognitive impairment in ACS patients: Findings from a semi-structured interview study Emma Zhao	Who is and isn't attending cardiac rehabilitation in Queensland? Analysis of 33,055 patients from the QLD Cardiac Outcome Registry (2020-2022) Emma Thomas
3.39pm	Supporting recovery after spontaneous coronary artery dissection: an online group program Michelle Rogerson	The nature, prevalence, and impact of fear of cardiac disease progression and recurrence Sarah Clarke	Changes in physical and mental health outcomes following one day a week cardiac rehabilitation program in regional NSW Nnamdi Mgbemena and Jane Thompson
3.55pm	Close of Day One		
6.00pm	Gala Dinner – Sydney Harbour Cruise Theme: Dress to Impress in Black and White The Starship Sydney King Street Wharf No. 4, Darling Harbour		





Abstracts
#ACRA2024

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Day 2 Tuesday 30th July 2024

8.00am Registration Opens

Welcome		Location: Level 1, Banquet Hall
8.30am	Welcome Dr Dion Candelaria, Prof Jeroen Hendriks (ACRA ASM 2024 Scientific Committee Co-Chairs)	
Keynote Three		Location: Level 1, Banquet Hall
Chairs: Dr Dion Candelaria, Prof Jeroen Hendriks		
8.35am	Digital Health Intervention for Chronic Illness Management Prof Wenru Wang	
Provider Certification Initiative Launch		Location: Level 1, Banquet Hall
Chair: Dr Dion Candelaria		
9.15am	Launch of the ACRA/ICCP/SOLVE-CHD Provider Certification Initiative Prof Julie Redfern, Prof Robyn Gallagher, Ms Dawn McIvor, Ms Carmel Bourne	
9.45am	Morning Tea and Trade Exhibition – Location: Level 1, Marble Foyer Poster Display – Location: Level 1, Banquet Hall	
Clinical Prize Session		 Location: Level 1, Banquet Hall
Chairs: Prof Jeroen Hendriks, Mr Robert Zecchin		
10.15am	Consumer perspectives on multidisciplinary team care for postural orthostatic tachycardia syndrome	Marie-Claire Seeley
10.30am	Safety and monitoring in telehealth cardiac rehabilitation: A real world application	Chloe Trevor
10.45am	The impact of a dedicated heart failure nurse on hospital readmissions and the implications of accompanying health conditions – navigating complexities within a single setting	Charis Brown
11.00am	Transforming heart failure care: virtual solutions improving patient access and outcomes	Ian Galvin
Concurrent Workshops		
11.15am	CR for SCAD: Challenges and Solutions Facilitators: Dr Barbara Murphy, Dr Fran Wise, Ms Mary Anne Roberts Location: Level 1, Banquet Hall	Navigating Complexities of the Early-Career Researcher Career Stage Panel: Prof Jeroen Hendriks, A/Prof Jennifer Reed, Prof Nicole Freene, Prof Lis Neubeck Facilitators: Dr Dion Candelaria, Ms Rebecca Raeside Location: Ground Floor, Corinthian
Clinical Excellence Showcase		Location: Level 1, Banquet Hall
Chairs: Dr Snezana Stolic, Mr Joe Weddell		
12.00pm	Creating a new rehabilitation pathway: A flexible approach to cardiac rehabilitation in post-COVID POTS	Olivia Powrie
12.07pm	Connecting online: the MyHeart MyLife community	Vanessa Poulsen
12.15pm	Lunch and Trade Exhibition – Location: Level 1, Marble Foyer Poster Display – Location: Level 1, Banquet Hall	
12.30pm	ACRA National Annual General Meeting (ACRA members only) – Location: Level 1, Banquet Hall	

Concurrent Oral Abstract Presentations			
	Technology Location: Level 1, Banquet Hall	Exercise, PA, Mental Health Location: Ground Floor, Corinthian	Specific Settings and Conditions Location: Ground Floor, Composite
	Chairs: Dr Snezana Stolic, Mr Joe Weddell	Chairs: Dr Matt Hollings, Ms Elizabeth Turner	Chairs: Dr Lucy Kocanda, Dr Angela Rao-Newton
1.15pm	A self-administered gamified mobile application for secondary prevention of heart disease in patients following a cardiac event (MyHeartMate): Process evaluation from RCT Robyn Gallagher	Reduced skeletal muscle microvascular blood flow is a novel underlying mechanism of exercise intolerance in adults with atrial fibrillation Kim Way	Co-designing a community-based cardiac rehabilitation program for Chinese migrants in Australia: a mixed method study Guoyan (Emily) Yang
1.28pm	Perspectives of people in hospital with acute coronary syndrome who decline digital health interventions targeting secondary prevention Tiffany Ellis	How much physical activity and sitting should people with coronary heart disease do to reduce their risk of death? Nicole Freene	Sex-Based disparities in autonomic symptomatology and diagnostic trajectories of postural orthostatic tachycardia syndrome Marie-Claire Seeley
1.41pm	User testing a patient education and transition of care digital intervention – a mixed methods study Susie Cartledge	A co-design study exploring the factors influencing mental health following an acute cardiac event Sarah Gauci	Differences between young patients with CABG and STEMI attending cardiac rehabilitation in western Sydney Robert Zecchin
1.54pm	Using structured telehealth medical nutrition therapy appointments to improve access to dietetic services for people at risk of heart disease in rural NSW Tracy Schumacher	Independent and joint association of physical activity and sedentary time with the risk of recurrent cardiac events Amanda Lönn	Exploring the differences between Postural Orthostatic Tachycardia Syndrome (POTS) triggered by viral illness compared to concussion or trauma Gemma Wilson
2.05pm	Afternoon Tea and Trade Exhibition – Location: Level 1, Marble Foyer		
Novartis Sponsored Session Chair: Ms Dawn Mclvor			Location: Level 1, Banquet Hall
2.20pm	LEQVIO and LDL-C Control: A Practical Guide for Nurses Dr Alexander Jacobsen		
Awarding and Closing			Location: Level 1, Banquet Hall
2.45pm	Awarding of SOLVE-CHD Scholarship recipients Prof Robyn Gallagher		SOLVE CHD
2:50pm	Announcement of prize winners Dr Dion Candelaria, Prof Jeroen Hendriks (ACRA ASM 2024 Scientific Committee Co-Chairs)		
2:55pm	Announcement of ACRA ASM 2025 in Brisbane, Queensland, Australia Ms Joanna Clark, Dr Snezana Stolic		
3.00pm	Conference Close Mr Robert Zechin, Ms Dawn Mclvor (ACRA ASM 2024 Convenors)		

