

**Symposium Purpose:**

Based on the educational mission of TSSCVPR, this meeting is designed to provide rehab professionals with an update on the latest program guidelines, regulatory issues and patient care strategies for cardiac and pulmonary rehabilitation services.

**Intended Audience:**

This symposium is intended for healthcare professionals specializing in the delivery of cardiac and/or pulmonary rehabilitation services including: nurses, exercise specialists/ physiologists, respiratory therapists, registered dietitians, physicians, nurse practitioners, physical therapists and others.

**Educational Contact Hours:**

An application for contact hours has been submitted to the PA State Nurses Association. Please call Jill Fox at TSSCVPR (not PSNA) for more information about contact hours. Contact hours have also been applied for through AARC. ACSM will accept credits received from either of those organizations.

**Accommodations:**

Room Reservations received on or before Friday, March 19, 2010 will get the discounted room rate of **\$134.00**. Be sure to identify yourself as a part of the Tri-State Society for Cardiovascular and Pulmonary Rehabilitation. To reserve a room, please call the Marriott reservations @ 1(800) 228-9290. Parking is available on site for a fee. Directions and reservations are available at:

[www.lancastermarriott.com](http://www.lancastermarriott.com)

For more information contact

**Jill Fox**

symposium planning chair

e-mail: [foxmontj@verizon.net](mailto:foxmontj@verizon.net)

phone: (814)-443-5278.

You may also visit our website at:



**REGISTRATION**

Includes program materials, breaks and lunch

<i>Symposium</i>	<i>Member</i>	<i>Non-member</i>	<i>Student</i>
<input type="checkbox"/> Before 3/5/10	\$115	\$155	\$50
<input type="checkbox"/> Up to 4/8/10	\$125	\$165	\$50
<input type="checkbox"/> Day of Event	\$135	\$175	\$60

No refunds after March 22, 2010

Name \_\_\_\_\_

Address \_\_\_\_\_

Hospital Name \_\_\_\_\_

Phone \_\_\_\_\_

E-mail: \_\_\_\_\_

TSSCVPR Chapter: \_\_\_\_\_

Circle One:  
AARC: # \_\_\_\_\_  
RN: License # \_\_\_\_\_  
ACSM: Cert # \_\_\_\_\_

*For more information: Call Jill Fox: 814-443-5278*

NON-Member fees will include a TSSCVPR membership for 2010  
**RSVP**

I will be attending the Friday night Networking

YES NO

Payment:

MAIL check/money order payable to TSSCVPR to:

**Kathy Williamson**  
1525 Hidden Court  
Warrington, PA. 18976-2841



**SUSTAINING SUCCESS**

**IN CARDIAC AND PULMONARY REHAB**

Tri-State Society  
For  
Cardiovascular and  
Pulmonary Rehabilitation

**26<sup>th</sup> Annual Symposium**

**Saturday, April 10, 2010**

**Lancaster Marriott  
at Penn Square**

25 South Queen Street  
Lancaster, PA 17602



Web site: [www.tsscvpr.org](http://www.tsscvpr.org)

## FRIDAY NIGHT NETWORKING

Meet and Greet  
TSSCVPR members

7-9 p.m.

RSVP required on registration form

### Symposium Objectives

- Explain how cardiac rehab services fit into AHA's new mission statement
- Name 2 types of Action Plans that a PR program should provide to improve self-management of chronic respiratory disease
- Evaluate the extent to which your program meets 2010 changes in Medicare coverage
- Select an educational topic to be developed into a patient teaching bulletin board
- Compare your program's operation to the results of one of the clinical projects
- Describe how motivational interviewing helps assess patient's readiness to change unhealthy behavior
- List at least 3 pros & 3 cons of patient use of the internet to access healthcare information
- Identify one stress management strategy to implement for personal use & one to teach your patients in rehab

### Interactive Learning Options

NEW for 2010

*3 ways and 3 times to meet and chat with colleagues about projects of mutual interest*

10:15-10:45, 12:45-1:15, 3:15-3:45

\*visit with vendors and explore products and services

\*Collect ideas for Patient education by viewing bulletin boards and networking with creators

\*Learn from successful clinical projects viewing poster reports and discuss improvements, methods and results with staff involved.

## PERSPECTIVES ON REHAB SUCCESS

How Bigger Organizations See Rehab

7:00-8:00

**REGISTRATION, CONTINENTAL BREAKFAST**

8-8:15 WELCOME

*Jesse Glenn BS, RRT, TSSCVPR President*

8:15- 9:15

American Heart Association's View on Cardiac Rehab-  
Keeping your program in the bigger cardiac care picture

*Timothy Gardner MD, Past- President AHA;  
Cardiologist, Christiana Care, Newark DE*

9:15-10:15

American Thoracic Society's Views on Pulmonary Rehab-  
Creating action plans for your program and patients

*Linda Nici MD, Clinical Professor, Brown Univ.,  
Pulmonologist VA Medical Center, Providence RI*

10:15-10:45 **BREAK**

\*Interactive Learning Options /Visit with Vendors

10:45-11:45

Government's View of Cardiac and Pulmonary Rehab-  
assuring compliance with regulations and compatibility  
with health care reform priorities

*Karen Lui RN, MS, FAACVPR Legislative Analyst,  
GRQ, Washington DC*

11:45-12:45 **LUNCH**

Awards, prizes, Announcement of new officers

12:45-1:15

\*Interactive Learning Options.

## STRATEGIES FOR REHAB SUCCESS

Helping Patients Help Themselves

1:15-2:15

Motivational Interviewing-The best place to start  
behavior change

*Dan Marrow MS, LMFT, Psychotherapist  
& Behavior Counselor, Holy Spirit  
Hospital, Camp Hill, PA.*

2:15-3:15

Online Learning for Cardiac and Pulmonary  
Patients: the good, the bad and the ugly

*Kelly Kuhns RN, MSN Nursing Instructor,  
Millersville Univ., Lancaster PA*

3:15-3:45 **BREAK**

\*Interactive Learning Options

3:45-4:45

Stress Management- you first, then your patients

*Vincent Calloway MS, LSW, Employee  
Assistance Counselor, Calloway  
Associates, Philadelphia PA*

4:45-5:15

### EVALUATIONS AND CERTIFICATES

(Full attendance is required to receive designated number  
of contact hours. No partial credit given)