

PROGRAM OBJECTIVES

- Participants will be able to motivate tobacco users to quit and recommend proven therapies to assist the 100% of the time.
- Participants will learn behavior modification techniques to improve patient compliance with risk factor modification.
- Participants will learn best practices in the rehabilitation setting, and ideas to implement them into their own program.
- Participants will have an understanding of MRSA and how to protect themselves and their patients in the rehabilitation environment.
- Participants will understand the disease process of sleep apnea and how this results in cardiovascular complications.
- Participants will learn about LVADs and the different physiological responses these individuals have to exercise and everyday activities.

INTENDED AUDIENCE

This educational program is intended to meet the needs of all healthcare professionals who work with individuals with cardiovascular and pulmonary diseases.

CONTINUING EDUCATION

This activity for nine contact hours is provided by St. Joseph's Hospital Health Center, which is accredited as a provider of continuing education in nursing by the American Nurses Credentialing Center's Commission on Accreditation.

Nine contact hours have also been applied for to AARC

Central Region NYSAC&PR
St. Joseph's Cardiac Rehabilitation
7246 Janus Park Drive
Liverpool, NY 13088

The Central Region of the
New York State Association
for Cardiovascular and
Pulmonary Rehabilitation
presents



The Annual
NYSAC&PR
State Conference

Core Care for Patient and Professional

Friday, May 2, 2008
Saturday, May 3, 2008

Shenendoah Clubhouse
Turning Stone Conference Center
Verona, NY

FRIDAY, MAY 2, 2008

12:00pm - 1:00pm
Registration

1:00pm - 1:15pm
Welcome
Karen Pyle, RN, BSN, MEd

1:15pm - 2:15pm
Smoking Cessation Motivational
Strategies and Therapies
Patricia J. Briest, MS, FNP-C

2:15pm - 3:15pm
Best Practices in the Rehabilitation Setting
Kelly Fitzgerald, RN, BS, AE-C, FAACVPR
Steve Lichtman, EdD, FAACVPR

3:15pm - 3:45pm
Break

3:45pm - 4:45pm
Infection Control Issues in the Cardio-Pulmonary
Rehabilitation Setting - The Impact of MRSA
Sally Klemens, MD
Deb Streiff, RN, BSN

4:45pm - 5:00pm
Closing Remarks
Karen Pyle, RN, BSN, MEd

5:00pm - 7:00pm
Dinner on your own

7:00pm - 8:00pm
Behavioral Modification Techniques to Make
You and Your Patients Happy and Healthy
Joel Weintraub, humorist

8:00pm - 9:00pm
How to make 25 Hours Out of a 24 Hour Day
Joel Weintraub, humorist

SATURDAY, MAY 3, 2008

7:00am - 8:00am - Pilates/Yoga

8:15am - 8:45am
Certification & Recertification
Susan Woods, RRT

9:00am - 9:15am
Reimbursement Update
Steve Lichtman, EdD, FAACVPR

9:15am - 10:15am
Cardiovascular Complications of Sleep Apnea
Edward Downing, MD, FCCP

10:15am - 10:30am - Break/Vendors

10:30am - 11:30am
Exercise & Living with a VAD
Heather Grandusky, DPT

11:30am - 12:00pm - Break/Vendors

12:00pm - 1:30pm - Lunch & Business Meeting

1:30pm - 2:30pm
Treatments for Patients with Severe Lung Disease
Richard Novitch, MD

2:30pm - 3:30pm
Bridging the Gap Between
Clinical Guidelines and Practice
Connie Randolph, RN, MS, CNS

3:30pm - 4:30pm
Care for the Caregiver
Michael Hillenbrand, MD, MS, LAC

4:30pm - 4:45pm - Break

4:45pm - 5:45pm
Panel Discussion of Creative Offerings in
the Rehabilitation Setting

5:45pm - 6:00pm - Wrap-Up

8:00am - 12:00pm - Vendor Display

REGISTRATION FORM

Please make checks payable to:
Central Region NYSAC&PR

Please mail to:
Mary Ann Carr, RN
St. Joseph's Cardiac Rehab.
7246 Janus Park Drive
Liverpool, NY 13088
Email: maryaca3@aol.com
Phone: 315-458-7171 • Fax: 315-458-5715

Region: _____

Name: _____

Facility: _____

Address: _____

Phone: _____

Email: _____

Fax: _____

Please check one

\$160.00 - Conference Friday and Saturday,
lunch, plus annual membership dues

\$140.00 - Conference Saturday only, lunch,
plus annual membership dues

\$40.00 - Annual membership dues only

ACCOMMODATIONS

A limited number of rooms have been blocked at
The Turning Stone Tower. Please call 1-800-771-7711
for reservations. Mention the NYSAC&PR Conference
for the rate of \$159.00/night. You may choose to
reserve a room at The Lodge for \$269.00/night.
MUST RESERVE YOUR ROOM BY APRIL 11, 2008.
For more information, visit www.turningstone.com.