Ch-ch-ch-changes

Steven Lichtman, EdD, FAACVPR

“Ch-ch-ch-changes; Turn and face the strange ch-ch-ch-changes;
Oh, look out, you rock and rollers; Ch-ch-ch-ch-changes”
— David Bowie

Every year at this time, AACVPR undergoes change—a new President, new Board of Director Members, new committee Chairs and new members, and sometimes, new support staff. However, for the last eight years the team that has put together News & Views remained unchanged.

It has been my pleasure and privilege to serve with Jody Hereford as co-editor of News & Views, and in her own Jodyism, my “partner in crime.” During this time we both have had the honor of having Theresa Wojtalewicz as our managing editor. It has been this three-headed team that has brought you each and every issue of News & Views over that time. However, both Jody and Theresa are stepping off the editorial team, each to pursue new avenues in which to apply their massive talents.

I will miss having the input of Jody’s eloquent writing style, her intelligence when making content decisions, and most importantly, her unique grasp of prevention, rehabilitation and the processes surrounding the world of what we do in our profession. All these characteristics were on display during her outstanding keynote address at this year’s AACVPR National Meeting (see Anne Gavic’s Past President’s message for a synopsis), which, in my opinion, was the singular highlight of the meeting. Despite losing Jody as a Co-Editor, I have the good fortune to call her my friend, which greatly outweighs losing her talents in the editorial department.

No team can survive without the details person, and Theresa was exemplary in putting this newsletter together. Her skills in “herding cats” and getting the contributors to this newsletter to actually contribute on time were invaluable. Additionally, her ability to edit and put together the newsletter in a usable and attractive format was unmatched. The editorial team will certainly miss having Theresa to lean on.

As AACVPR welcomes its new leadership, including new President Barb Fagan (see her introductory column below) I would like to give my personal hello to my new Co-Editor, Tracy Herrewig, MS, RCEP, FAACVPR. Tracy brings years of professional experience as well as a solid grasp of the inside workings of AACVPR as demonstrated by being one of this year’s AACVPR Distinguished Service Award recipients. I look forward with great anticipation to working with Tracy as Co-Editor of News & Views. Starting with the next issue, you will see her name alongside mine in the masthead of this column.

Please read through this issue of News & Views with an eye toward change—change in who is delivering this newsletter to you, changes in AACVPR leadership and, most importantly, the changes that our ever-evolving health care landscape will bring to you, your program and your patients. We hope to help you adjust, adapt and take advantage of these changes through the information we bring to you via this media.
“Come writers and critics; Who prophesize with your pen; And keep your eyes wide; The chance won’t come again; And don’t speak too soon; For the wheel’s still in spin; And there’s no tellin’ who; That it’s namin’; For the loser now; Will be later to win; For the times they are a-changin.”
— Bob Dylan

Past President’s Message
Moving in the Direction of Strength and Excellence
Anne M. Gavic, MPA, FAACVPR

As we conclude another year, I want to take this opportunity to say goodbye and thank you to all who have contributed so significantly to this incredible year.

To the Board of Directors, I thank you for your dedication, vision and hard work. You have continued to move AACVPR in the direction of strength and excellence and have served our members well. To the Committee Chairs and members, you are the heart of our work, and I thank you for the significant contributions you have made to our profession, our services and our organization. To the AACVPR Staff, thank you for making all of our work possible through your constant organization and counsel. And finally, thank you to all of you, the members of AACVPR, who represent the very best of our profession and who strive for quality every day. It has been an honor to serve you this past year, and for that I am truly grateful.

Certainly the perfect culmination to a most productive year was the AACVPR Annual Meeting in Nashville. For every story there is a beginning, a middle and an end. And so goes the story of this year’s AACVPR Annual Meeting.

It began as Dr. Kenneth Thorpe, Chairman of the Partnership to Fight Chronic Disease, took the stage and opened the meeting by first laying the groundwork and then offering a challenge. The groundwork: the increasing and indeed overwhelming issue of chronic disease in our nation, an issue that places incredible demands on the national health care budget and our health care systems. The challenge: First, to explore the most effective means of addressing primary prevention to avert the rising incidence of chronic diseases. Second, to implement evidence-based lifestyle interventions aimed at better treating existing chronic diseases and assisting patients toward the best possible health. Think about it: We have the evidence base, the model, the knowledge and skills and resources to affect change. We have the opportunity to be a part of the solution.

At the middle of the conference, the spotlight was on Jody Hereford, the 2013 L. Kent Smith Award of Excellence recipient. In her keynote address, Jody asked the question “What Business Are We In?” She provided an illustration of our current practice—both where we have been and the potential vision of where we could be. She invited us to think differently about how and why we provide care and who we are missing. She advocated for close attention to strength of evidence, to increasing accessibility, and to the efficiency and cost effectiveness of what we do. She urged a continued shift in focus to fully embrace behavior change and to engage our patients as the “untapped resource” for improving health. And finally, Jody proposed broadening our reach to include management of multiple chronic conditions. In short, her message was to “identify and claim our role in cost-effective management of chronic illness.”

As the meeting closed, Dr. Robert Cooper provided words of inspiration and counsel to lead — to lead within our own lives as well as with our programs and patients — with heart with purpose and with intention. He reinforced the importance of finding ways to make our services meaningful to our patients. And he encouraged us to push outside the place of familiarity and comfort and move to a place of change and discovery because that, says Dr. Cooper, is where the magic happens.

So now, as I close the book on my term as AACVPR President, I am proud of the work that our organization and our members have done and continue to do — to ask the tough questions and respond in ways that make the most sense in our current environment. As I look ahead, to the leadership of Barb Fagan as our new President, I am excited about the future direction of AACVPR and the essential services we provide. There is great potential if we are willing to look deliberately outward and then apply carefully inward to make changes
that enhance and strengthen our services.

Thank you again for the extraordinary opportunity to lead this organization. I look forward to continuing to work with you and for you, and I thank you from the bottom of my heart.

President's Message

Looking to the Future, Honoring the Past

Barbra Fagan, MS, RCEP, FAACVPR

"Choose to chance the rapids, And dare to dance the tide."
— Garth Brooks, “The River”

It is with humility and deep gratitude that I step into the role of President of AACVPR for the upcoming year. Having been a longtime member of AACVPR, I have watched this organization grow, respond and lead our membership through important initiatives, always with an eye on our mission of reducing morbidity, mortality and disability from cardiovascular and pulmonary disease through education, prevention, rehabilitation, research and disease management. It is time to chance the rapids, dance in the tides and follow this dream. It continues to be an amazing ride.

As I look to the future, I honor the past, for those who have walked before me have shown me the way. I have profound appreciation for each of you! Over the years, I have had the opportunity to serve our organization in a variety of roles, including committee member, committee chair, board member, Executive Committee member and now, as President. I look forward to working alongside you in the coming year as we continue to create, demonstrate and sustain the value of this organization through our performance. By way of professional introduction, I am a clinical exercise physiologist with more than 20 years in the field of cardiac rehabilitation. I have had the privilege to work for Froedtert and The Medical College of Wisconsin in Milwaukee, since 1987. My current role has shifted toward a focus on population health, primary prevention, care transitions and alternative delivery models. I anticipate this expanded role will bring experienced insight into innovative ways to better serve our patients.

I would like to say a heartfelt thank you to an extraordinary group of individuals, the AACVPR Board of Directors (BOD) who, with purpose and intent, have made the commitment to serve. Thank you to our returning BOD members Anne Gavic, Glenn Feltz, Mike McNamara, Adam deJong, Bonnie Anderson, Gayla Oakley, Eileen Collins, and John Pellicone. Thank you and welcome to new BOD members Curt Meyer, Zach Klint and Todd Brown. It is with a thirst of anticipation that I look forward to working with each of you this upcoming year. As we work together for the good of the organization, our profession and our members—the possibilities are abundant! And to Pat McBride, Steve Lichtman and Ana Mola, our outgoing BOD members, I thank you and honor you for all you have given.

This past year, under President Anne Gavic’s leadership, the BOD approved a three-year strategic plan. This roadmap continues to advance our organization through four identified pillars: Education, Innovation, Viability and Quality, and Membership. Our goal will continue to focus on preparing members to provide excellence in care; this will be evident in the continued development of resources supporting Program Certification and the launching of our Professional Certification next fall. Enhancing and expanding resources for programs seeking to incorporate chronic disease prevention and management will broaden our focus and our delivery of extraordinary services.

We have tremendous capabilities and reach. Let’s stretch our boundaries! We will continue to create, demonstrate and sustain value through our performance by providing evidence of the quality and benefits of our services. Performance and outcomes will be more measurable as data from our registries are utilized for benchmarking and quality improvement. And finally, it is important to expand and increase membership with our ancillary health care professionals, our physicians and our students. Greater breadth and engagement of our membership will continue to strengthen this organization and set the path for enduring sustainability. I ask each of you: How do you play a part in this? What is your level of engagement? If ever there was a time to dare, to make a difference, to embark on something worth doing—the time is now. Choose to chance the rapids, dare to dance that tide.

I invite all of you to be a part of the excitement by becoming involved in the work of
AACVPR. Our path has been forged, our direction clear and our commitment strong. I look forward to an extraordinary year!

Executive Director’s Corner

Recharged and Getting Connected

Megan Cohen, MPA, CAE

Attending the Annual Meeting is such a wonderful way to get professionally “recharged.” It provides for all of us that much-needed opportunity to refocus on what is really important. For me, as your Executive Director, it’s about finding new ways to help members connect and learn from each other. In my quest to do so, my best learning tools are you — the members! My goal at this year’s conference was to try to connect with every one of the 1,046 attendees in Nashville. Did I accomplish that? Probably not, but I did learn a great deal from the many I did get a chance to meet.

AACVPR has the same goal in mind this year. Our aim is to reach out to every cardiac and pulmonary rehabilitation professional in the country to help them connect and learn from each other. The healthcare environment is changing quickly under the Affordable Care Act, and each one of you needs to learn to adapt and excel in this new environment. AACVPR members can help each other do just that. But we need your help.

Finding the N

The State Affiliate leaders have launched an exciting new campaign this year called “Finding the N.” It’s a national effort coordinated by the states under the direction of Carla Vorndran, Chair of the Recruitment and Affiliate Relations Committee, to identify the universe of cardiac and pulmonary rehabilitation programs and professionals in the United States. There is strength in numbers but only if we know what our numbers are! So, if you receive a call from your state affiliate leader asking for assistance in identifying programs in your area, please provide whatever information you can to help us “Find the N!”

Get Connected

You have many avenues to connect with other cardiac and pulmonary rehabilitation professionals and learn about strategies to adapt and excel in your career.

- **Attend Day on the Hill** with other colleagues from your state. Come with us to visit your Members of Congress. Talk to them about the importance of what you do. The next event will be March 13-14, 2014, at the Washington Marriott at Metro Center. Click [here](#) for more information. Come to Washington, D.C., and make a difference for your profession.

- **Travel to the Affiliate Leaders Forum** this June. Join fellow affiliate leaders, AACVPR Board members and other national volunteers in Chicago for a two-day networking, idea-sharing and learning event. The forum is intended to target the challenges affiliate leaders face and the skills they need to overcome them. Among proposed topics are: strategic planning, leadership learning and best practice showcase. Each state will have the opportunity to send representatives to this important event. Join us June 7-8 at our Chicago headquarters office. Stay tuned for more information on this important opportunity to connect and learn from your colleagues.

- **Encourage your state to become a Joint Affiliate.** Joint Affiliates go that extra step to assure that all of their state members receive information from AACVPR about our Capitol Hill initiatives, the work we are doing at CMS to obtain more appropriate payment for cardiac and pulmonary rehabilitation as well as all other AACVPR member benefits. Have you talked to your state leaders about becoming a Joint Affiliate? All members in Joint Affiliate states automatically receive the benefits of the EducationAdvantage membership at no additional cost. That’s 10 free webinars with CE credits attached!

Take this opportunity, as I have, to reach out and connect. Find ways to get involved in your state affiliate and in AACVPR. Learn from those who have traveled the path before you. And pass on your knowledge and experience to those who are just beginning the journey.
Breaking News

Professional Certification - A New Opportunity for Cardiac Rehabilitation Professionals

Starting in September 2014, cardiac rehabilitation professionals will be able to earn the only professional certification made specifically for them: Certified Cardiac Rehabilitation Professional (CCRP). This certification is designed for health care professionals who have job responsibilities that include direct provision of cardiac rehabilitation services.

The time is now for this new opportunity in the profession of cardiac rehabilitation. This certification will:

- Provide an opportunity to review and expand your professional knowledge and skills,
- Emphasize your ability to provide quality care in a specialized field,
- Indicate your level of professionalism and dedication to the field.

The first offering of the CCRP exam will be on Sept. 3, 2014, at the AACVPR Annual Conference in Denver, Colo. A Candidate Handbook with exam details and the exam application will be made available spring 2014.

Educational programs will be available later in 2014 providing specific content to be included on the exam. Anyone is invited to participate in these opportunities, whether for test preparation or solely for continuing education purposes.

Watch the Professional Certification session recording from the 2013 Annual Meeting to learn more. Click here to view the recording of Session 310: “Do We Have News for You! AACVPR Professional Certification Is Coming” presented by Larry F. Hamm, George Washington University; Karen Lui, GRQ Consulting, LLC.

Visit the Professional Certification homepage for FAQs, pricing and eligibility requirements.

AACVPR News

AACVPR 28th Annual Meeting Recap

Ashley Anderson, AACVPR Headquarters Marketing Associate

On behalf of the AACVPR Board of Directors and Annual Meeting Program Planning Committee, thank you to everyone who joined us in Nashville and helped the AACVPR 28th Annual Meeting reach more than 1,000 attendees.

With nearly 50 educational sessions, superlative keynotes, hands-on learning opportunities, vendor sessions, a dynamic Exhibit Showcase and networking opportunities, the Annual Meeting offered attendees four days to discover the Best People, Best Practice and Best Performance that define our association.
Kenneth Thorpe, PhD, Chair of the Department of Health Policy & Management in the Rollins School of Public Health at Emory University, kicked off the meeting with an insightful presentation on the negative impact chronic disease has on our nation’s health and economy. Closing keynote speaker Robert Cooper, PhD, of Cooper Strategic finished the event on a strong note with a gripping and informative presentation on how to enact change to produce groundbreaking results at your organization.

Jody Hereford, BSN, MS, MAACVPR, exercise physiologist and winner of the 2013 L. Kent Smith Award of Excellence, inspired attendees to join the preventive care movement with her General Session presentation “What Business Are You In?”

During the ceremonial passing of the gavel, AACVPR 2012-13 President Anne Gavic introduced incoming President Barbra Fagan. Barb shared her personal and professional inspirations, including a touching video about Anne’s impact on the association.

The Annual Meeting also offered attendees a variety of networking opportunities including the Exhibit Showcase and the Celebration Banquet. The Exhibit Showcase included seven first-time exhibitors and a handful of lucky participants won prizes ranging from an iPad Mini to Nike sneakers in the Passport to Prizes drawing.

AACVPR recognized its 2013 award recipients at the Celebration Banquet. Award winners included:

- Jody Hereford, BSN, MS, MAACVPR, L. Kent Smith Award of Excellence
- Carl “Chip” Lavie, MD, FACC, FACP, FCCP, Michael L. Pollock Established Investigator Award
- Bartolome Celli, MD, Thomas L. Petty Distinguished Pulmonary Scholar Award
- David Schopfer, MD, Beginning Investigator Award
- Barbra Fagan, MS, RCEP, FAACVPR, Distinguished Service Award
- Tracy Herrewig, MS, RCEP, FAACVPR, Distinguished Service Award
- Kathleen Zarling, MS, RN, ACNS-BC, FPCNA, FAACVPR, Distinguished Service Award
- Philip Ades, MD, MAACVPR, Presidential Recognition Award
- Steven Keteyian, PhD, FAACVPR, Presidential Recognition Award
- Jeffrey Roitman, EdD, FACSM, Special Recognition Award
- Mark Williams, PhD, FACSM, MAACVPR, Special Recognition Award

Phil Ades, MD, Medical Director of Cardiac Rehabilitation at Fletcher Allen Cardiology in Burlington, Vt., and Steven Keteyian, PhD, Director of Preventive Cardiology at Henry Ford Hospital in Detroit, were presented this year’s Presidential Recognition Award for their significant contributions in the appeal to include Heart Failure (HF) as a covered diagnosis for Cardiac Rehab services.

In 2012, Past-President Steven Lichtman and the AACVPR Board decided the time was right to revisit the issue of CR for HF patients. Ades accepted the challenge to gather a
writing team and create a white paper outlining compelling evidence of benefit from cardiac rehabilitation for this patient population. Due to the quality of this evidence, AACVPR received support from AHA, ACC and HFSA in appealing to CMS for cardiac rehabilitation coverage for HF patients. Representatives met with CMS staff in March, and the evidence was expertly presented by Keteyian.

The edited white paper has been accepted for publication in JACC as “Cardiac Rehabilitation Care in Chronic Heart Failure.”

While we still wait for CMS to complete their review of the evidence and come to a final decision, Keteyian and Keteyian are being recognized for their outstanding contributions to the process of gathering and presenting strong support of benefit for cardiac rehabilitation services in this important patient population.

This year, a special award was presented to Mark Williams, PhD, Professor of Medicine and Cardiovascular Disease Prevention and Rehabilitation at Creighton University School of Medicine in Omaha, Neb. This award was to recognize Williams’ outstanding contributions and dedication as Editor-in-Chief of the Journal of Cardiopulmonary Rehabilitation and Prevention (JCRP). He served as Associate Editor-in-Chief from 2001-06, and Editor-in-Chief from 2007-13. Under his guidance, the quality and reputation of JCRP have developed significantly.

In addition, Williams was recognized for 18 years as Editor-in-Chief of the Guidelines for Cardiac Rehabilitation and Secondary Prevention. His editorial direction of the Guidelines has spanned four and fifth editions of this document that serves as the cornerstone for Cardiac Rehabilitation program development and implementation.

For the fifth edition of the Guidelines, Williams was joined as Co-Editor-in-Chief by Jeff Roitman, EdD, recently retired Professor in the Department of Exercise and Sport Science at Rockhurst University in Kansas City, Mo. Clearly, the two made an exceptional team, and we thank them for their attention to excellence in content and editing of this important document. The fifth edition of the Guidelines for Cardiac Rehabilitation and Secondary Prevention are now available here.

To learn more about the 28th Annual Meeting details, download the Onsite Program. To purchase recordings of the educational sessions, including our two keynotes, please visit the Marketplace Education Center.

**Save the Date**

**PARTNERS IN PREVENTION**

**LEADERS IN CARE**

29th Annual Meeting
September 4-6, 2014
Denver, Colorado

Pre-meeting Events
September 3, 2014
Ann

**the 2013 Recipients of Master and Fellow of AACVPR**

Steven Lichtman, EdD, FAACVPR, Chair, 2012-13 Master and Fellow subcommittees

Congratulations to the 2013 recipients of the Master of AACVPR!

This designation recognizes and honors those Fellows of AACVPR who have consistently co-produced many of the goals and leadership of the organization and the science and practice of cardiovascular and pulmonary rehabilitation. The designation “Master of AACVPR” is awarded to long-term members who exemplify the highest standards of our profession. The award is designed to recognize
and honor professionals who have demonstrated exceptional achievement and service that has helped advance the science and practice of cardiopulmonary rehabilitation and the mission of AACVPR through their leadership, contributions to research, clinical practice, quality improvement, education, and years of enduring and outstanding service.

- John E. Hodgkin, MD, MAACVPR
- Trina M. Limberg, BS, RRT, MAACVPR
- Henry S. Miller, MD, MAACVPR
- Bonnie K. Sanderson, RN, PhD, MAACVPR
- Mark D. Serin, PhD, MAACVPR

Congratulations to the 2013 AACVPR Fellows!

Appointment as a Fellow in AACVPR is designed to honor exceptional achievement and service within the professional domain of our organization with expectations of future contributions and leadership.

- Ruth N. Akers, RN, BSN, MHA, FAACVPR
- Kimberly Beyer, BS, FAACVPR
- Margaret Blount, RN, MEd, FAACVPR
- Jacqueline L. Bunn-Gray, RN, FAACVPR
- Dean Diersing, MS, ACSM-RCEP, HFS, FAACVPR
- Jonathan K. Ehrman, PhD, FAACVPR
- Jill W. Fox, RN-BC, BSN, FAACVPR
- Alisa C. Krizan, MS, RD, LD, FAACVPR
- Cindy Ostrem, MS, RCEP, FAACVPR
- John T. Pellicone, MD, FCCP, FACP, FAACVPR
- Richard Sukeena, MS, MBA, FAACVPR

Member Resources

AACVPR & UW-La Crosse Collaboration

AACVPR and the La Crosse Exercise and Health Program at the University of Wisconsin-La Crosse (UWL) are joining together to offer a Comprehensive Cardiac Rehabilitation workshop. This workshop is considered essential for anyone who is new to cardiac rehabilitation or who needs an up-to-date refresher on current trends in the field.

This Comprehensive Cardiac Rehabilitation Workshop will not only focus on the basics, but will provide an up-to-date overview of the theory and practice of inpatient and outpatient cardiac rehabilitation. There will be a strong emphasis on exercise physiology, exercise prescription, administrative concerns and secondary prevention strategies.

This workshop provides approximately 25 CEUs. Click here for more information about course content, registration, and housing options.

AACVPR and Affiliate Society members receive a $25 discount!
Update on AACVPR Liaison Activity

New Chair, New Tools

Thomas Draper, MBA, FAACVPR, Chair, Professional Liaison Committee

It is an incredible honor and privilege to be appointed the Chair of the Professional Liaison Committee (PLC) for AACVPR; I have big shoes to fill! The chair for the past six years, Dr. Marjorie King, is a true leader, advocate and visionary for AACVPR, its members and the patients we serve. Her leadership in this committee has been nothing short of remarkable. She took this committee from concept to one that is robust, organized, highly respected among its liaisons and a model that other organizations look to replicate. We can attribute, in many ways, the growth and increased credibility/visibility of AACVPR to Dr. King's leadership and the team she assembled to liaise with partner organizations. More than ever, organizations such as the American College of Cardiology (ACC), American Heart Association (AHA), American College of Chest Physicians (ACCP), American Association of Respiratory Care (AARC) and many others look to AACVPR and its collection of experts regarding anything related to cardiac or pulmonary rehabilitation and prevention. On behalf of many grateful AACVPR members and patients, thank you, Dr. King!!

The AACVPR Annual Meeting in Nashville was a busy one for the PLC and its liaison organizations. The PLC committee members received an update from the AACVPR Board of Directors that included outlining strategic priorities and how they are related to liaison partnerships. A major initiative in the upcoming months is to strengthen and develop relationships with more physician organizations. Additionally, the PLC will be looking to enhance partnerships with organizations regarding prevention and transitions of care to ensure cardiac and pulmonary rehabilitation are part of the conversation for these emerging concepts.

On-site liaison meetings were held with several organizations to discuss the AACVPR strategic priorities, to hear from our liaison partners about their initiatives, and to identify opportunities for collaboration. Meetings were held with the Partnership to Fight Chronic Disease (PFCD), the American Association of Respiratory Care (AARC), the Clinical Exercise Physiology Association (CEPA), The COPD Foundation, and Sports, Cardiovascular and Wellness Nutrition (SCAN). Each of these meetings included the PLC representative to that organization, AACVPR leadership and staff, and a representative from the respective liaison.

Several collaborative opportunities that benefit each respective organization were identified and will be rolled out in the coming months. These include activities such as speaker exchanges, cross-promotion of educational events, legislative initiative partnership support and numerous opportunities to provide AACVPR members with educational and clinical tools that will directly benefit their programs and patients.

Specifically, we wanted to highlight two new tools from the COPD Foundation that should greatly enhance the care provided to pulmonary patients. The first is the COPD Pocket Consultant Guide App. The widely used and validated COPD Pocket Consultant is now available as an iPhone app, bringing the knowledge even closer to the clinician and the patient. The second new tool that is available for clinicians is the Use Inhalers Educational Video Series. This series provides videos for each of the major inhalers with step-by-step instructions on proper use. For an enhanced and interactive tutorial, patients can utilize Use Inhalers' companion app that provides interactive feedback on proper use of an inhaler. All of this information can be found on the COPD Foundation web page.

Finally, as I mentioned previously, I am honored to be the Chair of the PLC. I am looking forward to working with an incredible ensemble of professionals to spread the mission and...
vision of AACVPR and to foster and expand the relationships we have with many partner organizations. Please visit the liaison list on the AACVPR web page to see the organizations we are partnering with, and know that for each of those organizations, there is an AACVPR volunteer fostering that relationship. I am excited to work with each of them.

"Individually, we are one drop. Together, we are an ocean."
— Ryunosuke Satoro

Pulmonary Point of View

Groundbreaking presentations in Nashville

Gerene Bauldoff, PhD, RN, FAACVPR

The 2013 AACVPR Annual Meeting in Nashville, Tenn., was a rousing success. The pulmonary rehabilitation/pulmonary medicine (PR/PM) content provided groundbreaking presentations. Always one of the highest rated presentations, Dr. Brian Carlin’s yearly “COPD and Pulmonary Rehabilitation: The Year In Review” provided the latest information on the newest evidence supporting COPD management and PR. Be sure to see Dr. Carlin’s bibliography list in the Online Syllabus to obtain his references directly.

Presentations on resistive exercise training, pharmacology of smoking cessation, falls prevention strategies, harmonica therapy and dynamic hyperinflation limitations on exercise added to the PR professional’s knowledge of the science of PR.

Program development presentations on PR as a post-exacerbation tool, the Pulmonary Education Program and an update on the PR Registry provided great information for PR operations and education.

Planning for the 2014 Annual Meeting program is about to start. Are there topics you would like to see covered? Please submit your presentation suggestions at the AACVPR abstract central site. The site is open until Dec. 6. If you have a burning desire to be part of the PR/PM section committee, please send me your name and a short statement about your background at Bauldoff.1@osu.edu. The PR/PM committee is seeking input from everyone — if you just wish to suggest topics but aren’t sure about submitting a presentation proposal, please contact me at the above email address. I will be happy to share your ideas with the program committee. Our goal is to provide a program that will best meet your needs!

JCRP

Journal of Cardiopulmonary Rehabilitation and Prevention Highlights

Mark A. Williams, PhD, MAACVPR, JCRP Editor-In-Chief

To Get to the Journal of Cardiopulmonary Rehabilitation and Prevention:

From the AACVPR Web page, click publications and follow the directions; Or

Also, find JCRP online.

Check out the Published Ahead of Print section for new articles, which have not yet been published in the print version of JCRP
What’s Coming in JCRP

November/December 2013 Issue

This issue is highlighted by a Scientific Review titled “Association Between Peripheral Muscle Strength and Daily Physical Activity in Patients with COPD - A Systematic Review and Meta-Analysis” as well as various section papers in Cardiac Rehabilitation, Peripheral Artery Disease and Pulmonary Rehabilitation from Australia, Brazil, Netherlands, Slovenia, Switzerland, Canada and the United States.

SCIENTIFIC REVIEW

- Association Between Peripheral Muscle Strength and Daily Physical Activity in Patients with COPD - A Systematic Review and Meta-Analysis; Osthoff et al (SWITZERLAND)

CARDIAC REHABILITATION

- Effect of a Lifestyle Therapy Program Using Cardiac Rehabilitation Resources on Metabolic Syndrome Components; Lopez-Jimenez et al (USA)
- Effect of Exercise Training and Weight Loss on Platelet Reactivity in Overweight Patients with Coronary Artery Disease; Keating et al (USA)
- Noninvasive Ventilation Improves the Cardiovascular Response and Fatigability During Resistance Exercise in Patients with Heart Failure; Maldaner da Silva (BRAZIL, USA)
- Physical Inactivity at Leisure and Work: A 12-month Study of Cardiac Patients; Rogerson et al (AUSTRALIA)

Brief Reports

- Muscular Strength and Cardiorespiratory Fitness Are Associated With Health Status in Patients With a Recently Implanted Continuous-flow Left Ventricular Assist Device (LVAD); Kerrigan et al (USA)
- Influence of Short-term Cardiac Rehabilitation on Oxidative Stress in Men After Myocardial Infarction Depends Upon Smoking Status; Mikar et al (SLOVENIA)
- Daily Steps Threshold to Improve Cardiovascular Risk Factors During the Year After an Acute Coronary Syndrome; Poirier et al (CANADA)

PERIPHERAL ARTERY DISEASE

- VO2 Kinetics and Clinical Factors among Patients with Peripheral Artery Disease; Ritti-Dias (BRAZIL, USA)

PULMONARY REHABILITATION

- Contractile fatigue of the quadriceps muscle predicts improvement in exercise performance after pulmonary rehabilitation; Mador et al (USA)
- Adherence to a Maintenance Exercise Program 1 Year after Pulmonary Rehabilitation: What Are the Predictors of Drop-out? Heerema et al (NETHERLANDS)

Montana Association for Cardiovascular & Pulmonary Rehabilitation Update

Ashley Wishman, MS, CES, CSCS, PES, HFS, MACVPR President

MACVPR held its annual conference in April 2013, with tremendous success and a great line up of speakers, though the weather in Chicago prevented one person from arriving. This year was our biggest turn out for the conference with 62 attendees. We are currently in our planning stages for our next annual conference to be held in the fall of 2014. Currently,
MACVPR has 24 programs that include a total of 65 members. A big change this year for MACVPR is that membership is transitioning from a per-program basis to individual memberships. In the past, programs paid a fee for all employees within that program to be a member. Through careful consideration and a group vote at the annual conference, the board and the majority of the members agreed with the transition to individual membership. This change will become effective starting in January 2014.

This year, MACVPR also sent a representative to DOT H. Debby Lee, from Lewistown, Mont., was able to meet with Montana representatives to discuss the importance of changing the CMS stipulation of physician supervision to include Nurse Practitioners and Physician Assistants. This change would be quite valuable to small critical access hospitals, not only in Montana, but also throughout the country. This technical change is simple; however, congress wants a CBO number, which ideally will be $0. It is important for all rehab settings to support this change. For those who want to be involved, letters can be sent to their respective congress representatives. For more information visit: AACVPR's Advocacy page.

Oklahoma Cardiovascular and Pulmonary Rehab Association Update

Brenda Head, RN, MSN, BC, OKCVPR President

OKCVPR consists of 100 members and represents 31 Outpatient Cardiac Rehab Program and nine Outpatient Pulmonary Rehab Programs.

We are thrilled to announce that the first Intensive Cardiac Rehab program has recently begun at the Oklahoma Heart Hospital South in Oklahoma City. We look forward to watching its development and results.

Our new website (http://okcvpr.com/) is recently up and running—complete with new logo. We are excited about the new format and will continue to tailor the site to serve and meet the needs of cardiac and pulmonary rehab staff and clients in the state.

Five board members and eight members attended the AACVPR Annual Meeting in Nashville. It is always exciting to see those new to rehab gain a broader concept of cardiac and pulmonary rehab. The information gained was exceptional and all were motivated on both a personal and professional level.

We look forward to the year ahead as we explore ways to improve the health and hearts of Oklahoma.

South Carolina Cardiovascular and Pulmonary Rehab Association Update

Bob Brown, MPH, MBA, SCCVPR President

The South Carolina Cardiovascular and Pulmonary Rehab Association had its annual meeting in Hilton Head Island, S.C. on Apr. 26-27, 2013. Dr. Beeler of Palmetto GBA was on hand to discuss and work with the association on the audits in the state. Dr. Beeler and a few others from Palmetto GBA spoke about what they were expecting to see when they asked for audits. This was very informative for the members of our association to hear.

At the meeting Mark Clair from Medical University of South Carolina (MUSC) was given the Service Award for his dedication to the society. Bob Brown, MPH, MBA, from Spartanburg Regional was named President of the Association, succeeding Dr. Mark Senn from Beaufort Memorial. This year SCACVPR is looking to increase its memberships and has also changed the design of the website (www.scacvpr.org). The annual conference has been set for May 2 & 3 2014 in Greenville, S.C., and we invite all whom are interested to participate in this event.
Calendar of Events/Education

AACVPR Webcasts

November 2013


December 2013

Webcast: “AACVPR Reimbursement Webcast” at 12-1 p.m.(CT) Tuesday, Dec. 10.

These AACVPR Webcasts are free to AACVPR EducationAdvantage members (registration required to obtain CEs). To learn more about the EducationAdvantage membership, please click here.

Do you have something interesting for publication? Please let us know! News & Views welcomes letters in good taste on any topic. All letters must be submitted with the writer’s name (anonymous letters will not be published). Submissions are limited to one per writer per issue and may be edited to meet space requirements.

AACVPR National Office Contact Information

Please continue to send your questions and comments to AACVPR News & Views via aacvpr@aacvpr.org. Don’t hesitate to suggest how AACVPR News & Views can continue to provide you access to information about our profession and AACVPR.

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