



RM CRA



Rocky Mountain Cardiopulmonary Rehabilitation Association

Spring 2010

www.rmcr.org

President's Report:

Hi! I'd like to wish you a happy spring (...and winter since it has been snowing lately). I hope all of you have been receiving my emails over the past several months. A lot of changes will be happening this summer within the RM CRA affiliate. Please stay tuned! I have listed a summary of updates below.

MAC Committee Update

Care Plan:

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 let me know if you have any questions.

CMS/ Legislative Update:

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

I had recently sent this information in an email to all RM CRA Members. This is the latest news from Karen Lui, RN, MS regarding all jurisdictions (i.e. this is for both our regions – J3 and J4).

"Please communicate the following information to your MAC Committees.

There continues to be push-back from CMDs (contractor medical directors) in recognizing 2010 CR and PR regulations. On inquiry today, I was told by CMS (payment side) that instructions to Medicare contractors to accept revenue code 0948 will be coming out "shortly" in a follow-up CR (change request). The next pulmonary rehab CR will direct Medicare contractors to accept the code and Ch. 25 of the Medicare Claims Processing Manual will be revised in a later instruction. **In the meantime, providers should use another valid revenue code to ensure their claims are not returned.**

One CMD said he didn't expect the CR until June (not what I would call shortly). Programs that are successfully using former revenue codes (940 and 419 are working for some) should continue to use these until notification by your MAC. I've heard, but not verified, that some programs are now receiving reimbursement for RV 0948.

Because the rules were effective January 1st, it is appropriate to implement other aspects of the new rules (duration, multiple sessions, 36 total, ITP, etc) as described in section 410.47.

I have also posted this information as a PR FAQ on the AACVPR web site.

Thanks,
Karen Lui, R.N., M.S.

RM CRA Update

Affiliate Goals:

Our goals for RM CRA remain the same: 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.) updating and adding to the new website (Thank you, Todd Bublitz!), 5.) increasing membership benefits, and 6.) developing benchmarking options for program outcomes in Colorado, Wyoming and New Mexico.

1. BYLAWS, Increasing involvement and Restructuring affiliate: Working for a volunteer organization has its challenges for everyone. We have many open positions within RM CRA now, especially for President-Elect. Since we are continually looking for help, we are currently completely changing the structure of the organization. We will be creating **"Regional Representative" positions instead of "Vice President" positions**. This will help decrease responsibilities for the board. The Regional Representatives will be helping with the Annual Conference versus conducting their own regional meeting. We believe that this restructuring is necessary to encourage involvement and also increase rotation of the board members within the organization. People from the three states need to be involved to be informed.
2. BENCHMARKING: Helen Graham, RN, PhD will be speaking at the Annual Conference regarding a National Update (Friday night) and Outcomes on Saturday. We hope you can attend the meeting. Please see the new website (www.rmcr.org) for
3. MEMBERSHIP: We are going to again offer a **free AACVPR Conference Fee and Flight to**

Milwaukee Wisconsin (October 7-9, 2010).

RMCRAs would like to continue support and “give back” to the membership. We will keep you updated.

Annual Meeting: The Annual RMCRA Meeting will be at **The Medical Center of The Rockies in Loveland, Colorado on April 30 and May 1, 2010.** Please see the NEW Website for the conference brochure and to register.

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.

PILOT PROGRAM with AACVPR:

We do have some preliminary news for RMCRA members. As mentioned in the AACVPR March/April News and Views, *we have been selected as a Pilot Program for Joint Membership with AACVPR.* Michigan was the original Pilot Program and has had a large success with this endeavor. Ohio is the current pilot program. Starting in June of this year, New York, Rocky Mountain and Wisconsin Affiliates will be joining with National as the next three pilot programs.

This will be an outstanding collaboration and benefit for members. There has been wide acceptance with other affiliates to the new program. Your costs will go down as a member of both National and RMCRA. As President, I will also be able to share information more freely with everyone. Our affiliate will also have a lot of help from AACVPR. We are very excited and we feel you will like this change as well.

We have voted as a board and have agreed to participate; however, we are still in the planning stages. As of this newsletter, we are awaiting the contract from AACVPR to start the process. We will keep you fully updated and will give you the latest information as we move forward.

Open Positions:

Again, there are 4 open board member positions:

1. **President-Elect.....I would like to train someone this coming year.**
2. **New Mexico Vice President (or “Regional Representative”)**
3. **Denver Vice President (Regional Representative)**

4. Wyoming Vice President (Regional Representative) Position (AFTER May 1, 2010)

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:

- Joan Bryant-Kennedy** - Membership Coordinator
- Todd Bublitz** - RMCRA Web Master
- Kasey Cochran** - Wyoming Vice President
- Teresa Corbisiero** - Vendor Coordinator for Conference
- Helen Graham** - Outcomes Consultant & Chair of AACVPR Outcomes Committee
- Pam Haines** - Reimbursement Representative
- Jennie Jolliffe** - Newsletter Editor
- Kathy Miczulski** - Northern Colorado Vice President
- Beth Myers** - Southern Colorado Vice President
- Carmen Ritz** - Western Slope Colorado Vice President
- Andrew Smith** - Treasurer
- Laura Wesenberg** - Secretary

Enjoy the spring and summer months! We will see you at the Conference in Loveland. Again, if you have not been receiving my emails, please notify me.

We will continue to keep you updated.

Best Wishes,

Denise LaRocca, MS, RCEP, FAACVPR
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“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



New from the Regions

Exempla St. Joseph

The Centers for Medicare & Medicaid Services (CMS) announced the selection of Exempla Saint Joseph Hospital as one of only five hospitals that will participate in the Acute Care Episode (ACE) demonstration project for cardiac patients. ACE is a new hospital-based demonstration that will test the use of a bundled payment for both hospital and physician services for a select set of inpatient episodes of care to improve the quality of care delivered through Medicare fee-for-service.

The goal of the ACE demonstration is to use a bundled payment to better align the incentives for both hospitals and physicians, leading to better quality and greater efficiency in the care that is delivered. The demonstration will also test the effect that transparent price and quality information has on beneficiary choice for select inpatient care.

For purposes of this demonstration, a bundled payment is a single payment for both Part A and Part B Medicare services furnished during an inpatient stay. There are 28 cardiac inpatient surgical services and procedures included in the bundled payment demonstration. These elective procedures were selected because volume has historically been high; there is sufficient marketplace competition; the services are easy to specify; and quality metrics are available for them.

This demonstration provides an opportunity for Exempla Saint Joseph Hospital to become a Value-Based Care Center and to develop efficiencies in the care we provide to beneficiaries through quality improvement in clinical pathways, improved coordination of care among specialists, and provider incentive programs.

*Christy Smelker, MS
Manager - Cardiopulmonary Rehabilitation
Exempla Saint Joseph Hospital*

Medical Center of the Rockies

Medical Center of the Rockies in Loveland, Colorado, as part of Poudre Valley Health System, will host the 2010 RMCRA Annual Conference on Friday April 30 and Saturday May 1.

Presentations will include right and left heart failure, treatment of AMI, use of oxygen with exercise in patients with COPD, and others. Registration forms will be available soon. Please consider attending.

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North Colorado Medical Center

On January 19th, Mary Branom, RD, NCMC cardiac rehab dietician, was recognized as the Northern Colorado Dietetic Association's Outstanding Dietician of the Year. To celebrate her achievement, Mary's co-workers in cardiac and pulmonary rehab arranged a surprise dinner ("roast") at the Rio in Greeley. A good time was had by all, and Mary was flabbergasted by a doctored, framed photo depicting her assembling a 185 lb. hamburger (Thanks Andrew and Craig for your creativity and computer savvy!)

The ICD Education/Support Group had its first quarterly meeting of the year on January 26th. Haley Edwards, RD spoke on "Portion Distortion". The ICD group meetings are for individuals with ICD's and their families. The meetings include education about ICD's and related topics, question and answer time, and

social and emotional support. Susan Bush, RN from the cardiac rehab team organizes this group. Support is provided by St. Jude Medical and Medtronic. The next meeting will be on April 27th. Call Susan at 350-6166 for information.



Tidbits, Talks and Tours - "Heart Matters: It's All About Electricity and Plumbing" took place on February 2nd from 6-8 PM at North Colorado Medical Center. Community members were invited to tour the CVI facility including cardiac and pulmonary rehab, enjoy heart healthy cooking demos, test their heart knowledge and CPR skills, explore the world of diagnostic cardiology and visit with cardiac experts, and investigate the inner workings of the heart with our new 3D echocardiogram.

The 12th Annual CardioVascular Institute of North Colorado Conference drew nearly 300 health care professionals on February 11th. The conference was held at the University of Northern Colorado in Greeley. Topics included Mild Hypothermia After Cardiac Arrest, Women's Cardiovascular Health, Treatments for Stroke, Catheter Ablation of Atrial Fibrillation, and The Latest Trends in Cardiovascular Surgery. National speaker, author, and heart disease survivor, Joe Piscatella, spoke on managing stress and "Taking a Load Off Your Heart". That evening he gave a community presentation on "Eating Healthy in a Doubleburger.com World", speaking about his step-by-step guide to healthy eating in the real world. Look for Joe's new book, Positive Mind, Healthy Heart - Take Charge of Your Cardiac Health, One Day at a Time.

On February 24th, Craig DeKraai, MS, clinical supervisor for cardiac rehab, gave a presentation to approximately 20 North Colorado Family Medicine residents on the format and goals of outpatient cardiac rehab, evidence-based benefits of participation, and how to refer patients.

NCMC's Spirit of Women Day of Dance Health Fair took place at the Greeley Fun Plex on February 27th from 9 am - 2 pm. This free event allowed folks to participate in health

screenings, talk to health practitioners, enjoy cooking exhibitions, music, and watch or join in dance demonstrations. Staff from cardiac rehab assisted in the fun and provided heart health information for both men and women. This year, Mary Branom, RD spoke on "Top 10 Healthy Eating Strategies" and Andrew Smith, MS gave a presentation on "Risk Factors: How to Keep Your Heart Healthy".

Final numbers aren't in yet, but this year's event appears to have been a huge success, drawing between 500 and 600 people from the community, double the amount of last year!

*Kathryn Miczulski, MS
Exercise Specialist
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Wray Community District Hospital

We were lucky enough to receive a donation for a new recumbent bicycle to add to our rehab department. It has been a very nice addition during this time of tight budgets. We have our annual Children's Health Fair on February 25th in which we will run through about 350 children. Then, we are gearing up for our large annual Spring Health Fair in April. Some 1450 community members will get their blood drawn over a 3 week period and then some 400-500 people attend our fair on the 24th of April. Prior to all of this we will be working on our AACVPR renewal for our pulmonary program - I think the new on-line renewal program will be very nice. Otherwise, all is going well out here on the North Eastern Colorado Plains.

Lynn Clapper, RN, AE-C, CST
Director of Cardio/Pulmonary Services
Wray Community District Hospital

St. Mary-Corwin Medical Center

St. Mary -Corwin Medical Center is now a Silver Sneakers Fitness facility and busy getting

participants enrolled to start their wellness exercise programs

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Parke Wellness Center, Burlington, CO



Our hospital and Kit Carson County Health and Human Services joined forces in February for the first annual Go Red for Women Gala in our county.

Guest speakers included Dr. Mory Krantz, Susan Dorman, FNP; Kris Janssen, PA; Lisa Jensen, RN; Margo Wilkinson a local heart attack survivor, Erika Cure with Plains Partnership for Health. Turnout from our communities was marvelous, and we are spreading the word about heart health.

Jennie Jolliffe, RN BC CCRN

Thank you to Todd Bublitz for getting rmcra.org up and running. The website looks terrific!

Kudos to our AACVPR Certified Programs!
Colorado
Aspen Valley Hospital
Pulmonary
University of Colorado
Cardiac
Memorial Health System
Cardiac and Pulmonary
Presbyterian St. Luke’s Medical Center
Cardiac and Pulmonary



**Exempla St. Joseph Hospital
Cardiac and Pulmonary
Porter Adventist Hospital**

**Poudre Valley
Cardiac
Pulmonary
St. Mary’s Life Center
Cardiac and Pulmonary
North Colorado Medical Center
Cardiac and Pulmonary
McKee Medical Center
Cardiac and Pulmonary
Medical Center of the Rockies
Cardiac and Pulmonary**

**Penrose
Cardiac Rehab
St. Mary-Corwin
Cardiac
Yampa Valley Medical Center
Cardiac and Pulmonary
Exempla Lutheran Medical Center
Cardiac
Penrose St. Francis
Cardiac**

**Wyoming
Cheyenne Regional Medical Center
Cardiac and Pulmonary**

**Best of luck to all in the process of certification!
University Hospital Pulmonary**

**Did your facility recently receive certification?
Please email me! jjolliffe@kccmh.org**



The RMCRA newsletter is compiled by Jennie Jolliffe from Parke Wellness Center. If you have any questions or concerns, please e-mail jjolliffe@kccmh.org or call 719.346.0366 ext 3510

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**Get Involved in RM CRA!
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