

# Iowa Cardiopulmonary Rehab Network Conference

March 28<sup>th</sup> & 29<sup>th</sup>, 2019  
Drury Inn & Suites West Des Moines  
5505 Mills Civic Parkway  
Des Moines, IA 50266

## Thursday, March 28<sup>th</sup> Featured Speakers

### **Beth Turner MA, CHES**

Manager Health Promotions  
American Lung Association, DM

### **Lorene K Mein DNP, ARNP, FNP-BC**

Nurse Practitioner  
Mercy Clinics, Inc

### **Douglas B Hornick, MD**

Professor, Clinical Director UI Pulmonary,  
Critical Care & Occ Med, Director Adult CF  
Center

### **Kim Eppen PT, PhD, FAACVPR**

Clinical Specialist/Rehab Therapies/Pulmonary  
Rehab, Adjunct Clinical Assistant Professor UI

## Friday, March 29<sup>th</sup> Featured Speakers

### **Michael Roussell, PhD**

Nutrition Consultant, Naked Nutrition LLC

### **Julie Hergenrader MBA, CPHQ, CSSGB**

Territory Manager Medical Device Representative

### **Michel Corban, MD**

Cardiovascular Disease Fellow-Mayo School of  
Graduate Medical Education, Mayo Clinic

### **Susan Flack RN-BC, BSN, MS, CCR**

Supervisor, Cardiac /Pulmonary Rehab UPH-DM

### **Expert Panel:**

### **Jolene Stackis BSN, RN, CCRP**

Lead Cardiac/Pulmonary Rehab Unity Point Finley  
Hospital-Dubuque, Health Coach,  
IACPR President

### **Susan Flack RN-BC, BSN, MS, CCR**

Supervisor, Cardiac /Pulmonary Rehab UPH-DM

### **Debbie Anderson RN, CDE, CCRP**

Supervisor of Outpatient Services CHI Health  
Mercy Hospital-Corning, IA

### **Kim Eppen PT, PhD, FAACVPR**

Clinical Specialist/Rehab Therapies/Pulmonary  
Rehab, Adjunct Clinical Assistant Professor UI

### **Dan Kingkade, MS**

Independent Counselor/consultant/Seminar  
Leader

**Purpose:**

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

**Speaker Objectives:**

**Nicotine 101: Trends & Treatments**

Beth Turner, MA, CHES

Lorraine Mein, DNP, ARNP, FNP-BC

- Review the prevalence of tobacco products & current usage rate trends
- Review the impact of tobacco & nicotine on specialty populations
- Apply evidenced based methods to help patients successfully quit tobacco

**Concepts & Misconceptions of CF, non-CF Bronchiectasis & COPD**

Douglas Hornick, MD

- Review bronchiectasis management and therapies
- Explain how bronchitis/COPD is similar but different from bronchiectasis
- Review misconceptions about COPD and how to optimize management

**Exercise Prescription in Chronic Disease: Strategies for Assessing and Increasing Participation in Physical Activity**

Kim Eppen, PT, PhD, FAACVPR

- State current recommendations for participation in physical activity (PA) for "general health benefits"
- Describe the role and responsibility of physicians and other health care providers in assessing level of participation in PA for patients and be able to implement assessment and interventional strategies
- List strategies that may help promote participation in PA in patients
- Prescribe recommendations for participation in PA/exercise for people with chronic disease using key resource(s) to help guide the process when necessary

**Nutrition & Lifestyle Strategies for a Healthy Heart**

Michael Roussell, PhD

- Differentiate between clinical & epidemiological data results with respects to type & amount of protein for cardio-metabolic health
- Identify characteristics of dietary patterns that improve risk factors for cardiovascular disease
- Explain the different refueling/recovery needs for patients based on types & intensity of exercise
- Explain how to use negative preparation with patients to improve compliance to nutritional guidance

**Wearable Cardioverter Defibrillators-Noninvasive Immediate Automatic Therapy for Patients at Risk for Sudden Cardiac Arrest**

Julie Hergenrader, MBA, CPHQ, CSSGB

- Identify patients at high risk for sudden cardiac arrest
- Recognize clinical circumstances that justify the use of a WCD
- Review the functionality & management of a WCD
- Review important patient instructions

**Coronary Endothelial Dysfunction: A Diagnosis to Look for in Patients with Angina & Non-obstructive Coronary Artery Disease**

Michel Corban, MD

- Discuss the pathogenesis & prevalence of coronary endothelial dysfunction
- Discuss the diagnosis of peripheral & coronary endothelial dysfunction
- Discuss adverse cardiovascular & systemic manifestations of endothelial dysfunction
- Discuss conventional treatment options for coronary endothelial dysfunction & innovative ongoing stem cell research

**Accommodations**

**Drury Inn & Suites West Des Moines**

5505 Mills Civic, Des Moines, IA 50266

Reservations: (800) 325-0720

Make reservations by March 7, 2019 to receive the group rate of \$105. Identify yourself as a member of the Heartland/Iowa Cardiopulmonary Rehab Conference.

Tell them group rate #2356499.

**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 BA, RN

**Medicare Policy and Reimbursement 2019**

Susan Flack, RN-BC, BSN, MS, CCR

- Differentiate CMS Regulations from OIG Audit Requirements
- Describe ITP requirements for outpatient rehab billing for Medicare patients
- Recognize billing differences for Pulmonary Rehab & Respiratory Services

**Expert Panel**

**ITP**

Debbie Anderson RN, CDE, CCRP

- Identify reasons for denials ITP (program certification)
- Define changes in ITP requirements for CMS/AACVPR

**CMS Requirements**

Susan Flack RN-BC, BSN, MS, CR & PR MAC Task Force

- Identify changes with Medicare regulations
- Discuss upcoming changes to anticipate from DOTH

**Pulmonary & Exercise**

Kim Eppen PT, PhD, FAACVPR

- Differentiate pulmonary diagnoses, chest wall abnormalities, ILD, & neuromuscular lung diseases
- Identify innovative ideas to assess & increase physical activity

**Leadership**

Jolene Stackis BSN, RN, CCRP, IACPR President

- Review innovative program ideas
- Explain up and coming patient care strategies

**Increasing Your Personal & Professional Effectiveness through**

**Humor**

Dan Kingkade Independent Counselor, Consultant, Seminar Leader

- Recognize the relationship between stress & humor
- Review the relationship between laughter and stress
- Identify three adult humor skills
- Illustrate how to assess humor skills
- Explain the benefits of using humor with others in professional work
- Review the five rights of using humor with others
- Identify how to use humor to increase effectiveness in a professional role

**Thursday March 28th, 2019**

- 1200 **Registration/Vendor**
- 1230 **Opening Remarks**
- 1245 **Nicotine 101: Trends & Treatments**  
Beth Turner MA, CHES  
Lorene Mein DNP, ARNP, FNP-BC
- 1415 **Vendor/Resource Break**
- 1430 **Concepts & Misconceptions of CF, non-CF  
Bronchiectasis & COPD**  
Douglas Hornick, MD
- 1600 **Vendor/Resource Break**
- 1615 **Exercise Prescription in Chronic Disease:  
Strategies for Assessing & Increasing  
Participation in Physical Activity**  
Kim Eppen PT, PhD, FAACVPR
- 1730 **Evaluation and Wrap Up**  
**Social Networking/Kickback (Optional)**

**INTENDED AUDIENCE:**

Registered Nurses, Respiratory Therapists,  
Physical Therapists, Exercise Physiologists,  
Physicians, Dieticians, Exercise Science  
Staff & Students

**CONTINUING GREEN:**

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

**Friday March 29th, 2019**

- 0600 **Yoga/Barre/Pilates (Optional)**  
Claire Shannon/Erika Leonard, RYT
- 0730 **Breakfast/Sign-in/Vendor**
- 0750 **Opening Remarks**
- 0800 **Nutrition& Lifestyle Strategies for a  
Healthy Heart**  
Michael Roussell, PhD
- 0900 **WCD-Noninvasive immediate, automatic  
therapy for SCA**  
Julie Hergenrader MBA, CPHQ, CSSGB
- 0930 **Vendor/Resource Break**
- 1000 **Coronary Endothelial Dysfunction: A  
Diagnosis to Look for in Patients with  
Angina & Non-obstructive Coronary  
Artery Disease**  
Michael Corban, MD
- 1100 **Lunch and State Association  
Meeting/Vendor**
- 1230 **Medicare Policy and Reimbursement  
2019**  
Susan Flack RN-BC, BSN, MS, CCR
- 1330 **Expert Panel**  
Jolene Stackis BSN, RN, CCRP  
Susan Flack RN-BC, BSN, MS, CCR  
Debbie Anderson RN, CDE, CCRP  
Kim Eppen PT, PhD, FAACVPR
- 1430 **Vendor/Resource Break**
- 1500 **Managing Stress with Humor**  
Dan Kingkade MS
- 1615 **Evaluation and Wrap UP**

Brandy Tripp/Cardiac Rehab

201 East J Avenue

Grundy Center, Iowa 50638

**Iowa Cardiopulmonary Rehab Network Conference  
March 28 & 29, 2019**

(Please print clearly in order to receive email communication)

**DEADLINE FOR REGISTRATION –March 18, 2019**

Name \_\_\_\_\_

Credentials \_\_\_\_\_

Organization \_\_\_\_\_

Email \_\_\_\_\_

Mailing Address \_\_\_\_\_

Phone # \_\_\_\_\_

City/Street/Zip \_\_\_\_\_

License # \_\_\_\_\_ DOB: \_\_\_\_\_

AACVPR Member Y \_\_\_\_\_ N \_\_\_\_\_

**qMember/IACPR**

**qNon-member/IACPR**

qDay 1 \$55

qDay 1 \$70

qDay 2 \$95

qDay 2 \$120

Total \_\_\_\_\_

**Make checks Payable to:** IACPR

**Prefer to register and pay online...**

**Use the following website:** [www.iacpr.net](http://www.iacpr.net)

**Lunch:**

\_\_\_\_ Please indicate if gluten free

**Continuing education credits:**

**Day 1 =4.25 credits, Day 2= 5.75 credits, both days= 10.0 credits**

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

**AACVPR Credit Approved**

**CE certificate will be issued at the 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 21, 2019** 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