



2010 Cardiovascular Nursing Conference

Wired for Heart Care:

Technology, Treatments
and Trends

CONFERENCE OVERVIEW

This conference will present current concepts in cardiology and recent advancements in care for patients with cardiovascular disease. In addition, technology applications for health care will be explored, including personalized medicine, social media and avatars for patient/family and health professionals' education.

Objectives

Upon completion of this conference, participants should be able to:

- Describe two trends for education using virtual education and avatars
- Identify underlying causes of delirium
- Describe signs and symptoms of a vitamin D deficiency
- Outline the current medical literature regarding selected cardiovascular drug therapies
- Explain how social networking can be used to enhance nursing

Target Audience

Nurses, nurse practitioners, clinical nurse specialists, cardiac rehab professionals, educators and other health care professionals interested in learning more about heart health.

Accreditation

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of Allina Hospitals & Clinics and Minneapolis Heart Institute Foundation. Allina Hospitals & Clinics is accredited by the ACCME to provide continuing medical education for physicians.

The Center for Learning & Innovation, Office of Accreditation at Allina Hospitals & Clinics designates this educational activity for a maximum of 7.0 *AMA PRA Category 1 Credits*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Continuing medical education credits are accepted by the American Nurses Credentialing Center's Commission on Accreditation (ANCC) for certification renewal, if the content is applicable to the area of certification. Continuing education hours approved by the ACCME meet the ANCC-accredited continuing nursing education (CNE) criteria.

Individuals representing other professional disciplines may submit summit materials to their respective professional associations for 7.0 hours of continuing education credit.

Tuesday, September 28, 2010 | 7:30 AM – 4:00 PM
Westin Edina Galleria Hotel near Southdale Shopping Center



For information and to register visit <http://nursing.eventbrite.com>.



2010 Cardiovascular Nursing Conference

Wired for Heart Care:

Technology, Treatments and Trends

AGENDA

7:30 am **Welcome and Overview**
Karen Tomes, MA, RN, PHN
Cardiovascular Patient Care Director, Minneapolis Heart Institute® at Abbott Northwestern Hospital

7:35 **Raymond Plank Keynote Lecture: Taking Control of Your Health in the New Era of Personalized Medicine**
Thomas Goetz, *Author, The Decision Tree: Taking Control of Your Health in the New Era of Personalized Medicine; Executive Editor, Wired Magazine*

For all the talk about personalized medicine, health care today remains a top-down, doctor-driven system, where individuals are often bit players in their own health decisions. The problem isn't a lack of information; we're bombarded with health warnings, medical advice, and scientific research. What we lack is a way to process this information and successfully integrate it into our lives. In *The Decision Tree* (published Feb 2010), Thomas Goetz points the way. The executive editor at Wired Magazine – one of America's smartest magazines – who holds a Master of Public Health degree from UC Berkeley, Goetz brings together compelling new science and cutting-edge technology, to propose a new strategy for thinking about our health, where individuals are at the center of the equation.

9:00 **Break**

9:15 **Review of New Cardiovascular Medication Therapies and a Refresher on Anticoagulation**
Laura Borstad, PharmD, BCPS
Clinical Pharmacy Coordinator, Critical Care & Cardiology, Abbott Northwestern Hospital

The field of cardiovascular therapy is dynamic. Best practices and preferred treatments change and evolve as new medical literature is released. This session will help keep attendees up-to-speed with regard to the increased use of newer therapies such as prasugrel and dronaderone and offer an update on the evolving literature regarding clopidogrel. This presentation will also feature a brief refresher on injectable anticoagulants.

10:00 **Women and Heart Disease: Underrecognized, Underdiagnosed and Undertreated**
Shalini Bobra, MD
Women's Heart Health Program, Minneapolis Heart Institute® at Abbott Northwestern Hospital

Cardiovascular disease (CVD) claimed the lives of more than 500,000 women last year (more than all forms of cancer combined), and an estimated 1 in 2 women will eventually die of heart disease or stroke. Research has begun to define gender-based differences in CVD pathophysiology, clinical presentation, diagnostic strategies, response to therapies and outcomes. Nonetheless, CVD remains significantly underrecognized, underdiagnosed and undertreated in women. In April, Minneapolis Heart Institute, Mayo Clinic and the University of Minnesota hosted a Women's Heart Health Summit that featured keynote addresses and panel discussions with 12 national experts, 20 regional leaders and nearly 200 attendees. Dr. Bobra's presentation will summarize key issues, discuss prevention and clinical care strategies tailored to women, and identify the next key steps in research and practice that will impact heart disease in women.

Tuesday, September 28, 2010 | 7:30 AM – 4:00 PM
Westin Edina Galleria Hotel near Southdale Shopping Center



For information and to register visit <http://nursing.eventbrite.com>.



2010 Cardiovascular Nursing Conference

Wired for Heart Care:

Technology, Treatments and Trends

- 10:45 **Virtual Reality Technology To Deliver Real Life Professional Nursing and Medical Education**
Jone Tiffany, DNP(c), RNC-OB
Associate Professor of Nursing, Bethel University in St. Paul
Clinical Nurse Educator at Abbott Northwestern Hospital
- Nurse educators continue to seek innovative learning experiences for students, nurses, and providers. The use of virtual reality can provide a vast range of educational experiences through the use of electronic communication combined with the quality of a shared space. Virtual reality technology enables users to create motional avatars to interact with each other. Resident avatars can explore, participate in group activities, and interact with others in a synchronous online format. Virtual reality technology is being used as a platform by many educational institutions, medical centers, and programs to enhance learning. Many educators believe this virtual world provides a more personal learning experience than traditional learning does.
- 11:30 **Lunch**
- 12:15 pm **Vitamin D Deficiency: Misconceptions and Solutions**
Greg Plotnikoff, MD, MTS, FACP
Medical Director, Institute for Health and Healing, Abbott Northwestern Hospital
- Vitamin D may be one of the most overlooked “little things” that can make a big difference in patient health. The incidence of vitamin D deficiency is alarmingly high, especially in northern areas such as Minnesota. Low levels of vitamin D have been linked with impaired immune function, increased frailty in the elderly, chronic inflammatory diseases, metabolic syndrome, type II diabetes and many other ailments. With the many misconceptions about the need for vitamin D, as well as confusion regarding proper clinical care of patients with vitamin D deficiency, this is a topic that will impact nursing practice. This session will explore the issue of vitamin D deficiency, explain common misconceptions and offer treatment solutions.
- 1:00 **Delirium (Acute Confusion) in Hospitalized Patients**
Thomas Keul, MD, Medical Director Behavioral Health, Abbott Northwestern Hospital
- Delirium (acute confusion) is a common cause of morbidity and mortality that affects more than 2.3 million older hospitalized patients and accounts for more than \$4 billion annually in Medicare expenditures. Patients who experience delirium while hospitalized are more likely to have adverse reactions to medications, acquire hospital infections, fall, develop pressure ulcers, and have longer hospital stays compared to patients who do not develop delirium. This session will provide an overview of delirium including causes, prevention strategies, treatment options, and pharmacological management.
- 1:45 **Break**
- 2:00 **Heart Failure: Emerging Research on Medications, Devices, and Stem Cell Angiogenesis**
David Feldman, MD, PhD
Medical Director, Heart Failure, Ventricular Assist Device and Cardiac Transplant Program
- Recent advances in technology, drug therapies and interventions have improved outcomes for

Tuesday, September 28, 2010 | 7:30 AM – 4:00 PM
Westin Edina Galleria Hotel near Southdale Shopping Center



For information and to register visit <http://nursing.eventbrite.com>.



2010 Cardiovascular Nursing Conference

Wired for Heart Care:

Technology, Treatments and Trends

patients with heart failure. However, even with these improvements in treatment, we must not lose sight of the importance of early intervention and primary care in managing heart failure. David Feldman, MD, PhD, will review some of the challenges related to this topic and offer a solution for how cardiologists and primary care physicians can work together to aggressively manage early stage heart disease and improve outcomes.

2:45

Closing Keynote: Healthcare 2.0 — Social Media and Medicine

Julio Ojeda-Zapata, *Author, Twitter Means Business: How Microblogging Can Help or Hurt Your Company*, Tech Test Drive columnist for the St. Paul Pioneer Press, blogger at Your Tech Weblog

Today, social media connects nearly everyone. Adventurers in remote areas are sharing their pictures on Facebook and astronauts are live-tweeting from space. Social media is not, however, just for keeping family and friends in the loop. Companies and organizations have found many uses for social media platforms from tracking customers to providing technical support. Julio Ojeda-Zapata, noted social-networking expert, will discuss some of the many potential uses for social media in the healthcare field and answer the question – Can we improve patient care in 140 characters or less?

3:30

Closing Remarks

3:45

Adjournment

About The Raymond Plank Keynote Lecture



Funding for the keynote presenter at this conference has been provided by Raymond Plank, who wishes to recognize the valuable role of nurses as medical professionals.

Mr. Plank is the retired founder and chairman of Apache Corporation, one of the nation's largest independent oil and gas exploration and production companies. Born and raised on a farm in Wayzata, he earned his undergraduate degree from Yale University, served as a U.S. Army bomber pilot during World War II, and returned to Minneapolis as a founding partner in an accounting services firm. In 1954 until 2009, Plank led Apache from inception to an organization with assets of more than \$19 billion.

Advised by his father to leave the world better than he found it, Plank has embodied that advice as a leader in civic, educational, business and conservation-related activities. Ucross Foundation provides artists and writers with a setting for individual creative work on a 20,000-acre ranch in Wyoming. Fund for Teachers has provided summer travel and enrichment grants to 4,000-plus elementary and high school teachers. In Egypt, where Apache is a leading oil and gas producer, about 7,000 girls are attending one-room school buildings constructed by Springboard – Educating the Future. The Raymond Plank Professorship of Global Energy Policy at Harvard's John F. Kennedy School of Government works to advance teaching and research in the fields of global energy.

Further information about the accomplishments and philanthropic pursuits of Raymond Plank can be found at www.raymondplank.com. The planning committee appreciates Mr. Plank's support for this conference.

Tuesday, September 28, 2010 | 7:30 AM – 4:00 PM
Westin Edina Galleria Hotel near Southdale Shopping Center



For information and to register visit <http://nursing.eventbrite.com>.



2010 Cardiovascular Nursing Conference

Wired for Heart Care:

Technology, Treatments and Trends

Registration & Logistics

Online Registration

Registration is now open! All registrations will be done online with payments made by bank or credit card. For information and to register visit <http://nursing.eventbrite.com>.

Tuition

\$110 for Allina employees and affiliates

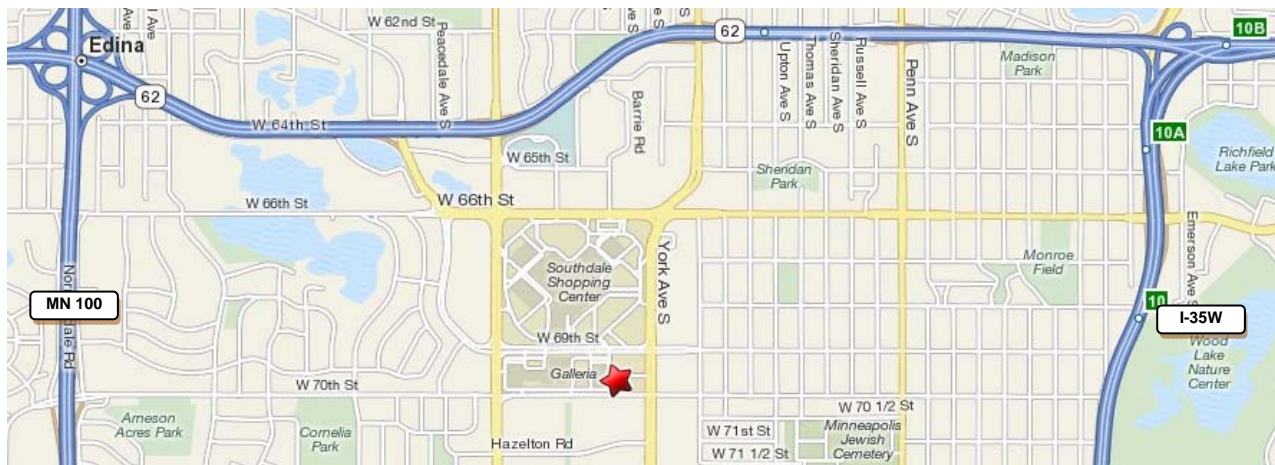
\$140 for general registration

Tuition fee includes educational credits, conference materials, parking and refreshments. The online registration website will accept payments by bank or credit card via PayPal. If you do not have a PayPal account, use the "continue" link for a one-time payment. Conference registrations will be capped to ensure a comfortable learning environment for attendees. Early registration is recommended.

Location

Westin Edina Galleria Hotel
3201 Galleria; Edina, Minnesota 55435
Phone: (952) 567-5000

Parking is available at no charge in the self-parking ramp adjacent to the hotel.



Cancellation and Refund Policy

Substitutions are accepted at any time. For cancellations received by Tuesday, September 21, a \$50 processing fee will be retained and the tuition balance refunded. Notices after this date will not receive a refund. To complete your cancellation or substitution call Ashley Lyle at 612-863-6236 or email alyle@mhif.org. In the unlikely event the program is cancelled, MHIF is not responsible for airfare, hotel or other costs incurred by participants.

Questions

For questions about the conference, please call Ashley Lyle at 612-863-6236 or email alyle@mhif.org.

Tuesday, September 28, 2010 | 7:30 AM – 4:00 PM
Westin Edina Galleria Hotel near Southdale Shopping Center



For information and to register visit <http://nursing.eventbrite.com>.



2010 Cardiovascular Nursing Conference

Wired for Heart Care:

Technology, Treatments
and Trends

Conference Organizers

Planning Committee

Anita Anthony, MS, RN, CCRN, CNS-BC
Cardiovascular Clinical Nurse Specialist
Abbott Northwestern Hospital

David Hurrell, MD
Non-Invasive Cardiologist, Minneapolis Heart
Institute® at Abbott Northwestern Hospital

J. Eva Kovacs, MBA
Professional Education Manager
Minneapolis Heart Institute Foundation

Ashley Lyle, MS
Professional Education Specialist
Minneapolis Heart Institute Foundation

Tonya Montesinos, MS, BS, RN-BC, PHN
Director of Nursing Professional Practice
Abbott Northwestern Hospital

Pam Rush, RN, BSN, MS
Cardiovascular Quality Manager
Quality Improvement and Patient Safety
Abbott Northwestern Hospital

Sue Sendelbach, RN, PhD, CCNS, FAHA
Clinical Nurse Researcher/ Clinical Nurse Specialist
Abbott Northwestern Hospital

About the Sponsors

The health care providers of the Minneapolis Heart Institute® at Abbott Northwestern Hospital view their role as not just cardiovascular health providers, but also as cardiac care educators. Each year the Minneapolis Heart Institute sponsors and participates in regional, national and international conferences that cover the full spectrum of cardiac care including prevention, diagnosis and state-of-the-art treatment options.

Abbott Northwestern's cardiovascular program, in partnership with the Minneapolis Heart Institute®, is ranked as one of the nation's leading centers for cardiovascular care.

- The *U.S. News & World Report* "America's Best Hospitals" issue cited Abbott Northwestern as one of the country's best six years in a row.
- The American Nurses Credentialing Center (ANCC) granted Magnet Recognition Program™ status to Abbott Northwestern in 2009 (an achievement reached by fewer than 5% of all U.S. hospitals).
- Abbott Northwestern has received four Patient Safety Excellence Awards from the Minnesota Hospital Association since 2008.
- The Society of Chest Pain Centers recognized Abbott Northwestern in 2008 by making it the first Minnesota hospital to be designated as an Accredited Chest Pain Center.
- *Nursing Professionals* magazine ranked Abbott Northwestern among the nation's Top 100 Hospitals to Work for nurses in 2009.

The Minneapolis Heart Institute® is the largest integrated cardiovascular provider in Minnesota. Abbott Northwestern Hospital treats more heart attack and heart failure patients than any hospital in Minnesota and is part of Allina Hospitals & Clinics. Allina Hospitals & Clinics is a not-for-profit health care system of hospitals, clinics and other patient care services that provides exceptional care to communities throughout Minnesota and western Wisconsin and employs more than 22,000 people.

Tuesday, September 28, 2010 | 7:30 AM – 4:00 PM
Westin Edina Galleria Hotel near Southdale Shopping Center



For information and to register visit <http://nursing.eventbrite.com>.