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MNACVPR is pleased to present its 29th Annual State Conference, held this year at The Crowne Plaza Minneapolis West in Plymouth, MN. MNACVPR is fortunate to welcome renowned presenters who will provide valuable information that will motivate and energize the body and spirit.

### Registration

#### Full Conference (All Inclusive)

Members: \$180.00  
Non-members: \$240.00  
Students: \$60.00

#### Single Day Attendance

Members: \$110.00  
Non-member: \$150.00  
Students: \$40.00

To register go to [www.mnacvpr.org](http://www.mnacvpr.org) and click on the **CONFERENCE - SPRING 2019** tab.

### Accommodations

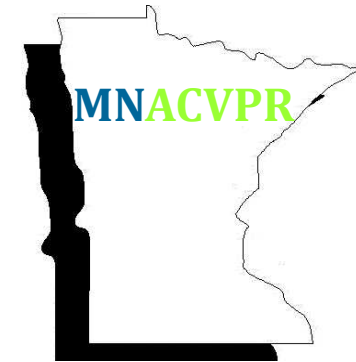
Guest rooms have been reserved at The Crowne Plaza Minneapolis West. Rooms will be reserved in the block until April 2, 2019. Please visit [www.mnacvpr.org/conference](http://www.mnacvpr.org/conference) for reservation info

### Food

Snacks, lunch and beverages will be provided both days. Please contact Kari Weber for any dietary needs.

[weber.kari@mayo.edu](mailto:weber.kari@mayo.edu)

## Minnesota Association of Cardiovascular and Pulmonary Rehabilitation



### 29th ANNUAL MNACVPR STATE CONFERENCE

April 25<sup>th</sup>, 2019  
9:45<sup>AM</sup> - 5:00<sup>PM</sup>

April 26<sup>th</sup>, 2019  
7:45<sup>AM</sup> - 4:15<sup>PM</sup>

The Crowne Plaza  
Minneapolis West  
Plymouth, MN

**AACVPR**  
American Association of Cardiovascular  
and Pulmonary Rehabilitation  
*Promoting Health & Preventing Disease*

This program is endorsed by AACVPR for 5.5 CEUs on Thurs. 4/25 and 6 CEUs on Fri. 4/26

## Conference Schedule

### Thursday, April 25, 2019

9<sup>AM</sup> - 10<sup>AM</sup> | **Registration**

9<sup>AM</sup>—9:30<sup>AM</sup> | **Board Meeting**

9:45<sup>AM</sup>—10<sup>AM</sup> | **Opening Remarks**

10<sup>AM</sup> - 11<sup>AM</sup> | **Dereck Salisbury**

*Alzheimer's Disease and Cardiopulmonary Rehab*

11<sup>AM</sup> - 12<sup>PM</sup> | **Colleen Bazzani**

*Healthy Sleep Patterns and Management*

12<sup>PM</sup> - 12:50<sup>PM</sup> | **Lunch/Vendor Time**

1<sup>PM</sup> - 1:30<sup>PM</sup> | **Kate Traynor**

*AACVPR Update*

1:30-2:30 | **James Nikolai**

*An Intellectual Property Primer for Medical Providers*

2:30<sup>PM</sup> - 3<sup>PM</sup> | **Break**

3<sup>PM</sup> - 4<sup>PM</sup> | **Pat McKone**

*Smoking, Vaping, JUULing and More...Oh, My! The Changing Technology for Nicotine Delivery*

4<sup>PM</sup> - 5<sup>PM</sup> | **Innovation Panel**

5:15<sup>PM</sup> - 6:45<sup>PM</sup> | **Happy Hour/Meet Vendors**

### Friday, April 26, 2019

6:30<sup>AM</sup> - 7:15<sup>AM</sup> | **Yoga (Optional)**

7<sup>AM</sup> - 8<sup>AM</sup> | **Breakfast and Vendor Time**

7:45<sup>AM</sup> - 8<sup>AM</sup> | **Opening Remarks**

8<sup>AM</sup> - 9<sup>AM</sup> | **Michelle Haaland**

*Let's Get Down Dog— Benefits of Yoga for Cardiac and Pulmonary Patients*

9<sup>AM</sup> - 10<sup>AM</sup> | **Richard Reilkof**

*Asthma/COPD Overlap Syndrome: The ABCDE's of Airway Disease*

10<sup>AM</sup> - 10:30<sup>AM</sup> | **Break and Vendor Time**

10:30<sup>AM</sup> - 11:30<sup>AM</sup> | **Laurie Willhite**

*The Opioid Crisis and Chronic Pain Management*

11:30<sup>AM</sup> - 12:30<sup>PM</sup> | **Lunch**

12:30<sup>PM</sup> - 1:30<sup>PM</sup> | **Dawn Thompson/Jared Sieling**

*Ambulatory ECG Monitoring Choices/Innovate Cardiac Rehab Delivery Models*

1:30<sup>PM</sup> - 2:30<sup>PM</sup> | **Thomas Olson**

*Technological Advances for Secondary CVD Prevention: Expanding Access to Cardiac Rehabilitation*

2:30<sup>PM</sup> - 2:45<sup>PM</sup> | **Break**

2:45<sup>PM</sup> - 3:45<sup>PM</sup> | **Keith Fridel**

*Clinical Response to PHQ-9 Scores*

## Introductory Objectives

At the completion of this program, participants will be able to:

- Illustrate the behavioral and psychological symptoms of dementia and how they can influence exercise delivery.
- Recognize the difference between Complex Sleep Apnea and Obstructive Sleep Apnea, and various types of sleep studies.
- Recognize what intellectual property is and how it is protected.
- Identify trends in tobacco use in Minnesota.
- Recognize innovative techniques to use in cardiac and pulmonary rehab.
- Explain the different styles of yoga, and benefits for cardiac and pulmonary patients.
- Recognize the evolving diagnoses of Asthma, COPD, and the varying phenotypes.
- Discuss safer opioid prescribing practices being implemented in the US.
- Identify the scope of mobile technologies.
- Recognize how to respond clinically to individual PHQ-9 scores.

## Please stay for Matt Dunn at 7pm.

**Matt Dunn is one of the busiest Magicians in the Midwest having performed nearly 5000 shows since the age of 6. You've seen him on magazine covers, billboards, and television His comedy magic show has been described as, "the best entertainment in town."**

Course syllabus and presentation slides, that have been submitted, will be available at [mnacvpr.org](http://mnacvpr.org) by April 19th.

## Presenters

**Dereck Salisbury, PhD**

*Alzheimer's Disease and Cardiopulmonary Rehab*

**Colleen Bazzani, CCRT, RPSGT, CCSH**

*Healthy Sleep Patterns and Management*

**Kate Traynor, RN, MS, FAACVPR**

*AACVPR Update*

**James Nicolai, BA, JD**

*An Intellectual Property Primer for Medical Providers*

**Pat McKone, BA**

*Smoking, Vaping, JUULing, and More*

**Innovation Panel**

*Shawn Leth M.Ed, Paul Spilde PT, Kari Weber MS  
RRT AE-C CCRP*

**Michele Haaland, E-RYT 200, MBA, NETA-PT & GFI**

*Benefits of Yoga for Cardiac and Pulmonary Patients*

**Richard Reilkof, MD**

*Asthma/COPD Overlap Syndrome*

**Laurie Willhite, PharmD**

*The Opioid Crisis and Chronic Pain Management*

**Dawn Thompson, MBA**

*Ambulatory ECG: Navigating the Choices*

**Jared Sieling, MS**

*Innovate Care Delivery Models in Cardiac Rehab*

**Thomas Olson, MS, PhD, FACSM, FAHA**

*Technological Advances for Secondary Prevention*

**Keith Fridel, PhD**

*Clinical Response to PHQ-9 Scores*