

# Iowa Cardiopulmonary Rehab Network Conference

April 18 & April 19, 2024  
Courtyard By Marriott  
2405 SE Creekview Drive  
Ankeny, IA 50021

## Thursday, April 18th Featured Speakers

### Betsy Hart MS, ACSM-CEP, CCRP, FAACVPR

Manager MacNeal Hospital Cardiac Rehab  
Lead Clinical Exercise Physiologist  
MacNeal Hospital (Loyola Medicine)

### Brian Feist BSN, RN

Senior Quality Improvement Facilitator  
Telligen

## Friday, April 19th Featured Speakers

### Kim Eppen PT, PhD, FAACVPR

Adjunct Clinical Assistant Professor & Clinical  
Instructor, Department of Physical Therapy &  
Rehabilitation Science University of Iowa Carver  
College of Medicine, Adjunct Associate Professor  
of Physical Therapy George Fox University

### Suzi Littler BSN, RN

LVAD Coordinator  
Iowa Heart Center/Mercy Des Moines

### Mallory Hogan DNP, CNP

NP in Cardiac Electrophysiology  
North Central Heart

### Traci Stewart RN, MSN, CHFN

Nurse Clinician U of I

### Susan Flack RN, BSN, MS, FAACVPR

Manager Cardiac /Pulmonary Rehabilitation  
Unity Point Health Des Moines  
J5 MAC Liaison AACVPR

**Purpose:**

To provide understanding of clinical conditions, treatments & upcoming trends in areas of cardiac & pulmonary rehab

**Speaker Objectives:**

**Be Productive, Be Efficient, Be Effective**

**Betsy Hart MS, CCRP, ACSM-CEP, FAACVPR**

- Apply techniques to increase CR/PR referrals
- Execute an effective internship program
- Implement strategies to cross train your staff
- Utilize other hospital disciplines as part of your care team
- Generate more billable sessions by maximizing patient education
- Break out of your silo and increase awareness of your CR/PR program within your hospital system Partner with your medical residency program on QI projects for your department.

**The Next Chapter of Increasing Cardiac Rehabilitation Enrollment in Iowa**

**Brian Feist BSN, RN**

- Identify potential barriers preventing eligible patients from participating in cardiac rehabilitation
- Recognize the importance of fostering a multidisciplinary team of healthcare professionals to collaborate with for optimum patient outcomes.

**Obesity-Related Clinical Considerations in Pulmonary**

**Rehab**

**Kim Eppen PT, PhD, FAACVPR**

- Discuss considerations for obesity-related breathing disorders/conditions and recognize the utility of using a Pulmonary Rehab model to help with comprehensive management
- Discuss evidence-based exercise recommendations
- Identify considerations and practical clinical strategies to implement when working with overweight and/or obese patients in Pulmonary Rehab to optimize target outcomes

**LVAD**

**Suzi Littler RN, BSN**

- Explain process for obtaining vital signs and parameters on LVAD
- Identify common complications of LVAD therapy
- Describe what to do in emergency situations for LVAD patient

**Heart Disease and Arrhythmia**

**Mallory Hogan DNP, CNP**

- Explain the etiology and pathophysiology of heart disease
- Identify the various types of heart disease commonly seen in the cardiac rehab setting
- Recognize cardiac arrhythmias associated with heart disease
- Evaluate common treatments of arrhythmia in the setting of heart disease including medications, wearable devices, and implantable devices
- Discuss anticoagulation and antiplatelet medications in the setting of heart disease and arrhythmia

**Management of Pulmonary Arterial Hypertension**

**Traci Stewart RN, MSN, CHFN**

- Explain definition and diagnostic evaluation of pulmonary hypertension (PH)
- Discuss treatment options for patients with PH including medication and non-pharmacological interventions
- Discuss treatment specific to pulmonary rehabilitation

**Cardiac & Pulmonary Rehab. Rules & Regulations**

**Susan Flack MS, BSN, RN, FAACVPR**

- Evaluate rehab referrals for appropriateness.
- Identify correct coding and billing for various programs/services
- Implement and use "outside-the-box" or creative thinking to treat patients with atypical or non-qualifying diagnoses

### Thursday April 18, 2024

- 1800 Registration/Vendor
- 1825 Opening Remarks
- 1830 Betsy Hart MS, CCRP, ACSM-CEP, FAACVPR  
Be Productive. Be Efficient. Be Effective
- 1930 Brian Feist BSN, RN  
The Next Chapter of Increasing Cardiac Rehabilitation  
Enrollment in Iowa
- 2100 Evaluation & Wrap Up/Vendor  
Networking/Social to Follow

#### INTENDED AUDIENCE:

Registered Nurses, Respiratory Therapists, Physical  
Therapists, Exercise Physiologists, Physicians,  
Dieticians, Exercise Science Staff & Students (Medical &  
Health)

#### CONTINUING GREEN:

An email with a link to access conference handouts  
will be sent to those who have registered and paid.

### Friday April 19, 2024

- 0730 Breakfast/Sign-in/Vendor
- 0755 Opening Remarks
- 0800 Kim Eppen PT, PhD, FAACVPR  
Obesity-Related Clinical Considerations in Pulmonary Rehab
- 1000 Vendor/Resource Break
- 1030 Suzi Littler, LVAD Coordinator  
LVAD
- 1130 Mallory Hogan DNP,CNP  
Heart Disease and Arrhythmia
- 1230 Lunch/State Association Meeting/Vendor
- 1330 Traci Stewart RN, MSN, CHFN  
Management of Pulmonary Arterial Hypertension
- 1430 Vendor/Resource Break
- 1500 Susan Flack RN, BSN, MS, FAACVPR  
Cardiac & Pulmonary Rehab: Rules & Regulations
- 1700 Evaluation and Wrap Up/Vendor

#### Program Committee Members

Brandy Tripp RN, BSN, CCRP  
Krystle Primus RN, BSN, CCRP  
Erika Leonard RN, BSN, BACCRP  
Denise Promes RN, BSN, CDE, CHC, CCRP  
Michelle Litterer RN, BA, CCRP  
Eric Larson MS, FAACVPR  
Lindsey Dejong, RN, BSN  
Emily Ostrander, EP

Brandy Tripp/Cardiac Rehab  
201 East J Avenue  
Grundy Center, Iowa 50638

## Iowa Cardiopulmonary Rehab Network Conference April 18 & April 19, 2024

DEADLINE FOR REGISTRATION –April 4, 2024

### Member/IACPR

Day 1 \$40  
Day 2 \$110  
Both days \$150

### Non-member/IACPR

Day 1 \$55  
Day 2 \$140  
Both days \$195

### Continuing education credits:

Day 1 =2.5 credits, Day 2= 7 credits, both days= 9.5 credits  
Greene County Medical Center, Iowa Board of Nursing Provider #260  
Application has been submitted to AACVPR for CE Credits  
CE certificate will be issued at completion of each day if attended in its entirety.

**Registration** – includes Contact Hours, Heavy Appetizers on Thursday; Breakfast, Lunch, Break-time Snacks & Drinks on Friday

**Written Cancellation Policy:** Must be received by **April 4, 2024** to receive refund less a \$30 administration fee

**Questions:** [brandy.tripp@unitypoint.org](mailto:brandy.tripp@unitypoint.org) or 319-824-4189

Register and pay online: [www.iacpr.net](http://www.iacpr.net)

Register online & pay by check:

Make checks Payable to: IACPR

Mail checks to:

Grundy County Memorial Hospital  
Attention: Brandy Tripp/Cardiac Rehab  
201 East J Avenue  
Grundy Center, Iowa 50638

If pay by check payment must be received prior to conference.

### Accommodations

Courtyard By Marriott  
2405 SE Creekview Drive  
Ankeny, IA 50021

Make reservations by calling 515-422-5555 by **April 4, 2024**  
ask for

Iowa Association of Cardiopulmonary Rehab Group Rate  
Deadline for Registration of Conference:

**April 4, 2024**