22nd Annual
Heart Disease and Stroke Conference

Getting to the Heart of the Matter

Wednesday, April 29, 2015
Mayo Clinic • Rochester, Minnesota

Cardiac and Vascular Nursing Review Course
Tuesday, April 28, 2015

Jointly provided by Mayo Continuing Nursing Education and the American Heart Association, Midwest Affiliate

Includes Call for Poster Abstracts
Review course description and goals
This one-day review course is intended for nurses who care for cardiac or vascular patients and may be used to enhance knowledge or prepare for a nursing certification exam. The course will be taught by experts in the field of cardiac and vascular nursing and will provide current national treatment guidelines, medications, and recommendations for best practices.

Participants completing this course should be able to:
• Identify predisposing risk factors for vascular and cardiac diseases.
• Describe pathophysiology and manifestations of vascular and cardiac diseases.
• Identify essential components of care, including pharmacologic, wound treatment and lifestyle strategies.
• Incorporate research-based recommendations for care practices across the continuum

Course schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>7:15 a.m.</td>
<td>Registration and Coffee</td>
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<tr>
<td>7:45 a.m.</td>
<td>Welcome and Pre-Test</td>
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<tr>
<td>8:15 a.m.</td>
<td>Cardiovascular Risk Factors</td>
<td>Karen Y. Hodgman, RN</td>
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<tr>
<td>9:00 a.m.</td>
<td>Vascular Surgical Interventions</td>
<td>Lori J. Vlasak, MSN, RN, ANP-BC, GNP-BC</td>
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<td>10:00 a.m.</td>
<td>Break</td>
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<tr>
<td>10:15 a.m.</td>
<td>Vascular Wound Care</td>
<td>Carol J. Bohanon, DNP, RN, FNP-BC, CFCN, CWS</td>
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<tr>
<td>11:15 a.m.</td>
<td>Lunch (on your own)</td>
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<tr>
<td>12:30 p.m.</td>
<td>Cardiac Disease States and Prevention</td>
<td>Carl E. Elbing, Jr., MSN, RN</td>
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<tr>
<td>2:30 p.m.</td>
<td>Break</td>
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<tr>
<td>2:45 p.m.</td>
<td>Patient Education for Lifestyle and Health Promotion</td>
<td>Jessica G. Hoffman, BSN, RN, and Karen A. Salz, RN</td>
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<tr>
<td>3:30 p.m.</td>
<td>Medical Emergency Response</td>
<td>DeAnn H. Lichte, RN, CCRN, CEN</td>
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<tr>
<td>4:30 p.m.</td>
<td>Summary and Post-Test</td>
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<tr>
<td>5:00 p.m.</td>
<td>Adjournment</td>
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All faculty practice at Mayo Clinic, Rochester, Minnesota

Continuing education credit
Mayo Continuing Nursing Education is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

Participants can earn up to 7.5 ANCC nursing contact hours for attendance at the review course and completion of the evaluation.

Registration

Registration deadline: April 7, 2015
Registration fee: $155 ($85 student fee) Students must bring proof of current student status to the conference (for example, a copy of your student identification card).
To register, visit http://cne.education-registration.com.

Refunds, minus an administrative fee, will be given upon notification of cancellation received prior to April 7, 2015. Mayo Continuing Nursing Education reserves the right to cancel this program.
22nd Annual Heart Disease and Stroke Conference
Getting to the Heart of the Matter
Wednesday, April 29, 2015

Conference description and goals
This one-day conference will focus on patient care across the specialties of medical and surgical cardiology, vascular medicine, and neurology. The 2015 conference will address new technologies used to advance specialty care practice, discuss emerging procedural approaches and advances in care, new medications, and will explore self-care for the professional, while providing quality care for our patients.

The goals of the conference are to:
• Discuss new treatment strategies across the specialties of cardiac, neurology, and vascular patient populations.
• Identify new advancements in gene therapy and heart diseases.
• Address new pharmacologic treatments and national guidelines for care.
• Explore ways for the health care professional to identify, intervene, and manage the stress in their lives, as they care for patients and families.

Guest faculty
Brian Luke Seaward is regarded as one of the foremost experts in the field of stress management and a pioneer in the field of mind-body-spirit healing. He is respected throughout the international community as an accomplished teacher, consultant, motivational speaker, author, visionary, and mentor. Dr. Seaward began his career as the Associate Director of Cardiac Rehab at the Gunderson-Lutheran Hospital in 1980. Over the years he has served on the faculty of the American University, the University of Colorado and the University of Northern Colorado’s School of Public Health. He has also served as a sports psychologist for many Olympic swimmers, ice skaters and the US National Biathlon Team. He currently serves on the faculty of the University of Colorado Consortium for Public Health and is the Executive Director of the Paramount Wellness Institute in Boulder, Colorado.

Date and location
This conference will be held Wednesday, April 29, 2015, in the Siebens Building, Mayo Clinic, 100 Second Avenue SW, Rochester, Minnesota.

Intended audience
The conference is designed for registered nurses, social workers, and all other healthcare professionals interested in the care of cardiac, neurological, and vascular patients.
7:00 a.m.  Registration, Breakfast, Posters, and Exhibits

7:45 a.m.  Welcome and Announcements

8:00 a.m.  Gene Mutation and Heart Disease
   Timothy J. Nelson, MD, PhD, Mayo Clinic, Rochester, Minnesota

8:45 a.m.  Ask Mayo Expert: A Point-of-Care Clinical Tool
   Jane A. Linderbaum, RN, CNP, Mayo Clinic, Rochester, Minnesota

9:30 a.m.  Break, Exhibits, and Posters

10:00 a.m. New Lipid Guidelines
   Francisco Lopez-Jimenez, MD, and
   Kelly L. Peterson, BSN, RN, Mayo Clinic, Rochester, Minnesota

10:45 a.m. Managing Life After Sudden Cardiac Death*
   Al W. Tsai, PhD, MPH, Saint Paul, Minnesota
   Survivor of Sudden Cardiac Death

11:15 a.m. Lunch On Your Own, Exhibits with Dessert

12:15 p.m. A Bridge Too Far - New Oral Anticoagulants and Their Management**
   Christopher J. Arendt, PharmD, RPh, Mayo Clinic, Rochester, Minnesota

1:15 p.m.  Travel Break

1:30 p.m.  Concurrent Sessions

11  Staff Education and Patient Care of the LVAD Patient
   Katherine K. Seelandt, MS, RN, and
   Penny K. Messner, DNP, RN, ACNS-BC, Mayo Clinic, Rochester, Minnesota

12  Spontaneous Coronary Artery Dissection: New Insights and
New Questions About This Not-so-Rare Condition
   Sharonne N. Hayes, MD, FACC, FAHA, Mayo Clinic, Rochester, Minnesota

13  Diagnostic Workup After Stroke
   Lindsay N. Williams, MD, Mayo Clinic, Rochester, Minnesota

14  The Nursing Role in Vascular Interventional Radiology Procedures
   Patricia L. Engel, BSN, RN, Mayo Clinic, Rochester, Minnesota

2:15 p.m.  Break and Poster Session

2:45 p.m.  Acute Interventions for Ischemic Stroke
   Jennifer E. Fugate, DO, Mayo Clinic, Rochester, Minnesota

3:30 p.m.  Stressed is Desserts Spelled Backward; Care for the Caregiver*
   Brian Luke Seward, PhD, Inspiration Unlimited and The Paramount Wellness
   Institute, Boulder, Colorado

4:45 p.m.  Summary

* 2.75 hours apply toward social work continuing education hours.
***1.0 hour applies toward advanced practice nursing pharmacotherapeutic continuing education.
Poster call for abstracts
You are invited to submit an abstract (350 word limit) for a poster related to the conference themes. Examples include, but are not limited to:

- Continuous improvement projects
- Multidisciplinary team projects
- Clinical research
- Educational projects
- Clinical practice initiatives

Completed abstracts must be submitted by Wednesday, March 4, 2015.

The primary presenter is responsible for the abstract content. Submission signifies the intent of the submitter(s) to present the poster at the April 29, 2015, Getting to the Heart of the Matter Conference in Rochester, Minnesota. Conference participants are expected to assume costs related to travel, accommodations, and registration.

To submit an abstract, you must register for the conference at http://cne.education-registration.com. Attach the abstract, all authors’ curriculum vitae and disclosure forms. Completed abstracts must be submitted by Wednesday, March 4, 2015.

Notification of accepted abstract and commitment for presentation at the conference will be made by Wednesday, March 25, 2015. If selected, abstracts will be printed in the conference syllabus.

Continuing education credit
Mayo Continuing Nursing Education is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

Participants can earn up to 7 ANCC nursing contact hours for the conference and completion of the evaluation.

Mayo Clinic Section of Social Work has been designated by the Minnesota Board of Social Work as an approved continuing education provider. This conference fulfills requirements for up to 2.75 continuing education hours.

1 hour applies toward advanced practice nursing pharmacotherapeutic continuing education.

Register before April 7, 2015
The conference registration fee of $155 includes breakfast, instructional materials, and break refreshments. A student rate of $85 is available. Students must bring proof of current student status to the conference (for example, a copy of your student identification card). Pre-registration is required and preferred by April 7, 2015. Registrations received after April 7, 2015, will be accepted on a space-available basis.

To register, visit http://calendar.cne-registration.com.

Out of respect for conference participants, children are restricted from the conference.
Cancellations

If you cancel your participation in either of these educational activities, your registration fee, less an administrative fee, will be refunded when notification is received by Mayo Continuing Nursing Education before April 7, 2015 (fax: 507-266-6910 or e-mail: cne@mayo.edu). **No refunds will be made on or after April 7, 2015.**

Mayo Continuing Nursing Education reserves the right to cancel or postpone any conference due to unforeseen circumstances. In the unlikely event Mayo Continuing Nursing Education must cancel or postpone any conference, Mayo Continuing Nursing Education will refund the registration fee, but is not responsible for any related costs, charges, or expenses to participants, including fees assessed by airline/travel/lodging agencies.

Lodging and parking

Rooms have been reserved for conference participants and their guests at the Hilton Garden Inn – Mayo Clinic Area (507-285-1234) at a rate of $129 per night, and Centerstone Plaza Hotel Soldiers Field – Mayo Clinic Area (800-366-2067) at a rate of $85 per night. The rates listed may be extended before and after the conference based on availability. To ensure accommodations, please make your reservation by April 6, 2015. Reservation requests received after these dates will be accepted on a space available basis.

Visit [www.mayoclinic.org/travel-rst/maps.html](http://www.mayoclinic.org/travel-rst/maps.html) for a map indicating the location of downtown parking facilities. The cost of parking is not included in the registration fee.

About the providers

Mayo Clinic’s mission is to inspire hope and contribute to health and well-being by providing the best care to every patient through integrated clinical practice, education, and research.

Mayo Continuing Nursing Education conducts educational conferences that will advance nursing practice.

Mayo Clinic in Rochester, Minnesota, has been granted Magnet® Recognition for Nursing Excellence by the American Nurses Credentialing Center.

The American Heart Association is a national voluntary health agency whose mission is: Building healthier lives, free of cardiovascular diseases and stroke.

For more information

Contact Mayo Continuing Nursing Education at 800-545-0357 or 507-266-1007, fax 507-266-6910, or e-mail cne@mayo.edu. Visit our web site at [http://cne.education-registration.com](http://cne.education-registration.com).

Multiple brochures

Mayo Continuing Nursing Education uses multiple mailing lists and cannot always eliminate duplications. Please post or share extra brochures with colleagues.
Watch the Mayo Continuing Nursing Education web site at http://cne.education-registration.com for more information on the following 2015 conferences and review courses:

- Diabetes Nursing – Preventing, Treating, and Living with Complications
- 2015 Mayo Clinic Nursing Evidence-Based Practice – Translating Evidence: Increasing Value
- 32nd Annual Minnesota Geriatric Care Advanced Practice Nursing – Care Through the Ages
- 2015 Brain Injury
- Oncology Nursing Review Course
- 2015 Cancer Care – The Art and Science of Cancer Care
- Mayo Clinic Medical Surgical Nursing – Quest for Best Outcomes
- 2015 LPN Clinical Practice Review
- Medical Surgical Nursing Review Course

Conference planning committee
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