

OVERVIEW

MNACVPR is pleased to present its 18th Annual State Conference, held this year at the beautiful Arrowwood Resort & Conference Center in Alexandria, MN. Discussions will encompass chronic health conditions and their relationships to pulmonary and cardiac health. Components of exercise physiology, prescription, application and outcomes will be addressed. MNACVPR is fortunate to welcome renowned presenters who will provide valuable information, that will motivate and energize the body and spirit while you enjoy the lakes country.

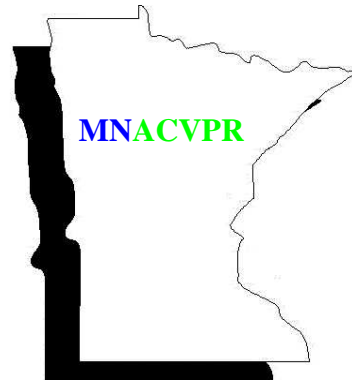
OBJECTIVES

At the completion of this program, the participant will be able to:

- Discuss the latest legislative and reimbursement news facing our professional organizations of AACVPR and MNACVPR.
- Learn how to provide a sustainable future for your cardiac and pulmonary rehab program.
- Gain confidence in placing appropriate exercise prescriptions and understanding exercise physiology.
- Understand methods of empowering the cardiac and pulmonary patient to exercise.
- Describe quality and alternative outcomes in cardiac and vascular patients care.
- Identify sleep disorder breathing terminology, prevalence, diagnosis, treatment and outcomes.
- Understand how obstructive sleep apnea impacts pulmonary and cardiovascular health.
- Understand the pathophysiology of heart failure and its association with pulmonary and heart health.
- Describe left ventricular assist device use and care of the patient with the LVAD.
- Identify national standards for diabetes management and the impact of exercise on these measures.

The Minnesota Association of Cardiovascular and Pulmonary Rehabilitation

18th Annual MNACVPR State Conference



“Getting Active, Getting Involved”

Keynote Presenters:

Jody Hereford, BSN, MS, FAACVPR
Murray Low, EdD, FAACVPR, FACS, M, FACSM,
President-Elect, AACVPR
John Porcari, Ph.D.

October 29th & 30th, 2008

**Arrowwood Resort & Conference
Center**

CONFERENCE SCHEDULE

Wednesday October 29, 2008

Pre-Conference Workshop

Pre-Conference Workshop 1:00 – 5:15 pm

12:00 - 2:00	Registration
1:00 - 2:00	MNACVPR Business meeting
2:00 - 3:00	“Diabetes: What Can Exercise Do?” Jenna Johnson, MS
3:00 - 4:00	“Exercise Prescription, Using Subjective Methods.” John Porcari, Ph.D
4:00 - 4:30	Vendor Break
4:30 - 5:30	“Exercise is Medicine. The Power of Fitness” Murray Low, EdD, FAACVPR, FACS, M

State Conference

5:30 - 6:45	Registration
6:45 - 8:00	“Exercise Physiology for the Non Physiologist.” John Porcari, Ph.D.
8:00 - 8:15	Break/Exhibitors
8:15 - 9:30	Social hour for registrants with Hors d’oeuvres and cash bar <i>(Sponsored by Cardiac Science)</i>
9:00	Bon Fire with Smores, By the beach

Thursday October 30, 2008

6:30 - 9:00	Registration
6:30 – 8:00	Buffet Breakfast for registrants
7:45 – 8:00	Welcome
8:00 – 9:00	AACVPR Update Murray Low, EdD, FAACVPR, FACS, M, President- elect AACVPR
9:00 – 10:00	“Heart Failure Across the Cardiac and Pulmonary Spectrum.” Margaret M. Redfield, MD
10:00 – 10:30	Vendor Break

10:30 – 11:30	“Sleep Apnea and Its impact on Cardiac and Pulmonary Patients’ Outcomes & Care.” Eric J. Olson, MD
11:30 - 12:15	Lunch
12:15 - 1:00	Regional group meetings
1:00 - 2:00	Breakout Sessions A) Pulmonary Focus Outcomes B) “The Tin Man Gets His Heart: The Psychosocial impact of Ventricular Assist Device Placement.” Penny Kalpin, MS, RN,
2:00 - 3:00	Breakout Sessions A) Cardiac Focus Outcomes B) “Overview of Sleep Disorder Breathing.” Robert Beymer, CRT/RCP
3:00 - 3:15	Vendor Break
3:15 – 4:15	“Thrive! Creating Our Sustainable Future.” Jody Hereford, BSN, MS, FAACVPR
4:15 – 4:30	Closing/Evaluations/CEU

PRESENTERS

Robert Beymer, CRT, RCP
Regional Clinical Specialist
ResMed Corporation
Chicago, IL

Jody Hereford, RN, MS, FAACVPR
Principal Consultant, Hereford Consulting Group
Boulder, CO
Past-President, AACVPR

Jenna Johnson, MS
Cardiac Rehab and Diabetes Center Manager
MeritCare Health System
Fargo, North Dakota

Penny K. Messner, MS, RN, CV surgical Clinical Nurse Specialist
St. Mary’s Hospital, Mayo Clinic
Rochester, MN

Murray Low, EdD, FAACVPR, FACSM

Program Director, Cardiac Rehabilitation
Stamford, CT, Westchester, NY,
Burke Rehabilitation, NY, Westchester, NY
President-Elect, AACVPR

Eric J. Olson, MD

Consultant, Division of Pulmonary and Critical
Care Medicine, Center for Sleep Medicine
Mayo Clinic
Rochester, MN

John Porcari, Ph.D.

Executive Director
La Crosse Exercise and Health Program
University of Wisconsin-La Crosse
Past-President, WISCVPR
Past-President, AACVPR

Margaret M. Redfield, MD

Consultant, Division of CV Diseases,
Department of Internal Medicine
Director of the Heart Failure Clinic
Mayo Clinic
Rochester, MN

PROGRAM COMMITTEE

Marc Arndt, Exercise Physiologist

Unity Hospital, Fridley, MN

Dennis Angellotti, MS, RN

MNACVPR President

Mercy Hospital, Coon Rapids, MN

Marsha Burt, MS, CES

University of Minnesota Medical Center
Minneapolis, MN

Teresa Fietek, BA, RCEP

Fairview Ridges Hospital
Burnsville, MN

Jim Garrett, BS, RRT,

MNACVPR Secretary

Mayo Clinic, Rochester, MN

Chad Gundry, MA, RCEP

Mercy Hospital, Coon Rapids, MN

John Inkster, MS,

St. Cloud Hospital, St. Cloud, MN

Nancy Nubson, RN

MNACVPR President-Elect

Lake Region Health Care

Fergus Falls, MN

Jessica Oman, CRT, RCP

MNACVPR Past-President

St. Cloud Hospital, St. Cloud, MN

Jane Rorvick, BSN, RN

Albert Lea Medical Center,

Albert Lea, MN

Paul Spilde, PT

MNACVPR Treasurer

Methodist Hospital, St. Louis Park, MN

Kristine Stave, BS, CES

St. Mary's, Duluth Clinic, Duluth, MN

Carla Theusch, MS

Wabasha Hospital, Wabasha, MN

Kari Weber, MS, RRT, RCP

Austin Medical Center, Austin, MN

Kathy Zarling, MS, RN, FAACVPR

St. Mary's Hospital, Mayo Clinic

Rochester, MN

ACCOMMODATIONS

Guest rooms have been reserved at the
Arrowwood Resort & Conf. Center for a
group rate of **\$119.00** for a double room.
Please call **320-762-1124** the Arrowwood
Resort **before October 29, 2008** to reserve
your room. Tell them you are part of the
MNACVPR group to receive the discounted
rate.

LOCATION ADDRESS

**The conference is located at the
Arrowwood Resort and Conference
Center, 2100 Arrowwood Lane, NW
Alexandria MN, 56308**

**Please map quest directions or check the
MNACVPR web site.**

EDUCATIONAL INFORMATION

This program has been designed to
meet the criteria of the Minnesota
Board of Nursing and American
Association for Respiratory Care for
continuing education for RNs, LPNs,
and RCPs. Verification of attendance
will be given at the conclusion of the
conference.

Pre-Conference Workshop = 3.6 CEUs

State Conference = 8.7 CEUs

(Wednesday evening and Thursday

**Pre-Conference is Wednesday, the
29th**

1PM to 5:30PM.

**Conference is Wednesday, the 29th
6:30PM through Thursday the 30th.**

The Planning Committee graciously thanks
each of you for attending the conference
and hopes that you discover new modalities
and approaches to the care of your cardiac
and pulmonary patients.

Make check payable to: MNACVPR

Mail registration form and check to:

**Marsha Burt
MNACVPR Membership
1471 127th Lane NW
Coon Rapids, MN 55448**

REGISTRATION FORM

18th Annual MNACVPR State

Conference

October 29 & 30 2008

Please Print Clearly

Name: _____

Credentials: _____

Preferred Mailing Address: Home / Work

Address: _____

City/State/Zip _____

Institution: _____

Home Address: _____

City/State/Zip: _____

Work Phone (___) _____

Work FAX (___) _____

E-Mail Address: _____

(MNACVPR newsletters will to be sent via Email)

Breakfast Buffet included on the 30th.

Meal Selections: Please select one

_____ London Broil/Parsley Potatoes

_____ Chicken Marsala over Bowtie Pasta

Conference & Membership Fees:

_____ 2009 Membership fees \$35.00

_____ Pre Conference & State Conference \$134.00

_____ Pre Conference only \$50.00

_____ State Conference only \$99.00

_____ Student fee \$65.00

_____ **After October 15th, add \$10**

***Note Change: Membership fees are
separate from conference fees.**

To continue your membership in 2009, you
will need to pay your membership fee with
this registration, regardless of whether you
are a current member.

Total Enclosed: \$_____