



# Minnesota Association of Cardiovascular and Pulmonary Rehabilitation

## Coaching Patient's for Success

4<sup>rd</sup> Annual Spring Conference

April 2<sup>nd</sup> 2008

8:00 am – 4:30 pm

CentraCare Health Plaza  
St. Cloud, MN

### Overview

The MNACVPR Spring Program Planning Committee is pleased to present the 4<sup>rd</sup> Annual Spring Conference. The topics are timely and all focus on some aspect of delivering quality care to cardiac and pulmonary patients.

### Objectives

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

- Identify key strategies to help pass the “Pulmonary and Cardiac Rehabilitation Act of 2008.”
- Describe the steps MNACVPR is taking to improve communication between members and U.S. Congressional officials.
- Discuss various programmatic and administrative concerns of regional pulmonary and cardiovascular rehab programs.
- Describe several ways to influence a patient’s behavior towards being successful with their exercise program.

### 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 RN’s, LPN’s, and RCP’s. Verification of attendance will be given at the conclusion of the conference. Fifty minutes equals one contact hour.

The conference is worth 8.1 Contact Hours

### Conference Schedule

Wednesday April 2<sup>nd</sup> 2008

8:00 am – 4:30 pm

7:30-8:00

**Registration**

8:00-8:15

**Welcome and Introductions**

8:15-9:15

**Update on Day on the Hill 2008**

9:15-10:15

**Essential Connections  
Diane Mackie**

10:15-10:30

Break

10:30-11:30

**Your Toolbox of Patient Resources  
Adrienne Banks  
Diane Mackie**

11:30-12:00

**Adherence Starts with Knowledge  
Peggy Flowers**

12:00-12:30

Lunch

12:30-1:30

**“Won’t You Be My Neighbor?”  
Regional Networking  
South: Kari Weber, RCP; Jane Rorvick, RN  
Metro: Paul Spilde, PT; Chad Gundry, MS  
North-Central: Nancy Nubson, RN  
North: Kristine Stave, MS**

1:30-2:45

**Essential Connections  
(Coaching Across Life Stages)  
Peggy Flowers**

2:45-3:00

Break

3:00-3:30

**Implementation Panel**

3:30-4:00

**Best Practices, Small Groups  
Future Planning**

4:00-4:30

**Closing/Adjourn**

Presenters

**Diane Mackie, BSN,MMH, COHN-S/CM**  
**Manager-Health Management Innovations**  
**Adrienne Banks MBA, PA, BA**  
**Manager-Care Management Solutions**  
**Peggy Flowers**  
**Director-Care Management Solutions**  
**Dennis Angellotti, MS, RN**  
 MNACVPR President  
 Mercy Hospital  
 Coon Rapids, MN  
**Chad Gundry, MS**  
 MNACVPR Metro Region Co-Director  
 Coon Rapids, MN  
**Nancy Nubson, RN**  
 MNACVPR President -Elect  
 Fergus Falls, MN  
**Jessica Oman, RCP**  
 MNACVPR Past President  
 St. Cloud Hospital  
 St. Cloud, MN  
**Jane Rorvick, RN**  
 MNACVPR South Region Co-Director  
 Albert Lea, MN  
**Lori McMillen**  
 MNACVPR Metro Region Co-Director  
 Minneapolis, MN  
**Kristine Stave, BS**  
 MNACVPR North Region Director  
 Duluth, MN  
**Kari Weber, BS, RCP**  
 MNACVPR South Region Co-Director  
 Austin , MN  
 Panel Presenters TBA

Accommodations

Rooms have been reserved at the **AmericInn Lodge and Suites** (119 Lesauk Drive, Sartell, MN 56377 – Off of MN Hwy 15 and Cnty Rd 1) for a group rate of **\$59.90** per night. Please reserve your room by 3/20/2008:  
 Phone: 320-259-0877  
 Email: [sartell.mn@americinn.com](mailto:sartell.mn@americinn.com)

Mention “**MNACVPR**” to receive the group rate.

Directions and Parking

The conference is being held at the **CentraCare Health Plaza** (1900 CentraCare Circle, St. Cloud, MN 56303 – Off of MN Hwy 15 and Cnty Rd 134), Conference Center, **Windfeldt Room**.  
**Area Map:** [www.centracare.com/maps/art/plaza\\_area\\_map.pdf](http://www.centracare.com/maps/art/plaza_area_map.pdf)  
**Campus Map:** [www.centracare.com/maps/art/plaza\\_campus\\_map.pdf](http://www.centracare.com/maps/art/plaza_campus_map.pdf)

Please park in the **Prairie East** or **Prairie West** parking lots. **Parking is FREE**. Follow signs to the Conference Center, **Windfeldt Room**. Please consult internet map services for more detailed directions.

Food

Light snacks and beverages will be available during Registration and Breaks. A variety of box lunches will be provided for all participants and is included in the registration costs.

Program Committee

<b>Jessica Oman, RCP</b> MNACVPR Past President St. Cloud, MN	<b>Marsha Pauly, MS</b> Minneapolis, MN
<b>Dennis Angellotti, MS, RN</b> MNACVPR President Coon Rapids, MN	<b>Ruth Rinker, MA, RCP</b> Minneapolis, MN
<b>Nancy Nubson</b> MNACVPR President-Elect	<b>Paul Spilde, PT</b> Minneapolis, MN
<b>Chad Gundry, MS</b> Coon Rapids, MN	<b>Kari Weber</b> Austin, MN
<b>John Inkster, MS</b> St. Cloud, MN	

Registration Form

**4<sup>rd</sup> Annual MNACVPR Spring Conference**  
**April 2<sup>nd</sup> 2008**

**PLEASE PRINT CLEARLY**

Name: \_\_\_\_\_  
 Credentials: \_\_\_\_\_  
 Preferred Mailing Address ( \_\_Home \_\_ Work)  
 Address: \_\_\_\_\_  
 City/State/Zip: \_\_\_\_\_  
 Institution: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City/State/Zip: \_\_\_\_\_  
 Work Phone: \_\_\_\_\_  
 Work Fax: \_\_\_\_\_  
 Email address: \_\_\_\_\_

**(MNACVPR communications will be sent primarily through email)**

Make check payable to: **MNACVPR**  
 Mail registration form and check to:  
 Marsha Pauly  
 MNACVPR Membership Chair  
 1471 - 127<sup>th</sup> Lane NW  
 Coon Rapids, MN 55448

Registration includes pro-rated 2008 membership fee for Joining Members of MNACVPR.

**Fees:** \_\_\_ **\$60** Conference, Current Members  
 \_\_\_ **\$80** Conference, Joining Members  
 \_\_\_ **\$45** Conference, Student  
 \_\_\_ **\$20** Late fee after March 20th  
**(If your check is not in the mail by March 20<sup>th</sup> , please bring it with you to the conference.)**

**Amount Enclosed: \$** \_\_\_\_\_