Clinical Update: Exercise as a Health Prescription

5.00pm Tuesday, 23 April 2013

Royal College of Physicians of Ireland, No. 6 Kildare Street, Dublin 2
Welcome

Dr Diarmuid O’Shea  
Vice President, Education and Professional Development, RCPI

Dear Delegates,

On behalf of the RCPI and the Postgraduate Medical Education Centre, I would like to welcome you to today’s event. In line with our mission to provide and promote excellence in medical education, we develop and deliver a series of events in order to enable doctors to fulfill their professional development needs throughout the year.

The objective of this series is to help those who are at the front line of our health service to continuously improve their skills base, effectively facilitating excellence in patient care.

We welcome you to this event and look forward to meeting you and receiving your feedback to improve future educational events.

Dr Diarmuid O’Shea  
Vice President, Education and Professional Development  
Royal College of Physicians of Ireland

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**Programme**

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<td>Dr Rory O’Hanlon, Consultant Cardiologist, St Vincent’s University Hospital, Dublin and Clinical Director, Centre for Cardiovascular Magnetic Resonance, Blackrock Clinic, Dublin</td>
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<td>Overview of the Benefits of Exercise</td>
<td>Prof Norbert Bachl, Dept. of Sports &amp; Physiological Performance, Centre for Sports Science and University Sports of the University of Vienna</td>
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This meeting is approved for 3 CPD credits by the Royal College of Physicians of Ireland
Dr Joe Cummiskey  
*Respiratory Physician, Blackrock Clinic, Dublin*

**Chair and first speaker. Topic: Exercise Prescription for Health**

Joseph Cummiskey, M.D., FRCPI, FACP, FCCP, FFSEM, FSA, BSc (Pharmacology), DCH, graduated in 1970 from University College Dublin. He completed his postgraduate training in Dublin, and then pursued a Fellowship in Pulmonary Medicine in Stanford University Medical Centre in California, USA. He was subsequently appointed as Clinical Associate Professor of Pulmonary Medicine in Stanford University School of Medicine and Chief of Respiratory Medicine in Santa Clara Valley Medical Centre in San Jose. He obtained Board Certification in Internal Medicine and Respiratory Medicine in the USA, and returned to Ireland in 1985 to take up a post as Respiratory and Sport Medicine Physician in the Blackrock Clinic. Past appointments and positions include: Medical Officer for the Olympic Council of Ireland (1991-2001) and Member of the International Olympic Committee (2000-2010).

He is a Foundation Fellow of the Faculty of Sports and Exercise Medicine, RCPI and RCSI which was set up in 2002. He was elected Dean of the Faculty last year, and he is also the current President of the EFSMA (European Federation of Sports Medicine Association) since 2009.

His research interests include sleep dysfunction, exercise physiology in athletes and anti-doping in sport.

Dr Rory O’Hanlon  
*Consultant Cardiologist, St Vincent’s University Hospital, Dublin and Clinical Director, Centre for Cardiovascular Magnetic Resonance, Blackrock Clinic, Dublin*

**What Type of Screening is Important?**

Rory O’Hanlon is a cardiologist with a specialised interest in inherited cardiomyopathy, sudden cardiac death, and heart failure. He completed his 3 year fellowship in cardiovascular magnetic resonance (CMR) at the Royal Brompton Hospital CMR Unit in London specialising in the use of cardiovascular magnetic resonance imaging in both ischaemic and non-ischaemic cardiomyopathies, and in particular the role of his imaging modality to non-invasively diagnose and risk stratify these patients as well as to guide therapies such as CABG, PCI, ICD insertion, and CRT assessment. Since returning to Ireland in 2009, he has set up the only dedicated CMR service in Ireland at the Blackrock Clinic and is the clinical director. He is a consultant cardiologist for the Heart Failure Unit for St Vincent’s University Hospital and St Michaels. He is also medical director of Cardiogenics, a mobile cardiac screening service.
Norbert Bachl held the position of Team Physician to the Austrian National Team during the Olympic Games, Los Angeles Seoul in 1984 and 1988.

In 1991 he was appointed as Full Professor for Sports and Exercise Physiology at the Basic and Integrative Scientific Faculty at the University of Vienna and was Dean of that Faculty from 1994 to 1999.

Since 1995, Professor Bachl has been a Member of the Scientific Commission of FIMS (International Federation of Sports Medicine). In 2006 he was made Vice-President of the Federation and will hold office until 2014.

He served as President of the European Federation of Sports Medicine from 1997 to 2009.

He was Dean of the Faculty of Sports Science and University Sports Institute, University Vienna from 2004 to 2010.

In 2005 he was made Head of the IOC-MC Working Group 'Molecular basis of connective tissue and muscle injuries in sport'. He was expert of the EU Commission 'Physical, Activity and Health' in 2007/2008.

Professor Bachl is also currently General Secretary of the MC-EOC and a Member of the Medical and Scientific Commission of the International Olympic Committee (IOC-MC).
MASTERCLASSES – RUN FROM 17.00–19.30 AND ARE WEBCASTED

8 May 2013 Masterclass in Palliative Medicine
5 June 2013 Masterclass in Respiratory Medicine

HOT TOPICS – RUN FROM 9.30–17.00 AND SESSION II IS WEBCASTED

26 April 2013 Hot Topic: Cardiology
6 December 2013 Hot Topic: Acute Medicine

CLINICAL UPDATES – RUN FROM 17.00–19.30

14 May 2013 Clinical Update: Critical Care II

For more information please visit www.rcpi.ie
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