

Iowa Cardiopulmonary Rehab Network Conference

March 26th & 27th, 2020
Drury Inn & Suites West Des Moines
5505 Mills Civic Parkway
Des Moines, IA 50266

Thursday, March 26th Featured Speakers

Priscilla Gilbert, BA

Trained Health and Wellness Coach
Iowa Chronic Care Consortium

Kathleen Kunath, RN

Training and Partner Relations
Clinical Health Coach (C)
Iowa Chronic Care Consortium

Kim Eppen PT, PhD, FAACVPR

Clinical Specialist/Rehab Therapies/Pulmonary
Rehab, Adjunct Clinical Assistant Professor UI
University of Iowa Health Care

Friday, March 27th Featured Speakers

Daniel Shivapour, MD

Interventional Cardiologist
Mercy One Iowa Heart Center

Christopher Wiedman, PT, MPT, DPT

Physical Therapist-UP Clinic Therapy Prairie
Parkway
Assistant Professor, Professional Practice
Coordinator-Allen College Doctor of Physical
Therapy Program

Susan Flack RN-BC, BSN, MS

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

Alison St. Germain MS, RD, LD

Owner of St. Germain Consulting; Health
Redefined—Nutrition for ALL Bodies
Clinical Professor at Iowa State University

Andrew D. Nish, MD

Medical Director John Stoddard Cancer Center
UP Health Des Moines

Purpose:

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

Speaker Objectives:

Weaving Motivational Interviewing into Your Behavior Change Conversations

Priscilla Gilbert, BA Trained Health & Wellness Coach

- Describe basic MI principles and philosophy
- Experience delivering and receiving MI within a brief behavior change conversation

Effective Engagement Strategies to Improve Enrollment, Retention and Referrals to Cardiac and Pulmonary Rehab

Kathleen Kunath, RN

- Describe your current referral processes and consider opportunities for updating, particularly related to value-based healthcare
- Describe communications approaches that are engaging to patients and providers
- Identify resources to strengthen marketing & enrollment

Frailty—what is it, why does it matter & what can we do about it?

Kim Eppen, PT, PhD, FAACVPR

Define frailty

- Establish the relevance of frailty in the pulmonary patient population
- Discuss ways to assess/screen for frailty
- Discuss strategies and interventions for addressing frailty

Interventional Cardiology & TAVR

Daniel Shivapour, MD

- Recognize indications for TAVR, TMVR, & TPVR
- Describe screening process for TAVR, TMVR & TPVR
- Identify procedural aspects for TAVR, TMVR & TPVR
- Summarize post-operative care for TAVR, TMVR & TPVR patients

Phase II/III Cardiac Rehabilitation Adaptations for Musculoskeletal Conditions

Christopher Wiedman, PT, MPT, DPT

- Recall common causes of lower back pain, knee pain & shoulder pain
- Recognize common movement patterns & compensations that may lead to or result from musculoskeletal pain
- Demonstrate possible modifications to typical phase II/III cardiac rehabilitation exercises for patients with lower back pain, knee pain, or shoulder pain

Accommodations

Drury Inn & Suites West Des Moines

5505 Mills Civic, Des Moines, IA 50266

Reservations: (800) 325-0720

Make reservations by March 11, 2020 to receive the group rate of \$105. Identify yourself as a member of the Iowa Cardiopulmonary Rehab Conference.

Tell them group rate #2391429.

Program Committee Members

Brandy Tripp RN, BSN, CCRP

Krystle Primus RN, BSN, CCRP

Erika Leonard RN, BSN, BACCRP

Diane Callahan RN, BSN

Denise Promes RN, BSN, CDE, CHC

Michelle Litterer RN, BA, CCRP

Eric Larson MS, FAACVPR

Legislative & Regulatory Update

Susan Flack RN-BC, BSN, MS

- Identify Medicare coverage for cardiac rehab, pulmonary rehab, SET PAD
- Differentiate between pulmonary rehab & outpatient respiratory services, including appropriate & ethical billing practices
- Relate requirements for referring physician, supervising physician, & Medical Director
- Recognize the difference/potential difference in requirement for Medicare & other insurance

Make a Greater Impact Using Non-Diet Weight Neutral Approaches to Well-Being

Alison St. Germain, MS, RD, LD

- List ways weight stigma hinders clinician-patient communication
- Explain how weight stigma increases the likelihood of poor health outcomes
- Describe frameworks of Health at Every Size* and Intuitive Eating*
- Utilize non-diet weight neutral approaches to well-being as alternative to weight centered approaches
- Incorporate weight neutral activities specific to diabetes into education & counseling

The Mind-Body Connection: How the Power of Our Thoughts and Beliefs Affect Our Physical And Mental Health

Andrew D. Nish, MD

- Recognize that genetic expression is mainly a function of the environment at both a cellular & organism level
- Describe the role stress & fear plays in health & disease
- Describe how the thoughts & beliefs of the mind can influence both our physical & mental health
- Incorporate one or two mind-body therapies into your life to create a less stressful environment

Thursday March 26th, 2020

- 1230 Registration/Vendor
- 1250 Opening Remarks
- 1300 Weaving Motivational Interviewing into your Behavior Change Conversations
Priscilla Gilbert, BA
- 1430 Vendor/Resource Break
- 1450 Effective Engagement Strategies to Improve Enrollment, Retention & Referrals to Cardiac & Pulmonary Rehab
Kathleen Kunath, RN
- 1550 Vendor/Resource Break
- 1615 Frailty-What is it, Why does it matter, & What can we do about it?
Kim Eppen PT, PhD, FAACVPR
- 1715 Evaluation and Wrap Up
- 1730 Social Networking/Kickback (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.

Friday March 27th, 2020

- 0600 Yoga (Optional)
Erika Leonard, RYT
- 0730 Breakfast/Sign-in/Vendor
- 0750 Opening Remarks
- 0800 Interventional Cardiology & TAVR
Daniel Shivapour, MD
- 0900 Phase II/III Cardiac Rehab Adaptations for Musculoskeletal Conditions
Christopher Wiedman, PT, MPT, DPT
- 1000 Vendor/Resource Break
- 1030 Legislative & Regulatory Update
Susan Flack, BSN, MS
- 1200 Lunch/State Association Meeting/Vendor
- 1315 Make a Greater Impact Using Non-Diet Weight Neutral Approaches to Well-Being
Alison St. Germain MS, RD, LD
- 1445 Vendor/Resource Break
- 1500 The Mind-Body Connection: How the Power of Our Thoughts & Beliefs Affect Our Physical & Mental Health
Andrew D. Nish, MD
- 1600 Evaluation and Wrap Up

IACPR Board Meeting Thursday, March 26th 10:00 a.m.

Brandy Tripp/Cardiac Rehab

201 East J Avenue

Grundy Center, Iowa 50638

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(Please print clearly in order to receive email communication)

DEADLINE FOR REGISTRATION – March 16, 2020

Name _____

Credentials _____

Organization _____

Email _____

Work Address _____

Work Phone # _____

City/Street/Zip _____

License # _____ DOB: _____

AACVPR Member Y _____ N _____

Member/IACPR

Non-member/IACPR

Day 1 \$55

Day 1 \$70

Day 2 \$95

Day 2 \$120

Both days \$150

Both days \$190

Pre-Conference \$75

Total _____

Make checks Payable to: IACPR

Prefer to register and pay online...

Use the following website: www.iacpr.net

Continuing education credits pending:

Day 1 =3.5 credits, Day 2= 6 credits, both days= 9.5 credits

Greene County Medical Center, Iowa Board of Nursing Provider #260

An application has been made to the AACVPR for 9.5 CE credits
CE certificate will be issued at completion of each day if attended in its entirety.

Registration – includes contact hours, continental breakfast on Friday, breaks, and Friday lunch

Written Cancellation Policy: Must be received by
March 19, 2020 to receive refund less a \$30 administration fee

Questions: brandy.tripp@unitypoint.org

Prefer to mail registration...include fees & send to:

Brandy Tripp/Cardiac Rehab

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Grundy Center, Iowa 50638