

Your Heart and Your Future: Growing and Thriving with Congenital Heart Disease

Saturday, Oct. 27, 2018

Ruth and Tristram Colket, Jr.
Translational Research Building on the
Raymond G. Perelman Campus

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Breakthroughs. Every day.™



COURSE OVERVIEW

Children born with congenital heart disease are surviving and thriving in greater numbers than ever before but the path to adulthood is not always easy. To succeed as an adult with congenital heart disease you must be prepared to meet the demands of adulthood and the challenges of living with congenital heart disease. This conference is focused on teaching adolescents and young adults about their heart disease and some of the challenges of being an adult with congenital heart disease. We will explore the future of congenital heart disease, including new therapeutic options and ongoing research, as well as discuss practical life skills and coping strategies to help address the challenges of life with congenital heart disease.

This conference is for adolescents and young adults aged 14- to 22-years-old with heart disease who will require lifelong cardiology care. Family members are also welcomed and encouraged to attend.

GENERAL INFORMATION

The conference will be held in the Ruth and Tristram Colket, Jr. Translational Research Building on the Raymond G. Perelman Campus at Children's Hospital of Philadelphia. The registration fee is \$25 and includes continental breakfast, breaks, lunch, parking and syllabus material.

COURSE OBJECTIVES

Upon completion of this course, participants should be able to understand the basics of congenital heart disease and:

- Discuss the challenges of being an adult with congenital heart disease
- Discuss practical life skills and coping strategies for the challenges of living with congenital heart disease
- Discuss the future of treatment and intervention for congenital heart disease

HOTEL ACCOMMODATIONS

A block of rooms has been reserved at reduced rates at The Sheraton University City, located just a few blocks from Children's Hospital. The group overnight rate is \$172 single and double occupancy plus a 16.25 percent room tax. Participants are required to make their own hotel reservations by calling the hotel directly at 215-387-8300. Please mention the name of the conference when making your reservation. The special room rate will be available until Wednesday, Sept. 26, 2018. After that date, reservations will be accepted on a space and rate availability basis.

CANCELLATION AND REFUND POLICY

Children's Hospital of Philadelphia reserves the right to cancel or postpone any course due to any unforeseen circumstances. In the event of cancellation or postponement, Children's Hospital of Philadelphia will refund any registration fees, less a \$10 service charge, but is not responsible for any related costs, charges or expenses to participants, including cancellation charges assessed by airlines or travel agencies. In order to process refunds for course withdrawals, cancellation must be received in writing by Saturday, Oct. 20, 2018. No refunds will be issued thereafter.

SERVICES FOR PEOPLE WITH DISABILITIES

If special arrangements are required for an individual with a disability to attend this meeting, please contact the Continuing Medical Education Department at 215-590-5263.

PROGRAM | SATURDAY, OCT. 27, 2018

8:30 a.m. **Registration and Continental Breakfast**

9 a.m. **Welcome and Introduction**
Emily Ruckdeschel, MD

9:15 a.m. **Congenital Heart Disease 101**
Yuli Kim, MD

ADULTING 101

9:40 a.m. **Transition: Taking Control of Your Healthcare**
Dava Szalda, MD, MSHP

10 a.m. **Adulting 101: But My Parents Always Do That ...**
Katherine Wu

10:20 a.m. **Developing Resilience: Not Just Surviving but Thriving**
Abby Demianczyk, PhD

10:40 a.m. **Break**

ADVANCES IN ADULT CONGENITAL HEART DISEASE MANAGEMENT

11 a.m. **Surgery: New Hearts, New Valves, New Ideas**
Stephanie Fuller, MD

11:20 a.m. **Interventional Cardiology: Rebuilding the Heart from the Inside**
Matt Gillespie, MD

11:40 a.m. **Heart Rhythm Management: Smaller, Faster, Stronger**
David Frankel, MD

Noon

Lunch

- Write Down Questions for Provider and Patient Panels
- 3D Heart Models, Prosthetic Valves, Electrophysiology Devices Available to Review with Providers

Patient and Provider Panels

A group of adult congenital cardiologists and a group of adult patients with congenital heart disease will answer questions submitted during the lunch hour.

1 p.m.

Patient and Provider Panels

Parents and Children Will Separate and Attend Different Panels

1:30 p.m.

Patient and Provider Panels

Parents and Children Will Switch Rooms

2 p.m.

Break

Ice Cream Social for Youth

BREAKOUT SESSIONS

2:45 p.m.

Family Planning: Misconceptions, Contraception and Pregnancy

Drugs, Sex and Rock and Roll: Questions You Were Afraid to Ask Your Cardiologist

Exercise and Activity: Marathons and Mini Golf – What's Safe to Do

3:15 p.m.

Closing Remarks

Unless otherwise noted, faculty is from Children's Hospital of Philadelphia and/or the Perelman School of Medicine at the University of Pennsylvania.

COURSE DIRECTOR

Emily Ruckdeschel, MD

*Attending Adult Congenital Cardiologist, Philadelphia Adult Congenital Heart Center
Penn Medicine and Children's Hospital of Philadelphia*

COURSE FACULTY

Abby Demianczyk, PhD

Psychologist, Department of Child and Adolescent Psychiatry and Behavioral Sciences

David Frankel, MD

*Fellowship Director, Cardiac Electrophysiology
Assistant Professor of Medicine*

Stephanie Fuller, MD

*Surgical Director, Philadelphia Adult Congenital Heart Center
Penn Medicine and Children's Hospital of Philadelphia*

Matt Gillespie, MD

*Attending Cardiologist, Cardiac Center
Associate Professor of Pediatrics*

Yuli Kim, MD

*Medical Director, Philadelphia Adult Congenital Heart Center
Penn Medicine and Children's Hospital of Philadelphia*

Dava Szalda, MD, MSHP

Co-director, Transition to Adult Care Consult Service

Katherine Wu

Youth Community Health Worker, Transition to Adult Care Consult Service

THANK YOU FOR THE GENEROSITY OF GEOFF & RUTHIE DUFFINE