



Sixteenth Annual
***Heart Disease and
Stroke Conference***

***Getting
to the***  ***of
the Matter***

Wednesday, April 29, 2009
Mayo Civic Center
Rochester, Minnesota

Cardiac and Vascular Nursing Review Course
Tuesday, April 28, 2009
Mayo Clinic Rochester

Sponsored by:
Mayo Continuing Nursing Education
In cooperation with
American Heart Association, Midwest Affiliate

Includes Call for Poster Abstracts!

Getting to the Heart of the Matter

Wednesday, April 29, 2009

Conference description and goals

This one-day conference will focus on care of medical and surgical cardiac patients, and vascular and neurological patients. Cutting-edge knowledge, technology, and nursing practice guidelines for care will be highlighted. Topics for the 2009 conference include new medications effective in patient care across the specialties; treatment for the obesity epidemic; technologies for stroke intervention; new advances in surgical procedures and wound care; and the impact of depression and its treatment on patients.

The goals of the conference are to:

- Present the American Heart Association/American Stroke Association's guidelines for care of heart and stroke patients across all age groups.
- Discuss new treatment strategies for care of cardiac, neurological, and vascular patients.
- Identify the significance of evidence-based research used in the care of patients.
- Explore insights to work/life balance.

Intended audience

The conference is designed for registered nurses, social workers, and all other healthcare professionals interested in the care of cardiac, neurological, and vascular patients.

Featured faculty

Christopher J. Arendt, PharmD, RPh, completed his doctorate of pharmacy degree from the University of Colorado, Denver, where he received a Clinical Achievement Award for Drug Information Practice. Arendt has been a part of most surgical practices at Mayo, working with and supervising the clinical pharmacists, including thoracic, vascular, orthopedics, cardiac surgery, plastics, urology, and general surgery. He has a special interest in cardiothoracic transplant and has been overseeing pharmacy practice related to transplant for 15 years at Mayo. Having created dozens of protocols, order sets, and clinical pathways, Arendt has worked to standardize clinical practices and incorporate evidence-based medicine into daily activities. He is part of numerous continuous improvement initiatives and has received many awards for his part in helping to advance the practice of medicine and for his humanitarian assistance to the community.

Scott Burton is a headlining comic and national champion juggler. He displays those tools extensively in bringing heart and humanity to healthcare and chronic disease. An osteosarcoma survivor and bone-transplant recipient, Burton saw that with most healthcare trauma there are two diseases, medical and emotional; and both need treatment. Expression of self, passion, communication and humor play vital roles in keeping the patient --- and professional --- centered for the medical side of the battle.

Sharonne N. Hayes, MD, FACC, Associate Professor of Medicine and Cardiology, directs the Mayo Clinic's Women's Heart Clinic in Rochester, Minnesota, and has been active at the national, local, and institutional level in promotion of cardiovascular health in women. Hayes developed the Women's Heart Clinic at Mayo to meet the unique needs of women at risk for or with cardiovascular disease in order to improve patient satisfaction, clinical outcomes, and research efforts. Hayes co-authored the American Heart Association's first prevention guidelines for women. She is a member of the Board of Directors for WomenHeart: The National Coalition for Women with Heart Disease. With WomenHeart, Hayes coordinates the organization's Science and Leadership Symposium for Women with Heart Disease, held every year at Mayo Clinic. She was recently awarded the Women's Day Magazine "Red Dress Award" for her work to improve women's heart health.

Getting to the Heart of the Matter

Wednesday, April 29, 2009

Dates and locations

This conference will be held **Wednesday, April 29, 2009** at Mayo Civic Center, 30 Civic Center Drive Southeast, Rochester, Minnesota.

The pre-conference *Cardiac and Vascular Nursing Review Course* will be held **Tuesday, April 28, 2009** in Leighton Auditorium, second floor, Siebens Building, Mayo Clinic campus.

Registration

The registration fee of \$140 includes conference materials, break refreshments, and box lunch. A student rate of \$80 is available. Please bring proof of current student status to the conference (for example, a copy of your student identification card). Pre-registration is required and preferred by Wednesday, April 8, 2009. Registrations received after April 8th will be accepted on a space-available basis. Refunds minus an administrative fee will be given upon notification of cancellation received prior to Wednesday, April 8, 2009. Mayo Continuing Nursing Education reserves the right to cancel this program.

Visit www.mayoclinic.org/jobs-nursing-rst/cne.html or call 1-800-545-0357 to register or with questions about registration or the conference

Out of respect for conference participants, children are restricted from the conference.

Featured faculty - continued

John A. Heit, MD, is the director of Coagulation Laboratories and Coagulation Clinic, a consultant within the Division of Cardiovascular Diseases Section of Vascular Diseases, and a Professor of Medicine at Mayo Clinic. He is chair of the Coagulation Disease Oriented Group, and holds joint appointments in the Divisions of Hematology, Hematopathology and Laboratory Genetics. Heit is the founder and former director of the Mayo Clinic Thrombophilia Center. His primary research interests are thrombosis, thrombophilia, and venous thromboembolism, and he is the principal investigator of several NIH-funded research grants. Heit is the program director for the NIH K12 Mayo Vascular Medicine Clinical Research Training Program. He is assistant editor of the journal, *Thrombosis Research*.

Patrick E. McBride, MD, MPH, FACC, is a professor of medicine and family medicine, co-director of Preventive Cardiology, and medical director of Health Promotion and Fitness at the University of Wisconsin School of Medicine and Public Health, Madison, Wisconsin. McBride co-directs a preventive cardiology program that includes inpatient and outpatient cardiac rehabilitation, preventive cardiology/cholesterol clinic, diabetes prevention program, and many other clinical initiatives for people at risk for cardiovascular disease. McBride was a leader in developing and implementing statewide teaching programs on cholesterol screening and management, and smoking cessation for physicians, nurses, dietitians, and physician assistants. McBride is currently an investigator on several NIH grants, including the Nutrition Academic Award, the Women's Health Initiative Trial, and a study of cardiovascular disease in people with Type I diabetes.

Jane Nelson Worel, MS, APRN-BC, APNP, is the coordinator of the Cardiovascular Disease in Women Program at Meriter Hospital in Madison, Wisconsin, and an adult nurse practitioner with over ten years of experience in preventive cardiology. Her areas of clinical interest include the management of patients with complex dyslipidemias, hypertension, and metabolic syndrome. Nelson Worel has spent most of her career involved in cardiac rehabilitation and health promotion programs in administrative and program development roles. Nelson Worel is a fellow of the American Association of Cardiovascular Rehabilitation and has been active in AACVPR on the local, regional, and national level for many years. She is a professional member of the American Heart Association and serves on the National Physical Activity and Metabolism Council's Obesity Committee. Nelson Worel has been on the Board of Directors for the Preventive Cardiovascular Nurses Association for five years and currently serves as their president elect.

Getting to the Heart of the Matter

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Lodging

Rooms have been reserved for conference participants and their guests at the Hilton Garden Inn (507-285-1234) at a rate of \$99 per night and the Radisson Plaza Hotel (507-281-8000) at a rate of \$112 per night. The rates listed may be extended before and after the conference based on availability. To ensure accommodations, please make your reservation by Wednesday, April 8, 2009. Reservation requests received after this date will be accepted on a space available basis.

Visit www.visitrochestermn.com for additional accommodations.

Continuing education credit

Mayo Continuing Nursing Education is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Participants can earn up to 6.25 accredited nursing contact hours for the conference.

Mayo Clinic has been designated by the Minnesota Board of Social Work as an approved continuing education provider. This conference fulfills requirements for 5.25 continuing education hours.

Poster session call for abstracts

You are invited to submit an abstract (300 word limit) for a poster related to the conference theme. Examples include, but are not limited to:

- Continuous improvement projects
- Multidisciplinary team projects
- Clinical research projects
- Educational projects
- Clinical practice initiatives

Completed abstracts must be submitted by Wednesday, March 3, 2009.

Abstract submittals should include:

- Completed conference registration for each presenter
- Current curriculum vitae for each presenter
- Abstract (include presenter information exactly as it should appear in published materials)

The primary presenter is responsible for the abstract content. Submission signifies the intent of the submitter(s) to present the poster at the April 29, 2009, *Getting to the Heart of the Matter Conference* in Rochester, Minnesota. Conference participants are expected to assume costs related to travel, accommodations, and registration.

To submit an abstract, visit www.mayoclinic.org/jobs-nursing-rst/abstracts.html. Attach the abstract and all presenters' curriculum vitae. Completed abstracts must be submitted by Wednesday, March 3, 2009.

Notification of accepted abstract and commitment for presentation at the conference will be made by Wednesday, March 17, 2009. Selected abstracts will be printed in the conference syllabus.

Program Schedule

Wednesday, April 29, 2009

- 7:00 a.m. Registration, Breakfast, Exhibits, and Posters
7:45 a.m. Welcome and Introductions
8:00 a.m. **Plenary I**
New Drugs Approved and On the Horizon, Across Cardiac, Neuro, and Vascular Specialties in Care
Christopher J. Arendt
- 8:45 a.m. **Plenary II**
Depression and Heart Disease: Improving Outcomes for Patients and Families
Sharonne N. Hayes
- 9:30 a.m. Break, Exhibits, and Posters
10:00 a.m. **Concurrent Session I**
- 11 Modern Management of Intracranial Aneurysms and Arteriovenous Malformations
Giuseppe Lanzino
 - 12 Reducing Obesity and Associated Cardiovascular Risks: Motivating Minnesota Adults and Children
Sharon J. Tucker
 - 13 What's New in Pediatric and Congenital Cardiology?
Patrick W. O'Leary
 - 14 Diagnosis and Care of Common Wounds
Mark W. Christopherson
- 10:45 a.m. Break
11:00 a.m. **Concurrent Session II**
- 21 Cardiac Tests --- What They Mean and for Which Patients?
Roger L. Click
 - 22 Childhood Obesity --- Cardiometabolic Risk
Julia Steinberger
 - 23 Radiologic Diagnosis of Stroke
Amy L. Kotsenas
 - 24 Anomalous Coronary Artery Arising From the Wrong Sinus of Valsalva
Harold M. Burkhart
 - 25 Adult Congenital Heart Disease: Born To Be Bad?
Carole Ann Warnes
- 11:45 a.m. Lunch (provided), Exhibits, and Posters
12:30 p.m. **Plenary III**
Venous Thromboembolism: Beware of the Dark Side of the Force
John A. Heit
- 1:15 p.m. Break
1:30 p.m. **Concurrent Session III**
- 31 New Techniques for Minimally Invasive Cardiac Surgery
Rakesh M. Suri
 - 32 Acute Stroke Intervention
David F. Kallmes
 - 33 Which Dressing for Which Wound?
Carol J. Bohanon
 - 34 State of Pre- and Post-Mortem Genetic Testing for Sudden Death Predisposing Cardiomyopathies and Channelopathies
Michael J. Ackerman
- 2:15 p.m. Break
2:30 p.m. **Plenary IV**
Complex Cases in Cardiovascular Risk Reduction
Patrick E. McBride and Jane Nelson Worel
- 3:15 p.m. **Plenary V**
Looking for Laughter in All the Wrong Places
Scott Burton
- 4:15 p.m. Summary and Evaluation

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About the sponsors

Mayo Clinic is the first and largest integrated, not-for-profit group practice in the world. Doctors and nurses from every medical specialty work together to care for patients, joined by common systems and a philosophy of "the needs of the patient come first."

Mayo is committed to advancing the knowledge and skills of healthcare professionals. Mayo Continuing Nursing Education conducts educational conferences that will advance nursing practice.

The American Heart Association is a national voluntary health agency whose mission is: "Building healthier lives, free of cardiovascular diseases and stroke."

Parking

Visit www.visitrochesterminn.com for a map indicating the location of downtown parking facilities. The cost of parking is not included in the registration fee.

For more information

Contact Mayo Continuing Nursing Education at 800-545-0357 or 507-266-1007, fax 507-266-6910, or e-mail cne@mayo.edu. Or visit our web site at www.mayoclinic.org/jobs-nursing-rst/cne.html.

Multiple brochures

Mayo Continuing Nursing Education uses multiple mailing lists and cannot always eliminate duplications. Please post or share extra brochures with colleagues.



Guest faculty

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Minneapolis, Minnesota

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Medicine and Public Health
Madison, Wisconsin

Jane Nelson Worel, MS, APRN-BC, APNP
University of Wisconsin Health
Preventive Cardiology
Madison, Wisconsin

Julia Steinberger, MD, MS
University of Minnesota
Minneapolis, Minnesota

Mayo Clinic faculty

Michael J. Ackerman, MD, PhD, FACC
Christopher J. Arendt, PharmD, RPh
Carol J. Bohanon, MSN, RN, CNP, CWS
Harold M. Burkhart, MD
Mark W. Christopherson, MD
Roger L. Click, MD, PhD
Sharonne N. Hayes, MD, FACC
John A. Heit, MD
David F. Kallmes, MD
Amy L. Kotsenas, MD
Guiseppe Lanzino, MD
Patrick W. O'Leary, MD
Rakesh M. Suri, MD, DPhil
Sharon J. Tucker, PhD, RN, ACNS-BC
Carole Ann Warnes, MD

Conference planning task force

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Penny L. Priebe, BSN, RN
Sueling Schardin, MPH, RD
Karen Wood, DNSc, RN, CCRN
Kathleen K. Zarling, MS, RN, ACNS-BC,
FAACVPR

Cardiac and Vascular Nursing Review Course

Tuesday, April 28, 2009

8:00 a.m. – 4:30 p.m. (registration at 7:30 a.m.)

Leighton Auditorium, second floor, Siebens Building

Mayo Clinic

Rochester, Minnesota

Course description and goals

This one-day course provides a review of the current national treatment guidelines and recommendations for best practice in the care of both cardiac and vascular adult patients. This course will be taught by experts in the field of cardiac and vascular nursing and may be used for more in-depth knowledge of nursing care or in preparation for a nursing certification exam.

Participants completing this course will be able to:

- Identify essential components of care for cardiac and vascular patients.
- Identify predisposing risk factors to cardiac and vascular diseases.
- Review current pharmacologic and treatment strategies.
- Utilize research-based recommendations for care practices across the continuum.

Program schedule

| | |
|------------|--|
| 7:30 a.m. | Registration and Breakfast |
| 8:00 a.m. | Welcome and Overview |
| 8:15 a.m. | Cardiovascular Risk Factors |
| 9:00 a.m. | Cardiac Disease States and Intervention |
| 10:00 a.m. | Break |
| 10:15 a.m. | Cardiac Disease States and Intervention (continued) |
| 11:15 a.m. | Lunch (on your own) |
| 12:15 p.m. | Vascular Disease States and Intervention |
| 2:15 p.m. | Break |
| 2:30 p.m. | Medical Emergency Response |
| 3:30 p.m. | Patient Education for Lifestyle and Health Promotion |
| 4:30 p.m. | Summary and Evaluation |

Continuing education credit

Mayo Continuing Nursing Education is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Participants can earn up to 7 accredited nursing contact hours for the review course.

Registration

Registration deadline: Wednesday, April 8, 2009

Registration fee: \$130

A student rate of \$75 is available. Please bring proof of current student status to the conference (for example, a copy of your student identification card).

To register, visit www.mayoclinic.org/jobs-nursing-rst/cne.html or call 1-800-545-0357.

Refunds, minus an administrative fee, will be given upon notification of cancellation received prior to Wednesday, April 8, 2009. Mayo Continuing Nursing Education reserves the right to cancel this program.

Mayo Continuing Nursing Education
Marian Hall 7
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Rochester, MN 55905

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