The Rusk Complex Case Series: Rehabilitation Medicine and Management of the Patient with Heart Failure
Provided by the NYU Post-Graduate Medical School

Saturday, March 11, 2017 • New York City

COURSE DIRECTORS: Angela Stolfi, PT, DPT, Cert. MDT, and Jonathan H. Whiteson, MD, FAAPMR

REGISTER ONLINE: med.nyu.edu/cme/cardiacrehab
Faculty

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Director of PT Residency and Fellowship Programs
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Associate Director Cardiac Surgical Research
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Medical Director, Left Ventricular Assistive Device Program
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David Rust, MSW
Senior Social Worker
Rusk Rehabilitation, NYU Langone Medical Center

William J. Waked, PhD
Clinical Assistant Professor of Psychology
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General Information

LOCATION
NYU Langone Medical Center
550 First Avenue
Alumni Hall
New York, NY 10016

Contact Information
NYU Post-Graduate Medical School
Phone: (212) 263-5295
Fax: (212) 263-5293
Email: cme@nyumc.org

COURSE FEES
Full: $175
Reduced*: $100
NYU Langone/NYU Lutheran Faculty
and Staff: $75 (must provide valid
NYU Langone/NYU Lutheran ID)

*Reduced fee applies to NYU School of Medicine
alumni; former residents and fellows; physicians-in-
training; physicians employed by the Department
of Veterans Affairs Medical Center; full-time active
military personnel; retired physicians; and all other
non-physician healthcare professionals.

REGISTRATION
Visit our secure website med.nyu.edu/cme/
cardiacrehab to submit online registration.

After 12 pm on March 9, 2017, only onsite registration is
available, provided the course has not reached capacity.
Onsite registrants will incur an additional $20 charge and
will receive a receipt by email in 1-2 weeks. Registration
is nontransferable.

CME ACCREDITATION STATEMENT
The NYU Post-Graduate Medical School is accredited
by the Accreditation Council for Continuing Medical
Education to provide continuing medical education
for physicians.

CREDIT DESIGNATION STATEMENT
The NYU Post-Graduate Medical School designates this
live activity for a maximum of 7.25 AMA PRA Category
1 Credits™. Physicians should claim only the credit
commensurate with the extent of their participation in
the activity.

NURSING CREDIT
This program has been approved for 6.80 continuing
nursing education contact hours.

The NYU Meyers College of Nursing Center for Continuing
Education in Nursing is accredited as a provider of
continuing nursing education by the American Nurses’
Credentialing Center’s Commission on Accreditation.

PHYSICAL THERAPY CREDIT
NYU Hospitals Center is a New York State Education
Department approved provider for physical therapy
and physical therapy assistant continuing education.
This course is approved for a maximum of 7.50 physical
therapy/physical therapy assistant contact hours
(0.75 CEUs).

OCCUPATIONAL THERAPY STATEMENT
This course is approved for a maximum of 7.50
occupational therapy contact hours (0.75 CEUs).
The assignment of AOTA CEUs does not imply
endorsement of specific course content, products, or
clinical procedures by AOTA. This course meets the
AOTA classification code of Occupational Therapy
Process-Outcomes.

HOTEL ACCOMMODATIONS
Rooms are in very heavy demand in New York City; we
urge you to make your reservations early. You may obtain
a list of hotels located near NYU Langone Medical Center
by visiting our website: med.nyu.edu/cme/travel

PARKING
For information, please visit
http://nyulangone.org/locations/tisch-
hospital/parking
We cannot validate parking for registrants.

SYLLABUS
In an effort to be more environmentally conscious, we
will distribute syllabus materials electronically. You will
receive an email with a link one week prior to the course
to view, download, or print the course materials. During
the course you will also have the option to view the
course materials from your smartphone, tablet, or laptop
by using the link. These materials will remain available for
one year following the course.

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COURSE DESCRIPTION

Patients with heart failure (HF) present with varied levels of complexity, which makes the medical and rehabilitation management of these patients challenging and unique. All healthcare professionals throughout the continuum of care need to be well versed in evidence-based evaluation and treatment approaches for patients with advanced cardiac disease in order to achieve the best outcomes. This course will provide physicians, nurses, and rehabilitation professionals with the knowledge to properly evaluate and treat patients in various stages of HF. Preventing complications and hospital readmissions has become a focus to help decrease the economic impact of managing this population of patients. Evidence supporting the role of both inpatient and outpatient cardiac rehabilitation in the treatment paradigm for patients with advanced HF in achieving functional goals and medical stability, as well as preventing readmission to acute care hospitals will be presented. This one-day course will address strategies for the medical and surgical treatment of patients with HF. The role of rehabilitation and strategies for managing patients with HF in the home environment will be presented. Course participants will gain knowledge about best practices in assessment, interventions, and current trends in managing these patients throughout the continuum of care. Course material will be provided through a combination of didactic lectures, panel discussions, case presentations, and Q&A sessions.

TARGET AUDIENCE

This activity is targeted to all healthcare professionals working with patients with cardiovascular and pulmonary diagnoses and co-morbidities. Rehabilitation clinicians including physicians, nurses, physical therapists, occupational therapists, and social workers will benefit from the information provided in this course. Concepts can be applied in a variety of healthcare settings. Professionals working in acute hospital care, acute and sub-acute inpatient rehabilitation, home care, as well as outpatient settings can also benefit from this course.

EDUCATIONAL OBJECTIVES

At the conclusion of this activity, participants should be able to:

- Define the heart failure diagnosis and its medical and surgical management
- Discuss the effects of heart failure on the rehabilitative process
- Describe the impact that mobility and increasing activity can have on heart failure
- Incorporate learned information about HF into patient education strategies used for patients throughout the continuum of care
- Incorporate an efficient evaluation screening tool. This assessment should include areas such as auscultation, observing breathing patterns with rest and activity, monitoring of heart rate, edema assessment, tracking weight changes, and asking questions regarding symptoms of fatigue and activity tolerance
- Effectively incorporate screening strategies that assess signs and symptoms with self-care and functional tasks. This screen should assess for shortness of breath, fatigue, increased weight, change in breath sounds, and edema
- Ensure patients are aware of proper medication regimen and the importance of compliance
- Assist patients in developing an individualized exercise program. This exercise regimen should take into account the stage of heart failure and/or setting of the continuum of care
- Educate patients on necessary dietary changes to adapt to lifestyle
- Identify strategies that may help reduce morbidity and morbidity rates and potential economic burden
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<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>7:30 am</td>
<td>Registration and Continental Breakfast</td>
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<tr>
<td>8:00</td>
<td>Welcome</td>
<td>Jonathan H. Whiteson, MD, FAAPMR</td>
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<tr>
<td>8:10</td>
<td>Epidemiology of Heart Failure and Economic Implications</td>
<td>Jonathan H. Whiteson, MD, FAAPMR</td>
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<td>8:30</td>
<td>Heart Failure 101 – Etiology, Presentation, Diagnosis and Classification</td>
<td>Stephen Pan, MD, MS</td>
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<td>8:50</td>
<td>Medical Management of Heart Failure – The Essentials</td>
<td>Alex Reyentovich, MD</td>
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<td>9:10</td>
<td>Surgical Options in Heart Failure Management – The Impact on the Continuum of Care</td>
<td>Leora Balsam, MD</td>
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<td>9:30</td>
<td>Advanced Heart Failure – Ethical Dilemmas and End of Life Care from Hospital to Community</td>
<td>Joseph Lowy, MD</td>
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<td>9:50</td>
<td>Panel Discussion</td>
<td>Leora Balsam, MD; Joseph Lowy, MD; Stephen Pan, MD, MS; Alex Reyentovich, MD; Jonathan H. Whiteson, MD, FAAPMR</td>
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<td>10:10</td>
<td>Coffee Break</td>
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<tr>
<td>10:30</td>
<td>The Physiatric Evaluation and Management of the Patient with Heart Failure</td>
<td>Jonathan H. Whiteson, MD, FAAPMR</td>
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<td>10:50</td>
<td>Medication Compliance in Heart Failure: Strategies to Prevent Hospital Readmission</td>
<td>Arlene McGee, RN, MS</td>
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<td>11:10</td>
<td>Don’t Take This with a Grain of Salt: Medical Nutrition Therapy for Heart Failure Management</td>
<td>Lauren Magyar, MS, RD, CDN</td>
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<td>11:30</td>
<td>Psychological Issues and Treatment Interventions for Persons with Heart Failure</td>
<td>William J. Waked, PhD</td>
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<td>11:50</td>
<td>Panel Discussion</td>
<td>Lauren Magyar, MS, RD, CDN; Arlene McGee, RN, MS; William J. Waked, PhD; Jonathan H. Whiteson, MD, FAAPMR</td>
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<td>1:15</td>
<td>Mobility at the Heart of the Matter: Cardiac Rehabilitation and Exercise in Heart Failure</td>
<td>Greg Sweeney, PT, DPT, CCS</td>
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<td>1:35</td>
<td>Self-Care and Quality of Life: Helping Patients with Heart Failure Thrive</td>
<td>Nettie Capasso, MA, OTR/L</td>
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<td>1:55</td>
<td>Outcomes in Patients with Heart Failure: Are We There?</td>
<td>Alicia Pierre, PT, DPT</td>
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<td>2:15</td>
<td>Value-Based Management and Heart Failure: the Role of the Rehabilitation Team Across the Continuum</td>
<td>Kate A. Parkin, PT, DPT, MA</td>
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<td>2:45</td>
<td>Coffee Break</td>
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<td>3:00</td>
<td>It Takes a Village: The Role of Social Work in Heart Failure Management</td>
<td>David Rust, MSW</td>
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<td>3:20</td>
<td>Knowledge Is Power: Educational Models to Optimize Heart Failure Outcomes</td>
<td>Grace R. Domingo, NP</td>
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<td>3:40</td>
<td>Care Through the Continuum: Care Transitions in Heart Failure Management</td>
<td>Ana Mola, PhD, RN, ANP-C</td>
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<td>4:00</td>
<td>Is Technology the Answer? The Role of Tele-Health in Heart Failure Management</td>
<td>Gavriil Ilizarov, DO</td>
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<td>4:15</td>
<td>Case Study / Panel Discussion</td>
<td>Gavriil Ilizarov, DO; Ana Mola, PhD, RN, ANP-C; Kate A. Parkin, PT, DPT, MA; Alicia Pierre, PT, DPT; Nettie Capasso, MA, OTR/L; Greg Sweeney, PT, DPT, CCS</td>
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<td>4:45</td>
<td>Closing Remarks</td>
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<td>5:00 pm</td>
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