

# Heartland Cardiopulmonary Rehab Network Conference

March 28 & 29, 2014

Embassy Suites Conference Center

La Vista Nebraska 68128

## What's New in 2014

### Featured Speakers

**Bob Messenger, BS RRT, CPFT, FAARC**  
Manager, Respiratory Clinical Education  
Invacare Corporation

**Ruby Satpathy MD M.B.B.S.**  
Interventional Cardiologist, Director of the  
Structural Heart Clinic  
Omaha, NE

**Mark Messena, PhD, MS**  
Loma Linda University, Department of Nutrition  
Executive Director of Soy Nutrition Institute  
Port Townsend, WA

**Mark Williams PhD, MAACVPR, FACSM**  
Professor of Medicine, Division of Cardiology  
Omaha, NE

**Gayle Oakley RN FAACVPR**  
Director of Cardiology Service and Prevention  
Boone County Health Center Albion, NE

**Linda Funk, Executive Director**  
The Soybean Council

**Candace J. Steele, RN, BSN, MA, FAACVPR**  
Patient Care Manager, Cardiac/Pulmonary Rehab  
Wheaton Franciscan Healthcare

**Key Note:**

**John Porcari, Ph.D., RCEP, FAACSM,  
MAACVPR**

Executive Director, La Crosse Exercise & Health  
Program

University of Wisconsin-La Crosse



# Heartland Cardiopulmonary Rehab Network Conference

## Speaker objectives

Training the COPD Patient:  
Getting It Right the First time

**Bob Messenger**

Identify two age related physical deficiencies that impede training of COPD patient & describe two methods that can be used to improve communication with patient and enhance training retention

Surger without Surgery

**Ruby Satpathy**

Identify other options regarding treatment for our rehab patients

Soyfoods in the Prevention & Treatment of  
Coronary Heart Disease

**Mark Messina**

Understand the impact of soy foods on traditional CHD risk factors & the physiological properties of soybean isoflavones & impact of CHD risk factors unrelated to lipids

Practical Recommendations for Incorporating  
Heart Failure into Cardiac Rehabilitation

**Candace Steele (via AACVPR video)**

Identify reimbursement criteria for HF and examine reimbursement issues for HF patients in CR programs.

Ch Ch Ch Changes: A Tsunami of Guidelines

**Mark Williams**

Learn about the additions to the new guidelines and what this means to your rehab areas.

Soy Like You Have Never Seen

**Linda Funk**

Increase the awareness of Soy foods. Illustrate simple application ideas.

Exercise Prescriptions for Aerobic & Resistance  
Training

Myth Busters: Separating Fact from Fiction in the  
Fitness Industry

**John Porcari**

Define placebo effect; assess the truth about infomercial claims; recognize which exercise machines provide the best workout. Calculate exercise prescription for aerobic exercise and for resistance exercise.

What's New in AACVPR Certification

**Gayla Oakley**

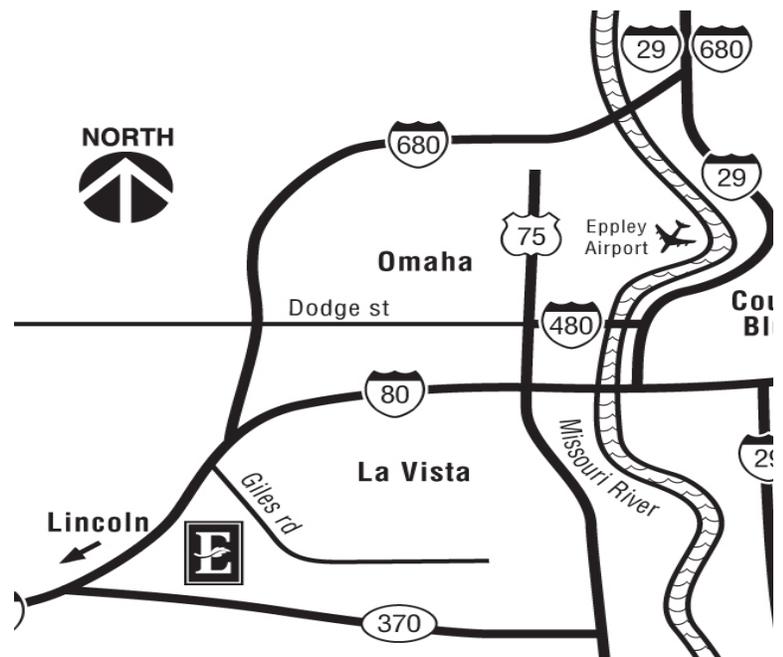
Participants will learn the latest updates regarding the Certification process

## Conference Location:

Embassy Suites Conference Center  
12520 Westport Parkway  
La Vista Nebraska 68128  
Tel: 402-331-7400

## Directions:

Located at the intersection of I-80 & Giles Road at the Exit 442 (Cabela's)



## Accommodations

### Embassy Suites –

#### Omaha- La Vista/ Hotel & Conference Center

12520 Westport Parkway, La Vista NE 68128

A block of rooms is available at a discounted rate. Reserve your room by **Feb 20** to receive this discount. Mention "Cardio Pulmonary Rehab Network" or group code CA2 (\$119.00/room). Contact phone number for making reservations is 402-331-7400

Using your personalized group web page will automatically load our hotel and your group information. Your web page can be accessed through the following link:

<http://embassysuites.hilton.com/en/es/groups/personalized/O/OMAES-CA2>

## Other nearby hotels:

### Courtyard by Marriott

12560 Westport Parkway  
La Vista NE 68128  
Toll free reservation:  
1-866-460-7456  
(Connected to Embassy Suites)

### Hampton Inn & Suites

12331 Southport Parkway  
La Vista NE 68128  
402-895-2900  
(Just east of Embassy Suites  
several blocks)

# Heartland Cardiopulmonary Rehab Network Conference

Friday, March 28, 2014

- 0700 **Continental Breakfast / Registration**
- 0745 **Opening Remarks**
- 0800 **TRAINING THE COPD PATIENT: GETTING IT RIGHT THE FIRST TIME**  
Bob Messenger
- 0900 **SURGERY WITHOUT SURGERY**  
Ruby Satpathy
- 1000 Vendor Break
- 1030 **SOYFOODS IN THE PREVENTION & TREATMENT OF CORONARY HEART DISEASE**  
Mark Messena
- 1130 Lunch and State Association Meetings-  
Vendor availability
- 1300 **PRACTICAL RECOMMENDATIONS FOR INCORPORATING HEART FAILURE INTO CR**  
Candace Steele via AACVPR video
- 1430 Vendor break
- 1500 **CH CH CH CHANGES: A TSUNAMI OF GUIDELINES**  
Mark Williams
- 1600 **SOY LIKE YOU HAVE NEVER SEEN**  
Linda Funk
- 1700 **WRAP UP/EVALUATION**

## Program Committee Members

Vicki Lindberg, RN-BC  
Jane Swartz, RN  
Pam Gaines, RN-BC, CCCC  
Michelle Christiansen, RN, BSN-BC  
Peggy Dunbar, RN  
Laura Mackaman, RN BSN, MS  
Aleshia Bloker, RN, BSN  
Brandy Tripp, RN, BSN

Saturday AM, March 29, 2014

- 0700 Breakfast
- 0745 **Opening Remarks**
- 0800 **EXERCISE PRESCRIPTION FOR AEROBIC & RESISTANCE**  
John Porcari
- 0930 Vendor Break
- 1000 **MYTH BUSTERS: SEPARATING FACT FROM FICTION IN THE FITNESS INDUSTRY**  
John Porcari
- 1100 **WHAT'S NEW IN AACVPR CERTIFICATION**  
Gayla Oakley
- 1200 **Evaluation and Wrap Up**

## We Are Going Green!

Please make sure to include your email address on this registration form to receive the link for printing out the conference handouts.

# AACVPR

American Association of Cardiovascular  
and Pulmonary Rehabilitation

*Promoting Health & Preventing Disease*

**AACVPR endorsement of this  
conference is pending**

## Board of Directors Meetings

of each association will be held at the  
Embassy Suites Conference Center  
7:00 pm, Thursday March 27, 2014



**UnityPoint Health**  
Des Moines

1200 Pleasant Street  
Des Moines, IA 50309-1453

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Des Moines, IA  
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# Heartland Cardiopulmonary Rehab Network Conference

## What's New in 2014

March 28 & 29, 2014

(May duplicate form for additional registrants)

**DEADLINE FOR REGISTRATION –March 14, 2014**

Name \_\_\_\_\_

Title \_\_\_\_\_

Organization \_\_\_\_\_

Email \_\_\_\_\_ (need this for printing handouts)

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

Phone \_\_\_\_\_

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

AACVPR number: \_\_\_\_\_ (NE members only)

AACVPR CEU'S pending Fri– 6.5 Sat-3.5

Registration- Includes CEU's, Continental Breakfast each day, and breaks & lunch on Friday.

**Written Cancellation Policy:** Must be received by **March 14** to receive refund less \$30 administration fee

Please indicate if need special diet selection for Lent  
 Yes

**Questions?**  
Jane Swartz at [jswartz@bellevuemed.com](mailto:jswartz@bellevuemed.com)

IACPR, NCVPRN (circle one)

- |                                  |                                      |
|----------------------------------|--------------------------------------|
| <input type="checkbox"/> Members | <input type="checkbox"/> Non members |
| Day 1 \$85                       | Day 1 \$110                          |
| Day 2 \$50                       | Day 2 \$60                           |

**Mail registration and fees to:**

Jane Swartz  
1110 Parc Drive  
Papillion, NE 68046

Total \_\_\_\_\_

Payable to:

Heartland Cardiopulmonary Rehab Conference