Inaugural CVI and Simon’s Fund
The Heart of Youth Sports
A CME/CEU for Health Professionals
Caring for Student Athletes

Sunday, February 22, 2015
7:45 a.m. – 4:00 p.m.
Novacare Complex Auditorium
Broad Street and Pattison Avenue,
Philadelphia

7.0 CME/CEU Credit Hours
Why You Should Attend

The Heart of Youth Sports CME program is designed to provide greater awareness of the critical importance of early and accurate identification of underlying cardiac conditions in student athletes and adolescents.

Topics chosen for this program include: Defining the Scope of Sudden Cardiac Arrest in Adolescents; Conditions and Warning Signs of Sudden Cardiac Arrest; Student Athlete Clearance Exams in PA; What We Learn About the Heart in the Sports Physical; Team Management of Student Athletes; Early Diagnosis, Management and Prevention of CAD; ECG Screening and the Seattle Criteria; Obesity, Hypertension and Risk Factors in Adolescent Populations; Emergence of Sports Cardiology; Prevention of CAD in Adolescents; and Caring for the Professional Athlete’s Heart.

Target Audience

Pediatricians and Pediatric Sub-Specialists; Cardiologists, Electrophysiologists, Sports Cardiologists, Family Practice, Emergency Medicine, Primary Care, Physical Medicine and Rehab, and Internal Medicine Physicians, Fellows, Residents, Nurse Practitioners, Physician Assistants, Nurses, Athletic Trainers, School and Community Based Health Professionals, Coaches and Educators.

Learning Objectives

After attending CVI’s “The Heart of Youth Sports,” participants will be better able to:

- Describe the underlying etiologies responsible for sudden cardiac death in adolescents and student athletes
- Diagnose and treat potentially life-threatening cardiovascular conditions in adolescents and student athletes
- Consider if current standards for pre-participation examinations for student athletes are sufficient
- Discuss state-to-state variability of guidelines for pre-participation examination of student athletes
- More effectively recognize warning signs and symptoms of underlying cardiac disease in students during the pre-participation physical examination
- Recognize the roles of coaches, athletic trainers and school medical staff in enhancing the cardiovascular care of student athletes
- Develop effective strategies to respond to cardiovascular emergencies in the school and youth sports setting
- Utilize AED technology to prevent sudden cardiac death
- More effectively screen and identify adolescent patients who are at increased risk for cardiovascular disease
- Consider family history of cardiovascular disease as a cause for further diagnostic testing in student athletes
- Develop effective strategies for primary prevention of cardiovascular disease progression in adolescent patients
- Utilize newer technologies to more accurately assess cardiovascular disease in student athletes
- Strategize effective medical management and prevention strategies for adolescent patients with underlying cardiac conditions
- Prepare a smooth transition from pediatric to adult care for adolescent patients with underlying cardiovascular conditions
- Discuss the development of the “Seattle Criteria” as a national standard for the pre-participation examination of student athletes
- Incorporate the “Seattle Criteria” into clinical practice to identify student athletes who might be at risk for sudden cardiac death
- Discuss the incidence of obesity and hypertension in the youth and its correlation with future cardiovascular events
- Develop strategies to prevent the progression of risk factors for cardiovascular disease in adolescent patients
- Discuss the emergence of the field of sports cardiology
- Describe some of the unique cardiovascular issues particular to athletes

Accreditation Statement

This event has been planned and implemented in accordance with the Essential Areas and Policies of the Pennsylvania Medical Society through the joint providership of the Einstein Medical Center and Cardiovascular Institute of Philadelphia. Einstein Medical Center is accredited by the Pennsylvania Medical Society to sponsor continuing medical education for physicians.

AMA: Einstein Medical Center designates this live educational event for a maximum of 7.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the educational event.

AOA: This program is eligible for 7.0 credits in Category 2A of the American Osteopathic Association through the Pennsylvania Osteopathic Medical Association Foundation.

BOCATC: Cardiovascular Institute of Philadelphia (CVI) is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 7.0 hours of Category A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the CE activity.
**Program Faculty**

**Course Director**

**David Shipon, MD, FACC**
Medical Director of Cardiovascular Rehabilitation
Thomas Jefferson University Hospital/Methodist Hospital

**Course Co-Directors**

- **Vincent Figueredo, MD, FACC**  
  Associate Chair of Cardiology, Einstein Medical Center  
  Professor of Medicine, Jefferson Medical College

- **Martin O’Riordan, MD**  
  Director, Division of Cardiology  
  Mercy Catholic Medical Center, Fitzgerald Division

- **Scott Hessen, MD, FACC**  
  Clinical Assistant Professor of Medicine  
  Drexel University College of Medicine  
  Temple University School of Medicine

- **Jana Hoffmeister, MD**  
  Fellow, Cardiovascular Disease Program  
  Perelman School of Medicine at the University of Pennsylvania

**FACULTY**

- **Theodore Abraham, MD**  
  Professor of Medicine  
  Johns Hopkins University School of Medicine  
  Director  
  Johns Hopkins Hypertrophic Cardiomyopathy Center of Excellence & Athletic Heart Clinic

- **Kristin Burns, MD**  
  Medical Officer, Heart Development and Structural Diseases Branch  
  Division of Cardiovascular Sciences, National Heart, Lung, and Blood Institute

- **Jeremy Close, MD**  
  Assistant Professor in Family Medicine  
  Jefferson Medical College

- **Kate Easby, MS, LAT, ATC**  
  Head Athletic Trainer, Germantown Academy and North Penn High School

- **Douglas Esberg, MD, FACC**  
  Clinical Assistant Professor of Medicine  
  Jefferson Medical College

- **Victor Ferrari, MD, FACC**  
  Professor of Medicine, and Professor of Medicine in Radiology  
  Perelman School of Medicine at the University of Pennsylvania

- **Charles Gottlieb, MD, FACC**  
  Director, Electrophysiology Laboratory  
  Abington Memorial Hospital

- **Eugene Hong, MD**  
  Associate Dean for Primary Care and Community Health  
  Chair of Family, Community and Preventive Medicine  
  Chief, Division of Primary Care Sports Medicine  
  Drexel University College of Medicine

- **Saba Khan, MD**  
  Medical Director, Healthy Weight Program  
  Children’s Hospital of Philadelphia

- **Nandini Madan, MD**  
  Assistant Professor of Pediatrics  
  Drexel University College of Medicine  
  Director of Electrophysiology  
  St Christopher’s Hospital for Children

- **Matthew Martinez, MD**  
  Associate Professor of Medicine  
  University of South Florida  
  Medical Director  
  Lehigh Valley Health Network Sports Cardiology and Hypertrophic Cardiomyopathy Center

- **William “Speedy” Morris**  
  Head Basketball Coach  
  St. Joseph’s Prep, Philadelphia

- **William Strimel, DO, FACC**  
  Chair, Department of Medicine  
  Mercy Suburban Hospital

- **Bradley Robinson, MD**  
  Associate Professor of Pediatrics  
  Jefferson Medical College  
  Medical Director, Exercise Lab  
  Nemours Cardiac Center

**PROGRAM PLANNING COMMITTEE**

- **Mark Hartnett**  
  Executive Director, Cardiovascular Institute of Philadelphia

- **Darren Sudman, JD**  
  Executive Director, Simon’s Fund

**Conflict of Interest Statement**

Faculty and all others who have the ability to control the content of continuing medical education activities sponsored by Einstein Medical Center are expected to disclose to the audience whether they do or do not have any real or apparent conflict(s) of interest or other relationship(s) related to the content of their presentation(s).

**Acknowledgements**

All commercial support in the form of educational grants as well as display/exhibits will be acknowledged in the syllabus, signage and verbally at the program.

CVI appreciates the support of the Pennsylvania Chapter of the American College of Cardiology for their partnership in this activity.
# Agenda

## Inaugural CVI and Simon’s Fund - The Heart of Youth Sports

**A CME for Professionals Caring for Student Athletes**

**Sunday, February 22, 2015**

Novacare Complex/Philadelphia Eagles Practice Facility Auditorium

### Introduction and Course Overview

**David Shipon, MD**

**Defining the Scope: Sudden Cardiac Arrest Isn’t Just an Adult Thing**

**Kristin Burns, MD**

**The Nuts & Bolts: The Conditions and Warning Signs of Sudden Cardiac Arrest**

**Bradley Robinson, MD**

**The Entire Student Body: How Do We Examine and Clear Student Athletes Today — The PIAA Exam**

**Jeremy Close, MD**

**The Sports Physical: What We Learn About the Heart**

**Theodore Abraham, MD**

**LUNCH in The Philadelphia Eagles Cafeteria**

### Teamwork: Managing the Care of Student Athletes

**Moderator:**

**Matthew Martinez, MD**

**Panelists:**

**Eugene Hong, MD**

**Nandini Madan, MBBS, MD**

**Steven Shapiro, MD**

**Kate Easby, MS, LAT, ATC**

**Coach William “Speedy” Morris**

**BREAK**

### After Graduation: Future Diagnosis and Management of Heart Disease

**Moderator:**

**Martin O’Riordan, MD**

**Panelists:**

**Douglas Esberg, MD**

**Victor Ferrari, MD**

**Charles Gottlieb, MD**

**William Strimel, MD**

### Game Changers: Developments in Screening the Student Athlete

**ECG Screening: The Emergence of The Seattle Criteria**

**Martin O’Riordan, MD**

**Obesity**

**Saba Khan, MD**

**Hypertension**

**Vincent Figueredo, MD**

**The Emergence of Sports Cardiology**

**Jana Hoffmeister, MD**

**Game Plan - A “Prevent-Defense” or Prevention is the Best Strategy**

**David Shipon, MD**

**The Science and Safety of Professional Athletes**

**TBA**

### Review and Closing

**David Shipon, MD**

**Darren Sudman**
CVI and Simon’s Fund “The Heart of Youth Sports: A CME/CEU for Health Professionals Caring for Student Athletes • Sunday, February 22, 2015 • Philadelphia Eagles Novacare Complex Auditorium

Registration Form

Name ____________________________________________________________
Degree ________________________________________________________
Gender  □ M  □ F
Clinical Position _________________________________________________
Clinical Affiliation Name ___________________________________________
NPI# ___________________________________________________________
Phone __________________________________ Fax _____________________
Email Address ___________________________________________________
Mailing Address _________________________________________________
_____________________________________________________________________________
City ____________________________________________________________ State _________ Zip __________
Is this address work? ___________________________ Home? ________ Other? _________

**Important Notes:**
You MUST register by February 16, 2015 to guarantee your seat.
Please make checks payable to:
Cardiovascular Institute of Philadelphia
P.O. Box 56598 • Philadelphia, PA 19111
Phone: 215-389-2300 • Fax: 215-389-5450
Register online at cviphiladelphia.org

Course Registration Cancellation Policy:
Requests in writing for refunds less $25 administrative fee by February 13, 2015, processed after the meeting. Registrations are transferable with prior notification to CVI by February 13, 2015.

**Syllabus**
Several days prior to the program, syllabi including presentations will be available for download from a secure website. At registration you will receive a USB storage device with the same information at no additional charge.

At the conference, neither printers nor electrical outlets are available for attendee use.

Hard copy black & white syllabus including presentations may be ordered in advance for $50, and available at registration. Hard copy syllabi must be ordered by February 18, 2015. Additional printed syllabi not available onsite.

Faculty PowerPoint presentation handouts are for the use of course attendees only pre and post-conference. This material may not be used, shared or distributed electronically.

**Registration Fees**
Be an early bird … sign up and pay your registration by Monday 2/9/15 and take $40 off your registration fee!
- Physicians and Industry: $139 ($99 early bird by 2/9/15)*
- All Other Health Professionals, Trainees, Athletic Trainers and Educators: $99 ($59 early bird by 2/9/15)*

*Price reflects discount of $6 for payment by cash/check. Please add $6 for Visa/MC/AMEX.

**Order**
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**Grand Total** $ ________

**Eagles Prize Package Drawing Details**
In order to be entered into the FREE Eagles Prize Package Drawing you must:
- Register and pay for The Heart of Youth Sports by 5:00 p.m. on Monday, February 9, 2015
- Submit your fully completed online program evaluation for The Heart of Youth Sports by 5:00 pm EST on Friday, March 20, 2015
- And you are entered to win… It’s as easy as that! Winner will be contacted via email.

**Important Notes:**
You MUST register by February 16, 2015 to guarantee your seat.

Please make checks payable to:
Cardiovascular Institute of Philadelphia
P.O. Box 56598 • Philadelphia, PA 19111
Phone: 215-389-2300 • Fax: 215-389-5450
Register online at cviphiladelphia.org

Card # ___________________________ Exp. Date ___ / ___
Name as appears on card ____________________________________________________________
Billing address of card _____________________________________________________________
Signature ___________________________

Please be sure to include your name and address for mailing purposes.

**Visa**  □  **MC**  □  **Amex**  □

**Additional Information:**
- **Course Details:**
  - **Location:** Philadelphia Eagles Novacare Complex Auditorium
  - **Date:** Sunday, February 22, 2015
  - **Time:** Registration begins at 8:00 a.m., session begins at 9:00 a.m.
  - **Duration:** Full day
  - **Fee:** $139
  - **CME/CEU Credits:** 6.0

- **Registration:**
  - **Online:** cviphiladelphia.org
  - **Phone:** 215-389-2300
  - **Fax:** 215-389-5450

- **Cancellations:**
  - Requests in writing for refunds less $25 administrative fee by February 13, 2015, processed after the meeting. Registrations are transferable with prior notification to CVI by February 13, 2015.