



*19th Annual*  
***Heart Disease and  
Stroke Conference***

*Getting  
to the*  *of  
the Matter*

*Tuesday, April 24, 2012*  
Mayo Clinic • Rochester, Minnesota

*Cardiac and Vascular Nursing Review Course*  
*Monday, April 23, 2012*

*Provided by Mayo Continuing Nursing Education in cooperation  
with the American Heart Association, Midwest Affiliate*

**Includes Call for Poster Abstracts!**

# Cardiac and Vascular Nursing Review Course

Monday, April 23, 2012

Leighton Auditorium, second floor, Siebens Building  
Mayo Clinic, Rochester, Minnesota

## Review course description and goals

This one-day review course provides current national treatment guidelines, medications, and recommendations for best practice in the care of both cardiac and vascular adult patients. The course will be taught by experts in the field of cardiac and vascular nursing. It is intended for nurses practicing or interested in cardiac and vascular patient care 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 predisposing risk factors to vascular and cardiac diseases.
- Describe pathophysiology and manifestations of vascular and cardiac diseases.
- Identify essential components of care, including pharmacologic and treatment strategies.
- Utilize research-based recommendations for care practices across the continuum.

## Course schedule

7:30 a.m.	<b>Registration</b>
8:00 a.m.	<b>Welcome and Pre-Test</b>
8:30 a.m.	<b>Cardiovascular Risk Factors</b> <i>Kara L. Mangold, MS, RN-BC, CCTN, Mayo Clinic, Scottsdale, Arizona</i>
9:15 a.m.	<b>Vascular Disease States and Interventions</b> <i>Phoua Chang, MSN, RN, ANP-C;</i> <i>Laurie J. Vlasak, MSN, RN, ANP-BC, GNP-BC; and</i> <i>Tina M. Wangen, MS, RN, CNS, Mayo Clinic, Rochester, Minnesota</i>
10:15 a.m.	Break
10:30 a.m.	<b>Vascular Disease States and Interventions (continued)</b>
11:30 a.m.	Lunch (on your own)
12:45 p.m.	<b>Cardiac Disease States and Interventions</b> <i>Carl E. Elbing, Jr., MSN, RN, Mayo Clinic, Rochester, Minnesota</i>
2:45 p.m.	Break
3:00 p.m.	<b>Medical Emergency Response</b> <i>DeAnn H. Lichte, RN, CCRN, CEN, Mayo Clinic, Rochester, Minnesota</i>
4:00 p.m.	<b>Patient Education for Lifestyle and Health Promotion</b> <i>Kara L. Mangold, MS, RN-BC, CCTN, Mayo Clinic, Phoenix, Arizona</i>
4:45 p.m.	<b>Summary and Post-Test</b>
5:15 p.m.	<b>Adjourn</b>

## 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 7.5 nursing contact hours (accredited) for the review course.

## Registration

**Registration deadline:** Tuesday, April 3, 2012

**Registration fee:** \$140 (\$75 student fee) *Students must bring proof of current student status to the conference (for example, a copy of your student identification card).*

To register, visit <http://calendar.cne-registration.com/>

Refunds, minus an administrative fee, will be given upon notification of cancellation received prior to **Tuesday, April 3, 2012**. Mayo Continuing Nursing Education reserves the right to cancel this program.

# 19th Annual Heart Disease and Stroke Conference

## *Getting to the Heart of the Matter*

Tuesday, April 24, 2012

### ***Conference description and goals***

This one-day conference will focus on care across the specialties of medical and surgical cardiology, vascular medicine, and neurology. The 2012 conference will address current national guidelines related to care of the adult patient. Presentations will encompass thromboembolic issues, dietary considerations, quality at the end of life, and care of the stroke patient.

The goals of the conference are to:

- Discuss new treatment strategies across the specialties of cardiac, neurological, and vascular patient care.
- Present evidence-based guidelines for care of stroke and vascular patients.
- Explore mindfulness, resilience, and overall wellness for healthcare providers.

### ***Featured faculty***

**John Otterbacher, PhD**, earned his doctorate in clinical psychology from St. Louis University and is in private practice focusing on diagnostics and therapy. He served as a State Representative and Senator in the state of Michigan, chairing the Committee on Health and Social Services. Otterbacher has acute experience as a cardiac patient, survivor, and thriver. He has taken his family on two multi-year ocean sailing adventures. His first book, *Sailing Grace*, was honored with the Indie Award as the Best New Non-Fiction Book of the Year and is in development as a major motion picture. Otterbacher has sailed 40,000 miles and made six ocean crossings, including one solo crossing.

### ***Date and location***

This conference will be held **Tuesday, April 24, 2012** in the Siebens Building, Mayo Clinic, 100 Second Avenue SW, Rochester, Minnesota.

### ***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.

### ***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 nursing contact hours (accredited) for the conference. \*\*\* 0.75 hour applies toward advanced practice nursing pharmacotherapeutic continuing education.

Mayo Clinic Section of Social Work has been designated by the Minnesota Board of Social Work as an approved continuing education provider. This conference fulfills requirements for 6.25 continuing education hours.

# Conference schedule

- 7:00 a.m. Registration, Breakfast, Exhibits, and Posters
- 7:45 a.m. Welcome and Introductions
- 8:00 a.m. **Plenary I**  
**Decreasing Stress and Enhancing Resilience (The SMART Program)**  
*Amit Sood, MD, Mayo Clinic, Rochester, Minnesota*
- 9:00 a.m. **Plenary II**  
**Early Onset Atherosclerosis**  
*Iftikhar J. Kullo, MD, Mayo Clinic, Rochester, Minnesota*
- 9:45 a.m. Break, Exhibits, and Posters
- 10:15 a.m. **Concurrent Session I**
- 11 Valvular Heart Disease: Features Unique to Women**  
*Rekha Mankad, MD, Mayo Clinic, Rochester, Minnesota*
- 12 Special Needs of the VAD Patient**  
*John M. Stulak, MD, Mayo Clinic, Rochester, Minnesota*
- 13 Enhanced External Counterpulsation (EECP): An Underutilized Treatment for Chronic Angina**  
*Gregory W. Barsness, MD, FAHA, FSCAI, FACC; and  
Linda J. Tesmer, BSN, RN, CET; Mayo Clinic, Rochester, Minnesota*
- 14 To Bleed or Not to Bleed: Antithrombotics and Anticoagulants\*\*\***  
*Sarah L. Clark, PharmD, RPh, Mayo Clinic, Rochester, Minnesota*
- 11:00 a.m. Break
- 11:15 a.m. **Concurrent Session II**
- 21 Cardiometabolic Syndrome: What's In the Belly Fat**  
*Janet L. Maxson, PhD, MS, FNP-BC,  
Minot Health and Wellness, Minot, North Dakota*
- 22 Hypertrophic Cardiomyopathy**  
*Steve R. Ommen, MD, Mayo Clinic, Rochester, Minnesota*
- 23 Secondary Stroke Prevention: Putting Evidence into Practice**  
*Kelly D. Flemming, MD, Mayo Clinic, Rochester, Minnesota*
- 24 Transformation and Healing Through Health Coaching**  
*Susanne M. Cutshall, MS, RN, CNS; Lisa M. Van Getson, MS, RN, CNP;  
Gail L. Vankanegan, MS, RN, CNP; and  
Laura J. Wentworth, MS, RN, ACNS-BC; Mayo Clinic, Rochester, Minnesota*
- 12:00 p.m. Lunch (on your own), Exhibits, and Posters
- 1:15 p.m. **Concurrent Session III**
- 31 The Gold Standard of Practice and Care for Patients with ST-Elevation Myocardial Infarction (MI)**  
*Gregory W. Barsness, MD, FAHA, FSCAI, FACC,  
Mayo Clinic, Rochester, Minnesota*
- 32 Warfarin and Vitamin K – What You Need to Know**  
*Alexandra M. Gregg, RD, LD, Mayo Clinic, Rochester, Minnesota*
- 33 What's New in Stroke Therapy?**  
*Kenneth Jones, DPT, PT; and Barbara J. Vareberg, OTR/L;  
Mayo Clinic, Rochester, Minnesota*
- 34 Interventional Radiology: Past, Present, and Future**  
*Jeremy L. Friese, MD, Mayo Clinic, Rochester, Minnesota*
- 2:00 p.m. Break, Exhibits, and Posters
- 2:30 p.m. **Plenary III**  
**Optimal Nutrition for Heart Disease and Beyond**  
*Donald D. Hensrud, MD, Mayo Clinic, Rochester, Minnesota*
- 3:00 p.m. **Plenary IV**  
**Advanced Technological Cardiac Therapies: Patient Advocacy**  
*Edward T. Creagan, MD; and Ann R. Loth, MS, RN, CNS;  
Mayo Clinic, Rochester, Minnesota*
- 3:45 p.m. **Plenary V**  
**What Dying Taught Me about Surviving, Living, and Healing**  
*John Otterbacher, PhD, Grand Rapids, Michigan*
- 4:45 p.m. Summary

# 19th Annual Heart Disease and Stroke Conference

## *Getting to the Heart of the Matter*

Tuesday, April 24, 2012

### ***Poster call for abstracts***

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

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

**Completed abstracts must be submitted by Friday, March 9, 2012.**

The primary presenter is responsible for the abstract content. Submission signifies the intent of the submitter(s) to present the poster at the April 24, 2012, 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, you must register for the conference at <http://calendar.cne-registration.com>. Attach the abstract and all presenters' curriculum vitae. Completed abstracts must be submitted by Friday, March 9, 2012.**

Notification of accepted abstract and commitment for presentation at the conference will be made by Friday, March 23, 2012. If selected, abstracts will be printed in the conference syllabus.

### ***Register before April 3, 2012***

The conference registration fee of \$145 includes breakfast, instructional materials, and break refreshments. A student rate of \$80 is available. *Students must 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 Tuesday, April 3, 2012. Registrations received after April 3rd will be accepted on a space-available basis.

Visit <http://calendar.cne-registration.com> to register.

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

### ***Cancellations***

If you cancel your participation in either of these educational activities, your registration fee, less an administrative fee, will be refunded when notification is received by Mayo Continuing Nursing Education before April 3, 2012 (fax#: 507-266-6910 or e-mail: [cne@mayo.edu](mailto:cne@mayo.edu)). **No refunds will be made on or after April 3, 2012.**

Mayo Continuing Nursing Education reserves the right to cancel or postpone any conference due to unforeseen circumstances. In the unlikely event Mayo Continuing Nursing Education must cancel or postpone any conference, Mayo Continuing Nursing Education will refund the registration fee, but is not responsible for any related costs, charges, or expenses to participants, including fees assessed by airline/travel/lodging agencies.

# 19th Annual Heart Disease and Stroke Conference

## Getting to the Heart of the Matter

Tuesday, April 24, 2012

### *Lodging and parking*

Rooms have been reserved for conference participants and their guests at the **DoubleTree by Hilton – Mayo Clinic Area** (507-281-8000) at a rate of \$124 per night, and the **Rochester Marriott Mayo Clinic Area** (877-623-7775) at a rate of \$149 per night. The rates listed may be extended before and after the conference based on availability. To ensure accommodations, please make your reservation by **Sunday, April 1, 2012**. Reservation requests received after this date will be accepted on a space available basis.

Visit [www.mayoclinic.org/travel-rst/maps.html](http://www.mayoclinic.org/travel-rst/maps.html) for a map indicating the location of downtown parking facilities. The cost of parking is not included in the registration fee.

### *About the providers*

Mayo Clinic's mission is to inspire hope and contribute to health and well-being by providing the best care to every patient through integrated clinical practice, education, and research.

**Mayo Continuing Nursing Education** conducts educational conferences that will advance nursing practice.



Mayo Clinic in Rochester, Minnesota, has been granted **Magnet® Recognition for Nursing Excellence** by the American Nurses Credentialing Center.

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

### *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](mailto:cne@mayo.edu). Visit our web site at <http://calendar.cne-registration.com>.

### *Multiple brochures*

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

### *Conference planning task force*

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Michelle M. Lindell, RN

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*Mayo Continuing Nursing Education  
2012 Conferences*

*Mayo Clinic Perinatal Nursing  
Nursing Research  
Minnesota Geriatric Care  
Cardiac and Vascular Nursing Review Course  
Heart Disease and Stroke  
Brain Injury  
Holistic Wellness  
LPN Clinical Practice Review  
Orthopaedic Nursing  
Mayo Spiritual Care Research  
Medical-Surgical Nursing Review Course*

Visit our web site at <http://calendar.cne-registration.com>  
for more information and a complete conference listing.



**MAYO CLINIC**  
Mayo Continuing Nursing Education  
Marian Hall 7  
200 First Street SW  
Rochester, Minnesota 55905

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