Education Schedule

Wednesday, September 18

Pre-Conference Workshops

8:00 a.m. – 12:00 p.m.

P101: Powerful Possibilities with Program Certification
Speakers: Susi Mathis, MS, RN, CCRP, RCEP, FAACVPR; Bob Brown, MPH, MBA, FMFA, FAACVPR; Ashley Wishman, MS, CEP, CSCS, EIM3, FAACVPR; Julie Rounds, MS, RCEP, CEP, CSCS, CCRP; Bonnie Clark, RRT, CPT, FAACVPR

This workshop will provide information about program certification to ensure that your program is on track for excellence. The workshop will be an in-depth review of the requirements for successfully completing the certification process. All pages of the application will be reviewed with an interactive audience component to answer questions specific to what individual programs are having difficulties with or requests for clarification. Those who are striving for excellence in their programs, applying for or reapplying for program certification are appropriate candidates for this workshop.

1:00 p.m. – 5:00 p.m.

P102: Home-Based Rehab Symposium: Finding the Best Approach for Your Practice Setting
Speakers: David Schopfer, MD, MAS; Surya Bhatt, MD, MSPH; Chris Garvey, FNP, MSN, MPA, MAACVPR; Lauren Hocking, RDN, CD; Amanda Settle, RDN, LDN, CDE; Tori Gusewelle, MS, RD, LDN, CPT; Matthew Bartels, MD, MPH

Home-based Cardiopulmonary rehab programs can have an important role in addressing the unmet needs of patients in need of cardiac and pulmonary rehabilitation world-wide. In the United States there has been increasing interest in off-site cardiac and pulmonary rehabilitation programs. This “multi-track” workshop will overview the essential components of a home-based program from a cardiac, pulmonary and nutrition perspective. Additionally, a special session on finances will include how to identify hospital stakeholders, how to draft a data driven proposal and how to get a program funded. The overall structure of this half-day workshop will mirror an extended rapid-fire roundtable with presentations by each track followed by small group brainstorming and presentation to the expert speakers in a panel format. Participants will leave with an understanding of the components of a home-based program and ideas about how to get a new program funded.

1:00 p.m. – 5:00 p.m.

P103: Tobacco Treatment in Cardiac and Pulmonary Rehab: HANDS ON!
Speakers: Quinn Pack, MD, MSc, FAACVPR; Nancy McCleary, RN, CCRP, CTTS-M; Joel Hughes, PhD, FAACVPR; Kathy Zarling, MS, APRN, CTTS; Andrea BonWilson, LPC, CACII, FAACVPR; Richard Josephson, MS, MD FACC, FACP, FAHA, FAACVPR

This workshop will provide the most up to date approaches to tobacco treatment within the rehab setting. We will cover the latest ACC Consensus Guideline, advanced prescribing practices for pharmacotherapy, the development and integration into the rehab setting, as well as a discussion on the hot topic of E Cigarettes and vaping. The final two hours will focus on the practical tools and coaching skills for clinicians. Most importantly, we will use role playing and audience participation to help cement these concepts to bring back to your program.
Thursday, September 19

Breakout Sessions

8:00 a.m. – 9:30 a.m.

Opening Keynote: The Science of Happiness
Speaker: Catherine Sanderson, PhD

This talk presents both surprising and not-so-surprising information on the science behind happiness. What role do money, marriage, friends, children, personality, age, and nature play in making us feel happier? Is happiness stable over time? How can happiness be increased? Professor Catherine Sanderson will describe cutting-edge research from the field of positive psychology on the factors that do (and do not) predict happiness, and provide participants with practical (and relatively easy!) ways to increase their own psychological well-being.

10:45 a.m. – 12:00 p.m.

B101: Pulmonary Rehabilitation/Respiratory Services: It’s Not Cardiac Rehab with a Pulse Oximeter
Program Management
Speakers: Susan Flack, BSN, MS; Snizhana Weber, BS, CCRP; William Goodenkauf, MS; Debbie Koehl, MS, RRT, NPS, AE-C, FAARC

This session will review how a pulse oximeter effects patients in pulmonary rehabilitation. Based on the evidence, look into the optimal use of supplemental oxygen in patients and learn to build program effectiveness.

B102: Previewing the Sixth Edition of the AACVPR Guidelines for Cardiac Rehabilitation and Secondary Prevention
Cardiac Rehab
Speakers: Jonathan K. Ehrman, PhD, FACSM, FAACVPR; Patrick D. Savage, MS, FAACVPR

Join the editors for a “book tour” and discussion of the newly released 6th edition of the AACVPR Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs. This is the sixth edition of the guidelines, the most up-to-date and definitive resource for developing inpatient and outpatient cardiac rehabilitation programs.

B103: Cutting Edge Strategies to Increase Pulmonary Rehabilitation Participation: Recent NHLBI Research Funding with Early Results
Pulmonary Rehab
Speakers: Quinn R. Pack, MD, MSc, FAACVPR; Roberto Benzo, MD, MSc; Joseph Finkelstein, MD, MPH; Peter K. Lindauer, MD, MSc

Pulmonary Rehabilitation (PR) is an effective but highly underutilized therapy for patients with chronic lung disease. National estimates suggest that as few as 3% of eligible patients participate after a hospitalization for COPD. Recently, the National Heart Lung and Blood Institute (NHLBI) funded two randomized controlled trials to test innovative approaches to increase PR participation. Moreover, the NHLBI previously funded a mixed-methods approach to identify effective implementation strategies to increase PR participation rates which is in its second year. In this session, we will hear from each of these investigators who will describe their proposals, unique approaches to improving pulmonary rehabilitation, and any preliminary results.
B104: How Problematic Eating Behaviors can Undermine Cardiac and Pulmonary Rehabilitation Patients' Weightloss Efforts: Challenges to Detection and Treatment

Behavior
Speakers: Carly M. Goldstein, PhD; Emily C. Gathright, PhD

The purpose of this presentation is to review the most common problematic eating behaviors in cardiac and pulmonary rehabilitation patients. Attendees will better understand each of these problematic eating behaviors that may impede weight loss, receive specific guidance on how to assess for these behaviors, review common barriers to adequate assessment, and learn about basic treatment information that may help cardiac and pulmonary rehabilitation patients better regulate their eating and successfully lose weight.

B105: The Nuts and Bolts in Establishing and Sustaining a Cardiopulmonary Rehabilitation Post-Acute Care Preferred Network Partnership

Innovative Leadership
Speakers: Ana Mola, PhD, RN, ANP-C, MAACVPR; Jonathan Whiteson, MD, FAAPMR; Marie Rosenthal, DNP, RN, LNHA; Adrienne Goldberg, MPT

The aim of this presentation is to highlight the VBC five year trends and phases of design, implementation and evaluation of this PAC-PP to demonstrate the optimal care coordination services provided and outcomes of decreased length of stay, improved functional outcomes and reduced readmissions rate of this CPR population. This presentation will focus on the principles of population health management and the business model that influenced this interagency PAC-PP. Additionally, the clinical and educational processes to establish this collaborative will be highlighted with lessons learned and future strategic insights offered to sustain this partnership.

B106: Moderated Abstract Presentations

2:00 p.m. – 3:30 p.m.

B107: The Development and Implementation of Practical Staff Competencies

Program Mangement
Speakers: Teresa Eber Lee, EdD, CCRP, RCEP; Shawn E. Leth, M.Ed CEP

This session will identify criteria that are useful when developing competency topics and review acceptable methods of assessment and evaluation. During the discussion, attendees will be asked to share their experiences and design practical competencies, including learning objectives and resources.

B108: Increasing CR Participation: Million Hearts to NIH

Cardiac rehab
Speakers: Hillary Wall, MPH; Diann Gaalema, PhD; Steven Keteyian, PhD; Pamela Peterson, MD, MSPH; Daniel Forman, MD, FACC, FAHA; Philip Ades, MD

The goal of this session is to describe the focused efforts on increasing CR participation in the U.S. that were spurred by the Million Hearts CR Collaborative of the CDC and by initiatives of the NIH on increasing participation in both CR and PR. Dr. Ades will put this effort into historical context and introduce the 5 speakers. Hillary Wall MPH has led the Million Hearts efforts that focuses on real world implementation of proven, yet underutilized, strategies to increase CR utilization and she will describe these efforts. Then the 4 successful grantees will describe the research plans that they have implemented to increase participation in CR in their respective populations of interest.

Speakers: Gerene S. Bauldoff, PhD, RN, MAACVPR; Brian W. Carlin, MD, FCCP, FAARC, MAACVPR; James P. Lamberti, MD, FCCP; Gerilynn Connors, BS, RRT, FAARC, MAACVPR

This session will provide an overview of the newly published AACVPR Pulmonary Rehabilitation Guidelines, 5th Edition. Updates to the guidelines and expansion of evidence to support PR components and concepts. Special emphasis on patient assessment to pulmonary rehabilitation.

B110: Dietary Assessment Tools: What’s on the Horizon

Nutrition

Speakers: Karen K. Collins, MS, RDN, CDN, FAND; Ellen Aberegg, MA, LD, RDN, FAACVPR

Dietary assessment is a critical component of patient evaluation and care in cardiac rehabilitation. The choice of dietary assessment tools is critical in order to get reliable and valid results that contribute usefully for planning patient care and assessing progress. Based on results of ongoing validation research in 2019, options for choosing a tool that is appropriate for different program settings will be discussed. This session provides an update on recommended dietary assessment tools for AACVPR certified programs and the AACVPR registry, and guidance on their implementation in patient care.

B111: Referral, Enrollment, Attendance - A Humanistic Approach

Innovative Leadership

Speaker: Carl N. King, EdD, MAACVPR

All business is about relationships. Cardiac rehabilitation is a people business. How we choose to communicate and interact with the people who form the basis of CR, the patients and their families, the physician(s), the administrators, the third party payors and your colleagues. Almost all of the work of the world is done through relationships with people and in organizations. Developing an “Active partnership” with the referring physicians and their staff is a key element to the referral process. The key to developing and maintaining good relationships and partnerships is trust. When trust is present, mistakes are forgiven and forgotten. Trust is the glue of life. It is the glue that holds organizations, cultures and relationships together.

B112: Beginning Investigator Presentations

The Beginning Investigator Award is given to outstanding researchers who are within 5 years of their latest degree or final training (ie, fellowship, residency), and who have not previously won the award. Six (6) scientific abstracts are chosen as finalists for this award, and each is given a platform presentation during a special session at the AACVPR Annual Meeting. The presentations are then judged by the AACVPR Research Committee.

3:45 p.m. – 5:15 p.m.

B113: Health Policy & Reimbursement Update 2019

Program Management

Speakers: Karen Lui, BSN, MS, MAACVPR; Phil Porte

A review of 2018 Medicare regulations for cardiac, pulmonary, and PAD rehabilitation services with a look ahead to 2019 changes.
B114: National Cardiovascular Guidelines: What’s New and What You Need to Know  
Cardiac rehab  
**Speakers:** Richard A. Josephson, MS, MD FACC, FACP, FAHA, FAACVPR; Vera Bittner, MD, MSPH; Daniel Forman, MD, FACC, FAHA; Brian Carlin, MD, FCCP, FAARC, MAACVPR

National Guidelines are the touchstones of our clinical care. Indeed AACVPR is an active contributor and endorser of many of them. This session will review recent guidelines (e.g. lipids, physical activity, hypertension), highlighting what individual professionals and program leaders need to know.

B115: Non-Pharmacological Therapies for IPF and Other Non-COPD Pulmonary Disease  
Pulmonary rehab  
**Speakers:** Charlotte Teneback, MD; Katherine Menson, DO; James P. Lamberti, MD, FCCP

The PR specialist needs to go beyond the pharmacologic options for the IPF patient and this lecture will address the NON PHARMACOLOGIC intervention that even go beyond Pulmonary Rehab. Review updates in approaches to PR in non-COPD populations, including other obstructive diseases, restrictive lung diseases, pulmonary vascular disease and other populations as presented in Chapter 7 of the updated edition of the Pulmonary Rehabilitation Guidelines.

B116: AACVPR Putting into Practice the Psychosocial Guidelines of the latest Pulmonary Guidelines  
Behavior  
**Speakers:** Kent Eichenauer, PsyD, FAACVPR; Maria Buckley, PhD; Therese Shumaker, MA, RDN, NCTTP

We are all aware the new Pulmonary Guidelines are out. There are significant changes, including the Psychosocial chapter. The authors will use this time to review the chapter with participants highlighting strategies for psychosocial screening, intervention, and tobacco dependence that participants can take home and integrate into their pulmonary rehab programs.

B117: Hot Topics in Addiction and Cardiovascular Disease: Marijuana, Cigars, E-cigarettes, and Alcohol  
Cardiac  
**Speakers:** Quinn R. Pack, MD, MSc, FAACVPR; Sherrie Khadanga, MD; Hayden Riley, RCEP, TTS; Diann Gaalema, PhD

For years, epidemiologists have suggested that low-dose alcohol use is cardio protective. Are these claims true, or is this wishful thinking the result of clever advertising? In cardiac rehabilitation, what should clinicians tell patients who use these substances? Is there a safe level of consumption, and what methods are most effective for helping motivated patients to completely quit? This session will address these questions; examine the current evidence for and against marijuana, cigars, e-cigarettes, and alcohol and apply this information directly to clinical settings in cardiac rehabilitation.

B118: Scientific Oral Abstracts

AACVPR strives to provide diverse educational opportunities for our members. During this session, authors will present their peer-reviewed research in a specific topic area, and presentations will be moderated by experts in the field.
**Friday, September 20**

**Breakout Sessions**

*8:00 a.m. – 9:30 a.m.*

**Award Winner Showcase**

Each year, AACVPR recognizes the best, brightest and most innovative individuals in the cardiac and pulmonary rehabilitation industry with the prestigious AACVPR Awards. The L. Kent Smith Award of Excellence, Michael L. Pollock Established Investigator Award, and Thomas L. Petty Distinguished Pulmonary Scholar Award will be presented to recipients on Friday, September 20 during the 34th Annual Meeting Awards Showcase.

*9:45 a.m. – 10:45 a.m.*

**B201: Power up your performance with Program Certification**

Program Management  
*Speaker: Susi Mathis, MS, RN, CCRP, RCEP, FAACVPR*

This session will provide an overview of each page of the 2020 certification application and insight on how to successfully complete the certification process. Programs seeking AACVPR Certification for the first time and those renewing their certification are encouraged to attend.

**B202: The Cardiac College – A Collaborative Patient Education Program for Cardiac Rehabilitation**

Cardiac Rehab  
*Speaker: Paul Oh, MD, MSc, FRCP, FACP*

This session will describe the next evolution of the patient education curriculum used in our cardiac rehab program in Toronto (www.cardiaccollege.ca). Updating from our last workshop in 2016, we will share information about several NEW components: a redesigned web platform, patient education guides (organized in 9 booklets, rewritten in plain language with new color illustrations), multimedia assets (e.g., exercise and nutrition videos, diet scoring tool), customizable slide decks for in class teaching, and multilingual resources (e.g., Spanish, French, Portuguese, Hindi, Punjabi). We will share information and results from evaluations of effectiveness conducted in Canada and internationally. We will also invite participation in collaborative use, dissemination and evaluation.

**B203: Pulmonary Rehabilitation: The Year in Review 2019**

Pulmonary rehab  
*Speaker: Brian W. Carlin, MD, FCCP, FAARC, MAACVPR*

This session will look at the various research studies that have been published over the last year in the field of pulmonary rehabilitation.

**B204: Practical Suggestions for Positive Outcomes: The Benefits of Group Intervention for Cardiac and Pulmonary Patients**

Behavior  
*Speakers: Leanne J. Levin, PhD, MS, MA; Amy Knight, PhD, ABPP*
This session aims to explore practical methods of implementing and facilitating such groups for both cardiac and pulmonary patients on an inpatient as well as outpatient basis. These skills are relevant for all rehabilitation professionals within the multidisciplinary team.

**B205: Innovative Methods to Improve CardioPulmonary Rehab Programs**

Innovative Leadership  
*Speakers: Sherri D. Brandhorst, BSN, RN; Kathy Piper, M.Ed.; Angela Mohondro, MBA, MA, CCC-SLP*

We created a multidisciplinary outpatient facility that serves 500 people/patients a day, giving our cardiac rehab program the ability to integrate traditional and non-traditional services into the program resulting in increased long term cardiac health and compliance.

**B206: Moderated Abstract Presentations**

See Abstracts tab on this page. AACVPR strives to provide diverse educational opportunities for our members. During this session, authors will present their peer-reviewed research in a specific topic area, and presentations will be moderated by experts in the field.

1:00 p.m. – 2:00 p.m.

**B207: Tech 2020: Impacting Clinical Practice**

Program Management  
*Speakers: David Prince, MD, FAAPMR; Matthew N. Bartels, MD, MPH; Vanessa Pahlad-Singh, MS, CCRP*

This session will provide a context to discuss how technology has shaped the healthcare environment and specifically Cardio-pulmonary practice in the since 2015. General trends will be discussed with specific examples of important technological advances and the impact they have had. One program’s continuing experience with app customization will be surveyed and the collected data with be reviewed. Learners will gain insight into how technology will impact their practice in the near-future and gain practical suggestions on how to integrate time-saving tech into their work-flow.

**B208: Type 2 Myocardial Infarction—Diagnosis, Prognosis, and Treatment and the Role of Cardiac Rehabilitation**

Cardiac Rehab  
*Speakers: Aiman Smer, MBBS; Ray W. Squires, PhD, FACSM, FAHA, MAACVPR*

Attendees will recognize the characteristics of Type II myocardial infarction as well as the indications for, and components of, cardiac rehabilitation delivery and participation in this patient cohort.

**B209: Debunking Lung Transplant Myths: From Referral To Recovery and Where Pulmonary Rehab Fits**

Pulmonary Rehab  
*Speakers: Nadia Long, BS, CTTS; Julie Varelmann, BA, RRT, RCP; Caitlin Beebe, MS; Laura Moutrey, MS*

This session will describe the rationale, implementation, and outcomes of this transplant-specific protocol. We will provide details about recommended exercises, activities and educational topics that best benefit these patients throughout the entire transplant process. We will discuss challenges in working with lung transplant patients and adaptations taken to best serve this patient population. We will discuss methods that have led to success with this population.
**B210: Cannabas and CBD**
Nutrition  
*Speaker: Nicole Bowles, PhD*

Cannabis is the most commonly used drug in the world. In the United States as of March 2019, 10 states have approved recreational, and 33 states have legalized medical cannabis consumption. Despite medical benefits (e.g. pain relief), several case reports have described cardiovascular (CV) fatalities in ostensibly healthy young men 1-2 h after smoking cannabis. The mechanisms linking cannabis consumption with CV risk are very unclear. For instance; (a) chronic exposure to cannabis is linked to vascular endothelial dysfunction in humans (a marker of CV risk), however, a study in rodents suggests this effect may be related to the combustible byproducts rather than the active cannabinoids. In contrast, acute exposure to the main psychoactive component of cannabis (THC) causes vasorelaxation in rodents and acute activation of the endocannabinoid system via endogenous lipid modulators, and increases endothelial nitric oxide dependent vasorelaxation in healthy adults.

**B211: Heads Up Display (HUD); Improving Patient Care, with Patients Who Care**  
Innovative Leadership  
*Speakers: Bryce Corrion, BS, ACSM-CEP; Steven Walsh, BS, CCEP*

This topic focuses on a unique way to involve patients with continuous quality improvement. Immediately relatable to your cardiac or pulmonary rehab programs, we focus on the initiation steps of this program. Though similar to Lean in Daily Work huddles; this encourages direct patient input & participation, program transparency, collective understanding, teamwork, and more. We will introduce an evolving and customizable structure, while providing plans and examples. The structure allows staff and patients to lead the effort; therefore, we’ll review some risk management strategies to prevent things like HIPAA violations. Once up and running, leadership may take-a-backseat, while remaining active within the rehabilitation program.

**B212: Progression of Cardiac Rehabilitation in China**  
International Session  
*Speakers: Rongjing Ding, CCRP; Dayi Hu, MD; Xiaoping Meng; Yuqin Shen, MD*

CR has become a trend of globalization. What about the progression of CR in China? During this session, we will share the current status of CR in China and exchange different CR models. To be ready to share what patients obtain in your cardiac and rehabilitation program and come ready to participate!

2:15 p.m. – 3:30 p.m.

**B213: AACVPR Registries**  
Program Management  
*Speakers: Karen Edwards, MS, RCEP, RRT, FAACVPR; Tonja Bell, MS, CCRP, FAACVPR; Todd Brown, MD, MSPH, FACC, FAACVPR*

This session will discuss the current status and purpose of the Data Analytic Center. Review of the AACVPR Cardiac and Pulmonary Registries and the important link to Performance Measures and AACVPR Program Certification. Provide a review of the Registry FAQs, proper use of the registry according to data definitions. Inform users on how to efficiently use reports and data extraction and implement quality improvement projects.
B214: Novel Strategies for Risk Stratification in Response to Changing Modalities of Care in Cardiac Rehabilitation
Innovative Leadership
 Speakers: Garrett Kellar, MS, CCRP, RCEP, EP-C, EIM3; Daniel Forman, MD; Kelsey M. Flint, MD, MS

In the face of changing dynamics within cardiac rehabilitation (CR) where mobile devices, home-based, and hybrid CR is becoming increasingly popular, challenges of treating the contemporary CR patient are also increasing. Patient success of CR is not only impacted by patient medical complexities but a variety of other factors such as mobility, fall risk, cognition, health literacy, socioeconomics (transportation, food deserts, access), understanding of nutrition, and self-efficacy. Assessment, modification of risk stratification and program placement are essential to improve utilization and patient outcomes. This session will explain and discuss limitations in the current research of the efficacy of various CR modalities of care, challenges of contemporary CR patients and identify novel strategies of risk stratification.

B215: The Role of Oxygen Devices and Non-Invasive Ventilation in Pulmonary Rehabilitation
Pulmonary Rehab
 Speakers: Robert McCoy, BS, RRT; Heidi Pelchat, BS, RRT, PCP; James Carroll, MD

Review current data on oxygen delivery devices including portable oxygen concentrators and non-invasive ventilation (NIV) during exercise. Identify patient factors impacting oxygen delivery devices and NIV systems. Examine potential pulmonary rehabilitation participant characteristics who may benefit from use of NIV to enhance their exercise tolerance. Discuss process for integrating different oxygen devices and NIV into pulmonary rehabilitation.

B216: The Spark Within: Igniting Change in Cardiac Rehab
Nutrition
 Speaker: Christine Alongi, MS, MBA, RDN, LD

This session will address how to initiate behavior change with intensive nutrition education and mental health support to improve patient adherence and maximize program outcomes.

B217: AACVPR Leading the Patient Revolution: Partnering with Patients to Solve the many challenges facing CR/PR Today
Innovative Leadership
 Speaker: Greg Merritt, PhD

This workshop will introduce the basic fundamentals of patient and family-centered care while working to start a movement and transform AACVPR as the leading entity in authentically partnering with patients. Through a series of exercises, question-storming, and design thinking, the participants will leave with a practical "ready to implement" plan to tackle a pressing problem facing your clinic.

B218: Scientific Oral Abstracts

See Abstracts tab on this page. AACVPR strives to provide diverse educational opportunities for our members. During this session, authors will present their peer-reviewed research in a specific topic area, and presentations will be moderated by experts in the field.
Rapid Fire Sessions

3:45 p.m. – 4:30 p.m.

RF1001: Value Based Care Strategies: Let’s Learn From Our Peers
Program Management
Speaker: Tracy A. Herrewig, MS, RCEP, MAACVPR

This is an opportunity for attendees to interact with fellow cardiac & pulmonary rehabilitation professionals and members of AACVPR’s Value-Based Care Committee, with the purpose of identifying and sharing implementation strategies specific to value based care. Join us for interactive discussions!

RF1002: Reducing the Burden: Treating Atrial Fibrillation in Cardiac Rehabilitation
Cardiac Rehab
Speakers: Sherrie Khadanga, MD; Patrick D. Savage, MS, FAACVPR

Atrial fibrillation (AF) is the most commonly sustained arrhythmia and is often a common co-morbidity in patients entering Cardiac Rehabilitation (CR). AF “burden” refers to the amount (duration or number of episodes) of AF that an individual has. AF, itself, is associated with a lower exercise capacity and physical fitness. Various studies have shown a benefit in increasing overall fitness and weight loss with subsequent decrease in recurrence or incidence of AF. There are, however, no clear CR-related guidelines as to how to treat this group of patients. The goal of this session is to review the care and treatment of AF, discuss strategies to safely monitor and train AF patients in CR and address the potential challenges one may encounter.

RF1003: Moving Pulmonary Rehabilitation into the Home
Pulmonary Rehab
Speakers: Chris Garvey, FNP, MS, MPA, MAACVPR; Surya Bhatt, MD, MSPH

There is emerging research of models and framework for home-based pulmonary rehabilitation (PR). This session will review the current evidence base of home PR, describe technology-supported home PR, models of care, current guidelines, cost and insurance coverage, staff training and competencies, gaps and challenges, strategies for implementation and future directions.

RF1004: Vegetarian Diets Survey
Nutrition
Speaker: Ruth A. Rasmussen, MA, MS, RDN, LD, CCRP

A vegetarian diet has been recognized as healthy and beneficial for the prevention and management of chronic diseases. The field of vegetarian-type and plant-based diets has grown, necessitating the importance of understanding the variety of types and their complexities. This presentation is geared towards not only providing a clear understanding of the variety of the types of vegetarian diets, but also rationally evaluating them in reference to the cardiac population. Specific guidance for meal planning, grocery shopping, and cooking will be provided. Participants will be engaged to discuss their knowledge of vegetarian diets and welcomed to bring up questions, concerns, and comments.
RF1005: Are we really keeping up? A look at the questions we need to be asking about our programs
Innovative Leadership
Speaker: Wayne Reynolds, RN, CCRP, FAACVPR

This will be more of an inquiry into the questions of what will it take to survive over the next several years with reimbursement and regulatory changes looming. The intention is to have a forum for discussion and sharing what has worked and not worked as well as to begin to break down barriers to making effective changes that will truly support the lifestyle changes we so diligently work to achieve. I will focus on how we are dealing not only with patients, but our administrations, finance departments, payers and outside agencies like fitness facilities and councils on aging in order to do keep our patients on track not only while in our programs, but for the rest of their lives.

4:30 p.m. – 5:15 p.m.

RF1006: The Power of your ITP
Program Management
Speakers: Ashley Wishman, MS, CEP, CSCS, EIM3, FAACVPR; Susan Mathis, MS RN RCEP FAACVPR

The Power of your ITP interactive rapid fire session will allow participants to identify key components and requirements for program ITPs. Participants will be able to identify and create strategies and tactics to develop an efficient and successful ITP. There will also be a review of common ITP pitfalls and collaboration on how to avoid them.

RF1007: How to Develop and Implement a PAD Program
Cardiac Rehab
Speaker: Taylor Ollanketo, MS, CEP

An interactive presentation outlining the steps to take and lessons learned in implementing a PAD program into an already existing cardiac rehab program.

RF1008: Pulmonary Rehab in the Cystic Fibrosis Patient - Specialized needs including Isolation - HOW TO MEET CF PATIENTS
Pulmonary Rehab
Speaker: Rebecca Kopelen, RRT

This session will give you the essential CORE components that should be addressed in the CF patient population from airway clearance, nebulization, exercise, lung transplant to isolation. Covering all the components

RF1009: Fear of Exercise in Cardiopulmonary Rehabilitation: Patient and Practitioner Perspectives
Behavior
Speaker: Samantha G. Farris, PhD

One unexplored mechanism for poor outcomes in cardiovascular and pulmonary rehabilitation (CVPR) is fear about aerobic exercise. The aim of this rapid-fire session is to present the results from this recent study, discuss implications for practitioners working in CVPR – including focused assessment and tailored monitoring practices – and introduce and review hypothetical case scenarios to provide session attendees the opportunity to learn how fear and avoidance may present in the context of aerobic exercise in CVPR.
RF1010: Survey Says: An Interactive Session on Addressing the Top Challenges in Rehab
Innovative Leadership
Speaker: Amanda L. Hicks, BSN, CCRP, FAACVPR

This highly interactive session will take a game show approach to discuss the top challenges in CR and PR. The top 3 challenges facing CR and PR will be discussed as participants from the audience compete on teams as in a Family Feud. After the top challenges are determined the remaining rounds will be discussing the solutions to those challenges.

7:00 p.m. – 10:00 p.m.

Closing Celebration

Join AACVPR and your fellow attendees for a celebration of our profession on Friday, September 20 from 7-10 p.m. at Punch Bowl Social in Portland! Situated downtown by the Waterfront, PBS Portland is 32,000 sq. ft with a full bar, fresh food, and entertainment and games like bowling, billiards, darts, bags, shuffleboard, ping pong and more. Please note a ticket is required for entrance.

Saturday, September 21

Breakout Sessions

8:00 a.m. – 9:00 a.m.

B301: Building a Psychosocial Provider Referral Network
Program Management
Speakers: Matthew C. Whited, PhD, Licensed Psychologist; Amanda L. Whited, PhD

Psychosocial issues (e.g. depression, stress, anxiety) are prevalent among CVPR patients, and these issues can exacerbate medical outcomes or complaints for patients. However, it can be difficult for patients to connect with psychosocial providers (psychologists, social workers, masters-level providers). This session outlines the process of cultivating a referral network for CVPR patients. Following the session attendees will have the requisite resources and knowledge to create a list of vetted and engaged providers to whom patients can be referred.

B302: Prehabilitation in the Context of Cardiac Rehabilitation Programs
Cardiac Rehab
Speakers: Josef Niebauer, MD, PhD, MBA; Jonathan Myers, PhD, FAACVPR; Reed Humphrey, PhD, MAACVPR

Poor functional capacity is among the most powerful predictors of adverse outcomes following a wide variety of surgical interventions, and recent studies have demonstrated that optimizing functional capacity prior to a surgical intervention results in markedly improved post-surgical outcomes, both in the short and long-term. This has led to the concept of “prehabilitation”, a term that has been used in recent years to describe the process of enhancing a patient’s functional capabilities in order to withstand a stressful event. Prehabilitation, consisting of 4 to 8 week programs of exercise intervention prior to surgical or other interventions, has been widely employed in recent years in Europe where there is a much greater emphasis on prevention and rehabilitation relative to the United States. In this breakout session, we will introduce the attendees to the concept of prehabilitation, discuss how it complements cardiac rehabilitation, and strategies to implement prehabilitation in the context of cardiac rehabilitation programs.
B303: Airway Clearance: A Practical Approach
Pulmonary Rehab
 Speakers: Matthew Nippins, PT, DPT, CCS; Abby Folger, PT, DPT, CCS

Excessive sputum production and retention has been linked to frequent pulmonary infections and declining lung function in multiple populations. Regular airway clearance has been shown to improve quality of life and in some cases slow the decline in lung function over time. In this session, participants will learn the physiologic benefits of a regular airway clearance regimen for patients with suppurative lung conditions and following lung transplantation. Devices and techniques that have been supported in the medical literature will be demonstrated. Practical considerations for choosing an effective modality for the individual will be discussed as well as use of exercise as an airway clearance modality.

B304: Nutrition in Pulmonary Rehabilitation
Nutrition
Speaker: Ellen S. Aberegg, MA, LD, RDN, FAACVPR

Awareness of the impact that dietary habits, nutritional status and nutritional interventions have upon COPD incidence, progression and outcome is an important component of multi-factorial health care in Pulmonary Rehabilitation (PR). The complexity of nutritional needs can be driven by pulmonary events but also by systemic consequences (e.g. cachexia and muscle weakness) and co-morbidity (e.g. osteoporosis, diabetes and cardiovascular disease). The heterogeneity of pulmonary disease requires a multi dimensional approach to identifying compromised nutritional status, poor diet habits and the impact of diet upon clinical outcomes in pulmonary patient. Presentation will include guidelines for nutrition assessment, specific nutrition advice based upon co-morbidity and phenotype, practical guidance re: food prep and medication side effects and education prioritization.

B305: Cardiac and Pulmonary Rehabilitation for Patients with Oncological Disease
Innovative Leadership
Speakers: Jonathan H. Whiteson, MD, FAAPMR; Jonas Sokolof, DO

Cancer survivorship is increasing related to earlier diagnosis through screening programs, and more effective treatments including surgery, radiation, chemotherapy, immunologics and other targeted therapies. A significant number of long-term cancer survivors develop cardiac and pulmonary disease and related disability. There is a significant overlap between lifestyle risk factors for cardiovascular disease and those related to the development of many cancers. As such, engagement of survivors of oncologic disease who have cardiac and pulmonary disability in cardiac or pulmonary rehabilitation can positively impact the lifespan of such participants. We will review the science behind exercise and cardiovascular, pulmonary and cancer risk reduction and discuss modifications to traditional cardiac and pulmonary rehabilitation programs to cater to the complex comorbidities of cancer survivorship.

9:15 a.m. – 10:15 a.m.

B306: Program Expansion: Building Blocks of Developing Satellite Sites
Program Management
Speakers: Amanda Xaysuda, BS; Amber LaFreniere*

B307: Physical Activity, Fitness and Cardiac Rehabilitation: The Year in Research 2018-2019
Cardiac Rehab
Speaker: Murray Low, EdD, FACSM, MAACVPR

This presentation will review recently published research (2018-2019) that rehabilitation professionals who treat patients with cardiovascular disease should understand and consider employing to further advance patient care.
B308: Testing and Retraining of Respiratory Muscles and Their Clinical Applications
Pulmonary Rehab
*Speakers:* Kalyana Chakravarthy Bairapareddy, MPT, PhD; Sarah S. LeVea, BSN, RN

This session will provide an overview of pulmonary changes in COPD vs ILD disease processes, and the different breathing retraining techniques appropriate for each.

B309: Positive Psychology: Health and Happiness
Behavior
*Speaker:* Eva R. Serber, PhD

Positive psychology as a distinct area of research and patient care began to receive attention with Seligman giving it a name 20 years ago. However, the study of optimism and other resilience factors as they relate to health and well-being has been conducted for much longer. While reduction of negative emotions (e.g., depression, anxiety) have captured most of the attention over time, the benefits of increasing positive emotions (e.g., happiness, joy) are important in their own right. Positive tenets are associated with improved physiological functioning such as neuroendocrine, immune, inflammatory, and hemodynamic processes; as well as health promotion behaviors including social functioning, adherence, and self-care.

B310: Incorporating High-Intensity Training Programs with Clinical Populations – What you Need to Know
Innovative Leadership
*Speaker:* Yuri Feito, PhD, MPH

With the rise in popularity of high intensity training (HIT) programs among the general population, fitness practitioners are often asked what is safe and effective for individuals with clinical conditions (e.g. cardiovascular disease, diabetes, etc.). This presentation will examine the potential benefits, the risks, and how to best design these programs to meet the needs of the individual.

10:30 a.m. – 12:00 p.m.

Closing Keynote
Finding the Funny in Change
*Speaker:* Jan McInnis