

NORTH CAROLINA CARDIOPULMONARY REHABILITATION ASSOCIATION

Standards for Quality Cardiopulmonary Rehabilitation Programs Statewide



39TH ANNUAL

**NORTH CAROLINA
CARDIOPULMONARY
REHABILITATION SYMPOSIUM**

***Evidence-based Knowledge
For Today's Practitioner***

March 22nd and 23rd, 2018

***William & Ida Friday Center
100 Friday Center Drive
Chapel Hill, North Carolina***

Go to [NCCRAonline.org](http://nccraonline.org) to register for the 2018 Symposium
<http://nccraonline.org/>



2018 NCCRA Symposium Agenda

Thursday, March 22, 2018

- 6:00-6:30pm Registration** *Atrium Center*
- 6:30-7:30 Yoga for the Heart and Lungs** *Trillium*
Research and practical session. Dress comfortably and bring a mat to participate in floor or chair yoga session.

Cinnamon LeBlanc, CPT, E-RYT, CES
- 7:30-8:30 Interactive Mentoring Session—Past President Panel**
Heavy h'ordeuvres, soft drinks, beer, wine
-

Friday, March 23rd, 2018

- 7:00-8:00am Registration, Breakfast, and Exhibits** *Atrium Center*
Breakfast Sponsored by ScottCare
- 8:00-8:15 Welcome—Mike Dunlap NCCRA President** *Grumman*
- 8:15-9:15 Marlene Sigler Memorial Lecture**
Supervised Exercise Therapy for Patients with Peripheral Artery Disease *Grumman*

Carl King, EdD, MAACVPR
- 9:15-10:15 Beyond the Device: Comprehensive Care of Implantable Cardioverter Defibrillator Patients** *Grumman*

Dr. Samuel Sears, PhD
- 10:15-10:30 Break**
- 10:30-11:30 Motivational Interviewing/Coaching for Smoking Cessation** *Grumman*

Dr. Paul Toriello, Rh.D,

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2018 NCCRA Symposium Agenda-cont

Friday, March 23rd, 2018

- 11:30-12:30 Lunch and NCCRA Update**
Lunch Sponsored by LSI *Trillium A Room*
- 12:30-1:30 Discipline Meetings**
- | | | |
|---------------------|-----------------------------|--------------------------|
| Nursing | Lisa Warren, RN Chair | <i>Grumman</i> |
| Exercise | Angela Lanier, MS, Chair | <i>Dogwood A & B</i> |
| Nutrition | Judy Hinderliter, RDN Chair | <i>Azalea</i> |
| Psychosocial | Sandra Freeman, MD Chair | <i>Jessamine</i> |
| Pulmonary | Connie Paladenech, RT Chair | <i>Mtn. Laurel</i> |
- 1:30-1:45 Break**
- Breakout Sessions*
- 1:45-2:45 AACVPR Program Certification—Keys to Success**
Grumman
- Bob Brown , MPH, MBA, FMFA, FAACVPR
- Nutrition in Pulmonary Rehabilitation**
Windflower
- Ellen Aberegg, MA, LD, RD*
- 2:45-3:00 Break**
- Breakout sessions*
- 3:00-4:00 An Exploration of the Impact of the “Open Gym” Scheduling Model of Cardiopulmonary Rehabilitation on Completion, Attendance, and Health Outcomes**
Grumman
- Matthew Whitted, Ph.D*
- Everything You Always Wanted to Know About the 6 Minute Walk But Were Afraid to Ask**
Windflower
- Dave Verrill , MS, RCEP, CCEP, CCRP, FAACVPR*
- 4:00-4:50 Promote like a Champion: Simple Strategies to Maximize Cardiopulmonary Advertising and Marketing**
Grumman
- Ash Walker, MA, ACSM-RCEP, FAACVPR*
- 4:50-4:55 Closing Remarks –Betsy Young 2018 NCCRA President**

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Directions to the Friday Center

The Friday Center is located at 100 Friday Center Drive, Chapel Hill, NC 27517, approximately three miles east of the UNC-Chapel Hill campus, just off Highway 54 East (Raleigh Road). The Center is a short distance from Interstate 40 (from Raleigh, I-40 exit 273A; from Greensboro, I-40 exit 273).

From Winston-Salem, Greensboro, and points West:

Take I-40 East to Exit 273 (Hwy 54 West/Chapel Hill). Turn right at top of ramp. Proceed to the fifth stoplight, turn left onto Friday Center Drive (approximately two miles), and take the second right into the Friday Center parking area. Guest parking is on the left; the Friday Center is on the right.

From Charlotte:

Take I-85 North to Greensboro (I-85 and I-40 intersect in Greensboro) and follow the directions from Greensboro above.

From Raleigh:

Take I-40 to Exit 273A (Hwy 54 West/Chapel Hill). Proceed to the fifth stoplight, turn left onto Friday Center Drive (approximately two miles), and take the second right into the Friday Center parking area. Guest parking is on the left; the Friday Center is on the right.

From points south of Chapel Hill, arriving on Hwy 15-501 North:

Take the 15-501/54 East bypass as you approach Chapel Hill. Take the Hwy 54 East exit (approximately two miles) toward Raleigh. Proceed to the fifth stoplight, turn right onto Friday Center Drive, and take the second right into the Friday Center parking area. Guest parking is on the left; the Friday Center is on the right.

Hotel Accommodations

Courtyard by Marriott Chapel Hill (Next to Friday Center)

100 Marriott Way, Chapel Hill, NC

1-919-883-0700 or 1-800-321-2211

Room Rates: \$134.00 for 2 queens or 1 king

** Ask for 39th Annual NCCRA Symposium 2018 rate valid until February 20th**

Aloft Chapel Hill

1001 Hamilton Rd, Chapel Hill, NC

1-919-932-7772

Room Rates: \$119.00 for 2 queens or 1 king

Ask for NCCRA Symposium 2018 rate valid until February 20th

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Parking Pass Information

NCCRAonline.org will post the parking pass prior to the symposium. Please check the website.

Thank you. We are looking forward to seeing you March 22-23!

Hotel Reservation Information

URL for hotel reservation links will be posted on NCCRAonline.org website and on North Carolina Cardiopulmonary Rehabilitation Association Facebook site

AARC Contact Hours: Application has been made to the American Association for Respiratory Care for continuing education contact hours.

AND: Application has been made to the Academy of Nutrition and Dietetic for the award of continuing education hours.

CEU: AACVPR has approved this continuing educational activity for up to 8.5 hours of continuing education credit.

CANCELLATION POLICY

Participants who are registered and cancel in writing (fax, mail, or email) between 2 weeks and up to 48 hours prior to the program will received a 70% refund. No refund will be given if less than 48 hours. Substitutions are welcomed.

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