



CANADIAN WOMEN'S HEART HEALTH SUMMIT ► 2018
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CANADIAN WOMEN'S
HEART
HEALTH CENTRE



Scott Lear, PhD

Pfizer/Heart and Stroke Foundation Chair in
Cardiovascular Prevention Research
St. Paul's Hospital
Professor, Faculty of Health Sciences
Simon Fraser University
Member, Division of Cardiology
Providence Health Care
Vancouver, BC

Biography

Dr. Scott Lear is a Professor in the Faculty of Health Sciences at Simon Fraser University and the inaugural Pfizer/Heart and Stroke Foundation Chair in Cardiovascular Prevention Research at St. Paul's Hospital. Dr. Lear specializes in researching how best to deliver cardiac rehabilitation programs to improve efficiency and maximize access. This began with his PhD (University of British Columbia) in which he demonstrated a modest intervention for the maintenance of lifestyle behaviours and risk factors following a four-month cardiac rehabilitation program resulted in a reduction of risk for heart disease compared to usual care. He has also worked on studies looking at altering the frequency of exercise sessions in cardiac rehabilitation. As leader of the [British Columbia Alliance for Telehealth Policy and Research](#), a team of university-based researchers and health authority decision-makers, he has developed and evaluated an Internet-based 'virtual' cardiac rehabilitation program (vCRP). The vCRP allows patients to participate in cardiac rehabilitation remotely from their home and community. Patients can have their exercise program monitored by exercise professionals through the Internet and chat with a nurse, dietitian and exercise specialist about their risk factors, lifestyle behaviours and progress. Together, this research will lead to the development of new ways in which cardiac rehabilitation can be delivered in order to reduce risk of future heart attacks and heart surgeries.