



New England Symposium Agenda

October 25, 2018

Hampton Inn | 319 Speen Street | Natick, MA 01760

- 8:00 – 8:30** *Registration*
Coffee, tea and a make your own yogurt parfaits! Sponsor tables will be open for viewing!
- 8:30 – 9:00** *Welcome: President's Address and Update*
Lynne MacDonald, PT, CCRP
- 9:00 – 9:45** *National Update from AACVPR*
Kate Traynor RN, MC, FAACVPR President AACVPR
- 9:45 – 10:15** *Break – Take time to visit the vendors*
- 10:15 – 11:15** *Mobilizing Mucus: A practical approach to airway clearance*
Abby Folger, PT, DPT, CCS & Matthew Nippins PT, DPT, CCS
- 11:15 – 12:00** *Buteyko Breathing for the Cardiac and Pulmonary Rehabilitation Patients; an Interactive Session*
Thomas Fleming BS Respiratory Management, RRT
- 12:00 – 1:00** *Catered luncheon will be served*
- 1:00 – 2:00** *Managing Patients with Advanced Heart Failure, from LVAD to Transplant, A Clinical Perspective*
Dr. Daniel J. Levine, MD
- 2:00 – 2:30** *Heart Failure – Hear a Patient's Personal Perspective*
- 2:30 – 3:00** *Break – Take time to visit the vendors*
- 3:00 – 4:00** *Stress Management in Cardiac and Pulmonary Rehabilitation Settings*
Kalin Burkhardt Clark, PsyD

This program offers 5.4 Nursing Contact Hours through Berkshire Health Systems & 4.25 AACVPR Contact Hours

Please note that in order to receive CEU's, you must stay for all lectures in their entirety

Registration cancellations must be done before Oct 16th in order to receive a refund

~ This program is sponsored by MACVPR and Berkshire Health System ~

Thank you to our sponsors

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Our Speakers

Lynne MacDonald, PT, CCRP

Welcome: President's Address and Update

Lynne currently works at Beth Israel Deaconess Hospital – Milton as Coordinator of the Cardiac Rehabilitation Program. She graduated from Quinnipiac University and started her career working primarily in out-patient orthopedics where she was Clinical Education Coordinator/Supervisor for many years while also developing her interest in cardiac rehabilitation. She has worked in cardiac rehabilitation for over 23 years and has served on the MACVPR as Newsletter Editor for 9 years and is currently in her third term as MACVPR President.

Kate Traynor, RN, MC, FAACVPR

National Update from AACVPR

Kate has a broad background in clinical nursing with specific training and expertise in cardiac rehabilitation.

In her 30 years of working in the field of cardiac rehabilitation, she has extensive experience as a clinician in a multidisciplinary team model for cardiac rehabilitation as well as leadership roles in the field of cardiac rehabilitation.

She was selected as a Fellow of the AACVPR in 2012.

Currently, she serves as the Director of the Massachusetts General Hospital Cardiovascular Disease Prevention Center, leading 2 CR Programs, an AACVPR certified Cardiac Rehabilitation Program and the MGH Intensive Cardiac Rehab Program, Benson Henry Model. Both are comprehensive multidisciplinary programs that incorporate a strong psychosocial component.

Her leadership in the field of cardiac rehabilitation extends to a national level where she is the President for AACVPR. Her efforts at the national level have focused on education of cardiac and pulmonary rehabilitation professionals, advocacy and value based care initiatives.

In her home state of Massachusetts, she has served as President of the MACVPR and has received the MACVPR Distinguished Service Award.

She received her BSN from the University of Massachusetts/Amherst and her MSN from Boston College.

She has strong Boston Irish roots and is an avid Boston sports fan!

From among all her varied roles, her most cherished are that of wife and mother. She has been married to Mike for 33 years and has 2 awesome kids- Elizabeth and Christopher.

Abby Folger, PT, DPT, CCS

Mobilizing Mucus: A practical approach to airway clearance

Abby joins us from Massachusetts General Hospital, where she works as a Senior Physical Therapist, in Outpatient Pulmonary Rehabilitation.

She completed her graduate degree at Simmons College and currently teaches at Northeastern University, as a part-time lecturer and teachers assistant.

Abby is a member of the American Association of Cardiovascular and Pulmonary Rehabilitation, the Specialization Academy of Content Experts for Cardiovascular and Pulmonary Physical Therapy and the American Physical Therapy Association. She has received the following awards since 2015 - Partners in Excellence Award for Teamwork from MGH and the Emerging Leader Award from the American Physical Therapy Association. In addition to working and teaching, Abby has presented at various professional symposiums and conferences within the field, since 2011.

At completion of the presentation, the participants will:

- Understand indications for initiating airway clearance techniques
- Identify five effective modes of airway clearance
- Describe effective patient instruction in oscillatory positive expiratory pressure devices

Matthew Nippins, PT, DPT, CCS

Mobilizing Mucus: A practical approach to airway clearance

Matthew Nippins earned his doctorate in physical therapy from Massachusetts General Hospital Institute of Health Professionals and is an APTA board certified clinical specialist. Currently, Matt is an associate clinical professor at Northeast University Bouve' College of Health Sciences. He brings a wealth of knowledge and experience in the field of cardiovascular and pulmonary management and has special interest in cystic fibrosis. Matt is a repeat award winner of the MGH Partners in Excellence Award and has partnered with other health professionals to publish numerous peer reviewed articles both nationally and internationally.

Thomas Fleming BS Respiratory Management, RRT

Buteyko Breathing for the Cardiac and Pulmonary Rehabilitation Patients; an Interactive Session

Tom joins us from Fairview Hospital in Great Barrington, where he works as the co-director of the cardiopulmonary department and director of outpatient Pulmonary Rehabilitation program.

He began in the medical field in 1980 as an intermediate EMT, became a certified respiratory therapist in 1988 and has been a registered respiratory therapist since 1995. He spent the summer of 2001 in New Zealand learning the Buteyko Technique. There he became certified in the Buteyko Breathing technique which he teaches to both the cardiac and pulmonary rehabilitation patients. Tom has and held better breathing seminars throughout New England. In 2009, he became an asthma educator. He earned his Respiratory management degree at Independence University in Salt Lake City. Tom is a MACVPR/AACVPR joint affiliate member and has attended the Annual meetings in New Orleans, LA and Louisville, KY

Objectives

1. Participants will gain knowledge of the history of the Buteyko Breathing techniques
2. Will state 2 benefits for using the technique
3. Will learn self-management of breathing difficulties

Daniel Levine, MD, FACC

Heart Failure, LVAD, Cardiac Transplantation in Cardiac Rehabilitation

Dr. Levine completed his medical degree at Columbia University College of Physicians and Surgeons New York, NY. He is a Fellow of the American College of Cardiology and a member of the Heart Failure Society of America. Dr. Levine is currently the Director of the Advanced Heart Failure Program at the Cardiovascular Institute in Providence, RI and a Clinical Associate Professor in the Division of Cardiology at the Warren Alpert School of Medicine at Brown University. He is an active researcher and lecturer in the area of heart failure

Kalin Kurkhardt Clark

Stress Management in Cardiac and Pulmonary Rehabilitation Settings

Kalin has a doctorate in clinical psychology from Pacific University School of Professional Psychology in Hillsboro, OR. She currently practices at The Miriam Hospital for Behavioral Medicine Clinical Services in the Center for Weight and Wellness and the Cardiac and Pulmonary Rehabilitation Center at Newport Hospital in Newport, RI. Dr. Clark is also a Clinical Assistant Professor of Psychiatry and Human Behavior at the Warren Alpert Medical School of Brown University in Providence, RI. She is a current member of both the Association for Contextual Behavioral Science and the American Psychological Association