

# Iowa Cardiopulmonary Rehab Network Conference

March 31 & April 1, 2023  
Hilton Garden Inn Des Moines/Urbandale  
8600 Northpark Drive  
Johnston, IA 50131

## Friday, March 31st Featured Speakers

### Kim Eppen PT, PhD, FAACVPR

Adjunct Clinical Assistant Professor Associate  
Faculty U of I Physical Therapy &  
Rehabilitation Science Associate Professor of  
Physical Therapy-George Fox University  
School of Physical Therapy Newberg, OR

### Erin Good RD, LD

10 years experience Hy-Vee Registered  
Dietician & Nutrition Expert, Certificate of  
Training in Adult Weight Management

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

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

### Kayla Becker MAE

Owner Stories in Motion, LLC, Certifications  
in Vinyasa Yoga, Language Enlited Level 3;  
Holistic Lifestyle Coach, Integrated  
Movement Specialist Level 1

## Saturday, April 1 Featured Speakers

### Lisa Maher DNP, ARNP, FNP-BC, FPCNA

Nurse Practitioner UPH Allen Cardiovascular  
Center, Director of Sleep Clinic & Center for  
Lifestyle Medicine

### Jeff Anderson RRT-NPS

Senior Specialist/Clinical Education  
Baxter Respiratory Health

### Sandra Jensen RRT

Home Care Clinical Specialist Upper Midwest  
Baxter Respiratory Health

### Eric Larson MS, FAACVPR

Cardiopulmonary Rehabilitation Program  
Manager Mercy One Des Moines

### Peg King RN, CCRP

Clinical Coordinator Cardiopulmonary Rehab  
Boone County Hospital

### Michelle Litterer RN, BA, CCRP

RN in Cardiopulmonary Rehabilitation  
Waverly Health Center

Purpose:

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

Speaker Objectives:

Pulmonary Rehab Exercise Training The Basics & Beyond

Kim Eppen PT, PhD, FAACVPR

- Identify exercise-related limitations & causes in people with pulmonary conditions
- Review evidence-based guidelines & approach for traditional pulmonary rehab exercise prescription & training
- Describe potential benefits from exercise training in pulmonary rehab patients
- Discuss clinical considerations for applying exercise strategies to diversified pulmonary patients

Healthy Eating Made Easy & Tools for Long-Term Success

Erin Good RD, LD

- Understand Common Barriers to Eating a Well-Balanced Diet
- Analyze & summarize changes & updates published in 2020-2025 Dietary Guidelines for Americans
- Identify opportunities for improving a patient's diet & overall health by implementing creative strategies & setting SMART goals
- Formulate & deploy healthful teaching tools to patients to practice behavior changes toward healthy sustainable actions

Separating Health from Hype & What Your Patients Need to Know

Erin Good RD, LD

- Review & highlight important changes to the Nutrition Facts Label
- Recognize the complexities of educating consumers on added sugars, heart-healthy fats
- Learn how balanced eating can help deal with stress better & be a more effective leader both at work & at home
- Gain awareness of dietician services available for additional outpatient follow-up care

Cardiac & Pulmonary Rehab: Making Sense of it All

Susan Flack RN-BC, BSN, MS

- Recognize the difference between Pulmonary Rehabilitation & Outpatient Respiratory Services
- Review the options for coding and billing our services, including post-COVID 19
- Examine case examples & identify ways to determine appropriate program options

The 5 Steps of Success

Kayla Becker MAE

- Identify the 5 Steps of the Success Circle
- Apply the 5 Steps of the Success Circle in their work with patients
- Explain how each step of the Success Circle builds on one another to achieve maximum results
- Modify & implement the Journaling & Yoga practice in work with patients

ECG Interpretation and Application

Lisa Maher DNP, ARNP, FNP-BC, FPCNA

- Review components of the 12-lead ECG
- Explain 12-lead ECG interpretation techniques
- Discuss patient care considerations of specific ECG findings including prolonged QT, HCM, WPW
- Apply 12-lead ECG interpretation techniques through hands-on practice

Providing Ambulatory Ventilation to Improve Patient Outcomes with the Life2000 Ventilation System

Jeff Anderson RRT-NPS

Sandra Jensen RRT

- Appreciate the prevalence, consequences, & cost of COPD
- Discuss treatment goals & strategies to improve functional status & quality of life for those with COPD
- Appreciate the importance of activity & Non-invasive Ventilation (NIV)
- Develop an understanding of the Life2000 Ventilation System, the mechanisms of action & the operation
- Gain insight into appropriate patient for the therapy across the continuum of care
- Learn new literature to support the use of the Life2000 Ventilation System
- Become aware of a new strategy to improve outcomes for patients with COPD

Breakout Sessions

Exercise Prescription in Cardiac & Pulmonary Rehab

Eric Larson MS, FAACVPR

- Discuss the importance of & how to progress exercise dose
- Decipher how to prescribe exercise based on diagnosis, contraindications & risk factors
- Determining how & when to adjust exercise intensity safely & accordingly

Cardiac & Pulmonary Rehab Competencies

Peg King RN, CCRP

- Develop staff competencies for multiple disciplines within cardiac & pulmonary rehabilitation with examples
- Assess the needs of staff to identify knowledge gaps
- Recognize opportunities to engage staff in competency-based education

ITP for Cardiac & Pulmonary Rehab Patients

Michelle Litterer, RN, BA, CCRP

- Discuss the fundamental elements of the ITP for Program Certification & CMS Requirements
- Review common issues & ITP examples
- Identify ITP opportunities for improvement

Friday March 31st, 2023

- 0730 Breakfast/Sign-in/Vendor
- 0755 Opening Remarks
- 0800 Kim Eppen PT PhD, FAACVPR  
Pulmonary Rehab Exercise Training The Basics & Beyond
- 0900 Erin Good RD, LD  
Healthy Eating Made Easy & Tools for Long-Term Success
- 1000 Vendor/Resource Break
- 1030 Erin Good RD, LD  
Separating Health from Hype  
& What Your Patients Need to Know
- 1130 Lunch/State Association Meeting/Vendor
- 1230 Susan Flack RN, BSN, MS, FAACVPR  
Cardiac & Pulmonary Rehab: Making Sense of it All
- 1430 Vendor/Resource Break
- 1500 Kayla Becker MAE  
The 5 Steps of Success
- 1630 Evaluation and Wrap Up/Vendor
- 1630 Social Networking (Optional)

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.

Saturday April 1, 2023

- 0730 Registration/Vendor
- 0755 Opening Remarks
- 0800 Lisa Maher DNP, ARNP, FNP-BC, FPCNA  
ECG Interpretation and Application
- 0900 Jeff Anderson RRT-NPS  
Sandra Jensen RRT  
Providing Ambulatory Ventilation to Improve Patient Outcomes with the Life2000 Ventilation System
- 1000 Vendor/Resource Break
- 1030 Eric Larson MS, FAACVPR  
Exercise Prescription in Cardiac & Pulmonary Rehab  
Peg King RN, CCRP  
Cardiac & Pulmonary Rehab Competencies  
Michelle Litterer RN, BA, CCRP  
ITP for Cardiac & Pulmonary Rehab Patients
- 1200 Evaluation and Wrap Up

IACPR Board Meeting Thursday, March 30<sup>th</sup> @6:30p.m.

Annual Membership Business Meeting Friday, March 31<sup>st</sup> @12:00p.m.

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 March 31 & April 1, 2023

DEADLINE FOR REGISTRATION – March 20, 2020

### Member/IACPR

Day 1 \$95  
Day 2 \$55  
Both days \$150

### Non-member/IACPR

Day 1 \$120  
Day 2 \$70  
Both days \$190

### Continuing education credits:

Day 1 =6.5 credits, Day 2= 3.5 credits, both days= 10 credits  
Greene County Medical Center, Iowa Board of Nursing Provider #260  
Application has been submitted to AACVPR for 10 CE Credits  
CE certificate will be issued at completion of each day if attended in its entirety.

**Registration** – includes contact hours, breakfast on Friday & Saturday, lunch Friday, breaks, & social apps

**Written Cancellation Policy:** Must be received by  
**March 24, 2023** 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

Hilton Garden Inn Des Moines/Urbandale

8600 Northpark Drive

Johnston, IA 50131

Reservations:

Make reservations by calling 515-270-8890 by **March 10, 2023**  
to receive group rate #2391429.