

ASPETAR WORLD CONFERENCE 2025

09th - 11th October 2025, Aspire Zone

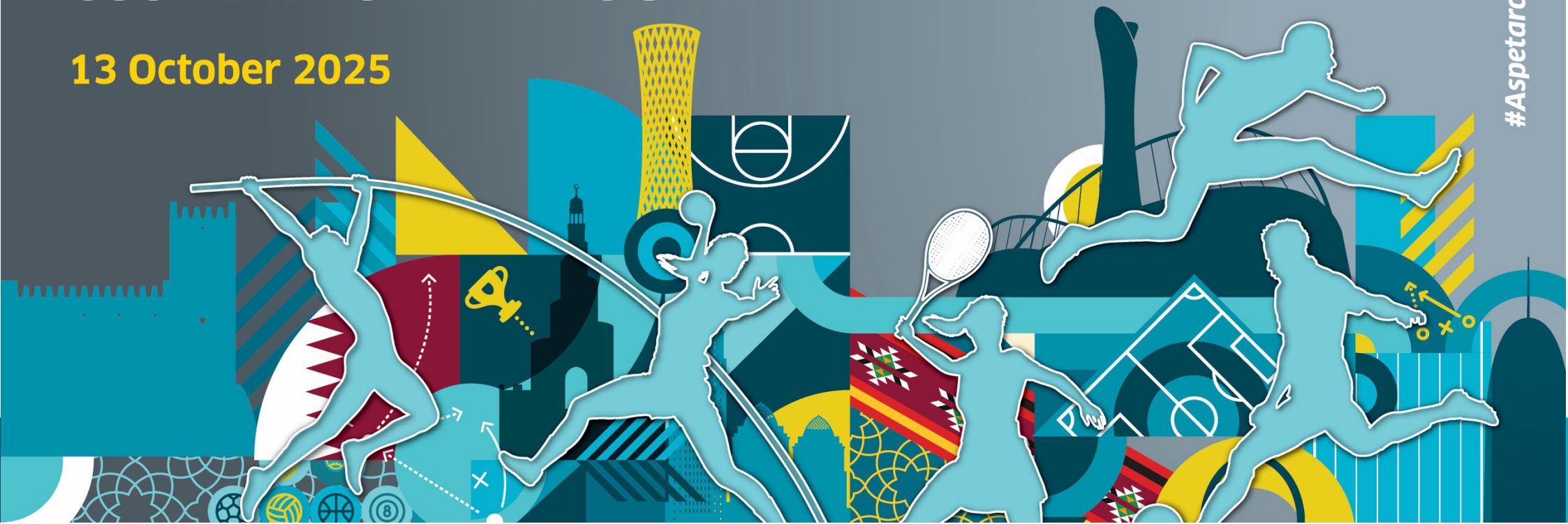
ASPETAR
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AGENDA

CARDIAC SCREENING IN ATHLETES – HOW TO DESIGN AND IMPLEMENT AN EVIDENCE-BASED AND COST-EFFECTIVE PROGRAMME

13 October 2025

#Aspetarcon25



Target Audience: Physicians, Nurses

Activity code: HGI-03-P175

Venue: Aspetar Auditorium

Time: 8:00 - 12:30

Please note that this activity is offered as a part of the Aspetar World Conference 2025, therefore, you must be registered for the conference to be able to sign up for this workshop.

Overall Learning Objectives:

On completion of this activity, participants will be able to:

1. Discuss the necessity, benefits and challenges of running a cardiac screening programme in healthcare and sports institutions
2. Interpret the current scientific data to make evidence-based decisions for the cardiac health of your athletes
3. Utilise the equipment, resources and skills required for running a cardiac screening programme
4. Discuss a multi-disciplinary team approach to cardiac screening and competition eligibility with the athlete in the centre

This activity is an Accredited Group Learning Activity (Category 1) as defined by the Ministry of Public Health's Department of Healthcare Professions - Accreditation Section and is approved for a maximum of 3.25 hours.

Time	Topic	Session Learning Objectives By the end of this session, participants will be able to:	Speaker/ Facilitator
8:30-9:00	Registration		Emna Dachraoui
9:00 -9:05	Welcome		Dr Guido Pieles
9:05 -09:20	Outcomes from a 12-year prospective cardiac screening programme in athletes: the Aspetar Experience	<ul style="list-style-type: none"> Describe the structure and evolution of the Aspetar Sports Cardiology Programme over 12 years. Identify key outcomes and trends through long-term cardiac screening of athletes. Identify the types and prevalence of cardiac pathologies detected in the athlete population. 	Mat Wilson
9:20 -09:35	Infrastructure and support services required to deliver a large-scale and robust cardiac screening programme	<ul style="list-style-type: none"> Identify the core infrastructure components necessary for implementing a comprehensive cardiac screening programme. Discuss the role of administrative, clinical, and technical support services in maintaining quality and efficiency. Identify logistical challenges and practical solutions in scaling up cardiac screening in various healthcare settings. Explain strategies for integrating multidisciplinary teams and digital systems to streamline operations. 	Nelly Khalil
9:35 -10:00	Discussion: Q&A		All Faculty
10:00 -10:15	Coffee Break		

10:15 -11:00	<p>Screening protocols and considerations:</p> <ul style="list-style-type: none"> • 10.15 – 10.25h – Starting age and frequency of screening • 10.25 – 10.35h – Screening questionnaire and vitals) • 10.35 – 10.45h – ECG as primary screening tool • 10.45 – 10.55h – Echocardiography as a screening tool • 10.55 – 11.05h – Discussion of all faculty and participants 	<ul style="list-style-type: none"> • Apply a structured approach to designing or refining a screening protocol tailored to specific athlete populations and resource settings. • critically assess the application of screening tools in real-world scenarios. • Discuss the role and limitations of screening tools, including questionnaires, vital signs, ECG, and echocardiography. 	<p>Guido Pieles</p> <p>Mohammad Mustafa</p> <p>Mat Wilson</p> <p>Mat Wilson</p> <p>Carmen Adamuz</p>
11:00 -11:30	<p>The 5-minute case review - sports eligibility in the presence of cardiac disease – what the sports medicine, rehabilitation and coaching team need to know</p>	<ul style="list-style-type: none"> • Discuss the clinical and non-clinical factors influencing return-to-play decisions. • Identify the roles and responsibilities of sports medicine, rehabilitation, and coaching teams in managing athletes with cardiac risk. • Apply a collaborative, athlete-centred approach to decision-making in complex eligibility cases. • Discuss risk and recommendations effectively across multidisciplinary teams. 	<p>Carmen Adamuz</p> <p>Mat Wilson</p> <p>Guido Pieles</p>
11:30 -11:50	<p>The athlete in the centre - a multidisciplinary team</p>	<ul style="list-style-type: none"> • Identify the roles and contributions of various specialists (e.g., cardiologists, sports physicians, physiotherapists, 	<p>Guido Pieles</p>

	approach to decision making in sports cardiology	<p>psychologists) in the decision-making process.</p> <ul style="list-style-type: none"> • Discuss strategies to ensure balanced, ethical, and evidence-informed decisions that prioritise athlete health and performance goals. • Identify the importance of communication, shared decision-making, and respect for athlete autonomy. • Apply a multidisciplinary framework to complex sports cardiology scenarios. 	
11:50 -12:05	When screening does not prevent cardiac arrest, implementing an emergency action plan	<ul style="list-style-type: none"> • Identify the limitations of cardiac screening in fully preventing sudden cardiac arrest in athletes. • Discuss the key components of an effective Emergency Action Plan (EAP) for cardiac emergencies in sports settings. • Identify the roles and responsibilities of team members in responding to a cardiac event. • Discuss best practices for training, simulation, and equipment readiness (e.g., AED accessibility). • Develop strategies to integrate emergency preparedness into routine sports and medical operations. 	Peter Dzendrowskyj
12:05 - 12:30	Discussion: Q&A		All Faculty

Scientific Planning Committee:

Dr Guido Pieles (Chair), Nelly Khalil, Mohammad Mustafa, Mat Wilson, Emna Dachraoui (CPD Coordinator)

The Scientific Planning Committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of the CPD activity and has implemented procedures to manage any potential or real conflicts of interest.

Overall time: 190 min; lecture: 155 min; iinteractive: 50 min (26%)