

Integration of Prevention Centres into European Hospitals – a novel concept

Prof. Dr. Hugo Saner
University Hospitals Inselspital
Bern / Switzerland

www.escardio.org/EACPR Hugo Saner, President

The true challenge Cardiovascular disease in Europe

Hospital Discharge Cardiovascular Disease

Standardised Cardiovascular Mortality

www.escardio.org/EACPR Hugo Saner, President

Cardiovascular risk factors in childhood and carotid artery intima-media thickness in adulthood: the Cardiovascular Risk in Young Finns Study

A Risk Factors Measured at Ages 12-18 y

No. of Risk Factors: 0, 1, 2, 3 or 4

B Risk Factors Measured at Ages 3-9 y

No. of Risk Factors: 0, 1, 2 or 3

O.T. Raitakari et al. JAMA 2003;290:2277-2283

www.escardio.org/EACPR Hugo Saner, President

Another important challenge Diabetes in Europe

**Prevalence of Diabetes
in Adults (Age 20-29)**

| Year | Prevalence (%) | Population (million) |
|------|----------------|----------------------|
| 2003 | 7.8 % | 48 million |
| 2025 | 9.1 % | 56 million |

www.escardio.org/EACPR Hugo Saner, President

Interventions

Population based

Intermediate risk

High risk

www.escardio.org/EACPR Hugo Saner, President

♦ A strong and simple message

Population distribution of cardiovascular risk

www.escardio.org/EACPR Hugo Saner, President

Intermediate Risk

Atherosclerosis begins long before first event and subclinical disease is detectable by many non-invasive tests

Adapted from AHA

www.escardio.org/EACPR Hugo Saner, President

Meta-Analysis: Secondary Prevention Programs for Patients with Coronary Artery Disease

Risk reductive with different program structures

| Type of program | effects at 12 month | |
|---|---------------------|--------------|
| | mortality | recurrent MI |
| risk factor education counselling <u>with exercise</u> | 12% | 38% * |
| risk factor education counselling <u>without exercise</u> | 13% | 14% |
| <u>solely exercise-based</u> | 28% ** | 24% |

* risk ratio 0.62 (CI 0.44-0.87)
** risk ratio 0.72 (CI 0.54-0.95)

A.M. Clark et al. Ann Intern Med. 2005;143:659-672

www.escardio.org/EACPR Hugo Saner, President

Explaining The Decline in Coronary Heart Disease Mortality in England and Wales Between 1981 and 2000

Unal B et al. Circulation. 2004;109:1101-1107

CABP surgery and angioplasty: - 4 %

www.escardio.org/EACPR Hugo Saner, President

The Current and Future State of Interventional Cardiology: A Critical Appraisal

Matter B. Cardiology 2006;106:174-189

Fig. 4. Number of coronary percutaneous procedures from 1985 to 2004 as the institute the author joined in 1992. After a slow start in the 1990s, PCI is now prevailing over CABG by an increasingly large margin.

www.escardio.org/EACPR Hugo Saner, President

Expertise cardiologist

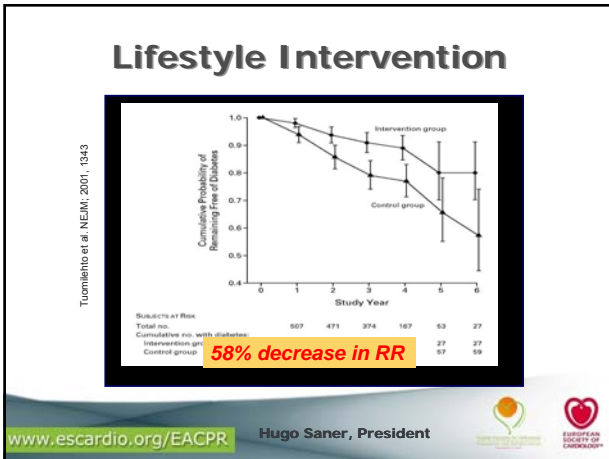
www.escardio.org/EACPR Hugo Saner, President

DIAfit

DIAFIT project – an important element of a modern secondary prevention center

Prof. H. Saner
Cardiovascular Prevention and Rehabilitation
Swiss Cardiovascular Center Bern
University Hospital, Inselspital Bern

www.escardio.org/EACPR Hugo Saner, President



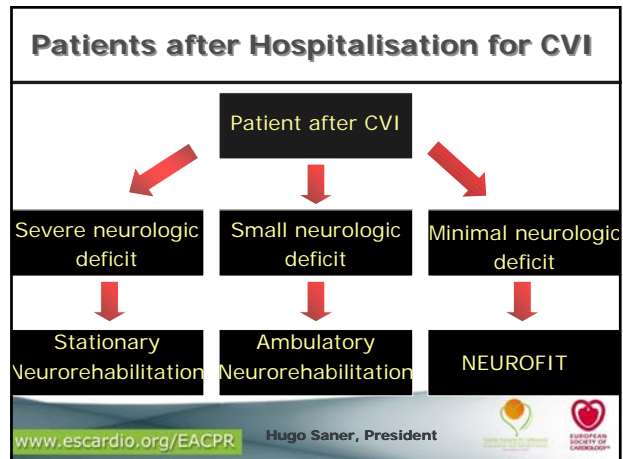
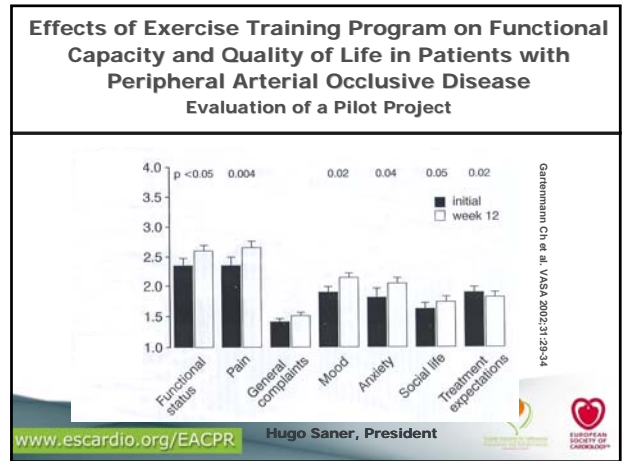
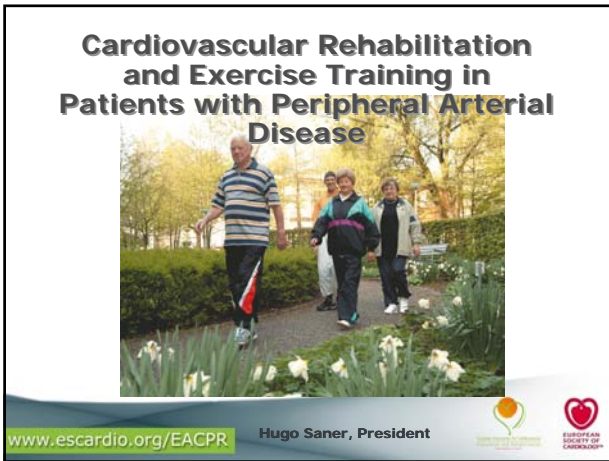
DIAofit Programmes

Diabetes rehabilitation programme (12 weeks):
 3 activities per week (aquagym, endurance training, gymnastics)
 8 counsellings per rehabilitation cycle

Maintenance programme (DIAFIT):

- 1-3 activities per week (aquagym, endurance training, gymnastics)
- teachin programmes every 6 months

www.escardio.org/EACPR Hugo Saner, President



Programme

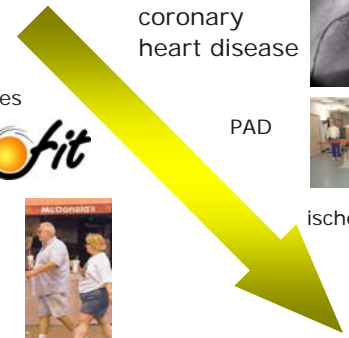
| | | |
|----------|---------------|--|
| Monday | 16:00 – 16:45 | endurance training |
| Thursday | 14:00 – 15:00 | information/counselling |
| | 15:15 – 16:00 | Ergoline |
| | 16:00 – 16:45 | Gymnastics with specific training for coordination, equilibrium, abilities, motoric capacities |

12 weeks


www.escardio.org/EACPR Hugo Saner, President




Ambulatory cardiac rehabilitation programme




diabetes




obesity




coronary heart disease



PAD




ischemic stroke



modern secondary prevention center

www.escardio.org/EACPR Hugo Saner, President



Hospital Based Prevention Center

Coordinator

Cardiologist, Diabetologist, Angiologist, Neurologist, Internist

Nutrition Counselling

Psychosocial Support

Physical Therapy Exercise Training

Smoking Cessation Counselling


Community Based Programs

Education nurse-lead Programs

In-Hospital Programs

Cardiovascular Prevention and Rehabilitation Programs

www.escardio.org/EACPR Hugo Saner, President



First Prevention Centre at a University Hospital in Switzerland



Inselspital Bern / Switzerland

www.escardio.org/EACPR Hugo Saner, President



First Prevention Centre at a Primary and Secondary Care Hospital in Switzerland



Kantonsspital Olten / Switzerland

www.escardio.org/EACPR Hugo Saner, President

