



# PRACTICAL IMAGING COURSE

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## Cardiac Imaging in Cardiomyopathies and Athlete's heart

Synopsis and aims: Modern, advanced imaging techniques have allowed increasingly more rigorous assessment of individuals with cardiomyopathies. Correct interpretation is key in the differential diagnosis with structural changes that reflect physiological cardiac adaptation to exercise. This practical course, delivered by experts in the field of cardiac imaging, cardiomyopathies and sports cardiology, aims to provide participants with the knowledge and skills to recognize different cardiomyopathy phenotypes and to differentiate findings suggestive of potentially lethal cardiovascular disorders from normal variants. The course is highly interactive. Lectures will be complemented with small group, case-based workshops.

The course is highly interactive through Q&A sessions, small groups teaching and case-based learning.

The course is hosted at SGUL and delivered in an hybrid format. The platform Microsoft Teams will be used for attendees who are not able to participate in person. The attendees will be able to interact with the speakers and ask questions, raise comments and respond to MCQs.

The course comprises of 3 sessions offered over 1 day. Lectures alternate with case-based learning (small groups teaching). The attendees are encouraged to participate to the live lectures, but they would be able to access the recordings for up to 4 weeks from the end of the live course. A certificate of attendance from St George's University will be issued at the end of the course.

CPD will be sought from Royal College of Physicians and British Society of Echocardiography.

### Learning Objectives

After this course, participants will be able to:

- Recognize imaging features of cardiomyopathies
- Differentiate features of athletic adaptation from those suggestive of cardiomyopathy
- Plan a diagnostic work-up for individuals with possible cardiomyopathy

Attendees will be asked to complete online assignment (MCQs) between sessions and feedback will be provided. This is for the participants' own learning and not a fail/pass process.

Setting: Cardiovascular Clinical Academic Group, St George's, University of London.

- Audience: This course is for anyone who wishes to achieve a competency in cardiac imaging in cardiomyopathies and in athletes. The course is best suited for Consultants, Junior Doctors, Sport physicians, Sonographers, Physiologists, Physician assistants, Specialist Nurses.
- Date: Friday 28<sup>th</sup> June 2024
- Cost: From £75
- Venue: Onsite at SGUL or online via MS Teams (Hybrid course)
- Course Directors: Dr Gherardo Finocchiaro, Dr Emmanuel Androulakis, Prof Michael Papadakis
- Course Coordinator: Ms Nikki George
- IT Coordinator: Dr Luke Woodham
- Organizing bodies: Cardiovascular Clinical Academic Group, St George's, University of London
- A certificate will be issued and sent via email to all the attendees.
- CPD points (Royal College of Physicians and British Society of Echocardiography) will be applied for.

## PROGRAMME

Monday 10<sup>th</sup> of June - 20 imaging cases with single best answer questions as a pre-course assessment.

### Friday 28<sup>th</sup> of June (Greenwich time)

#### ***Chair: Prof Michael Papadakis - Assessment of left ventricular hypertrophy***

- 08.50-09.00:** Introduction to the course (Dr Gherardo Finocchiaro)
- 09.00-09.15:** Overview of the role of cardiac imaging in the evaluation of athletes (Prof Michael Papadakis)
- 09.15-09.30:** Physiological left ventricular hypertrophy in athletes (Prof Sanjay Sharma)
- 09.30-09.45:** Echocardiography in hypertrophic cardiomyopathy (Dr Rajan Sharma)
- 09.45-10.00:** CMR in hypertrophic cardiomyopathy (Dr John Baksi)
- 10.00-10.15:** Role of CMR in the differential with phenocopies (Dr Dan Sado)
- 10.15-10.30:** Q&A session
- 10.30-10.45:** Coffee break
- 10.45-11.30:** Small groups teaching – Interactive case discussion  
Group A: Daniel Abioye, Rajan Sharma, Gherardo Finocchiaro  
Group B: Khalda Halim, Michael Papadakis, Sanjay Sharma  
Group C: Minhea Casian, Dan Sado, John Baksi
- 11.30-12.00:** Cutting-edge therapies in cardiomyopathies – how can imaging guide medical treatment? (Prof Maite Tome)

**12.00-13.00:** Lunch

#### ***Chair: Prof Maite Tome - Assessment of the left ventricle***

- 13.00-13.15:** Left ventricular dilatation in athletes. What to expect? (Prof Sanjay Sharma)
- 13.15-13.30:** Echocardiography in dilated cardiomyopathy (Dr Emmanuel Androulakis)
- 13.30-13.45:** CMR in the diagnosis of dilated cardiomyopathy (Prof Sanjay Prasad)
- 13.45-14.00:** Assessing left ventricular trabeculations in athletes (Dr Sabiha Gati)
- 14.00-14.15:** Stress CMR in cardiomyopathies (Dr Nick Bunce)
- 14.15-14.30:** Q&A session
- 14.30-15.00:** Coffee break

#### ***Chair: Dr Gherardo Finocchiaro - The right ventricle and beyond***

- 15.00-15.15:** The right ventricle in athletes (Dr David Oxborough)
- 15.15-15.30:** Echocardiography in arrhythmogenic cardiomyopathy (Dr Anna Marciniak)
- 15.30-15.45:** CMR in arrhythmogenic cardiomyopathy (Dr Gherardo Finocchiaro)
- 15.45-16.00:** Imaging in inflammatory cardiomyopathies (Dr Nesan Shanmugam)
- 16.00-16.15:** Imaging in restrictive cardiomyopathies (Prof Marianna Fontana)
- 16.15-16.30:** Q&A session
- 16.30-17.00:** Cardiac Imaging in athletes – from diagnosis to prognosis and shared decision making (Prof Aaron Baggish)
- 16.30-17.30:** Small groups teaching – Interactive case discussion  
Group A: Daniel Tardo, David Oxborough, Anna Marciniak  
Group B: Minhea Casian, Gherardo Finocchiaro, Nesan Shanmugam  
Group C: Emmanuel Androulakis, Nick Bunce, Marianna Fontana
- 17.30-17.40:** Final remarks

**After the end of the first webinar the participants will have the opportunity to review 20 imaging cases with single best answer questions and discussion of the responses for self-assessment.**

*All course material, including recorded lectures, will be available to delegates for up to four weeks.*

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