




# *20th Annual Heart Disease and Stroke Conference*

*Getting  
to the*  *of  
the Matter*

*Wednesday, April 24, 2013*  
Mayo Clinic • Rochester, Minnesota

*Cardiac and Vascular Nursing Review Course*  
*Tuesday, April 23, 2013*

*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 23, 2013

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 practices 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 should be able to:

- Identify predisposing risk factors for 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.  | Registration  |
| 8:00 a.m.  | Welcome and Pre-Test  |
| 8:30 a.m.  | <b>Cardiovascular Risk Factors</b><br><i>Kara L. Mangold, MS, RN-BC, CCTN, Mayo Clinic, Phoenix, Arizona</i>  |
| 9:15 a.m.  | <b>Vascular Disease States and Interventions</b><br><i>Phoua Chang, MSN, RN, ANP-C, Laurie J. Vlasak, MSN, RN, ANP-BC, GNP-BC, 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><br><i>Carl E. Elbing, Jr., MSN, RN, Mayo Clinic, Rochester, Minnesota</i>   |
| 2:45 p.m.  | Break   |
| 3:00 p.m.  | <b>Patient Education for Lifestyle and Health Promotion</b><br><i>Kara L. Mangold, MS, RN-BC, CCTN, Mayo Clinic, Phoenix, Arizona</i>   |
| 3:45 p.m.  | <b>Medical Emergency Response</b><br><i>DeAnn H. Lichte, RN, CCRN, CEN, Mayo Clinic, Rochester, Minnesota</i>   |
| 4:45 p.m.  | Summary and Post-Test   |
| 5:15 p.m.  | Adjournment   |

## 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:** Wednesday, April 3, 2013

Registration fee: \$145 (\$80 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 **Wednesday, April 3, 2013**. Mayo Continuing Nursing Education reserves the right to cancel this program.

# 20th Annual Heart Disease and Stroke Conference

## *Getting to the Heart of the Matter*

### *Wednesday, April 24, 2013*

#### *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 2013 conference will address cutting-edge neurological, vascular, and cardiac care. Topics to be highlighted are anticoagulant therapy, stem cell research, care innovations, and resilience in the face of challenges. Participants, as healthcare providers, will learn about the self-discipline required to take care of oneself.

The goals of the conference are to:

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

#### *Guest faculty*



**Joseph C. Piscatella** is president of the Institute for Fitness and Health in Tacoma, Washington, and one of the country's leading experts on lifestyle and cardiac health. He is the author of twelve best-selling books, the host of three PBS television programs, and a frequent guest of several popular morning news programs. Piscatella serves as the only non-medical member of the National Institute of Health Expert Panel on Cardiac Rehabilitation, and serves on the Legislative Task Force on Youth Health in Washington State. Piscatella knows the science of healthy living, but also understands the practical application. After undergoing bypass surgery at age 32, he has used lifestyle habits to successfully manage his health. Today, Piscatella is one of the longest-lived survivors of bypass surgery in the world. His passion is to share his philosophy of self-responsibility, for both patients and healthcare professionals, to care for themselves first.

#### *Date and location*

This conference will be held Wednesday, April 24, 2013, 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 6.5 nursing contact hours (accredited) for the conference.

\*\*\*One 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 up to 4.0 continuing education hours.

# Conference schedule

|            |  |
|------------|--|
| 7:00 a.m.  | Registration, Breakfast, Exhibits, and Posters   |
| 7:45 a.m.  | Welcome and Announcements  |
| 8:00 a.m.  | <b>Plenary I</b><br><b>The Seven Blunders of the Vascular World</b><br><i>Thom W. Rooke, MD, Mayo Clinic, Rochester, Minnesota</i>   |
| 8:45 a.m.  | <b>Plenary II</b><br><b>Stroke Prevention Strategies for You and Your Patients*</b><br><i>Robert D. Brown, Jr., MD, Mayo Clinic, Rochester, Minnesota</i>  |
| 9:30 a.m.  | Break, Exhibits, and Posters   |
| 10:00 a.m. | <b>Plenary III</b><br><b>Cardiac Regeneration: Beyond Stem Cell Biology</b><br><i>Timothy J. Nelson, MD, PhD, Mayo Clinic, Rochester, Minnesota</i>  |
| 10:45 a.m. | <b>Plenary IV</b><br><b>Reversing Anticoagulants: The Do's and Don'ts***</b><br><i>Christopher J. Arendt, PharmD, RPh, Mayo Clinic, Rochester, Minnesota</i>   |
| 11:45 a.m. | Lunch (on your own)  |
| 12:45 p.m. | <b>Concurrent Session I</b><br><b>11 Addictions 101: Understanding and Helping Patients with Addictions*</b><br><i>Michael V. Burke, EdD, Mayo Clinic, Rochester, Minnesota</i><br><b>12 PRESSing the Case for Recognition: Posterior Reversible Encephalopathy Syndrome</b><br><i>Sara E. Hocker, MD, Mayo Clinic, Rochester, Minnesota</i><br><b>13 What You Need to Know About Transcatheter Aortic Valve Replacement (TAVR)</b><br><i>Vuyisile T. Nkomo, MD, MPH, Mayo Clinic, Rochester, Minnesota</i><br><b>14 Non-invasive Vascular Studies for Venous and Arterial Disease</b><br><i>David A. Liedl, RN, RVT, Mayo Clinic, Rochester, Minnesota</i>  |
| 1:30 p.m.  | Break  |
| 1:45 p.m.  | <b>Concurrent Session II</b><br><b>21 Getting It Right: Moving Toward a High Reliability VTE Prevention System</b><br><i>Timothy I. Morgenthaler, MD, Mayo Clinic, Rochester, Minnesota</i><br><b>22 Psychosocial Aspects of Care for Patients with Complex Medical Needs*</b><br><i>Margaret (Maggie) A. Kaser, MAN, RN, Mayo Clinic, Rochester, Minnesota</i><br><i>Amy M. Broehm, MSW, LGSW, Mayo Clinic, Rochester, Minnesota</i><br><b>23 Ebstein Malformation in the Current Era: The Concept of Anatomic Repair</b><br><i>Sameh M. Said, MD, Mayo Clinic, Rochester, Minnesota</i><br><b>24 Managing Pulmonary Hypertension in 2013: Advances in Diagnosis and Therapy</b><br><i>Garvan C. Kane, MD, PhD, Mayo Clinic, Rochester, Minnesota</i> |
| 2:30 p.m.  | 20th Anniversary Cake, Exhibits, and Posters   |
| 3:00 p.m.  | <b>Plenary V</b><br><b>Disparities Between Men and Women with Heart Disease*</b><br><i>Rekha Mankad, MD, Mayo Clinic, Rochester, Minnesota</i>   |
| 3:45 p.m.  | <b>Plenary VI</b><br><b>Living Healthy in a Doubleburger.com World*</b><br><i>Joseph C. Piscatella, Institute for Fitness and Health, Seattle, Washington</i>  |
| 4:45 p.m.  | Summary  |

\* Approved for social work continuing education hours.

\*\*\* Applies toward advanced practice nursing pharmacotherapeutic continuing education.

# 20th Annual Heart Disease and Stroke Conference

## *Getting to the Heart of the Matter*

### Wednesday, April 24, 2013

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

You are invited to submit an abstract (350 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 8, 2013.**

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, 2013, 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 authors' curriculum vitae. Completed abstracts must be submitted by Friday, March 8, 2013.**

Notification of accepted abstract and commitment for presentation at the conference will be made by Friday, March 22, 2013. If selected, abstracts will be printed in the conference syllabus.

#### ***Register before April 3, 2013***

The conference registration fee of \$150 includes breakfast, instructional materials, and break refreshments. A student rate of \$85 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 **Wednesday, April 3, 2013**. Registrations received after April 3rd will be accepted on a space-available basis.

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

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, 2013 (fax#: 507-266-6910 or e-mail: [cne@mayo.edu](mailto:cne@mayo.edu)). **No refunds will be made on or after April 3, 2013.**

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.

# 20th Annual Heart Disease and Stroke Conference

## *Getting to the Heart of the Matter*

### Wednesday, April 24, 2013

#### *Lodging and parking*

Rooms have been reserved for conference participants and their guests at the **Doubletree by Hilton Hotel Rochester – Mayo Clinic Area** (507-281-8000) at a rate of \$129 per night, and the **Rochester Marriott – Mayo Clinic Area** (877-623-7775 or 507-280-6000) 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 Monday, April 1, 2013. 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 committee*

Monica C. Anderson, BSN, RN  
Katrina R. Beckman, MS, RN, ACNS-BC  
Dorothy F. Bell, MS, RN-BC  
Carol J. Bohanon, MSN, RN, FNP-BC, CWS  
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Lorraine (Lori) M. Kendall, LGSW  
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Kara L. Mangold, MS, RN-BC, CCTN  
Janet L. Maxson, PhD, MS, FNP-BC  
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Kathleen K. Zarling, MS, RN, ACNS-BC, FAACVPR, FPCNA

*Watch the Mayo Continuing Nursing Education web site at  
<http://calendar.cne-registration.com>  
for more information on the following 2013 conferences:*

*Quest for Best Practices  
Minnesota Geriatric Care  
Diabetes Nursing  
Brain Injury  
Psychiatric Nursing  
Current Issues in Cancer Care  
LPN Clinical Practice Review  
Advanced Practice Nursing*

*and nursing review courses:*

*Cardiac and Vascular  
Medical-Surgical  
Oncology*



**MAYO CLINIC**

Mayo Continuing Nursing Education  
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Rochester, Minnesota 55905

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