

New Directions for Cardiac and Pulmonary Rehabilitation



Innovative Programming
Cutting-edge Science
Evidence-based Outcomes
Practical Tools and Strategies
Continuing Education

24th Annual Meeting

Pre-meeting Workshops: September 30
Annual Meeting: October 1-3
David L. Lawrence Convention Center
Pittsburgh, Pennsylvania



Register by August 28 and \$ave!

New in 2009! Register two attendees from the same facility by the August 28 early-bird deadline and a third can attend free-of-charge.

(See Page 9 for details)

What is the AACVPR?

Founded in 1985, the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) represents more than 3,000 healthcare professionals worldwide engaged in education, prevention, rehabilitation, research, and disease management activities in cardiovascular and pulmonary rehabilitation and prevention programs. The Association provides professional development and educational opportunities for its members to uphold its central goal of improving the quality of life for patients and families.

Mission Statement

To reduce morbidity, mortality, and disability from cardiovascular and pulmonary diseases through education, prevention, rehabilitation, research, and disease management.

What is the AACVPR Annual Meeting?

The AACVPR Annual Meeting is a yearly event for healthcare practitioners to exchange knowledge regarding cardiovascular and pulmonary rehabilitation. The program provides education and training on the scientific principles, the latest techniques and advances, and new challenges affecting rehabilitation today.

Who Should Attend?

AACVPR Annual Meeting attendees typically include physicians; cardiac and pulmonary nurses; exercise physiologists; instructors and students; respiratory and physical therapists; behavioral scientists; registered dietitians; and other allied health professionals involved in the day-to-day care of cardiovascular and/or pulmonary rehabilitation patients.



Jointly Sponsored Statement

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of Creighton University School of Medicine and AACVPR. The Creighton University School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

CME Category 1 Designation Statement

The Creighton University School of Medicine designates this educational activity for a maximum of 19.75 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in this activity. This includes four credits for Pre-meeting Workshops.

Continuing Education Credits

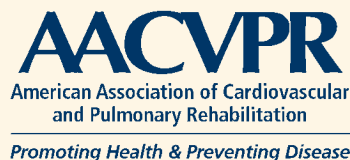
Continuing Education Credits will be offered for the Pre-meeting Workshops and Annual Meeting program. Exact number of hours awarded will be available in the onsite program and at www.aacvpr.org.

The following educational credits have been applied for: American Association for Respiratory Care (AARC), American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR), American Dietetic Association (ADA), and American Academy of Nurse Practitioners (AANP).

Note: AARC membership number and AANP license number are required when picking up educational credits onsite. Please remember to bring this information with you to Pittsburgh.

Online Syllabus

The Annual Meeting Syllabus will be available online again this year, which allows for a comprehensive collection of presentations. The online syllabus will be available as of September 14, 2009 and will be posted during and after the meeting through the end of the year. Visit www.aacvpr.org for more information.



General Meeting Objectives

1. Discuss the current and future trends of cardiovascular and pulmonary medicine, rehabilitation, and research.
2. Recognize strategies for prevention of pulmonary and/or cardiovascular diseases and the important role of rehabilitation.
3. Discuss multidisciplinary roles in cardiovascular and pulmonary rehabilitation programs.
4. Explore ways to extend pulmonary and cardiovascular rehabilitation services to other patient and community populations.
5. Explore new strategies to enhance your leadership effectiveness.
6. Discuss strategies related to improving adherence with lifestyle changes in patients with chronic illness.
7. Discuss implementation, evaluation, and progression of effective outcomes measurement.
8. Discuss cardiovascular and pulmonary rehabilitation health policy and reimbursement issues from the local, state, and national perspective.
9. Explore effective program innovations and business models from experts around the world.
10. Recognize the clinical implications related to exercise in special patient populations.
11. Understand the science and practice of aerobic and resistance training used in cardiovascular and pulmonary rehabilitation patient populations.
12. Explore career and professional development opportunities within the pulmonary and cardiovascular rehabilitation fields.

New Directions...

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Greetings to our colleagues,

It is difficult to believe we are gearing up for AACVPR's 24th Annual Meeting! This organization has come so far and we are all very proud and excited to present the 2009 program to you.

When we developed the 24th Annual Meeting theme, "New Directions," we could not have known how much it would resonate with the events now taking place. This year has undoubtedly brought new directions for all of us, some difficult, some very positive. We now have a new US president and we are in the midst of the toughest economic times most of us can remember. On the other hand, we can all take pride in and celebrate seeing the fruits of our efforts over the past several years with the passage of the *Pulmonary and Cardiac Rehabilitation Act* in July 2008.

Difficult times make it necessary for us to be as creative and innovative as possible, and to keep current with the latest trends in our field. There is no better way to do this than by attending the AACVPR 24th Annual Meeting in Pittsburgh this fall. **The content is rich, the speakers are dynamic, and the networking is more crucial than ever.**

We are taking strides in 2009 to not only be cautious of our budget, but also environmentally conscious. AACVPR was fortunate enough to launch a brand new Web site in 2008 and we are taking full advantage of it. **All session descriptions, speaker photos, and additional Annual Meeting details are available to you online at www.aacvpr.org.** We also urge you to register online – it is fast, easy, and secure.

We hope this Advance Program stirs excitement within your facility for the 24th Annual Meeting. Don't forget that **if you register two attendees from the same facility by the August 28 early-bird deadline a third person from the same facility can attend free-of-charge.**

We look forward to seeing you in Pittsburgh.



Anne M. Gavic
MPA, FAACVPR
*Chair, Program Planning
Committee and
Program Co-Chair*



Randal J. Thomas
MD, FAACVPR
*2009 AACVPR
President-Elect and
Program Co-Chair*



Visit www.aacvpr.org for a combined Program-at-a-Glance and Do-it-Yourself Calendar.

Wednesday, September 30, 2009

1:00pm – 5:00pm	Pre-meeting Workshops
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Thursday, October 1, 2009

8:00am – 9:30am	Opening Keynote
9:45am – 11:15am	Educational Breakouts
11:15am – 12:45pm	Lunch
12:45pm – 2:15pm	Educational Breakouts
12:45pm – 1:45pm	Affiliate Presidents Luncheon
2:30pm – 3:30pm	Educational Breakouts
4:00pm – 6:00pm	Opening Reception in the Exhibit Showcase

Friday, October 2, 2009

8:00am – 9:30am	Educational Breakouts
9:45am – 11:15am	Awards General Session
11:30am – 12:30pm	Vendor Presentations
12:30pm – 1:30pm	Lunch/Visit Exhibit Showcase
1:30pm – 2:30pm	Featured Speakers
2:30pm – 3:30pm	Visit the Exhibit Showcase
3:30pm – 4:30pm	Educational Breakouts
4:45pm – 5:45pm	Educational Breakouts
7:00pm – 10:00pm	Celebration Banquet

Saturday, October 3, 2009

8:30am – 9:30am	Educational Breakouts
9:45am – 10:45am	Featured Speakers
10:45am – 11:45am	Visit the Exhibit Showcase
11:45am – 1:00pm	Closing Keynote

Enjoy a Shorter Schedule in 2009

Meeting and program updates are posted online at www.aacvpr.org

*Times are subject to change

Be Sure to Visit the Exhibit Showcase

Learn about the newest products and services available from exhibiting companies.

Exhibit Showcase Hours (Subject to change)

Thursday, October 1, 2009

4:00pm – 6:00pm	Opening Reception in the Exhibit Showcase
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Friday, October 2, 2009

10:30am – 4:00pm	Exhibits Open
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Saturday, October 3, 2009

8:15am – 11:45am	Exhibits Open
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2009 Annual Meeting Exhibitors

As of April 24, 2009

AirGuard Medical Products, Co.	Life Systems International
American College of Sports Medicine	Medical Fitness Association
American Nurses Credentialing Center	Nonin Medical, Inc.
betterMD.net	NuStep, Inc.
Biodex Medical Systems	Philips Respironics
Cardiac Science	ScottCare
Cardinal Health	SeQual Technologies
Cosmed USA Inc.	Wolters Kluwer Health – Lippincott Williams & Wilkins
Human Kinetics	Woodway

AACVPR past and current sponsors noted in bold.

Questions?

If you are interested in exhibiting at the 2009 AACVPR Annual Meeting please contact Jenny Shupe, Exhibit Sales Manager, at 312/673-5742 or jshupe@aacvpr.org.

If you are interested in becoming a sponsor please contact Pat Price, Director of Corporate Support, at 708/460-8648 or pat.price@comcast.net.

Poster Presentation Hours

Clinical and scientific posters will be available for viewing on both

Friday, October 2 from 10:30am – 4:00pm and on

Saturday, October 3 from 8:15am – 11:45am.

Authors will be present on Friday from 12:30pm – 1:00pm.

Network with Friends and Colleagues

Opening Reception in Exhibit Showcase

Thursday, October 1, 2009
4:00pm – 6:00pm

Kick off your Annual Meeting experience at the Opening Reception in the Exhibit Showcase. This official start to the Annual Meeting provides an exciting opportunity to network with colleagues, see old friends, and make new ones. You'll also have the chance to interact with speakers, exhibitors, and other attendees. Don't miss this premiere networking opportunity to enjoy snacks and cocktails while you browse the exhibits and see the latest products.

Exhibit Showcase Open

Friday, October 2, 2009
10:30am – 4:00pm

Saturday, October 3, 2009
8:15am – 11:45am

Show your support to our industry partners while browsing the Exhibit Showcase. Your patronage of these exhibitors is appreciated.

AACVPR Riverboat Cruise Affiliate Social Event

Thursday, October 1, 2009
7:00pm – 8:30pm

The Tri State Society for Cardiovascular and Pulmonary Rehab (TSSCVPR – PA, NJ, DE) and 3Rivers Society (Western PA) invite you to join them for a night of networking. There is no better way to see "America's Most Livable City" than from the decks of one of Gateway Clipper's riverboats. Join your friends from AACVPR and explore the Allegheny, Monongahela, and Ohio rivers. Consider scheduling your state or local get together on board the *Gateway Clipper* – a comfortable and convenient venue for meeting with friends and colleagues while enjoying the great city of Pittsburgh at the same time!

Please fill out the section on the registration form for the TSSCVPR/3Rivers Affiliate Social event. This event is partially funded by TSSCVPR and 3Rivers, so your ticket price for this unique experience is just \$20 for the two-hour cruise. Boarding is close to the convention center starting at 6:30pm on Thursday. A light snack will be provided with a cash bar. We will return to the convention center at 8:30pm. Please let us know if you need special accommodations. Space is limited to 300 and is available on a first-come, first-served basis. We are unable to accept registrations for this event after September 20, 2009.

Affiliate Networking Meeting

Friday, October 2, 2009
5:45pm – 6:45pm
(by invitation only)

All Affiliate presidents are invited to attend the Affiliate Networking Meeting. This opportunity to network with colleagues from around the country provides the best platform to learn what resources are available from AACVPR to support affiliate leaders. Light snacks and a cash bar will be available. Don't miss this great networking opportunity.

Celebration Banquet

Friday, October 2, 2009
7:00pm – 10:00pm

All attendees are invited to attend the 24th Annual Meeting Celebration Banquet and Awards Presentation at the David L. Lawrence Convention Center. Your full meeting registration includes a ticket to the event. This event will feature a short presentation program to honor the 2009 AACVPR Award recipients as well as time to meet with AACVPR leaders. Students, one-day registrants, and guests may purchase tickets.

ANCC Cardiovascular Nurse Exam Review Course

Tuesday, September 29, 2009
8:00am – 5:00pm

David L. Lawrence Convention Center
Pittsburgh, Pennsylvania

Speaker: Linda Bass, PhD, MSN, RN, ANCP

AACVPR is proud to once again partner with the ANCC to provide this review course for the CV Nurse exam. The exam is for nurses with a minimum of two years of experience who are interested in becoming certified as a Cardiac/Vascular Nurse (RN, BC). The course will help you prepare for the exam, as well as enrich your knowledge of the broader aspects of cardiac and vascular care. This is a great course for all nurses working in non-acute cardiac settings, cardiovascular hospital units, cardiac diagnostics, cardiology offices, telemetry units, and cardiac rehabilitation.

Participants will earn 10 contact hours (CEUs) required for clinical ladder, recertification, or other career advancements. A portion of the program will take place online before the in person course. To participate in this special review, you must register online by September 15, 2009 at www.nursecredentialing.org.

Pre-meeting Workshops

Add to your learning experience with a Pre-meeting Workshop.

Wednesday, September 30

Pre-meeting Workshops provide attendees with in-depth learning on specific topics prior to the start of the Annual Meeting. Workshop fees are \$99 per person. Further details can be found on the registration form.

Workshop #1

1:00pm – 5:00pm

FLEX Care®: A Groundbreaking Strategy to Improve Communication with Patients and Co-workers

Carla Stebbins, PhD; Fritz Nordengren, MPH

Attend this pre-meeting workshop to explore several areas in FLEX Care®. Discover how to recognize your own preferred style of communication in the context of the FLEX framework and learn to identify verbal and non-verbal behavior cues that provide insight into others' personal communication preferences. Workshop attendees will learn that individuals with contrasting styles generally prefer to convey and receive information in specific ways and how to adjust (or "FLEX") their own preferred approaches to better respond to others. Finally, attendees will learn to recognize the role of this communication theory in motivating patients, managing stressful situations, and delivering difficult messages.

Workshop #2

1:00pm – 5:00pm

Resistance Training in Cardiac and Pulmonary Rehabilitation: From Theory to Practice

Barry Franklin, PhD, FAACVPR; Kerry Stewart, EdD, FAACVPR; Tom Spring, MS, ACSM-CESICPT; Joann Colaprico Beim, OTR/L; Steven W. Lichtman, EdD, FAACVPR

Progressive resistance exercise (PRE) has become standard practice in cardiac and pulmonary rehabilitation. To enhance the clinician's knowledge and ability to implement these treatments, this workshop will combine presentations addressing cutting-edge theory regarding the use of PRE for both cardiac and pulmonary rehabilitation with hands-on demonstrations/interactive sessions utilizing state-of-the-art equipment from some of the country's leading manufacturers. This workshop will lead the participant from the basics of weight training to advanced concepts and implementation, including use of non-traditional equipment adapted for cardiac and pulmonary rehabilitation.

Educational Session Learning Objectives

To help you select educational sessions that meet the needs of your specific discipline or career path, the AACVPR Program Planning Committee has developed a series of four "tracks." Educational sessions that fall under these particular disciplines are noted with a designated symbol throughout the program. Sessions organized by track can be found on www.aacvpr.org.

Session Track Symbol Keys

- Clinical Cardiology/Cardiac Rehabilitation Track
- Pulmonary Medicine/Pulmonary Rehabilitation Track
- ▲ Leadership and Innovation Track
- ★ Nutrition and Behavior Change Track

Thursday, October 1

Opening Keynote

8:00am – 9:30am

Quality and Performance: Where Have We Been and Where Are We Headed?

Helen Burstin, MD, National Quality Forum

1. Broadly understand the changing landscape in healthcare quality.
2. Recognize the role of health information technology as a critical enabler of quality measurement and improvement.
3. Distinguish between measurement across episodes of care and the importance of harmonization and patient outcomes.

Breakout Sessions

9:45am – 11:15am

● Exercise Prescription Forum: New Insights for Peripheral Arterial Disease, Lifestyle Activity, and Structured Exercise

Barry Franklin, PhD, FAACVPR; Patrick Savage, MS, FAACVPR; Kerry Stewart, EdD, FAACVPR

1. Discuss the impact of lifestyle exercise vs. structured exercise on individuals with CHD.
2. Review the importance of exercise intensities in treating specific patient populations.
3. Learn about the parameters of exercise prescription along with precautions for patients with peripheral arterial disease.

● AACVPR National Outcomes Data Registry Status Update and a Look at the Canadian Experience

Neville Suskin, MBChB, MSc; Carl N. King, EdD, FAACVPR

1. Familiarize yourself with the current status, parameters, and proposed implementation timeline for the AACVPR National Outcomes Data Registry.
2. Understand the utility at the program, region, and national level associated with participation in a national registry product including program process improvement and benchmarking.
3. Discuss current status and future direction of the Canadian CR Registry project.

■ Pulmonary Rehabilitation: Reimbursement

Philip Porte, Legislative Analyst, GRQ; Trina Limberg, BS, RRT, FAACVPR

1. List two key concerns about implementing the new Medicare NCD for 2010.
2. Understand forecasting costs and projecting revenue: what will it cost to provide services and what will be reimbursed?
3. Learn what it takes to get billing codes loaded into the hospital charge master systems before January 1, 2010.

★ Yoga and Tai Chi: Complementary Rehabilitation Methods for Heart and Chronic Disease Management

Lonnie Sebastian, RN, BC, MSN; Pamela Kircher, MD

1. Attain a basic understanding of the benefits of yoga related to heart health and how tai chi improves the health of people with chronic conditions.
2. Understand how yoga encompasses more than exercise, and may be included in a rehab program.
3. Learn how rehab professionals can encourage clients to participate in tai chi for health classes and practice at home.

Breakout Sessions

12:45pm – 2:15pm

● Cardiac Rehabilitation Policy and Reimbursement: National and Local Perspectives

Karen Lui, RN, MS, FAACVPR, Legislative Analyst, GRQ; Philip Porte, Legislative Analyst, GRQ

1. Understand how the cardiac rehabilitation law passed in July 2008 was interpreted by CMS into regulation for 2010.
2. Discuss the relationship (consistencies and variations) between national and local policies for CR.
3. Learn about future legislative and regulatory initiatives that AACVPR is pursuing.

■ Making the Right Oxygen Decisions

Robert McCoy, RRT; Trina Limberg, BS, RRT, FAACVPR

1. Learn to identify two methods of determining oxygen delivery volumes at specific respiratory rates.
2. Identify two methods of determining patient capabilities based on effective oxygen delivery.
3. Explore two options for portable oxygen delivery systems based on activity.

★ Lurking in the Shadows: Spotlighting the Risk of Covert Anger

Kent Eichenauer, PsyD; Glenn Feltz, PsyD

1. Explore the tools to assist patients in more effectively managing the anger/hostility risk factor.
2. Identify subtle and obvious characteristics of anger/hostility in rehab patients.
3. Become more knowledgeable regarding the evidence of anger/hostility as a psychosocial risk factor of CAD.

AACVPR Certification Review: If You Have Questions, We Can Help!

Gayla Oakley, RN, FAACVPR; Susan Carter, RN, BC, FAACVPR; Mark Senn, PhD, FAACVPR

1. Understand the basic structure of the application for certification and the process for successful application submission.
2. Uncover the essential requirements for each area of the application.
3. Become familiar with the most frequent challenges of a successful application as viewed by actual examiners.

New Investigator Oral Presentations 12:45pm – 2:15pm

Breakout Sessions

2:30pm – 3:30pm

● Management of Hyperglycemia in the Patient with Heart Disease

Mary Korytkowski, MD

1. Identify cardiovascular events as an opportunity for finding those with undiagnosed or inadequately treated type 2 diabetes.
2. Discuss glycemic goals for patients with type 2 diabetes. Define the ADA guidelines for glycemic control as related to the patient with established cardiovascular disease. Discuss how recent trials of intensive therapy influence these glycemic goals.
3. Provide an algorithm for the initial and progressive approach to glycemic management of the patient with type 2 diabetes. Define modifications in diabetes therapy that can minimize risk for hypoglycemia during exercise and cardiac rehabilitation.

■ Restrictive Lung Diseases: Pulmonary Rehabilitation and Exercise Guidelines

Kim Eppen, PT, PhD; Kevin F. Gibson, MD

1. Define the pulmonary and extrapulmonary causes of restrictive physiology, and describe the impact of restrictive physiology on exercise capacity and gas exchange.
2. Have an appreciation for some of the unique needs of persons with restrictive lung disease/dysfunction and strategies that may be utilized in the context of pulmonary rehabilitation to address these needs. Also, recognize the value of exercise testing and how pertinent information can be utilized for exercise prescription, determining supplemental oxygen requirements, and for outcome purposes.
3. Understand the role of pulmonary rehabilitation and its unique challenges in patients with interstitial lung disease and be familiar with exercise guidelines for persons with restrictive lung diseases/dysfunctions.

▲ Provider and Payer: Working Together to Change Healthcare

Donald R. Fischer, MD, MBA

1. Recognize the value of provider programs that you can bring to local employers and payers.
2. Learn about opportunities to partner with payers to improve the health of employees, local employers, and health plan members within the community.
3. Where are we headed? Learn what the government is doing to support the payer and provider relations.

★ Addressing Psychological and Behavioral Issues Related to Sleep Disturbance

Jennifer Jones Cameron, PhD

1. Understand the reciprocal relationship between sleep disturbance and health (physical and psychological).
2. Become familiar with behavioral treatments for the types of sleep disturbances that pose special challenges for patients.
3. Learn how to inform, assist, and refer patients to address psychological and behavioral issues related to sleep disturbance.

Recertification Session: Understanding the Standards and Process

Mark Senn, PhD, FAACVPR; Pat Benfield, RN, MA, FAACVPR

1. Understand the essential standards of each component of the recertification application.
2. Review the recertification application process.
3. Discuss the application process relative to issues at the attendees' programs.

Friday, October 2

Breakout Sessions

8:00am – 9:30am

● Super-sizing Your Cardiac Rehabilitation Program

Thomas Draper, MBA, FAACVPR; Philip Ades, MD; Deborah Gurewich, PhD

1. Examine participation rates in cardiac rehabilitation and secondary prevention programs.
2. Explore the relationship between system level factors and cardiac rehabilitation use.
3. Discuss ways to expand traditional and nontraditional programs to increase participation.

● Managing the Complex Cardiac Patient

Michael White, MD; Thomas Lenz, PharmD, MA, PAPHS

1. Identify appropriate strategies for managing CHD patients with resistant hypertension.
2. List the risks involved for patients with CHD when taking NSAIDs.
3. Discuss appropriate pain-relieving strategies for CHD patients who also are taking aspirin/clopidogrel.

■ Pulmonary Rehab 101: Basics and Best Practices

Philip Porte, Legislative Analyst, GRQ; Trina Limberg, BS, RRT, FAACVPR; Lana Hilling, RCP, FAACVPR; Jane Knipper, APN, MA, AE-C, FAACVPR

1. Identify criteria for patient selection for participation in a pulmonary rehabilitation program.
2. Discuss the three essential components of a pulmonary rehabilitation program.
3. Understand the principles of exercise prescription for the pulmonary patient.

▲ The Experience of the Experience Economy

G. Curt Meyer, FAACVPR; Barbra A. Fagan, MS

1. Be able to define the experience economy principles.
2. Learn how experience economy principles can be audited in the clinical setting and evaluated by the providers of care. Examples of application will be shared and discussed.
3. Learn how to identify delivery of care concepts in your setting that incorporate the six "I's" of the experience economy.

Certification: Best Practice Examples

Gayla Oakley, RN, FAACVPR; Susan Carter, RN, BC, FAACVPR; Mark Senn, PhD, FAACVPR

1. Get a hands-on review of best practice applications and forms.
2. Identify problem areas in applications and be able to problem solve through question/answer period with the certification committee members.
3. Learn about the opportunity for mentoring through the certification process.

● Cardiac Oral Presentations

8:00am – 9:30am

Award Winner Keynotes

9:45am – 11:15am

Award of Excellence Winner Fitness and Aging: A Two-Way Street

Kerry Stewart, EdD, FAACVPR

1. Learn the general physiological changes that occur with normal aging.
2. Review how increased physical activity can affect the aging process.
3. Discuss the specific benefits of exercise on cardiovascular, musculoskeletal, and metabolic health that can improve functional capacity and prevent disease.

Michael L. Pollock Established Investigator Award Winner

Steven J. Keteyian, PhD

Featured Speakers

1:30pm – 2:30pm

● Heart Failure 2009: Has the Paradigm Changed?

Ileana L. Pina, MD, FAACVPR

1. Receive an update on current medical therapy for heart failure.
2. Discuss the role of exercise training in heart failure.
3. Explore the current devices appropriate for the heart failure patient.

■ Rehabilitation for Patients with Pulmonary Hypertension

Nicholas S. Hill, MD

1. Learn the current definition and classification of pulmonary hypertension.
2. Review the currently available therapies of pulmonary hypertension.
3. Describe the approach to rehabilitation of pulmonary hypertension patients and supporting evidence.

★ Motivational Interviewing for Tobacco Dependence

Michael Burke, EdD

1. Discover how to assess different domains that constitute motivation for behavior change.
2. Learn how to engage currently unmotivated patients in an effective dialogue to increase the patients' willingness to engage in tobacco dependence treatment.
3. Feel more capable to motivate behavior change.

Breakout Sessions

3:30pm – 4:30pm

● HeartQoL Project Design and Interim Results

Neil Oldridge, PhD

1. Better understand health-related quality of life as a patient-reported outcome of cardiac rehabilitation.
2. Discuss the HeartQoL project objectives, study design, and interim results in >6,000 patients with MI, angina, or heart failure in Europe, Canada, and the USA.

▲ Inova HeartLink Tel-Assurance Program: Cardiac Rehab Outreach for Heart Failure Patients

Kathleen S. Kunath, RN; Lynne H. Weir, PT, CPD-ACSM

1. List three measurable clinical or financial outcomes likely to encourage hospitals to implement a "non-traditional" program like Inova HeartLink Tel-Assurance® Program.
2. Understand how to compare and contrast the role of the cardiac rehab nurse in this program vs. traditional care in a rehab setting.
3. Discuss key strategies in gaining leadership and physician buy-in for this type of outpatient program.

▲ Increasing Patient and Workforce Diversity in Cardiac and Pulmonary Rehabilitation

Mariano Rey, MD

1. Understand how to make changes in your programs that increase services to patients from underserved ethnic groups.
2. Demonstrate an understanding of the ethnic and racial diversity in the burden of care of cardiovascular and pulmonary disease in the United States.
3. Identify cultural and gender bias in the cardiovascular and pulmonary management of diverse populations in the United States.

Educational Session Learning Objectives (Continued)

Friday, October 2

Breakout Sessions

3:30pm – 4:30pm (Continued)

★ Food is Medicine: Evidence-Based Nutrition Applications for Preventing and Managing Atherosclerosis

Joseph Carlson, PhD, RD, FAACVPR

1. Increase knowledge of recent evidence-based cardiovascular nutrition recommendations for preventing and managing CVD risk factors and atherosclerosis.
2. Learn about practical applications based on recent CVD risk reduction interventions for improving multiple CVD risk factors including hypertension, dyslipidemia, inflammation, and thrombotic factors.
3. Learn about evidence-based nutrition resources for both patients and clinicians for optimizing patient outcomes that emphasize what foods and food patterns to include vs. what foods to exclude.

Outcomes 2009 Update

Helen Graham, RNC, MSN, PhD; Beth Dole, BS; Andrew Winslow, MS, AACVPR

1. Gain an increased understanding of working with outcomes.
2. Understand quality improvement/process improvement.
3. Learn how to establish a statewide outcomes program including: funding sources, collaboration with existing programs, significance of regional disparities, and opportunities for process improvements.

Breakout Sessions

4:45pm – 5:45pm

● CAD Risk Assessment

Donald M. Lloyd-Jones, MD, ScM

1. Know how to access and use CVD risk assessment tools.
2. Understand the strengths and limitations of 10-year risk equations, and the utility of adding long-term and lifetime risk estimates to short-term risk estimates.
3. Understand the utility of measuring traditional risk factors and novel biomarkers and the utility of imaging for subclinical atherosclerosis.

● Cardiac Rehab: Basics and Best Practices

John Porcari, PhD, RCEP, FAACVPR; Bonnie Anderson, MS, FAACVPR; Barbara A. Fagan, MS; Tracy Herrewig, MS, RCEP, FAACVPR

1. Formulate an exercise prescription for a typical cardiac patient.
2. Identify and incorporate at least one outcome measure crucial for program metrication.
3. Develop an individualized care plan for a patient based upon patient needs.

★ Solutions to the Omnivore's Dilemma

Christopher Gardner, PhD

1. Learn how to distinguish between the strong evidence-based nutrition approaches for acute health conditions, and the weakly supported approaches for chronic health conditions.
2. Become aware of the potential role of social responsibility in promoting healthy dietary modifications.

3. Take away several new resources for approaching the challenges of working with patients to help them to improve their diets.

Recertification: Success without the Stress

Pat Benfield, RN, MA, FAACVPR; Mark Senn, PhD, FAACVPR

1. Review and take away actual best practice application examples.
2. Utilize strategies presented to complete a successful application.
3. Understand the requirements for recertification.

■ Pulmonary Oral Presentations

▲ Innovation Award Winner Breakout 4:45pm – 5:45pm

Saturday, October 3

Breakout Sessions

8:30am – 9:30am

● Physical Activity, Fitness, and Rehabilitation: The Year in Research

Murray Low, EdD, FACCVPR

1. Review the recently published scientific literature related to the role of physical activity and physical fitness as significant predictors for total and cardiovascular mortality.
2. Review the recently published scientific literature related to the interactions of physical activity, physical fitness, obesity, metabolic syndrome, type 2 diabetes, and cardiovascular disease.
3. Understand the current scientific basis for delivery of exercise training as a powerful therapeutic modality for primary and secondary prevention of metabolic syndrome, type 2 diabetes, and cardiovascular disease.

■ Pulmonary Rehabilitation: The Year in Review 2009

Brian Carlin, MD, FAACVPR

1. Gain knowledge of the most recent scientific publications in the field of pulmonary rehabilitation.
2. Learn how to apply findings of recent scientific publications to your pulmonary rehabilitation program.
3. Gain insight into the types of research necessary to conduct in the field of pulmonary rehabilitation.

■ Let's Talk About Sex: Pearls for the PR Professional

Gerene Bauldoff, PhD, RN

1. Learn to identify common sexual issues reported by the pulmonary rehabilitation participant.
2. Discuss pulmonary symptoms that commonly occur during intimate behaviors as reported by pulmonary rehabilitation participants.
3. Utilize evidence-based information for development of sexual health education in pulmonary rehabilitation.

▲ Collaborating to Evoke Support for Programs and Initiatives

Barbara Fulton, PhD

1. Learn how to think differently about experience design and be able to give examples of how it applies to a potential supporter of a program or project.
2. Apply principles to one's own project needs.
3. Understand the relation between the generosity initiative and the strategies for program support.

International Forum Session

● Central Adaptations to Exercise Training in Chronic Heart Failure Patients

Pantaleo Giannuzzi, MD

1. Review the scientific evidence of central adaptations to exercise training in heart failure patients
2. Address the central morpho-functional benefits of aerobic training programs in the chronic heart failure population
3. Underline the safety and the key elements for a widespread use of exercise training in heart failure.

Featured Speakers

9:45am – 10:45am

● Cardiac Risk Reduction

Lora E. Burke, PhD, MPH

1. Discuss the main risk factors for coronary heart disease.
2. Identify evidence-based strategies to reduce CVD risk.
3. Learn two to three strategies to improve adherence to lifestyle modification goals.

■ Pulmonary Rehabilitation: Addressing Skeletal Muscle Dysfunction in COPD Patients

Neil MacIntyre, MD

1. Understand pathophysiology of skeletal muscle dysfunction in COPD.
2. Understand the role of exercise in skeletal muscle dysfunction from COPD.
3. Understand the role of comprehensive rehabilitation in COPD with muscle dysfunction.

★ Dietary Strategies for Weight Management

Barbara Rolls, PhD

1. Learn about recent research related to diet and satiety.
2. Understand how calorie density and portion size affect energy intake.
3. Gain practical advice on how to eat nutritiously and avoid hunger when managing weight.

Closing Keynote

11:45am – 1:00pm

Chocolate and Cocoa: From Ancient Remedy to Modern Medicine

Debra Miller, PhD

Review the history of the medicinal uses of chocolate and cocoa from ancient tribes such as the Mayans and Aztec through modern times and recent nutrition science discoveries. In addition, information on the cocoa bean will be presented including its composition and it how it is harvested and prepared into chocolate.

Program concludes at 1:00pm

24th Annual Meeting • Pittsburgh, Pennsylvania
 Pre-meeting Workshops: September 30
 Annual Meeting: October 1–3



Register online at aacvpr.org
Register by August 28 and save!
 Please type or print clearly.

AACVPR ACTIVE MEMBER NUMBER

FULL NAME AND CREDENTIALS

ADDRESS

CITY/STATE/PROVINCE

ZIP CODE/POSTAL CODE COUNTRY

PHONE FAX

E-MAIL

EMERGENCY CONTACT NAME

EMERGENCY CONTACT DAYTIME/EVENING PHONE

*Please provide a valid mailing and e-mail address where we can send your confirmation and other meeting announcements.

If, due to disability or special diet, you have individual needs or requirements, please provide us with the details below. We will make every effort to accommodate your requests.

General Information

Job Title:	Interest Area:
<input type="checkbox"/> Program Director	<input type="checkbox"/> Cardiac Rehabilitation
<input type="checkbox"/> Program Supervisor	<input type="checkbox"/> Pulmonary Rehabilitation
<input type="checkbox"/> Program Coordinator	<input type="checkbox"/> Both Cardiac and Pulmonary
<input type="checkbox"/> Program Staff Member	<input type="checkbox"/> Other _____
<input type="checkbox"/> Other _____	<input type="checkbox"/> NA

How did you hear about this conference?

<input type="checkbox"/> E-mail	<input type="checkbox"/> Direct Mail
<input type="checkbox"/> Browsing the Web site	<input type="checkbox"/> Other _____
<input type="checkbox"/> From a colleague	

A. Membership Categories and Registration Fees

(please check appropriate category)

1. Current 2009–2010 AACVPR Member Registration Fees

The AACVPR membership year is July 1 – June 30.

	Early	Regular <small>(after August 28, 2009)</small>
<input type="checkbox"/> Physician	\$395	\$455
<input type="checkbox"/> Non-Physician	\$360	\$415
<input type="checkbox"/> Student/Resident/ Fellow in Training	\$110	\$165

Register two and a third attendee from your facility is FREE of equal or lesser value!

Once two individuals from your facility have registered and received their confirmations, contact AACVPR headquarters at 312/321-5146 or aacvpr@showcare.org for instructions on how to redeem your facility's free registration.

2. Nonmember Registration Fees

If you do not intend to renew or become a new member of AACVPR, please see the following fees:

	Early	Regular <small>(after August 28, 2009)</small>
<input type="checkbox"/> Physician	\$620	\$675
<input type="checkbox"/> Non-Physician	\$585	\$640
<input type="checkbox"/> Student/Resident/ Fellow in Training	\$250	\$305

3. Join or Renew AACVPR and Save!

Renew/Join AACVPR now for 2009–2010 membership and save money on your meeting registration rate. Prices below include membership through June 30, 2010 and full meeting registration. Membership benefits include a subscription to *JCRP*, our bi-monthly e-newsletter *AACVPR News and Views*, a copy of the AACVPR Membership and Program Directory, discounts on teleconferences, and much more! Visit www.aacvpr.org for additional membership benefits or information on AACVPR. The AACVPR membership year is July 1 – June 30.

	Early	Regular <small>(after August 28, 2009)</small>
<input type="checkbox"/> Physician	\$580	\$635
<input type="checkbox"/> Non-Physician	\$545	\$600
<input type="checkbox"/> Student/Resident/ Fellow in Training	\$185	\$240

4. CD-ROM of Annual Meeting Proceedings – Order Now

Attendees have the option of purchasing the Annual Meeting CD-ROM. If you are unable to attend all of the sessions of interest due to the concurrent schedule, the CD-ROM is the perfect complement to your Annual Meeting experience. Benefit from the content-rich educational sessions long after the meeting is over. This price is available only to meeting attendees who either pre-order or purchase the CD onsite. **Post-conference price will be \$360.**

CD-ROM **\$129**

5. One-day Registration Fees

Fees are the same for both Members and Nonmembers of AACVPR.

	Early	Regular <small>(after August 28, 2009)</small>
<input type="checkbox"/> October 1	\$275	\$375
<input type="checkbox"/> October 2	\$275	\$375
<input type="checkbox"/> October 3	\$275	\$375

Subtotal A: \$ _____
 (Registration Fees)

(Continued on next page)

Please Print Full Name: _____

ANCC Cardiovascular Nurse Exam Review Course

Tuesday, September 29, 2009 • 8:00pm – 5:00pm

Register online by September 7th at www.nursecredentialing.org.

B. Pre-meeting Workshops

Wednesday, September 30, 2009 \$99 per person
Workshops will be confirmed on a first-come, first-served basis.
See page 5 for descriptions.

- Workshop #1** 1:00pm – 5:00pm
FLEX Care®: A Groundbreaking Strategy to Improve
Communication with Patients and Co-workers
- Workshop #2** 1:00pm – 5:00pm
Resistance Training in Cardiac and Pulmonary Rehabilitation:
From Theory to Practice

Subtotal B: \$ _____

C. Riverboat Cruise (Optional)

Thursday, October 1, 2009
7:00pm – 8:30pm \$20.00 per person

Join the Tri-State Society for Cardiovascular Pulmonary Rehab and the
3Rivers Society for a boat cruise around Pittsburgh.

Subtotal C: \$ _____

D. AACVPR Celebration Banquet and Awards Presentation – Additional Tickets

Friday, October 1, 2009
(Included in full meeting registration fee)

The Celebration Banquet is included for all registrants except Student
and One-day registrations. All other categories include one banquet
ticket per registrant. Additional tickets are available for purchase.

Additional Awards Banquet Tickets

Number of tickets: _____ x \$60 for each guest = \$ _____

Subtotal D: \$ _____

On occasion, an AACVPR photographer may take photos of participants at
the AACVPR Annual Meeting of people participating in Annual Meeting
functions and activities. Please be aware these photos are for AACVPR's use
only and may appear in AACVPR meeting programs, brochures, publications,
the AACVPR Web site, or other AACVPR materials. Your attendance
constitutes your permission and consent for this photography.

E. Payment Information

Please total your fees from the different categories included on this
registration form.

Subtotal A: \$ _____

Subtotal B: \$ _____

Subtotal C: \$ _____

Subtotal D: \$ _____

TOTAL: \$ _____

- Check (no purchase orders, please)
- Visa MC Amex

CARD NUMBER

EXPIRATION DATE

CARDHOLDER NAME

CARDHOLDER SIGNATURE

Refund Policy: All requests for refunds must be received in writing no
later than **August 28, 2009**. A \$75 administrative fee will be assessed for
every refund processed. No refund will be processed for requests received
after August 28, 2009. Please direct all refunds requests to: AACVPR
Headquarters, 401 N. Michigan Avenue, Suite 2200, Chicago, IL 60611.

Important Registration Information

1. Full payment by check or credit card must accompany this form
(US funds only).
2. Checks should be made payable to AACVPR and mailed to:
American Association of Cardiovascular
and Pulmonary Rehabilitation
Meeting Registrations
1075 Payscale Circle
Chicago, IL 60674
3. Credit card payments may be faxed to 905/479-9297.
Please fax both sides of form.
Note: To avoid being charged twice, do not fax this form more
than once and/or do not mail a form that has been faxed.
Confirmations will be sent.
4. To receive early registration rates, your form and payment must
be postmarked by **August 28, 2009**.
5. **Register two and a third attendee from your facility is FREE
of equal or lesser value!** Once two individuals from your facility
have registered and received their confirmations, contact
AACVPR headquarters at 312/321-5146 or aacvpr@showcare.org
for instructions on how to redeem your facility's free registration.

Questions? Contact AACVPR Headquarters at
aacvpr@showcare.com or 312/321-5146.

Visit www.aacvpr.org for travel details.

Hotel Accommodations: Reserve by September 7, 2009

A block of rooms has been reserved at the Westin Convention Center Pittsburgh and the Omni William Penn Hotel. Discounted room rates are available until the room blocks are filled or until **September 7, 2009**. To reserve your room, contact the hotel of your choice directly by **September 7, 2009** and reference AACVPR. Reservations made after this date are subject to space and rate availability.

Staying at the Annual Meeting Hotel

There are several hotels in downtown Pittsburgh and we know that attendees may be tempted to "shop around" for a better rate. One way you can help keep Annual Meeting costs down and quality up is to stay at the chosen hotel. In order to keep the registration fee as low as possible, the conference contracts for a specific block of hotel rooms. If these rooms are not picked up, the cost of the conference goes up or we have to cut back on services to you. The rates negotiated are competitive for the quality and we encourage you to stay with us.

The Westin Convention Center Pittsburgh

1000 Penn Avenue
Pittsburgh, Pennsylvania 15222

Direct Line: 412/281-3700

Mention Rate Code:
AACVPR Annual Meeting

Online: Online reservations at the Westin are available on the AACVPR Web site at www.aacvpr.org.

Room Rate: \$179 single/double occupancy. Current room tax is 14%.

Omni William Penn

530 William Penn Place
Pittsburgh, Pennsylvania 15219

Direct Line: 412/281-7100

Mention Rate Code:
AACVPR Annual Meeting

Room Rate: \$169 single/double occupancy. Current room tax is 14%.

Online: Online reservations at the Omni William Penn are available on the AACVPR Web site at www.aacvpr.org

Register by August 28 and \$ave!

New in 2009!

*Register two attendees from the same facility by the August 28 early-bird deadline and a third can attend **free-of-charge** of equal or lesser value.*

Top Five Reasons You Should Attend

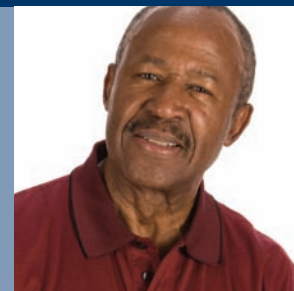
1. Find out what's new in cardiac and pulmonary rehabilitation, reimbursement, certification, management, professional development, clinical practice, scientific research, and more.
2. Network and connect with cardiovascular and pulmonary rehabilitation professionals.
3. Gain knowledge in your area of interest by selecting topics within one of four program tracks.
4. See and compare the latest products and services at the AACVPR Exhibit Showcase.
5. Learn real-world practical applications that you can take home and put to immediate use.



New Directions for Cardiac and Pulmonary Rehabilitation

2009 Advance Program 24th Annual Meeting

Pre-meeting Workshops: September 30
Annual Meeting: October 1-3
David L. Lawrence Convention Center
Pittsburgh, Pennsylvania



Early-bird registration
August 28, 2009

*Register two and a
third attendee is **free!***

(See Page 9 for details)

AACVPR
American Association of Cardiovascular
and Pulmonary Rehabilitation
Promoting Health & Preventing Disease

Creighton
UNIVERSITY
School of Medicine

AACVPR Headquarters
401 N. Michigan Avenue
Suite 2200
Chicago, IL 60611-4267
Phone: 312/321-5146
Fax: 312/673-6924
E-mail: aacvpr@aacvpr.org
Web site: www.aacvpr.org

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