

RM CRA

Rocky Mountain Cardiopulmonary Rehabilitation Association



Fall 2009

President's Report:

Hello everyone! I hope this newsletter finds everyone healthy and taking time to relax. Winter will be just around the corner, which is amazing!

I have updates for everyone from a local and National level. In December, I had commented on several topics. This is a follow-up to my comments.

National Update:

- 1.) CMS has submitted PROPOSED changes for the Pulmonary and Cardiac Rehabilitation Act of 2008. The areas that AACVPR would like to comment on are listed below.

For Pulmonary Rehab, AACVPR, ACCP, AARC, ATS and NAMDRRC met with CMS in early August. AACVPR followed up with a written response regarding the topics listed below before the end of the comment period.

- a.) Pulmonary Rehab
 - a. The payment of services
 - b. Duration of services
 - c. Qualifying diagnoses for Pulmonary Rehab
 - d. Physician Supervision

For Cardiac Rehab, AACVPR and ACC submitted written recommendations regarding the following:

- b.) Cardiac Rehab
 - a. Physician Supervision
 - b. Qualifications of Medical Directors
 - c. Cardiac Rehab Staff Qualifications

d. Outcomes Assessment

The comment period for these proposed changes ended August 31, 2009. I hope everyone submitted their letters to CMS. Again, since these are *proposed changes*, nothing has been set in stone. I will be attending the meetings at National AACVPR in Pittsburgh and will give you further updates when I return. Please visit: www.aacvpr.org for further information on Reimbursement and Legislative issues.

For those individuals attending National next week, I encourage you to attend the Reimbursement lectures at the meeting.

- 2.) Development and implementation of the 2007 Performance Measures - I encourage all programs to look at the Performance Measures paper by Randy Thomas, MD. Please let me know if you need a copy. The Performance Measures for Pulmonary Rehab are currently being developed.
- 3.) Creation of a new Data Registry for Outcome management for Cardiac Rehabilitation – Right now, the Data Registry is in its infancy. I have been discussing Benchmarking with Helen Graham, RN, PhD, and Chair of the Outcomes Committee for AACVPR. Hopefully, we will have an update for the membership regarding local Benchmarking options until the full Registry is available.
- 4.) Improved processes for Program Certification – This fall, the Program Certification and Recertification will be going ELECTRONIC! This is a large

improvement over the current paper process. Please see www.aacvpr.org for updates and the current application. The website will keep you updated on the electronic submission. Also, we will be having several Certification and Recertification lectures at the National Meeting.

RM CRA Update:

As a Board, we are still focused on several goals for the local affiliate: 1) revising the RM CRA bylaws 2) revamping the structure of affiliate 3) increasing involvement from the membership (i.e. committees, suggestions, Board Members, networking, etc.) 4) developing the NEW website (by Todd Bublitz, MS, RCEP), 5) increasing membership benefits, and 6) developing benchmarking options for program outcomes in Colorado, Wyoming and New Mexico.

BYLAWS: I am in the process of revamping the structure of affiliate to help redefine the current bylaws and a Strategic Plan for growth. This will be approved by the board and the membership will be updated.

BENCHMARKING: In addition, we will be working to determine the best avenue for RM CRA and benchmarking for the three states, with the guidance of Helen Graham, RN, PhD.

MEMBERSHIP: As a final note, we will continue to provide regional support and conferences along with the Annual RM CRA Conference. **We were happy to offer a free AACVPR Conference Fee and Flight to Phyllis O'Conner from Wyoming this year!** RM CRA would love to continue to support and "give back" to the membership.

ANNUAL MEETING: RM CRA has had many suggestions for the next Annual Conference in 2010. We have a location for the Annual Meeting on April 30 and May 1, 2010. **Suza Ault, RN, BSN, Clinical Coordinator of Medical Center of the Rockies** has graciously offered to host next year's conference. We will keep you posted!

WEBSITE: We are in the process of developing a new website! Please keep visiting the website

www.rmcr.org. Todd Bublitz, Webmaster, is working hard to develop a great interactive site. IF YOU HAVE PICTURES from your program that you would like posted on the website, PLEASE SUBMIT THEM TO TODD AT: todd@getsurfed.net. We'll be keeping you updated on the website progress.

OPEN POSITIONS:

We would like to welcome our **NEW NEWSLETTER EDITOR:**

Jennie Jolliffe RN, BSN, BC, CCRN from Parke Wellness Center
Thank you, Jennie, for your contribution to RM CRA!

Again, there are open board member positions (**President-Elect, New Mexico Vice President and Denver Vice President**). Please note that RM CRA is looking for help from members IN SMALL WAYS, not just a position. We are looking for help with Conference Planning, Outcomes committee, Membership recruitment, etc. A lot of people think the time commitment is "too great" but any amount of help is needed. If you would like to contribute in small or larger ways, talk to one of us. We may have options that might be ideal for your current situation. **If you are interested in helping with the organization, please contact myself or any board member or go to www.rmcr.org to post a message or question.** (You can also find our email addresses on the website.)

As a final note, I am truly grateful to work with a wonderful group of individuals. I would like to thank the board for their help and support over the years. My deepest thanks to:

Joan Bryant-Kennedy – Membership Coordinator
Laura Wesenberg – Secretary
Andrew Smith - Treasurer
Kasey Cochran – Wyoming Vice President
Beth Myers – Southern Colorado Vice President
Carmen Ritz – Western Slope Colorado Vice President
Kathy Miczulski – Northern Colorado Vice President

Pam Haines – Reimbursement Representative
Helen Graham – Outcomes consultant and Chair of Outcomes Committee
Todd Bublitz – RMCRA Web Master
Jennie Jolliffe – Newsletter Editor

Have a wonderful and safe fall season! I will continue to keep you updated.

Best Wishes,

Denise LaRocca, MS, RCEP, FAACVPR
President of RMCRA
Denise.LaRocca@uch.edu

Treasurer's Report

Greetings from Greeley!

We have recently invested in Board of Directors' and Officers' liability insurance (BOD) and General Liability insurance (GL) in order to be in compliance with AACVPR recommendations for all affiliate organizations. This insurance will help our Board of Directors and all members by identifying our corporate and personal exposures to liability and protecting all assets associated with our organization.

(Long winded, but necessary!)

We have recently changed our address from Denver, CO to Greeley, CO. Most of our mail has historically been associated with our net expenses (listed below), membership dues and sponsorship payment. This move allows us to receive and respond to mail more conveniently.

We are currently in the process of developing a new, more user friendly website. Our Webmaster, Todd, has been working patiently with us to construct this new tool. One addition will include secure online membership dues payment with the click of a button. An email will be sent to the membership when this feature is up and running.

Net Expenses (annual as of 9-30-09)

- Website (Webmaster fee \$500 – annually, website operating fee \$60 – annually, website template \$90 – one time)
- Affiliate Insurance (\$544 BOD, \$350 GL – annually)
- Teleconferences (\$160 – April to May)
- PO Box dues (\$46 annually)

- Annual Report Federal Filing Fee (\$10 – processing fee)
- AACVPR (National Meeting):
- Affiliate Sponsorship (\$500)
- Distinguished Service Award for Helen Graham (member RMCRA)
- Affiliate Breakfast Meeting (\$390)
- Board Member Sponsorship (\$600 – flight/registration fee)
- RMCRA Member Sponsorship (\$600 – flight/registration fee) – New for 2009
- Regional Conference Budget 2009:
Budgeted \$5500 (total expenses) – based on AACVPR recommendation
Actual expenses \$3400 (\$2100 under budget)
Income \$4400 (member dues, vendor dues)
Net revenue \$1100
*2008 comparison (\$4760 – actual expenses) (\$700 – under budget)
Total Expenses (end of 3rd quarter) - \$7240

A Treasurer's report will be submitted with each newsletter to inform the membership of our financial transactions to make sure that any decisions that need to be made can take into consideration accurate and up-to-date financial data. A more detailed annual report will be given at the next regional conference held in May of 2010.

Andrew R. Smith, MS, RCEP
Treasurer - RMCRA

“The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and the cause and prevention of disease.”

Thomas Edison



"News from Wyoming - the Cowboy State!"

Greetings from the Cowboy State! Under the direction of Dave Ivester, R.N. & Program Manager for the WY Heart Disease and Stroke Prevention Program, representatives from the Wyoming cardiac rehab programs continue to have quarterly conference calls to network and discuss pertinent cardiac/pulmonary rehab issues. Our next conference call is Oct. 8 and our guest will be Jeff Redekopp, Medicare representative for our region. Jeff will be providing legislative updates on Medicare reimbursement for cardiac and pulmonary rehab.

Kasey Nelson
Exercise Physiologist
Cardiopulmonary Wellness
Wyoming Medical Center



Nutritional update for Pulmonary Programs:

We hear about healthy cardiac diets and exercise on a regular basis, but, there is little focus on the nutritional support for pulmonary patients along with their exercise routine.

With help from one of our registered dietitians at Longmont United Hospital, Laura Hickey, I support my patients with daily sample menus depending on their personal health issues. Pulmonary patients normally burn more calories than the average person due to their breathing struggles. Unfortunately, when weight tends to come off, it's the muscle tissue that shrinks prior to the fat cells. The typical COPD patient needs increased caloric intake as well as protein (at least 40 g) on a daily basis. Any patient should eat a small meal of protein and carbohydrates within 2 hours prior to exercise. If protein is not used, it does not get stored for later, but is dumped

through the urine and feces. Protein has amino acids which feed and repair muscle tissue. The mixture of protein and carbs allow for healthy muscle strengthening and maintains blood sugars during exercise.

The other aspect just as important for pulmonary patients is to limit the amount of gas producing foods. When even a small amount of gas builds up in the stomach or intestines, the diaphragm is inhibited and the feeling of shortness of breath is increased. Gas producing foods happen to be raw veggies, fruit, beer, soda, beans, and juices. Obviously, removing all of these from the diet is not the option, but to limit them to small portions. Any patient with a flattened diaphragm should have even less of these foods at a given meal.

Laura promotes healthy daily eating plus exercise for pulmonary patients and NOT to focus on weight and size. She suggests minimizing salt intake and when you feel full- STOP eating!

Nutrition is a critical factor for pulmonary patients to build strength and upper body muscle. If a pulmonary patient eats properly, exercises routinely with breathing techniques, takes meds as ordered, and recognizes breathing changes earlier rather than later, there's no limit to their quality of life and longevity.

Laura Wesenberg, RRT
RMCRA Secretary
Cardiopulmonary Educator at Longmont
United Hospital

Southern Region

The staff of cardiac rehabilitation hosted an outdoor picnic for their members on 9/10 at Mineral Palace Park to mark the end of summer. The staff served chicken and fixings to the well attended event. A few of the rehab members brought some healthy side dishes and shared their recipes with the others. St. Mary-Corwin provided the delicious dessert and beverages. The weather cooperated and it was a perfect day for the patients to enjoy being together for dinner and friendship. Plans are being made for the annual Christmas

dinner in December and the patients want to have another picnic next year.

Beth Myers

Northern Region

Brighton - Platte Valley Medical Center - As reported by Dorothy Loftus-Nall:

- The pulmonary rehab program continues to grow. On average, 5 patients a day are being seen in the program, which is high compared to previous numbers.

- Dr. Behzad Molavi, an interventional cardiologist, has been on board at Platte Valley since July which has resulted in increased referrals to the cardiac rehab program.

- The cardiac rehab program plans to submit for AACVPR certification this Fall.

Sterling - Sterling Regional Medical Center – by Summer Hornung

- For the first time, Sterling has its own full-time cardiologist, Dr. John Drury (he actually lives in town!). Dr. Drury is employed by Banner Health's Cardiovascular Institute which had been providing cardiologists to Sterling on a part-time basis to meet the community's needs. Patient concerns can now be more immediately addressed, and Dr. Drury's presence has improved the efficiency of acquiring referrals to cardiac rehab.

Longmont - Longmont United Hospital – by Margie Reynolds and Laura Wesenberg

- Both the pulmonary and cardiac rehab programs are laying the foundation for AACVPR certification, prospectively for Fall of 2011.

- Nutritional education will be provided jointly to pulmonary and cardiac rehab patients in a group education class once every five weeks. A clinical dietician will be providing the teaching and, in particular for the pulmonary folks, placing more emphasis on their increased carbohydrate and protein needs.

- Pulmonary rehab published a cookbook in April as a fundraiser to help patients pay for participating in the pulmonary maintenance program that otherwise would be unable to afford it. A story about the cookbook was published in the Longmont Times Call

Magazine. The article was then in turn published in the American Association of Respiratory Care Times, and later emerged on the California Society of Respiratory Care website.

Fort Collins - Poudre Valley Hospital – by Gail Aaronson

- The Cardiac rehab program has received their written AACVPR certification this year! Congratulations to all those who made this possible!

Loveland - Medical Center of the Rockies – by Suza Ault

- The Cardiac rehab program has received written AACVPR certification this year as well! Congratulations to all!

- On Saturday, September 19 Heart Center of the Rockies and MCR hosted "Preventing Heart Attacks and Quarterback Sacks: A Primary Care Update in Heart Disease Prevention". HCOR speakers included Dr. Stephen Treat, Dr. Patrick Green, and Dr. Roger Ashmore. Also presenting were Dr. Chrisandra Shufelt from the Women's Heart Center at Cedars-Sinai Heart Institute in Los Angeles, Dr. Robert Eckel from the University of Colorado in Aurora, and Dr. Eric Zacharias from the University of Colorado Health Sciences Center in Boulder. Topics included CV disease in women, cardiac risk stratification, lipid update, cardiac CT calcium scanning, the Americanization of the Mediterranean diet, and the role of carotid IMT testing in CV disease treatment and prevention. All attendees had the opportunity to undergo complimentary carotid IMT testing. After the conference, a tailgate party was held at Hughes Stadium in Ft. Collins, followed by the CSU vs. Nevada football game - the word on the street is that the salmon burgers were AWESOME (and CSU won)!



Loveland - McKee Medical Center – Shanda McGuire

- The Northern Colorado Nurse Practitioner Coalition held a Women's Health and Wellness Fair on the morning of September 26 at the Community Wellness Building at McKee.

- Dr. Randall Marsh became the cardiac rehab program's medical director in the first quarter of 2009. Dr. Marsh is also heading the development of a cardiovascular service line at McKee.

- Welcome to cardiologist Dr. Brian Lyle who will be taking over some of Dr. Marsh's patient care duties, and Paulette Jackson, RN, who started working in cardiac rehab in April. Paulette has a master's degree in exercise physiology, and her associate's degree in nursing.

Greeley - North Colorado Medical Center –
Kathy Miczulski

- The ongoing series, "Dinner With a Cardiologist" was held the evening of September 29. Attendees enjoyed a delicious, heart healthy meal followed by a presentation by Dr. Jim Beckmann, Medical Director of the Cardiovascular Institute of North Colorado. His topic was PAD, the risk factors, symptoms or lack of symptoms, treatment, and devastating effects of non-treatment.

- The ICD Support Group will have its final quarterly meeting of the year the evening of October 27th. Dr. Charles Howard, clinical psychologist, will give a presentation on acceptance and coping with chronic disease. The support group is organized by Susan Bush, RN who works in cardiac rehab. Interested parties can contact Susan at 970-350-6166 or susan.bush@bannerhealth.com.

- The 12th annual Turkey Trot run will be held Thanksgiving morning at NCMC. This community run is organized by the cardiac rehab staff. Proceeds benefit the cardiac rehab program and the patients it serves. The run continues to grow every year, with 2,150 runners/walkers participating in either the 5K or 2K race last year.

- Look for the annual Cardiovascular Institute Heart Conference February 11, 2010. The conference will be held at the University of Northern Colorado. Joe Piscatella, president

of the Institute for Fitness and Health, national speaker on lifestyle management skills, and author of five books including "Don't Eat Your Heart Out Cookbook" and "Take a Load Off Your Heart", will be one of the speakers, and will also give a community presentation in the evening.

- Tricia Bauer was hired in December of 2008 as an Exercise Technician in cardiac rehab and adult fitness. Tricia has her bachelor's degree in Kinesiology-Exercise Science.

Yuma – Yuma District Hospital –

Dorothy Cox

- No new happenings to report at this time. Steady as she goes!

Holyoke – Melissa Memorial Hospital

- MMH moved into a brand new facility on 1001 East Johnson in February 2008. One advantage of this to cardiac rehab patients is that the new department is located on the first floor rather than in a basement area! With the move and update, cardiac rehab also acquired a new telemetry system – Advantage by Scott Care.

Wray, CO

AACVPR certification for Cardiac Rehab was obtained in 2006, Pulmonary in 2008. Office staff has changed. I am now the director of the department as Jennifer Kramer is the new DON. Denice Baucke, RN, Renada Doddridge, RN, and Mary Zion, LPN (who is currently in RN school) are support staff. Our department is a very busy and very involved in the community. We do all the cardiac and pulmonary testing we offer including, Holters, event monitors, stress testing, spirometry, etc. We have multiple outpatient education programs including, Wray Asthma Management Program, Healthier Living Colorado, and we are currently building a CHF case management program. We are currently involved in a CCPD grant focusing on upgrading our educational programs for both cardiac and pulmonary patients. We also are responsible for our community health fair. This is offered every 6 months and involves numerous hours of blood draws. We began drawing yesterday

and will finish on October 12th - in the end we will draw about 1150 community members. The Spring fair is our large health fair and we draw about 1500 members and provide the community a fair with educational opportunities as well. Free lung function tests are provided quarterly. We are also responsible for employee wellness programs. We co-sponsor a Children's Health Fair every February with the local Elementary School and we host a Teen Health Fair in the Spring to offer students free sports physicals. Most importantly, our hospital built a new wing and we now have 3 times the space – it's great! Please don't quote me because this is a fast record of what we do - the list goes on, but these are the main things we do.

*Lynn Clapper, RN, AE-C
Outpatient Services Coordinator
Wray Community District Hospital*

Ft. Morgan

Our cardiac and pulmonary rehab staff consists of Dawn Benham RN, Jennifer Vass-Kerns EP and Teresa Martens RRT. In addition to cardiac and pulmonary rehab we offer an adult fitness program M-F 7am to 10am. We participate in a community health fair in February which is held at the high school and offer a variety of pulmonary and cardiac health information. We do free spirometry screens at this fair along with pulse oximetry, B/P's. There are numerous speakers that also participate.

*Teresa Martens RRT
Director of Cardiopulmonary Services
Colorado Plains Medical Center*



Parke Wellness Center Burlington, CO

We celebrated Go Red for Women Day in February with physical and occupational therapy and home health and hospice. Go Red Day 2010 planning is underway. We hope to include the community members in our entire county.

Our cardiac rehab program started in January of 2008 and is coordinated by Jennie Jolliffe, RN. We began pulmonary rehab in February of 2009. This program is led by Jennie Jolliffe, RN and Karmon Ebright, MSOTR. We also offer an independent exercise program to our community and former patients Monday through Friday.

I am currently working towards cardiac rehab certification, with pulmonary certification to follow.

Jennie Jolliffe, RN BC CCRN
Parke Wellness Center



**The RMCRA newsletter is compiled by
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