



WISCPHR NEWSLETTER

Wisconsin Society for Cardiovascular and Pulmonary Health and Rehabilitation

2024— Volume 35, Number 2

President's Corner

Hello,

I am hopeful that everyone has been able to enjoy the change in seasons. This is one of my favorite times of the year as Spring always seems to bring with it hope for the future. I have had several opportunities to have HOPE for the future of cardiovascular and pulmonary rehabilitation and WISCPHR lately and wanted to share a few with you.

The first is that Dawn, Abby and I had a successful trip to Day on the Hill in Washington DC. Be sure to check out the info from Abby included in this newsletter. As we met with all of the politicians we were able to relate our personal experiences with patients who were not able to attend all or some of their rehab visits d/t distance, weather, work or more. These meetings and advocacy work brought hope for improved access for the patients we serve.

In a recent meeting, we were discussing the possibility of virtual cardiac rehab coverage and I was able to recount the story of the starfish. Here is an adaptation of that story by Loren Eiseley.

An old man had a habit of early morning walks on the beach. One day, after a storm, he saw a human figure in the distance moving like a dancer. As he came closer he saw that it was a young woman and she was not dancing but was reaching down to the sand, picking up a starfish and very gently throwing them into the ocean.

"Young lady," he asked, "Why are you throwing starfish into the ocean?"

"The sun is up, and the tide is going out, and if I do not throw them in they will die."

"But young lady, do you not realize that there are miles and miles of beach and starfish all along it? You cannot possibly make a difference."

The young woman listened politely, paused and then bent down, picked up another starfish and threw it into the sea, past the breaking waves, saying, "It made a difference for that one."

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WISCPHR Newsletter

The WISCPHR Newsletter is dedicated to the dissemination of information to assist WISCPHR members in patient care and professional growth. It is published five times a year for the education and benefit of its members. We encourage members to submit articles to the Newsletter by contacting the editor.

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President's Corner Continued...

This story fuels my motivation to break down barriers and connect patients to cardiac and pulmonary rehab-we know we will make a difference! Watch for an update to the advocacy tab on our website to see how you can help advocate for increased access to care.

The very dedicated Annual Conference Planning Committee has created a renewed hope for the future of WISCPHR. The commitment to providing the best local resource for continuing education, provides me with hope for the strength of our organization for years to come. We have an amazing line-up of speakers and a wide variety of topics planned. The conference registration fees will go up on April 5th-so please register now!

I am also hoping that many of you will leave the conference with an increased desire to become more active with WISCPHR. We will have many positions open for the next fiscal year and would love to have you on our team. If you are interested or have questions, please connect with me during the conference or reach out:

Megan.Justman@Ascension.org. We are planning a special networking portion of our conference on Friday night. We will have a Biergarten, some fun games and tasty food and lots of WISCPHR members available to answer questions. I look forward to seeing you there!

Megan Justman, MS CEP
WISCPHR President



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WISCPHR's Day on the Hill

March 4-6, 2024

Megan Justman, Dawn Hoff, and Abby Ahlskog ventured out to Capitol Hill to advocate for more access to cardiac and pulmonary rehab patients. We had a busy schedule as we saw 6 house of representatives and 2 senators in Washington D.C. Our group was also able to see Senate chambers while in session and take a Capitol Tour.

The first bill that was discussed was the HR 955/S. 1849 SOS: Sustaining Outpatient Services Act: This bill will exempt certain hospital outpatient services, including cardiac and pulmonary rehabilitation (CR, PR) from a drastic reimbursement reduction that is based solely on the location of the hospital outpatient service. The Sustaining Outpatient Services Act mandates that Medicare payment for hospital-based CR/PR services remain under the outpatient payment rate. The reduction in reimbursement for off-campus CR/PR is unsustainable, and yet, these services are underutilized and are encouraged to expand to treat more beneficiaries than is physically possible. This legislative correction will remove the financial barrier to expanded patient access to these beneficial services.

Secondly, we advocated for HR-1406/S. 3021 Sustainable Cardiopulmonary Rehabilitation Services in the Home Act — This bill will allow Medicare beneficiaries to receive CR/ICR/PR services via real-time, audio/visual communication from their home. This hybrid delivery of hospital-based CR/ICR/PR services was effective during the pandemic and allowed more patients to receive these beneficial treatments. Beneficiaries who are rural or located in an area without a brick-and-mortar program, without transportation or the financial means to travel to a center, and other barriers to participation in a CR/ICR/PR program demonstrated comparable benefits to those in center-based programs.

We did receive encouraging feedback from most of the offices we went to. AACVPR hosted a Day on the Hill meeting Monday night where we met up with none other than the legend Barb Fagan and other colleagues/affiliates from around the U.S. It was a wonderful networking event where we were able to engage with other states. Barb also represented WISCPHR in some of our meetings on Capitol Hill and was instrumental at getting the point across to our leaders in Wisconsin.

Although it was more of a business trip, we were all able to enjoy the scenery of all of the beautiful, and masterful buildings of our U.S. history. If you are interested in joining WISCPHR for the AACVPR Day on the Hill event next year please let leadership know. It was a great experience to enhance public speaking, continue your professional career in cardiac and pulmonary rehabilitation, and advocate for your beloved patients.

Abby Ahlskog, MS, CCRP, CEP
WISCPHR Treasurer



LET'S GET COOKIN'

Parmesan Roasted Asparagus

Submitted by: Krista Gullickson

Ingredients:

- 1 pound Asparagus, ends removed
- 3 Tablespoons olive oil
- 2 teaspoons lemon zest, finely grated
- 1 teaspoon flaky sea salt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/8 teaspoon crushed red pepper flakes (optional)
- 1/8 cup fresh lemon juice
- 1/3 cup parmesan cheese, finely grated



Instructions:

1. Preheat oven to 425 degrees. Line a large baking sheet with parchment paper.
2. Snap off the woody ends from the asparagus. Then place the asparagus on the baking sheet.
3. Drizzle the asparagus with olive oil, then sprinkle with lemon zest, salt, garlic powder, black pepper, and red pepper flakes (if using). Toss well to coat, then arrange the asparagus into a single layer on the sheet pan.
4. Bake for 9 to 10 minutes, or just until tender.
5. Remove from the oven and transfer to a serving platter. Drizzle with lemon juice and then sprinkle with parmesan. Serve at once!

Notes:

- If your oven runs hot, preheat to 400 degrees (F).
- If you prefer not to bake at high heat with olive oil, a neutral high-heat friendly cooking oil may be used instead.

Picture and recipe source: [Lemon Garlic and Parmesan Asparagus - Baker by Nature](#)

LET'S GET COOKIN'

Skillet Steak with Mushroom Sauce

Submitted by: Sarah Traeger

A one-skillet meal that will be ready in just 25 minutes. The pan drippings combine with mushrooms, broth and grainy mustard to make a thick and delicious sauce.

Ingredients:

- 12 ounces boneless beef top sirloin steak, cut 1 inch thick and trimmed
- 2 teaspoons salt-free steak grilling seasoning, such as Mrs. Dash
- 2 cloves garlic, minced
- ½ teaspoon salt, divided
- 2 teaspoons canola oil
- 6 ounces broccolini, trimmed
- 2 cups frozen peas
- 1 teaspoon chopped fresh thyme
- 3 cups sliced fresh mushrooms
- 1 cup unsalted beef broth
- 1 tablespoon whole-grain mustard
- 2 teaspoons cornstarch



Directions:

1. Preheat oven to 350°F. Sprinkle steak with steak seasoning, garlic and 1/4 teaspoon salt. Heat oil in a 12-inch cast-iron skillet over medium-high heat. Add the steak and broccolini. Cook for 4 minutes, turning the broccolini once (do not turn the steak). Place peas around the steak; sprinkle with thyme. Transfer the skillet to oven and bake until the steak is medium-rare (145°F), about 8 minutes. Transfer the steak and vegetables to a plate (leave the drippings in the pan); cover and keep warm.
2. Add mushrooms to the drippings in the pan. Cook over medium-high heat for 3 minutes, stirring occasionally. Whisk broth, mustard, cornstarch and the remaining ¼ teaspoon salt in a small bowl or measuring cup; add to the pan with the mushrooms. Cook, stirring, until thick and bubbly, about 1 to 2 minutes. Cook, stirring, for 1 minute more. Serve the steak and vegetables with the sauce.

Recipe and picture source: <https://www.eatingwell.com/recipe/266579/skillet-steak-with-mushroom-sauce/>



Biologics: A New Frontier in COPD Management?

Submitted by: Krista Gullickson

Chronic obstructive pulmonary disease (COPD) is a progressive lung disease that makes breathing difficult. While traditional treatments like bronchodilators and inhaled corticosteroids can help manage symptoms, there haven't been many advancements in COPD treatment for decades. However, the emergence of biologics offers a glimmer of hope.

What are biologics?

Biologics are drugs derived from living organisms or their cellular components. They target specific parts of the immune system involved in disease processes. In the case of COPD, biologics aim to curb the chronic inflammation that damages the airways.

Current Landscape

Currently, there are no widely approved biologics for COPD. However, research is ongoing, with promising results for specific subgroups of patients. For instance, biologics targeting a type of white blood cell called eosinophils have shown some success in patients with high blood eosinophil levels.

The Road Ahead

While the use of biologics in COPD is still in its early stages, it represents a significant shift in treatment options. Here's what to expect:

- **Precision Medicine:** Biologics might pave the way for personalized treatment plans based on a patient's specific inflammatory profile.
- **Reduced Exacerbations:** Studies suggest biologics could potentially decrease the frequency and severity of COPD flare-ups.
- **Improved Quality of Life:** By potentially slowing disease progression and reducing symptoms, biologics could significantly improve a patient's quality of life.

Important Considerations

It's important to remember that biologics are still under investigation for COPD. They may not be suitable for everyone, and further research is needed to determine their long-term efficacy and safety profile.

Looking Forward

The future of COPD management seems brighter with the potential of biologics. While there's still work to be done, ongoing research offers a promising new avenue for managing this chronic and debilitating disease. Patients with COPD should discuss potential treatment options, including biologics, with their healthcare provider to determine the best course of action.

Article Source: <https://www.nejm.org/doi/full/10.1056/NEJMe2305752>

Are Change in METs During Cardiac Rehab Related To Change In Peak VO₂ and 6MWD?

Crystal Grimsahw, MS; Steven J. Keteyian, PhD; Clinton A Brawner, PhD, ACSM-CEP

Submitted by: Sarah Traeger

This article was recently posted in the Journal of Clinical Exercise Physiology. Often in Cardiac Rehab we use a change in METs as a program outcome. This study looked to assess the correlation between those changes in METs versus the change in six-minute walk distance (6MWD) and change in peak VO₂. The authors used data from the iATTEND trial. This was a randomized controlled trial to compare facility based CR versus hybrid CR. METs during exercise training were estimated using the average of the second, third and fourth CR and the final three sessions of CR. Baseline 6MWD and peak VO₂ were collected at the start of CR and within 14 days of completing CR using a symptom limited graded exercise treadmill test with gas exchange.

There were results from 237 patients used. When comparing change in estimated exercise training METs and 6MWD who completed ≥ 12 sessions of CR, ≥ 24 sessions of CR and 36 sessions of CR, the correlation of change as low ($r = < 0.3$). The results ranged from $r = 0.235$ and $r = 0.257$. Similar results were found when comparing change in estimated exercise training METs and peak VO₂. The results ranged from $r = 0.100$ and $r = 0.136$. Which again shows the association between the two low ($r = < 0.3$).

In conclusion, although patients have a change in estimated exercise training METs during a CR program, changes in 6MWD and changes in peak VO₂, the association between the variables is low. This finding was consistent regardless of number of sessions completed. Ultimately, the writers recommend further research is needed to better understand assessing change in exercise tolerance and program outcomes for CR.

Link for the article: <https://doi.org/10.31189/2165-7629-13-s1.6>

The Baxter logo is displayed in a large, bold, blue, italicized sans-serif font. It is centered on the page and is the most prominent visual element in the lower half of the document.

35th Annual WISCPHR Conference

Oshkosh Waterfront Hotel and Convention Center

April 19-20, 2024

OVERVIEW

The Wisconsin Society of Cardiovascular and Pulmonary Health & Rehabilitation is pleased to announce its 35th Annual Conference. The purpose of the meeting is to enable the learner to incorporate new knowledge and techniques into a cardiac and pulmonary rehabilitation program. This is a valuable opportunity to network with other Wisconsin programs, visit vendors onsite, and view the latest technology and tools available within the field of cardiac and pulmonary rehab.

WISCPHR

Wisconsin Society of
Cardiovascular and Pulmonary
Health & Rehabilitation



This activity has been submitted to AACVPR for approval of CEUS with the opportunity to earn a total of 11 CEUs. Speaker handouts/PowerPoints will be available on the website a week prior to the conference unless otherwise indicated. (Total CEU's, schedule, & speakers subject to change)

TARGET AUDIENCE

Registered nurses, exercise physiologists, respiratory therapists, physicians and other allied health professionals working in the area of cardiopulmonary rehabilitation.

REGISTRATION

Register online at www.WISCPHR.org

Follow instructions on website to pay by debit/credit card. **You must be logged in as a member to register with member rate.** If you are not a member, you must create a guest account to register.

CONFERENCE FEES

WISCPHR/AACVPR Member: \$180 + Optional Add on- PreConference Workshop: \$70

Non-Member: \$250

Student 6 or more academic credits current semester: \$75

REFUND POLICY

All requests for refunds must be made in writing and emailed to AbbyRyskey@live.com by Friday April 5th, 2024. A \$60 administrative fee will be assessed for every refund processed.

35th Annual WISCPHR Conference Agenda

Optional add on for \$70- Friday, April 19th: PreConference Workshop

11:00 - 11:30 AM Registration - PreConference Session

11:30 AM - 3:00 PM Personal and Professional Development Preconference Session:

Keynote Speakers- Megan Justman, MS and Kim Beyer, BS, FAACVPR
Navigating Regulatory Compliance and AACVPR Program Certification—A Hands on Approach to Regulatory Readiness and Individualized Treatment Plan Compliance

Friday, April 19th

3:00 - 4:30 PM Annual Conference Registration and Vendor Networking Event - Hallway/Lobby

4:30 - 6:00 PM Speed Topics:

1. Coding and Reimbursement (Dawn Hoff, MS, CEP, CCRP)
2. Pulmonary Rehab Adjuncts (Thorne Wittstruck, BS, RCEP, CCRP)
3. Professional Development in Cardiac and Pulmonary Rehab (Kim Radtke, PhD, CCRP, RCEP)
4. Options for Administration of Exercise Evaluations for Cardiac, Pulmonary Rehab and PAD Patients (Heidi Ramsey Grafft, BS, CEP, CCRP)
5. Balance Exercise and Fall Prevention (Colleen Voll, BS, CEP)
6. Doing More with Less (Abigail Ahlskog, MS, CCRP, CEP)

6:15 - 7:15 PM WISCPHR President's Welcome - Megan Justman, MS

Keynote - Beth Buckley, PharmD, CDCES - Diabetes Medications: Not Just for Glycemic Control

7:15- 9:00 PM Beer Garden- Social Hour and Vendor Networking Event

Saturday, April 20th

6:30 – 7:15 AM	Registration for Conference
6:30 – 7:15 AM	Vendor Networking / Breakfast
7:15 – 7:30 AM	WISCPHR President's Welcome/Overview - Megan Justman, MS
7:30 – 8:30 AM	Keynote - Roy W. Squires, PhD, MAACVPR, FAHA, FACSM - Cardiac Rehab Exercise Training Concepts for Ventricular Assist Devices and Heart Transplants
8:30 – 9:00 AM	Vendor Networking / Break
9:00 – 10:00 AM	Breakouts: <ol style="list-style-type: none">1. Roy W. Squires, PhD, MAACVPR, FAHA, FACSM - Cardiac Rehabilitation Exercise Training Concepts for Special Populations2. Luke Burchill, MBBS, PhD - Congenital Heart Disease and Exercise- Time to Step It Up
10:00 – 10:30 AM	Vendor Networking / Break
10:30 – 11:30 AM	Keynote - Dr. Krishna Upadhyaya, MD, FACC - Cardio-Oncology: Cancer Therapeutics Related Cardiac Dysfunction
11:30 – 1:00 PM	Lunch / Awards and Recognition <ul style="list-style-type: none">• WISCPHR and AACVPR Updates• Award of Excellence• Distinguished Service Award• Presidential Recognition Award• WISCPHR Innovation Award• Honor of Clinical Distinction
1:00 – 2:00 PM	Keynote - Josh Smith, PhD - Inspiratory Muscle Dysfunction in Patients Referred to Cardiac Rehab
2:00 – 2:10 PM	Break
2:10 – 3:10 PM	Breakout Sessions <ol style="list-style-type: none">1. Josh Smith, PhD - Sex Differences in Cardiac Rehab Outcomes2. Lance Maerz, MS, RCEP, CCET, CCRP - My Patient Has Cancer - How Can I Help?
3:10 – 3:20 PM	Break
3:20 – 4:20 PM	Keynote - Kelly Goodrich, BSN - Collaboration of Pulmonary Rehabilitation and Lung Transplantation... Life Changing One Breath At a Time
4:20 – 4:30 PM	President's Closing Remarks / CEU Information - Megan Justman, MS

Professional and Program Sustainability

⇒ **SAVE THE DATE for WISCPHR's 35th Annual Conference: Oshkosh —April 19th & 20th, 2024**

⇒ **SAVE THE DATE for AACVPR's 39th Annual Meeting: Anaheim, CA — Sept. 25-27, 2024**

⇒ **The WISCPHR Executive Board is seeking nominations for the following roles for the next fiscal year:**

- President-Elect
- Secretary-Elect
- Treasurer-Elect
- Regional Representatives

If you are interested in these roles or would like to nominate an individual, please reach out to our Membership co-chairs:

lisa.michaels-bilgrien@forthc.com OR
tammy.riebe@gmail.com

Is your program doing something you'd like mentioned or highlighted in our newsletter?

OR

Have an article you would like to submit to the newsletter?

Please send any information to our editor, Whitnee, by email at [wnoble@ramchealth.org](mailto:w noble@ramchealth.org)

Upcoming Events

April 19-20, 2024 —
WISCPHR's 35th Annual
Conference
Oshkosh, WI

Sept. 25-27, 2024 —
AACVPR's 39th Annual
Conference
Anaheim, CA

CALL FOR NOMINATION TO
WISCPHR BOD

Note: BOD Meeting notices are sent out by AACVPR on behalf of WISCPHR. Please check your junk/spam mail if you are not getting meeting notices. If you are not following our Facebook page please feel free to follow and like us for more up to date information and see our upcoming events. Our page is called WI Society for Cardiovascular and Pulmonary Health and Rehabilitation.

WWW.WISCPHR.ORG