

Iowa Cardiopulmonary Rehab Network Conference

March 23rd & 24th, 2018
Holiday Inn Hotel & Suites-Des Moines Northwest
4800 Merle Hay Road
West Des Moines, IA 50322

Friday, March 23rd Featured Speakers

Kim Eppen, PT, PhD, Clinical Specialist
Physical Therapist

University of Iowa Hospitals and Clinics
Department of Rehab Therapies, Pulmonary
Rehab

Jane S. Knipper, RN, MA, AE-C, MAACVPR

Clinical Practice Leader/Clinical Supervisor
University of Iowa Hospitals & Clinics

Crystal Peterson, RD, LDN

Registered Dietician and Health Promotions
Manager, Grundy County Memorial Hospital

Jonathan K. Ehrman, PhD

Assoc. Program Dir., Prev. Cardiology, Henry
Ford Hospital

Diane Treat-Jacobson, PhD, RN, FAHA, FAAN

Professor and Chair Adult and Gerontological
Health Cooperative, University of Minnesota
School of Nursing

Saturday, March 24th Featured Speakers

Beth Krayenhagen, MSW, LMSW

UIHC Cardiothoracic Transplant/Circulatory
Support Team, Mental Health Therapist
Horizons Family Service Alliance

Lisa L.M. Maher, DNP, ARNP, FNP-BC

Nurse Practitioner Cedar Valley Cardiovascular
Center, Sleep Clinic & Center for Lifestyle
Medicine

Jane S. Knipper, RN, MA, AE-C, MAACVPR

Clinical Practice Leader/Clinical Supervisor
University of Iowa Hospitals & Clinics

Susan Flack, RN-BC, BSN

Supervisor Cardiac /Pulmonary Rehab &
Health Maintenance Programs, UPH-DM

Debbie Anderson, RN, CDE, CCRP

Supervisor of Outpatient Services CHI Health
Mercy Hospital

Peggy King RN, CCRP

Clinical Coordinator Cardiopulmonary Rehab
Boone County Hospital

Purpose:

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

Intended Audience:

Registered Nurses, Respiratory Therapists, Physical Therapists, Exercise Physiologists, Physicians, Dieticians, Exercise Science staff, and Students practicing or interested in cardiac and pulmonary rehab

Speaker Objectives:

Exercise Prescription in Pulmonary Rehab and

Considerations for Exercise Training

Kim Eppen, PT, PhD, Clinical Specialist Physical Therapist

- Identify core components of exercise program
- List at least 3 potential causes for exercise limitations in people with pulmonary disease
- Apply exercise prescription and training principles when designing individualized exercise training programs

Medicare Policy and Reimbursement 2018

Jane S Knipper, RN, MA, AE-C, MAACVPR.

- Identify operational, billing and coding rules in current Medicare regulations that contribute to a more efficient Pulmonary Rehabilitation/Respiratory Services program
- Identify operational, billing and coding rules in current Medicare regulations that contribute to a more efficient Cardiac Rehab program, including supervised exercise therapy for peripheral artery disease.
- Describe the role of the physician in Cardiac and Pulmonary Rehabilitation
- List Medicare expectations for Cardiac and Pulmonary Rehabilitation documentation

Making "Good for You Foods" Good to Eat

Crystal Peterson RD, LDN

- Describe how to adapt standard cooking methods and techniques to healthful standards
- Demonstrate how to convert recipes by reducing, replacing and/or removing traditional ingredients
- Describe how to retain and rebuild flavor with less add fat, sugar and sodium

Supervised Exercise Therapy for Peripheral Artery Disease (PAD)

Jonathan Ehrman, PhD

Diane Treat-Jacobson, PhD, RN, FAHA, FAAN

- Describe the risk factors associated with PAD
- Describe the clinical presentation of patients with symptomatic PAD
- Describe how to implement an exercise training program for patients with symptomatic PAD
- Discuss the efficacy of different modes of exercise therapy and identify how to progress an exercise training program for patients with symptomatic PAD

Improving Understanding, Measurement & Treatment of Mental Health

Symptoms Among Cardiac & Pulmonary Rehabilitation Patients

Beth Krayenhagen L.M.S.W., M.S.W.

- Differentiate between "Mental Health" & "Mental Illness" & identify how both potentially relate to cardiac & pulmonary rehab
- Describe the relationship between patients with undiagnosed &/or untreated mental illness & poor medical outcomes
- Compare & contrast most common & current tools used to identify & assess mental illness symptoms among patients in order to guide appropriate use in clinical setting
- Identify treatment modalities for management of mental illness &/or poor mental health found to be most successful among cardiac & pulmonary rehab patients & recommend to use among this patient population

Aspirin, Exercise, Health Food... and CPAP? The Relationship Between

Heart Disease and Sleep Apnea

Lisa Maher, DNP, ARNP, FNP-BC

- Define sleep apnea
- Identify cardiac conditions associated with sleep apnea
- Explain the basics of a CPAP/BiPAP download
- Develop a screening protocol and referral pattern for those with suspected or diagnosed sleep apnea

Accommodations

Holiday Inn Hotel & Suites-Des Moines Northwest

4800 Merle Hay Road, West Des Moines, IA 50322

Reservations: (515) 278-4755

Make reservations by March 11, 2018 to receive the group rate of \$99. Identify yourself as a member of the Iowa Cardiopulmonary Rehab Conference. With a group discount code of CRP.



Program Committee Members

Brandy Tripp RN, BSN, CCRP

Aleshia Bloker RN, BSN, CCRP

Krystle Primus RN, BSN, CCRP

Diane Callahan RN, BSN

Denise Promes RN, BSN, CDE, CHC

Michelle Litterer BA, RN, CCRP

Speaker Objectives Continued

Small Group Networking

Conquering the ITP

Debbie Anderson, RN, CCRP, CDE

- Identify the required elements of the ITP
- Describe how to integrate rehab patients rehab journey into the ITP

CMS & AACVPR Requirements

Susan Flack, RN-BC, BSN (Cardiac Rehab)

Jane Knipper, RN BSN, MA, AE-C, MAACVPR (Pulmonary Rehab)

- Discuss program processes that need to be in place in order to meet Medicare & AACVPR Regulations
- Identify documentation required to meet Medicare & AACVPR regulations

Medicare Audit of Cardiac Rehab Programs in 2017

Peggy King RN, CCRN

- Discuss program processes that need to be in place in order to meet Medicare regulations
- Identify documentation required to meet Medicare regulations

Friday March 23rd, 2018

- 0600 Yoga/Barre/Pilates (Optional)
Claire Shannon
- 0730 Continental Breakfast
/Registration/Vendor
- 0750 Opening Remarks
- 0800 Exercise Prescription in Pulmonary Rehab
and Considerations for Exercise Training
Kim Eppen
- 0930 Vendor/Resource Break
- 1000 Medicare Policy and Reimbursement
2018
Jane Knipper
- 1200 Lunch & State Association Meeting
- 1310 Making "Good for You Foods" Good to
Eat
Crystal Peterson
- 1440 Vendor/Resource Break
- 1500 Supervised Exercise Therapy for Peripheral
Artery Disease (PAD)
Jonathan K Ehrman PHD
Diane Treat-Jacobson, PHD, RN
- 1600 Evaluation and Wrap Up
- 1615 Social Networking (Optional)

Saturday March 24th, 2018

- 0600 Yoga/Barre/Pilates (Optional)
Claire Shannon
- 0730 Breakfast/Sign-in/Vendor
- 0750 Opening Remarks
- 0800 Improving Understanding, Measurement
& Treatment of Mental Health
Symptoms Among Cardiac & Pulmonary
Rehabilitation Patients
Beth Krayenhagen
- 0900 Vendor/Resource Break
- 0930 Aspirin, Exercise, Health Food...and
CPAP? The Relationship Between Heart
Disease and Sleep Apnea
Lisa Maher, DNP, ARNP, FNP-BC
- 1030 Small Group Networking
Jane S Knipper, RN, MA, AE-C, MAACVPR
Susan Flack RN-BC, BSN
Debbie Anderson RN, CCPR, CDE
Peggy King RN, CCRN
- 1130 Evaluation and Wrap Up

We Are Continuing Green!

An email with a link to access Conference handouts will be sent to those who have registered & paid their conference fees.

IACPR Board Meeting Thursday, March 22nd, 3:00 p.m.

Brandy Tripp/Cardiac Rehab

201 East J Avenue

Grundy Center, Iowa 50638

Iowa Cardiopulmonary Rehab Network Conference
March 23 & 24, 2018

(Please print clearly in order to receive email communication)

DEADLINE FOR REGISTRATION – March 16, 2018

Name _____

Credential _____

Organization _____

Email _____

Mailing Address _____

License # _____

City/Street/Zip _____

Mercy Employee Y _____ N _____

Member

Non-member

Day 1 \$95

Day 1 \$120

Day 2 \$55

Day 2 \$70

Total _____

Make checks Payable to: IACPR

If you prefer to register and pay online use the following website: www.iacpr.info

Lunch: Mediterranean Veggie Wrap

____add chicken ____gluten free

(Please indicate preference)

Friday, March 23, 2018: Nurses will be awarded 6.0 contact hours from Mercy Medical Center-Des Moines, Iowa Board of Nursing Provider #17
Saturday, March 24, 2018: Nurses will be awarded 3.0 contact hours from Mercy Medical Center-Des Moines, Iowa Board of Nursing Provider # 17
AACVPR Credit Hours: Day 1 6.0 Day 2 3.0 Both days 9.0

*Full attendance is required, no partial credit given for either day

Registration – includes contact hours, Continental Breakfast each day, breaks, and Friday lunch

Written Cancellation Policy: Must be received by **March 19, 2018** to receive refund less a \$30 administration fee

Questions: brandy.tripp@unitypoint.org

Mail registration and fees to:

Brandy Tripp/Cardiac Rehab

201 East J Avenue

Grundy Center, Iowa 50638