



# A New Beginning



## First Annual

# Heartland Cardiopulmonary Rehab Conference

(Formerly TriNetwork Conference)

April 8-9, 2011

West Des Moines Marriott

1250 Jordan Creek Parkway, West Des Moines, IA 50266

(515) 267-1500

### PROGRAM FACULTY

**JOE PISCATELLA**

Institute for Fitness and Health  
Gig Harbor, Washington

**ERIC D. THUNSTEDT, M.A., ACSM-  
CES, ACSM-RCEP**

Vernon Medical Healthcare  
Viroqua, Wisconsin

**VICKIE WILDMAN, RN, MSN, Edu,**

Statewide Education  
Des Moines, Iowa

**EMILIE BOESEN, RN,**

Telehealth Nurse Case Manager  
Iowa Health Home Care  
Des Moines, Iowa

**GAYLA OAKLEY, RN FAACVPR**

Boone County Health Center  
Albion, Nebraska

**DEB NILLES, RD, LD**

Skiff Medical Center  
Newton, Iowa

**JANE S KNIPPER, BSN, MA, AE-C, FAACVPR**

University of Iowa Hospitals and Clinics  
Iowa City, Iowa

## **CARDIOPULMONARY REHABILITATION CONFERENCE**

### **Conference Goals:**

To provide current information, technology and skills to health care professionals practicing in the cardiac and pulmonary rehabilitation fields.

### **Conference Objectives**

1. Promoting the Individualized Treatment Plan as a means to coordinating multidisciplinary care in achieving evidenced based outcomes for the Cardiac and Pulmonary Patient. The new ITP will be a key component of the Certification and Recertification plan.
2. Create a safe and effective exercise prescription through review of disease management, policy development, and provider and lab appointment compliance.
3. Define home health care's role in the chronic care disease management continuum for cardiac/pulmonary patients and discuss physician, nursing and patient-centered care to provide the best outcome for the patients with chronic diseases.
4. Identify goals that will promote adherence in developing independent or home exercise program for patients.
5. To assist the professional to formulate a "Nutrition Tool Kit" using updated resources and teaching techniques from a dietician's point of view.
6. To understand the link between chronic stress and cardiovascular health and learn physical and mental techniques for managing it more effectively
7. To identify the major factors responsible for dietary non-compliance and begin to include "functional foods" into their diets.

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### **Conference Location:**

West Des Moines Marriott  
1250 Jordan Creek Parkway  
West Des Moines, IA 50266

### **Directions:**

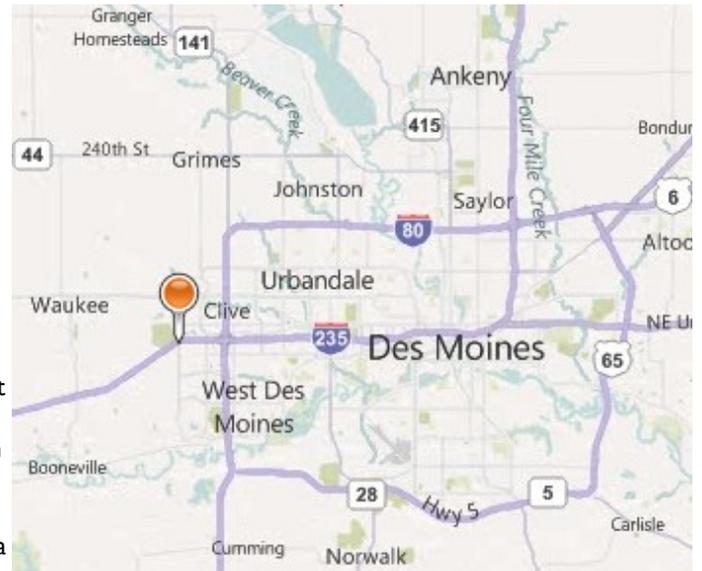
From Airport to West Des Moines -12miles- Take Fleur Drive south to Hwy 5 (west). Take I-35 North to I-80 West to the Jordan Creek Parkway exit. Take a left on Jordan Creek Parkway. Take a right on Vista Drive.

From I-35 South (Kansas City) Take I-35 North to I-80 West to the Jordan Creek Parkway exit. Take a left on Jordan Creek Parkway. Take a right on Vista Drive.

From I-35 North (Minneapolis) Take I-35 South. I-35 South and I-80 West will merge just north of downtown. Take merge for about 12 miles and exit to I-80 West to the Jordan Creek Parkway exit. Take a left on Jordan Creek Parkway. Take a right on Vista Drive.

From I 80 West (Omaha) Take I-80 East to Exit 121 the Jordan Creek Parkway exit. Take a right on Jordan Creek Parkway. Take a right on Vista Drive.

From I-80 East (Chicago) Take I-80 West, I-80 West and I-35 South will merge just north of downtown. Take merge for about 12 miles and exit to I-80 West to the Jordan Creek Parkway exit. Take a left on Jordan Creek Parkway. Take a right on Vista Drive.



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### **Accommodations ([www.SeeDesMoines.com](http://www.SeeDesMoines.com))**

#### **West Des Moines Marriott**

1250 Jordan Creek Parkway  
\$89.00/night + tax Standard Double Room  
515-267-1500 or 800-228-9290 by 3/24/2011  
Identify as member of  
Trinetwork Cardiopulmonary Conference

#### **Motel 6**

7655 Office Plaza Dive North (next to WDM Marriott)  
\$45.99/night + tax Standard Double Room  
515-267-8885 or 800-466-8356 by 3/28/2011  
Identify as member of  
Heartland Cardiopulmonary Conference

#### **Fairfield Inn**

7225 Vista Drive (across from WDM Marriott)  
\$99.00/night + tax Standard Double Room  
515-225-6100 or 800-228-9290

## FRIDAY APRIL 8

- 0730 **Continental Breakfast and Registration**
- 0815 **Opening Remarks**
- 0830 **Understanding and Using the ITP**  
Gayla Oakley, RN FAACVPR
- 0945 Resource Break
- 1015 **Managing the Diabetic Patient Through Policy & Exercise**  
Eric Thunstedt, M.A., ACSM-CES,ACSM-RCEP
- 1130 **Lunch and State Association Meetings**
- 1300 **Establishing Discharge Criteria and Home Exercise Adherence**  
Eric Thunstedt, M.A., ACSM-CES,ACSM-RCEP
- 1400 Resource Break
- 1430 **Advances in Home Health Chronic Care Management**  
Vicki Wildman, RN, MSN, Edu, Statewide Education  
Emilie Boesen, RN, Telehealth Nurse Case Manager
- 1600 **Assembling a “Nutrition Tool Kit” for the Cardiac & Pulmonary Rehabilitation Program**  
Deb Nilles, RD LD

## SATURDAY APRIL 9

- 0730 **Continental Breakfast and Vendors**
- 0800 **Pulmonary Hypertension and the Implications for Cardiac and Pulmonary Rehabilitation.**  
Jane S Knipper, BSN,MA, AE-C, FAACVPR
- 0900 **Take a Load Off Your Heart**  
Joe Piscatella
- 1030 Resource Break
- 1100 **Increasing Dietary Compliance in Patients**  
Joe Piscatella
- 1200 **Evaluation and Wrap Up**

# AACVPR

American Association of Cardiovascular  
and Pulmonary Rehabilitation

*Promoting Health & Preventing Disease*

AACVPR endorsement of this  
conference is pending

### PROGRAM COMMITTEE MEMBERS

Chair: Peggy Dunbar, RN  
Laura Mackaman, RN, BSN, MS  
Marcia Pitcock, RN, BSN, MS, ACSM,  
FAACVPR  
Nancy Steingreaber, RN BSHA  
Vicki Lindberg, RN-BC  
Jane Swartz, RN

### SPECIAL NOTES

**BOARD OF DIRECTORS MEETINGS** of each  
association will be held at the West Des Moines Marriott  
at 7:00pm Thursday April 7, 2011

THIS CONFERENCE SPONSORED IN PART BY  
Cardiac Science, Scottcare

### ACCREDITATION

The following CEU's have been applied for:  
AACVPR, Iowa Board of Nursing

Iowa Health Des Moines  
1200 Pleasant Street  
Des Moines, IA 50309

Nonprofit Org.  
U.S. Postage  
**PAID**  
Des Moines, IA  
Permit No. 2462

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## HEARTLAND CARDIOPULMONARY REHAB CONFERENCE 2011 A NEW BEGINNING

April 8-9, 2011

(May duplicate form for additional registrants)

DEADLINE FOR REGISTRATION –April 1, 2011

Name \_\_\_\_\_

Organization \_\_\_\_\_

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

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

Registration- Includes breaks, lunch Friday,  
Continental Breakfast Saturday and CEU's

Members (circle one IACPR, NCVPRN) \$135

Non members \$170

Total \_\_\_\_\_

Payable to:

Heartland Cardiopulmonary Rehab Conference.

Title \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

AACVPR member  Yes  No

Check desired  Nursing  AACVPR

**Written Cancellation Policy:** Must be received by  
March 20 to receive refund less \$20 administration fee.

### Questions?

Peggy Dunbar at [dunpl@casshealth.org](mailto:dunpl@casshealth.org) or  
712-243-7550 EXT 3570

### Mail registration and fees to:

Peggy Dunbar  
Cass County Memorial Hospital  
1501 East 10<sup>th</sup> Street  
Atlantic, Iowa 50022