



SCHOOL OF NURSING

UNIVERSITY *of* WASHINGTON

Continuing Nursing Education

A CONFERENCE FOR HEALTH CARE PROFESSIONALS

A large, stylized graphic of a human heart, rendered in a light red color with a fine, dotted texture. It is positioned on the left side of the page, partially overlapping the text.

Cardiovascular Care Update 2012

Thursday - Friday
February 16-17, 2012

Shoreline Conference Center
Seattle, Washington

PROVIDED BY

University of Washington School of Nursing
Continuing Nursing Education

American Heart Association/American Stroke Association

Overlake Hospital & Medical Center

Swedish Medical Center

University of Washington Medical Center

Washington State Nursing Care Quality Assurance Commission

Cardiovascular Care Update 2012

Thursday-Friday • February 16-17, 2012
Shoreline Conference Center • Seattle, Washington

For nurses, nurse practitioners, clinical nurse specialists, community and public health nurses, nurse educators, and other interested health care professionals.

CONFERENCE DESCRIPTION

Cardiovascular disease is the number one cause of death in women and men in the United States. Evaluation and management of patients with cardiovascular disease is a challenge that impacts every health care practice. This premier Pacific Northwest conference for health care professionals provides an outstanding annual forum for learning about cutting-edge research and state-of-the-art strategies for managing and preventing cardiovascular disease. Teaching methods include lecture, case studies, and discussion.

OBJECTIVES

After attending the conference, participants will be better able to:

Day 1

1. Describe the technique for percutaneous aortic valve replacement, patient selection criteria, and clinical trial results.
2. Describe state-of-the-art evaluation and management of adults with congenital heart disease.
3. Discuss the relationship between sleep disorders and cardiovascular disease, and the benefits of treatment.
4. Describe the success of a hospital-to-home transition program in preventing readmission of patients with heart failure.
5. Describe the new Washington State Nursing Care Quality Assurance Commission requirements for demonstrating continuing competency.
6. Describe how to revitalize the typical American breakfast to make it health supportive.
7. Identify strategies to reduce stress and promote health for you and your patients.
8. Discuss the cardiovascular benefits of bariatric surgery.

Day 2

1. Describe evidence for the connection among dietary sodium, cardiovascular disease, and patient outcomes.
2. Discuss current management strategies for treatment of decompensated heart failure.
3. Describe the pharmacokinetic and pharmacodynamic characteristics of dabigatran, rivaroxaban, and apixaban.
4. Discuss guidelines for lipid evaluation and management.
5. Describe current guidelines for venous thromboembolism prophylaxis and treatment.
6. Discuss recommendations for best practice in arrhythmia, ST-segment, and QT-interval monitoring.
7. Describe key characteristics of normal and abnormal heart sounds.

PROFESSIONAL CREDIT

Nurses:

Both days: 14.2 contact hours. Includes 3.75 contact hours in pharmacology at the advanced practice level.

Thursday only: 7.2 contact hours.

Friday only: 7.0 contact hours. Includes 3.75 contact hours in pharmacology at the advanced practice level.

Other Disciplines:

A certificate for 14.2 contact hours will be awarded for use in documenting attendance at this continuing education offering.

ACCREDITATION

- The University of Washington School of Nursing (UWSON) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.
- The UWSON is approved as a Washington State clock hour provider by the Washington State Board of Education.
- Provider approved by the California Board of Registered Nursing, Provider #07218, for 14.2 contact hours.

PLANNING COMMITTEE

Marie Arnone, MA, RN, CCRN, Professional Development Specialist, Cardiac Services, Swedish Medical Center, Seattle

Elizabeth Bridges, PhD, RN, CCNS, FCCM, FAAN, Clinical Nurse Researcher, Patient Care Services, UWMC; Associate Professor, BNHS, UW School of Nursing

Michaelene Deelstra, MSN, ACNP, ARNP, Cardiology Nurse Practitioner/Acute Care Nurse Practitioner, Summit Cardiology/UW Medicine; Clinical Instructor, BNHS, UW School of Nursing

Cynthia Dougherty, PhD, ARNP, FAHA, Cardiology Nurse Practitioner, VA Puget Sound Health Care System; Professor, BNHS, UW School of Nursing

Martha DuHamel, MPH, Assistant Dean, CNE, UW School of Nursing

Sheryl Greco, MN, CCRN, Clinical Nurse Specialist, Critical Care and Cardiology, UWMC

Sheila Keener, BSN, RN, Co-Director of Conference Planning and Management, CNE, UW School of Nursing

Jaime Navetta, BSN, RN, Co-Director of Conference Planning and Management, CNE, UW School of Nursing

Sandra Schutz, MSN, RN, CNS, Cardiology Services, Overlake Hospital and Medical Center, Bellevue

Laurie Soine, PhD, ACNP, ARNP, Nurse Practitioner, Nuclear Cardiology, Department of Radiology, UWMC

Susan Woods, PhD, RN, FAHA, FAAN, Professor Emerita, BNHS, UW School of Nursing; Commissioner, Washington State Nursing Care Quality Assurance Commission

BNHS = Department of Biobehavioral Nursing and Health Systems, UW School of Nursing, Seattle

CNE = Continuing Nursing Education

UW = University of Washington, Seattle

UWMC = University of Washington Medical Center, Seattle

PROGRAM SCHEDULE

Thursday—February 16, 2012

- 7:30 Registration, Exhibits and Continental Breakfast
- 8:00 **Welcome and Overview**
Laurie Soine
- 8:10 **Percutaneous Aortic Valve Replacement** *Edward Verrier*
- 9:10 Stretch Break
- 9:15 **Adult Congenital Heart Disease**
Karen Stout
- 10:15 Break and Exhibits
- 10:30 **Sleep Disorders and Cardiovascular Disease** *Martha E. Billings*
- 11:30 Stretch Break
- 11:35 **A Hospital to Home Transition Program: Role of the Nurse in Preventing Readmissions**
Evan Cantini
- 12:15 Lunch (provided) and Exhibits
- 1:05 **Continuing Competency Guidelines**
Susan Woods
- 1:30 Stretch Break
- 1:35 **Think Outside the Cereal Box: Better Breakfast = Better Health**
Cynthia Lair
- 2:35 Break & Exhibits
- 2:45 **Healing from the Heart**
Jane Cornman
- 3:30 Stretch Break
- 3:35 **The Cardiovascular Benefits of Bariatric Surgery** *Carmela Pontillo*
- 4:35 **Evaluation**
- 4:45 Adjourn

Friday—February 17, 2012

- 7:30 Registration, Exhibits and Continental Breakfast
- 8:00 **Welcome and Overview**
Susan Woods
- 8:05 **Dietary Sodium and Cardiovascular Disease: The Evidence**
Susanna Cunningham
- 9:05 Break and Exhibits
- R_x 9:15 **Treatment of Decompensated Heart Failure in 2012**
Thomas J. Sawyer
- 10:00 Break and Exhibits
- R_x 10:15 **New Anticoagulants for Stroke Prevention in Atrial Fibrillation: Clinical Use in Ambulatory and Inpatient Care** *Ann Wittkowsky*
- 11:15 Stretch Break
- R_x 11:20 **Lipids and Labs: Beyond the Basics** *Debra Laurent*
- 12:20 Lunch (provided) and Exhibits
- R_x 1:10 **Prophylaxis and Treatment of Venous Thromboembolism**
Mark H. Meissner
- 2:10 Break and Exhibits
- 2:25 **Are You Meeting the Standard of Care for Bedside Cardiac Monitoring?** *Carol Jacobson*
- 3:25 Stretch Break
- 3:30 **The Beat Goes On: Heart Sounds**
Debra Laurent
- 4:30 **Evaluation**
- 4:40 Adjourn

R_x = This session qualifies for contact hours in pharmacology at the advanced practice level.

SPEAKERS

SPEAKERS

Evan Cantini, MD, MS, EMBA

Medical Director and President, Comprehensive Home and Companion Services, Seattle;
Medical Director, UW/Northwest Hospital Rehabilitation Services, Seattle

Jane Cornman, PhD, MN, RN

Senior Lecturer, Family and Child Nursing, UW School of Nursing

Susanna Cunningham, PhD, RN, FAAN, FAHA

Professor, BNHS, UW School of Nursing

Carol Jacobson, MN, RN

Director, Quality Education Services; Clinical Instructor, BNHS, UW School of Nursing

Martha E. Billings, MD

Senior Fellow, Health Services Research and Development, Puget Sound VA Health Care System; Senior Fellow, Division of Pulmonary Critical Care Medicine, UW Medicine Sleep Center

Cynthia Lair, BA, CHN

Assistant Professor, Bastyr University, Kenmore, WA

Debra Laurent, MN, ARNP, ANCP

Cardiovascular Nurse Practitioner, Swedish Heart and Vascular, Seattle; Clinical Assistant Professor, BNHS, UW School of Nursing

Mark H. Meissner, MD

Professor, Division of Vascular Surgery, UW School of Medicine

Carmela Pontillo, MSN, RN, CBN

Bariatric Program Manager, Overlake Hospital Medical Center, Bellevue, WA

Thomas J. Sawyer, MD

Cardiologist, Summit Cardiology/UW Medicine

Karen Stout, MD, FACC

Associate Professor and Director, Adult Congenital Heart Disease Program, UW School of Medicine; Attending Physician, UWMC

Edward Verrier, MD

Professor, Division of Cardiothoracic Surgery, UW School of Medicine; Vice-Chair, Clinical Affairs, Department of Surgery, UWMC

Ann Wittkowsky, PharmD, CACP, FASHP, FCCP

Clinical Professor, UW School of Pharmacy; Director, Anticoagulation Services, UWMC

Susan Woods, PhD, RN, FAHA, FAAN, Professor Emerita, BNHS, UW School of Nursing;
Commissioner, Washington State Nursing Care Quality Assurance Commission

BNHS=Biobehavioral Nursing and Health Systems

UW=University of Washington, Seattle

UWMC=University of Washington Medical Center, Seattle

GENERAL INFORMATION

CONFERENCE LOCATION

Shoreline Conference Center

18560 1st Ave NE • Shoreline (Seattle), WA, 98155

Directions: Going north or south on I-5, take the NE 175th Street exit (Exit #176). Head west on NE 175th to Meridian Ave. N. Turn right on Meridian and continue to next light at N. 185th St. Turn right on N. 185th and continue to 1st Ave. NE. Turn left on 1st NE. The Shoreline complex will be on your right. Drive to the north end and turn right just before the tennis courts. Follow signs to the conference center.

Parking: If the parking area immediately outside the entrance to the conference center is full, return to 1st Avenue NE and drive to the south end of the complex. Free parking is plentiful and you can enter through any major entrance and follow signs to the Shoreline Room. If you park on the street, be sure to avoid parking in front of mailboxes or close to driveways or you may be ticketed.

HOTEL INFORMATION

University of Washington conference rates and shuttle service to the conference center may be available at these hotels if requested in advance.

Embassy Suites, Lynnwood

20610 44th Ave W.
Lynnwood, WA 98036
425-775-2500
www.embassysuites.com

Courtyard Marriott, Lynnwood

4220 Alderwood Mall Blvd.
Lynnwood, WA 98036
425-670-0500
www.marriott.com

REGISTRATION INFORMATION

University of Washington • Continuing Nursing Education (UWCNE)

Box 359440 • Seattle, WA 98195

PH: 206-543-1047 • FAX: 206-543-6953 • EMAIL: cne@uw.edu • WEB: uwcne.org

The fee for this conference is \$345 for both days (\$325 group rate) or \$245 for a single day (\$225) group rate. The group rate is per person for two or more registrations which arrive together from the same agency or per person for employees of sponsoring organizations. The fee includes tuition, handouts, continental breakfast, and lunch.

To register: Please send registration form and fee to UWCNE or register online at uwcne.org.

Program changes: UWCNE reserves the right to revise the program schedule as needed.

Refund policy: If you register but then cannot attend, you may send a substitute or, prior to the conference, request a refund less \$35 for handling.

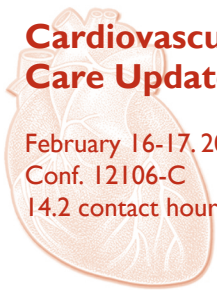
Cancellation policy: If the conference is cancelled, all fees will be refunded in full. Airline and/or hotel penalties are the responsibility of the registrant.

EXHIBITORS

Reserve exhibit space online!

Visit the Exhibitor Portal on our website at uwcne.org/exhibitors.

For more information, please contact Corie Goodloe at corie@uw.edu or 206-616-3826.



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February 16-17, 2012
Conf. 12106-C
14.2 contact hours

REGISTRATION FORM

Three easy ways to register!

Web: Register online at uwcne.org

FAX: 206-543-6953

Mail: UW Continuing Nursing Education
Box 359440
Seattle, WA 98195-9440

PLEASE PRINT CLEARLY:

NAME _____ HIGHEST DEGREE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

AGENCY NAME _____

AGENCY ADDRESS _____ CITY _____ STATE _____ ZIP _____

EMAIL ADDRESS _____ DAYTIME PHONE _____

■ YOUR PRIMARY POSITION

- Nurse Practitioner (Specialty: _____)
- Clinical Nurse Specialist Clinic/Staff Nurse Educator
- Administrator/Manager Other _____

■ CONFERENCE FEES: (Check one.)

	<u>Individual Rate</u>	<u>Group Rate*</u>
Entire Conference, February 16-17	<input type="checkbox"/> \$345	<input type="checkbox"/> \$325
Thursday only, February 16.....	<input type="checkbox"/> \$245	<input type="checkbox"/> \$225
Friday only, February 17.....	<input type="checkbox"/> \$245	<input type="checkbox"/> \$225

***Group Rate**—Price per person for two or more registrations arriving together from the same agency or for individuals employed by one of the agencies listed as the conference sponsors.

■ TOTAL PAID \$ _____ (U.S. Funds)

- Check enclosed payable to: *University of Washington*
- Purchase order or letter of authorization enclosed. Please bill my agency.
- UW Budget Number _____
UW Budget Name _____
- Charge my bank card: VISA MC Exp. Date _____
