

Exclusive
Workshop on
Cardiac Rehabilitation



CME FOUNDATION OF INDIA

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Venue

Delhi

Date

22nd September '19

Time

12 noon to 4:30 pm

Workshop Mentor Details



Dr. Aashish Contractor

Director: Rehabilitation Medicine and Sports Medicine at Sir H. N. Reliance Foundation Hospital, Mumbai

- Dr. Contractor has been the head of the department of preventive cardiology and rehabilitation at the Asian Heart Institute from its inception in 2002, till June 2014.
- He had the distinction of being part of the Asian Heart team which treated the Prime Minister of India, Dr. Manmohan Singh, after his redo bypass surgery in January 2009, and was in charge of his post-surgery cardiac rehabilitation.
- He is widely recognized as the pioneer of cardiac rehabilitation in India, and set up the first telemetry monitored centre in the country in Mumbai in 2001.
- He completed his medical training at the TN Medical College, Mumbai and post-graduate training at the University of Virginia, USA.
- He has several international scientific publications, both in textbooks as well as journals. His current research interests include mobile healthcare delivery (m-Health) in cardiovascular medicine as well as the role of genetics in the prevention and treatment of disease.
- He is the Vice-Chairman of the International Council of Cardiovascular Prevention and Rehabilitation, which includes 35 countries around the world. He is a visiting lecturer at the University of Chester, United Kingdom and serves as the Certification Director of the American College of Sports Medicine (ACSM) in India, since November, 2003.

Workshop Agenda

Topic	Duration	Time
Exercise is Medicine	15 min	12:00 to 12:15 pm
Journey of Cardiac Rehabilitation	15 min	12:15 to 12:30 pm
Cardiac Rehabilitation in Post MI Patients (Case Based)	10 + 5 min	12:30 to 12:45 pm
Cardiac Rehabilitation in heart failure patients (case based)	30 min	12:45 to 1:15 pm
Cardiac Rehabilitation Post Angioplasty		
Cardiac Rehabilitation Post CABG		
Cardiac Rehabilitation in diabetes		
Lunch	45 min	1:15 to 2:00 pm
Real life implementation of the CR Program	60 min	2:00 to 3:00 pm
Home based cardiac Rehabilitation	30 min	3:00 to 3:30 pm
Discussion	40 min	3:30 to 4:10 pm
Cardiac Rehabilitation Quiz	15 min	4:10 to 4:25 pm

