

*Seventeenth Annual  
Heart Disease and  
Stroke Conference*

*Getting  
to the*



*of  
the Matter*

*Wednesday, April 28, 2010*  
Mayo Civic Center  
Rochester, Minnesota

*Cardiac and Vascular Nursing Review Course*  
**Tuesday, April 27, 2010**  
Mayo Clinic, Rochester, Minnesota

*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

## Tuesday, April 27, 2010

**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.  | <b>Registration</b>   |
| 8:00 a.m.  | <b>Welcome and Overview</b>   |
| 8:15 a.m.  | <b>Cardiovascular Risk Factors</b><br><i>Kara L. Mangold, MS, RN-BC</i>   |
| 9:00 a.m.  | <b>Cardiac Disease States and Intervention</b><br><i>Monica M. Farnsworth, MS, RN, CCRN</i>   |
| 10:00 a.m. | <b>Break</b>  |
| 10:15 a.m. | <b>Cardiac Disease States and Intervention (continued)</b><br><i>Monica M. Farnsworth, MS, RN, CCRN</i>                             |
| 11:15 a.m. | <b>Lunch (on your own)</b>  |
| 12:30 p.m. | <b>Vascular Disease States and Interventions</b><br><i>Sandra E. Anderson, BSN, RN</i><br><i>LaDonna D. McGohan, DNP, RN, CMSRN</i> |
| 2:30 p.m.  | <b>Break</b>  |
| 2:45 p.m.  | <b>Medical Emergency Response</b><br><i>Katherine (Trina) K. Seelandt, MS, RN</i><br><i>Chad P. Liedl, MS, RN, CEN</i>              |
| 3:45 p.m.  | <b>Patient Education for Lifestyle and Health Promotion</b><br><i>Kara L. Mangold, MS, RN-BC</i>                                    |
| 4:45 p.m.  | <b>Summary and Evaluation</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 accredited nursing contact hours for the review course.

### *Registration*

Registration deadline: Wednesday, April 7, 2010

Registration fee: \$135. 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](http://www.mayoclinic.org/jobs-nursing-rst/cne.html).**

Refunds, minus an administrative fee, will be given upon notification of cancellation received prior to Wednesday, April 7, 2009. Mayo Continuing Nursing Education reserves the right to cancel this program.

# Getting to the Heart of the Matter

Wednesday, April 28, 2010

## Mayo Civic Center

30 Civic Center Drive Southeast, Rochester, Minnesota

### *Description and goals*

This one-day conference will focus on care across the specialties of medical and surgical cardiology, vascular medicine, and neurology. Topics for the 2010 conference include current national guidelines and innovative technology used for today's patients. Behavior change and psychosocial aspects of care will be addressed.

#### **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.
- Apply etiological research to 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.

### *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 online by Wednesday, March 3, 2010.**

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 28, 2010, *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, register for the 2010 Getting to the Heart of the Matter Conference at <http://www.mayoclinic.org/jobs-nursing-rst/calendarconf.html>. Attach the abstract and all presenters' curriculum vitae. Completed abstracts must be submitted by Wednesday, March 3, 2010.**

Notification of accepted abstract and commitment for presentation at the conference will be made by Wednesday, March 17, 2010. Selected abstracts will be printed in the conference syllabus.

# FEATURED FACULTY

*Fran Gallaher* has spent her life exploring alternative ways of knowing. The study and practice of meditation, intuition, and spirituality for more than twenty-five years has provided Gallaher with a basis for her coaching and teaching with individuals and groups. Her goal is to help her clients increase wellness, gain clarity and peace, and grow personally and professionally using insight, creativity, and intuition. Currently on the faculty of the Kaiser Institute, Program in Intuition, Brighton, Colorado, Gallaher helps physicians, corporate executives, and business leaders, especially in the healthcare industry, develop intuition using a multi-faceted approach that includes meditation. Gallaher is also a coach for another Kaiser Institute endeavor, the Two Worlds Wisdom School.

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*Gerald T. Gau, MD*, is a consultant in cardiology and professor of medicine in the College of Medicine at Mayo Clinic Rochester. He graduated from the University of Alberta in Edmonton, Canada with an MD degree. Gau interned for one year at Edmonton General Hospital and completed his residency in internal medicine at Mayo Clinic Rochester. Gau proceeded with cardiology training at Hammersmith Hospital in London, England. His research interests have been in the field of preventive cardiology and lipid disorders. Gau also has a continued interest in electrocardiography.

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*Kristin S. Vickers Douglas, PhD, LP*, is associate professor of psychology with specialty board certification in clinical health psychology at Mayo Clinic Rochester. She is a consultant in the Department of Psychiatry and Psychology, director of the Mayo Clinic Patient Education Research Program, and medical director of the Mayo Health Solutions EmbodyHealth Coaching Program. The overarching goal of her research, clinical, educational, and administrative roles is to advance the science and practice of health behavior change interventions and patient self-management of chronic conditions. She has been awarded intramural and extramural funds for her behavior change research, including funds from the National Institutes of Health. Her studies have been published in a variety of peer-reviewed journals. Vickers Douglas has been recognized with several awards including the Department of Psychiatry and Psychology Distinguished Clinician Award in 2008.

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*Roger D. White, MD, FACC*, is professor of anesthesiology, College of Medicine; and consultant in the Department of Anesthesiology, Division of Pre-Hospital Care, Department of Emergency Medicine, Department of Internal Medicine, Division of Cardiovascular Diseases, at Mayo Clinic Rochester. He is the medical director for the City of Rochester, the Olmsted County Early Defibrillation Program, and the City of Rochester Police Department. White is co-medical director of Gold Cross/Mayo Clinic Medical Transport and principal investigator with the Mayo Clinic Therapeutic Hypothermia Program. White is a reviewer for *Resuscitation*, *Annals of Internal Medicine*, *Annals of Emergency Medicine*, and *Critical Care Medicine*. His on-going clinical research includes assessment of patient outcomes following cardiac arrest, evaluation of performance of biphasic waveforms in clinical settings, and therapeutic hypothermia after cardiac arrest.

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*Douglas L. Wood, MD, FACP, FACC*, is a consultant in cardiovascular diseases and medical director of the Quality Academy at Mayo Clinic. He was a founding member of the Institute for Clinical Systems Integration in Minnesota and the Cooperative Cardiovascular Project to improve cardiac care in the Medicare program. Minnesota Governor, Tim Pawlenty, appointed Wood to the Minnesota Citizens Forum on Health Care Costs in 2003. He now serves on the Minnesota Quality Institute, a group responsible for creating the strategic framework for health care reform in Minnesota. Wood is a trustee of the Minnesota Medical Association and chairs the MMA Medical Practice and Planning Committee. He is a charter member of the Performance Measurement Advisory Council of the Joint Commission on the Accreditation of Health Care Organizations. He chaired the Cardiac Expert Panel of the JCAHO, the National Committee for Quality Assurance (NCQA), and the American Medical Association (AMAP), a group responsible for making performance measurement recommendations for heart disease that would be useful in all care settings. Wood has been honored by StratisHealth in Minnesota for his contributions to hospitals in improving the care of patients with myocardial infarction, and by the American College of Cardiology with its Distinguished Service Award.

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# Conference Schedule

Wednesday, April 28, 2010

- 7:00 a.m. Registration, Breakfast, Exhibits, and Posters  
7:45 a.m. Welcome and Introductions  
8:00 a.m. **Plenary I**  
01 Can We Make the Difficult Choices to Improve Healthcare Delivery?  
*Douglas L. Wood*
- 8:45 a.m. **Plenary II**  
02 Enhancing Patient Motivation for Health Behavior Change  
*Kristin S. Vickers Douglas*
- 9:30 a.m. Break, Exhibits, and Posters  
10:00 a.m. **Concurrent Session I**  
11 Adults with Congenital Heart Disease: Challenges of a Growing Population  
*Naser M. Ammash*  
12 Epidemiology of Stroke in Minnesota  
*James M. Peacock*  
13 Die Young as Late in Life as Possible  
*George M. Gura*  
14 Going Home with a Left Ventricular Assist Device (LVAD)  
*Lyle D. Joyce*  
15 Inferior Vena Cava (IVC) Filters  
*Ian R. McPhail*
- 10:45 a.m. Break  
11:00 a.m. **Concurrent Session II**  
21 Heart Disease Then and Now: What Can We Learn From Our Communities?  
*Veronique L. Roger*  
22 Postural Orthostatic Tachycardiac Syndrome (POTS)  
*Dalene M. Bott Kitslaar*  
23 Diabetes: Recognizing and Reducing Vascular Risks  
*Julie K. Brown*  
24 Unusual Causes of Stroke  
*Alexander Zubkov*  
25 2010 Update on Vitamin D and Cardiovascular Diseases  
*Gregory A. Plotnikoff*
- 11:45 a.m. Lunch, Exhibits, and Posters  
12:45 p.m. **Plenary III**  
03 Cardiopulmonary Resuscitation: Present Practice and Physiologic Rationale for New Directions  
*Roger D. White*
- 1:30 p.m. Break  
1:45 p.m. **Concurrent Session III**  
31 The Arctic Sun: Therapeutic Hypothermia in the Management of Post-Cardiac Arrest Syndrome  
*Roger D. White*  
32 Hyperbaric Oxygen Therapy (HBOT)  
*Paul L. Claus*  
33 Psychosocial Aspects of LVAD: Destination Therapy and as Bridge to Transplant  
*Ellen J. Case and Monica R. Freeman*  
34 The Aging Patient with Congenital Heart Disease – A Growing Population  
*Joseph A. Dearani*  
35 Role of the RN in Cardiovascular Procedural Testing  
*Janice M. Nelson and Amy T. Murphy*
- 2:30 p.m. Break  
3:00 p.m. **Plenary IV**  
04 LDL Particles Large or Small, New Approaches to Lipid Control  
*Gerald T. Gau*
- 3:45 p.m. **Plenary V**  
05 The Compassion Conundrum: How the Heart Balances Care of the Self with Care of Others  
*Fran Gallaher*
- 4:45 p.m. Summary and Evaluation

# Getting to the Heart of the Matter

Wednesday, April 28, 2010

## *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.

## *Registration*

The registration fee of \$145 includes conference materials, breakfast, break refreshments, and 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 7, 2010**. Registrations received after April 7th 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 7, 2010. Mayo Continuing Nursing Education reserves the right to cancel this program.

Visit [www.mayoclinic.org/jobs-nursing-rst/cne.html](http://www.mayoclinic.org/jobs-nursing-rst/cne.html) to register, or call 1-800-545-0357 with questions about registration or the conference.

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

## *Lodging*

Rooms have been reserved for conference participants and their guests at the **Hilton Garden Inn** (507-285-1234) at a rate of \$102 per night and the **DoubleTree Hotel Downtown** (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 7, 2010**. Reservation requests received after this date will be accepted on a space available basis.

Visit [www.visitrochester.com](http://www.visitrochester.com) for additional accommodations.

## *Parking*

Visit [www.visitrochester.com](http://www.visitrochester.com) 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** 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."

# Getting to the Heart of the Matter

Wednesday, April 28, 2010

## 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) or visit our web site at [www.mayoclinic.org/jobs-nursing-rst/cne.html](http://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

Fran Gallaher  
Lightways  
Denver, Colorado

James M. Peacock, PhD, MPH  
Minnesota Department of Health  
St. Paul, Minnesota

Gregory A. Plotnikoff, MD, MTS, FACP  
Abbott Northwestern Hospital  
Minneapolis, Minnesota

Alexander Zubkov, MD, PhD, FAHA  
Fairview Southdale Hospital  
Minneapolis, Minnesota

## Mayo Clinic faculty

Naser M. Ammash, MD  
Dalene M. Bott Kitslaar, MS, RN, CNP-BC  
Julie K. Brown, MS, RN, ACNS-BC  
Ellen J. Case, MSW, LICSW  
Paul L. Claus, MD  
Joseph A. Dearani, MD  
Monica R. Freeman, MSW, LICSW  
Gerald T. Gau, MD  
George M. Gura, MD  
Lyle D. Joyce, MD, PhD  
Ian R. McPhail, MD  
Amy T. Murphy, BSN, RN  
Janice M. Nelson, RN  
Veronique L. Roger, MD  
Kristin S. Vickers Douglas, PhD, LP  
Roger D. White, MD  
Douglas L. Wood, MD

## Conference planning task force

Cathleen K. Ahern, RN  
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## Cardiac and Vascular Nursing Review Course

### Mayo Clinic faculty

Sandra E. Anderson, BSN, RN  
Monica M. Farnsworth, MS, RN, CCRN  
Chad P. Liedl, MS, RN, CEN  
Kara L. Mangold, MS, RN-BC  
LaDonna D. McGohan, DNP, RN, CMSRN  
Katherine (Trina) K. Seelandt, MS, RN





MAYO CLINIC

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Rochester, Minnesota 55905

*Getting  
to the  
of  
the  
Matter*

A large, stylized red heart graphic that serves as a visual separator between the words 'of' and 'the' in the title.

*Wednesday, April 28, 2010*

**Mayo Civic Center Rochester, Minnesota**

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