



RM CRA

Rocky Mountain

Cardiopulmonary

Rehabilitation Association



Fall 2010

www.rmcr.org

President's Report:

Hello everyone. Fall is right around the corner. I hope you have been having a wonderful summer!

There have been many changes in our organization over the past year. The biggest change occurred July 1, 2010 with the start of the Joint Pilot Program with AACVPR. As President, I would like to welcome all of the Joint Pilot Program AACVPR members to the Local Chapter, Rocky Mountain Cardiopulmonary Rehabilitation Association (RM CRA). We recently were selected as one of three chapters in the United States as a pilot program for membership.

PILOT PROGRAM with AACVPR

Here is our WEBSITE EXCERPT. Go to our Chapter Website: www.RMCRA.org to read about the AACVPR Joint Pilot Program and the effects for RM CRA and AACVPR members.

“June 2010 - We would like to notify you of an exciting new opportunity and change within to our affiliate structure. We have been selected (along with two other affiliates) as a Pilot Program with the National organization, American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). The Board of RM CRA voted at the Annual Conference to proceed with this opportunity. There are only two pilot programs that have joined with National in the U.S. (Michigan and Ohio). Beginning July 1, 2010, all members of RM CRA will also become National AACVPR members.

Please read **this letter** from Denise LaRocca, MS, RCEP, FAACVPR, and President of RM CRA for more information.”

MAC Committee Update

CMS/ Legislative Update:

Any CMS/Legislative Updates can be found on the AACVPR website and through me and Pam Haines (MAC Committee Members).

Please see the newsletter entry from Pam Haines, RT under “J4 Update”. We will be updating you on any changes that may occur.

Individualized Treatment Plan (ITP):

The template for an Individualized Treatment Plan (ITP) is now available online for AACVPR members. Please visit www.aacvpr.org and log in. The treatment plan is in the “Members Only” section. The purpose of the template is to include all the necessary components for CMS and Certification. You can update the template to fit your program. Please contact me with any questions.

RM CRA Updates

Chapter Goals:

For those of you who are new to RM CRA, our goals for the past year were: 1.) revising the RM CRA bylaws and revamping the structure of affiliate, 2.) increasing involvement from the membership (i.e. committees, suggestions, Board Members, networking, etc.), 3.) updating and adding to the new website www.RMCRA.org (Thank you, Todd Bublitz!), 4.) increasing membership benefits, and 5.) identifying benchmarking options for program outcomes in Colorado, Wyoming and New Mexico.

1. ***BYLAWS, Increasing involvement and Restructuring the Chapter:*** We have successfully revised the Bylaws for RM CRA. The Board of Directors are currently reviewing the document and will be suggesting any changes. We will be voting on the final draft by the end of September 2010. We have also changed our “Vice President” titles to “Regional

Representatives”. This will help define regions for the chapter and help with identifying a contact person for your program and/or staff. The goal of RMCRA is to be a conduit to the National AACVPR, help support professional growth, and to disseminate information to all programs in the Rocky Mountain Region (Colorado, Wyoming, and New Mexico).

2. **INVOLVEMENT FROM THE MEMBERSHIP:** RMCRA has had many people step forward and help the local chapter over the past year. Jennie Jolliffe, RN, has been editing and compiling the newsletter for the organization. She has done an outstanding job! Please see the website: www.RMCRA.org for past issues. Nathan Boehlke, MS has recently accepted the open Regional Representative position for Denver. Welcome, Nate! Teresa Corbisiero, RN, MBA, FAACVPR and Nate Boehlke helped coordinate the Vendors for our Annual meeting in May. Joan Bryant-Kennedy, RT took over the Membership Liaison position to help with membership issues and questions with the new Joint Pilot Program. Again, I am grateful to ALL of the Board of Directors with RMCRA.

If you would like to help in SMALL WAYS with RMCRA, please contact any one of the board members. We would truly welcome your involvement, suggestions and help.

3. **WEBSITE:** We encourage you to visit our NEW RMCRA WEBSITE: www.rmcr.org. Todd Bublitz, Webmaster, had done an INCREDIBLE job! The website is more interactive and you can even register for the Annual Conference online. **We need your feedback!** You'll also notice that programs are listed on the site. If your program is missing or if you are a program coordinator, please send your information to me (denise.larocca@uch.edu) and Todd

(todd@getsurf.net). We would like to have up-to-date program information on the site. Also, if you have pictures or ideas, please send them to Todd. Any suggestions for the site are highly encouraged.

4. **MEMBERSHIP:** RMCRA has been “giving back” to the membership. At the Annual RMCRA conference, we gave away **free AACVPR Conference Fee and Flight to Milwaukee Wisconsin (October 7-9, 2010) and a free RMCRA Conference Fee for April 29 and 30, 2011**



5. Congratulations to the following members:
Kris Schneider- won a free AACVPR Conference Fee & Flight for 2010
Janet Jones - won a free RMCRA Conference Fee for 2011
6. **BENCHMARKING:** Helen Graham, RN, PhD spoke at our Annual RMCRA Conference in May. She discussed the upcoming AACVPR Database and options until the database is implemented. We recommend using the Montana Outcomes Registry in the RMCRA region. If you have any questions or comments about benchmarking and outcomes, please email me.



RMCRA Annual Meeting

The Annual RMCRA Meeting will be at **Porter Adventist Hospital in Denver, Colorado on Friday April 29 and Saturday April 30**. Please see the NEW Website for upcoming information about the meeting. If you would like to help with the meeting or if you have any speaker/vendor ideas, please contact one of the RMCRA board members.

Open Positions:

Again, there are 3 open board member positions:

- 1. President-Elect.....I would like to train someone this year. I will be stepping down starting April 30, 2011.**
- 2. New Mexico Regional Representative**
- 3. Wyoming Regional Representative**

With all of the new and exciting opportunities with AACVPR, I am extremely optimistic about the upcoming year. I would like to notify you of my decision to step down as President as of next April 30, 2011. Given the start of my fourth year as President (not including 1 year as President-Elect), I have decided it is time to step aside and allow a new President to take over my position. The biggest issue is that I would like to train someone in the President-Elect position from now until I leave in April 2011. If you have any interest in working with a wonderful board and organization, please contact me directly.

With the upcoming change in titles to “Regional Representatives”, there are many ways you as a member can help. Please note that RMCRA is looking for help from members IN SMALL WAYS, not just a position. If you would like to contribute in small or larger ways, please call 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.)

THANKS GO TO.....

As I have mentioned before, my sincerest thanks go to the following individuals from RMCRA:

Andrew Smith - Treasurer
Laura Wesenberg – Secretary
Kathy Miczulski - Northern Colorado Regional Representative
Beth Myers - Southern Colorado Regional Representative
Carmen Ritz - Western Slope Regional Representative
Nathan Boehlke – Denver Regional Representative
Joan Bryant-Kennedy - Membership Liaison
Todd Bublitz - RMCRA Web Master
Pam Haines - Reimbursement Representative
Jennie Jolliffe - Newsletter Editor

Again, welcome to RMCRA if you are new to the organization. Also, I am glad to see the continued support from our former/current members. We will continue to keep you updated.

Best Wishes,

Denise LaRocca, MS, CES, RCEP, FAACVPR
President of RMCRA
University of Colorado Hospital
Denise.LaRocca@uch.edu





“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

Porter Adventist Hospital

We participated in the Denver Heart and Stroke Walk on 6/5/10 Porter will be the hosting site for the RMCRA 2011 Meeting.



Nathan Boehlke, EP from our department is now the new Denver Metro Regional Representative for RMCRA. Thank you Nathan for serving RMCRA!

Congratulations to Teresa Corbisiero! She was recently selected to be on a national committee for the American Association of Cardiovascular and Pulmonary Rehabilitation. The new AACVPR committee:

The Clinical Applications Committee (CAC) is charged with carrying out translational work, specifically to help develop, review, endorse, and/or communicate any clinical tools or products that are developed under the direction of the AACVPR Board of Directors. The Committee will include one or more representatives from the other committees under the Clinical Services Group. The CAC will serve as a bridge:

1. Between the DOC and the Certification/Recertification Committees to ensure that publication standards are appropriately applied in the Certification process.
2. Between the DOC and the Registry Task Force to ensure that publication standards and clinical practice tools are appropriately applied in development of the Registry database.
3. Between the Performance Measures Work Groups and the Certification/Recertification Committees and the Registry Task Force, as with the DOC in items b and c above.
4. To ensure that clinical practice tools, forms, etc. that are utilized in the organization meet standards.

In addition we were selected for a scientific poster presentation at the Annual AACVPR Meeting in October. The Title: **Comparison of Outcomes Related to Dietary Behavioral Changes in Phase II Cardiac Rehabilitation**

Teresa M. Corbisiero, RN-BC, MBA, FAACVPR, Porter Adventist Hospital/Centura Health;
 Nathan J. Boehlke, MS, EP, Porter Adventist Hospital/Centura Health;
 Megan S. Masser, BS, EP, Porter Adventist Hospital/Centura Health;
 Tanis Q. Hurtt, RN, ENB, Porter Adventist Hospital/Centura Health;
 Shannon L. Walker, RD, CDE, Porter Adventist Hospital/Centura Health;
 Cynthia A. Oster, PhD, MBA, APRN, CNS-BC, ANP, Porter Adventist Hospital/Centura Health



Southern Region

Jerri Trujillo from Parkview states they are very busy in cardiac rehab.

Pam Langlois from St. Thomas More states that they are actively doing Phase II and III of Cardiac Rehab and Pulmonary Rehab and have also been busy this summer. They have Better Breathers Support group that meets the 2nd Tuesday of each month. They also provide weekly education class on Wednesdays. They have 3 full time staff members at this time.

Cardiac Rehab here at St. Mary-Corwin continues to provide Phase II and Phase III Cardiac rehab programs. We offer "Healthy Lifestyles" and/or Stress Management classes the 2nd Wed of each month here in the department. Nutrition class is offered the 3rd Wednesday of each month. Both of these classes are open and at no cost for the public. For further information and details please call 719-557-4576. Our staff consists of 2 fulltime RNs and 2 part time RNs.

Spanish Peaks Regional Medical Center in Walsenburg is offering Cardiac and Pulmonary Rehab programs.

Submitted by Beth Myers

Spanish Peaks Regional Medical Center

Vivian reports that they are growing both Cardiac and Pulmonary programs there. The staff there are also responsible for Holter monitor sessions, Pulmonary Function studies and Stress testing in addition to the out patient rehab duties but they still welcome new Phase II cardiac patients.

The Trailblazer website posted draft policy LCD's for both Cardiac Rehabilitation and Pulmonary Rehabilitation. The comment period for the draft policy was July 1, 2010 to August 15, 2010. On July 23, the J4 MAC committee held a conference call, which included Pam Haines from New Mexico, Joan Bryant-Kennedy from Colorado, several other MAC committee members, as well as Karen Lui the legislative contact for the AACVPR. Several points in the draft LCD were addressed and the J-4 MAC Committee and

AACVPR submitted a joint letter to Dr. Charles Haley, the J4 Medical Director, on some issues in both the CR and PR draft LCD's.

Submitted by Pam Haines

Would you like to get involved?
Become a member?
Check out our website
www.rmcr.org



McKee Medical Center

We have launched the Pocket EKG program here at McKee Medical Center. The Pocket EKG is a personal wallet size medical identification card that provides essential emergency information and cardiac history on one side and your actual baseline EKG on the other. The pocket EKG cost only \$16.00, can be done on a walk-in basis, and does not require a physician order. EKG's are done at McKee Medical Center in the Cardiopulmonary Department. EKG's can be done Monday - Friday from 7am - 4 pm. If you have any questions please give us a call at 970-635-4025.

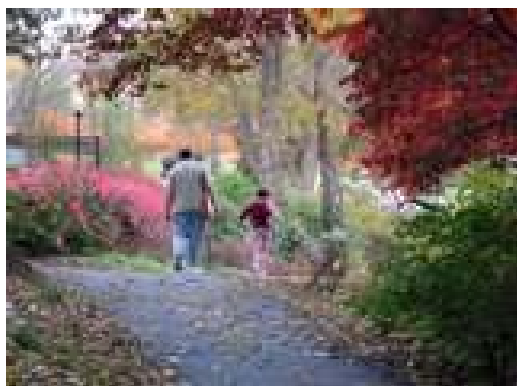
Submitted by
Shanda McGuire
McKee Medical Center
Cardiopulmonary Services

Medical Center of the Rockies

The MCR Cardiopulmonary Rehabilitation department has enjoyed a busy summer with a healthy inpatient and outpatient cardiac rehabilitation census, tackling education and training for a new electronic health record system launching in October, planning for and hosting Magnet nursing appraisers (August 23rd-25th), and anticipating The Joint Commission's arrival this fall.

In addition, MCR Cardiopulmonary Rehab will expand its services to the Windsor area at the end of 2010 as part of Poudre Valley Medical Fitness (PVMF) at Water Valley. This facility is the first of its kind in northern Colorado and will provide members medically supervised health and fitness through clinical integration and a focus on prevention and treatment of lifestyle related disease, illness and injury through regular participation in physical activity and exercise, disease management and health education. This medical fitness model will allow MCR and Poudre Valley Health System to more fully serve our communities in disease prevention and chronic disease management as healthcare dollars and reimbursement become more and more limited.

Submitted by Suza Ault



Current Events from Cardiac Rehab at North Colorado Medical Center

The cardiac rehab department has been quite busy this summer with an unusually high census on both the inpatient and outpatient side of things. We've also had some staff changes with Tricia Bauer moving on to attend nursing school, and Danyel Noel deciding to pursue full-time motherhood. We'd like to welcome to our staff Whitney Hay, BS as a part-time exercise tech, and Paul Bakes, BS as a full-time exercise specialist. Whitney is pursuing her masters degree in Sports and Exercise Science at UNC. Paul spent the last 2-1/2 years working in cardiac rehab at Cheyenne Regional Medical Center.

Once again we are in preparation for the Turkey Trot Run on Thanksgiving morning. This will be the 13th year that cardiac rehab has staged this community event as a benefit for the department and the patients it serves. The event has grown to such proportions (over 2,800 runners last year, generating \$30,000!) that this year we will be assisted by, and share the proceeds with, the NCMC Cancer Institute. Please join us for the run, or call Susan Bush, RN at 350-6166 if you'd like to volunteer to help.

Mark your calendars for the 13th annual Cardiovascular Institute of North Colorado Heart Conference on Thursday, Feb. 17th 2011. The conference again will be held at the University of Northern Colorado in Greeley. More info to come!

Submitted by Kathy Miczulski, MS



Current Events from Pulmonary Rehab at North Colorado Medical Center

We will be hosting our 14th Annual Pulmonary Rehab and Pulmonary Wellness Potluck Picnic in September at LaSalle's Main Park. Date is still to be set—but the potluck always yields the very best lunch in Weld County that day.

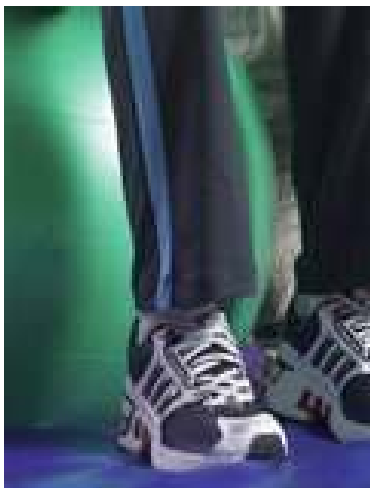
Pulmonary Rehab Staff and our Medical Director, Dr.Kelli Janata will be presenting information for CME for NCMC physicians and staff on September 28. We will be highlighting the benefits of Pulmonary Rehab, discussing entry criteria, and reviewing our referral forms in order to streamline service.

NCMC Pulmonary Rehab Staff have developed another level of service between Pulmonary Rehab and our Pulmonary PACERS Maintenance Program. Our Pre-Pulmonary Wellness Program offers services that can be purchased individually from an assessment to personal training with extra assistance and supervision. We are trying to meet the ever growing and continuing needs of people with pulmonary disorders that need information and assistance, but cannot access them because of lack of insurance or high co-pays and deductibles that limit participation.

Submitted by Deb Legel, RN



**The RMCRA newsletter is compiled by
Jennie Jolliffe from Parke Wellness
Center. If you have any questions or
concerns, please e-mail
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Thank You to All of Our RMCRA Officers and Representatives!

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Open!

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Open!

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Please contact AACVPR with any Certification or Recertification Questions.

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