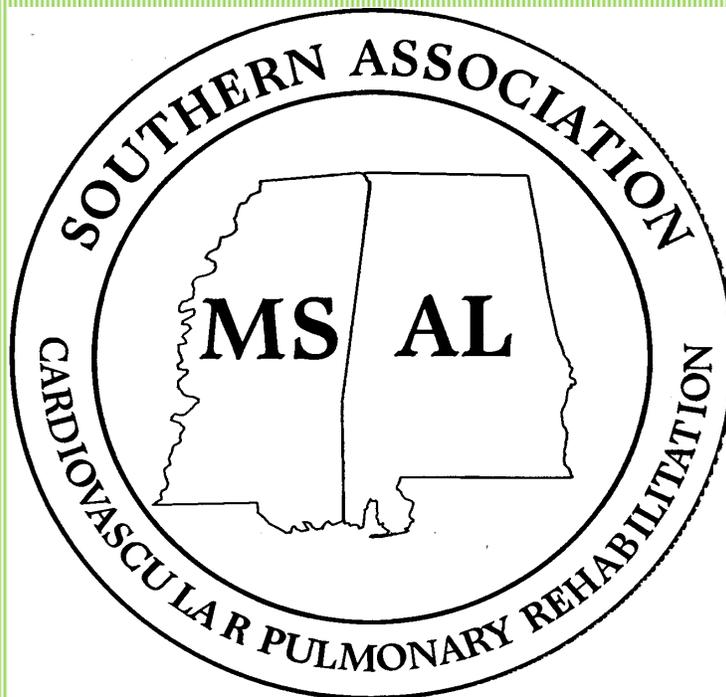


SACPR

ANNUAL SPRING CONFERENCE



FRIDAY, March 3, 2023

BAPTIST HEALTH RESOURCE CENTER

Montgomery, AL

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About SACPR!



The **Southern Association of Cardiovascular and Pulmonary Rehabilitation (SACPR)**, formed in 1989, and includes cardiac and pulmonary rehab professionals from Alabama and Mississippi. The objectives of SACPR are to enhance clinical effectiveness, promote scientific inquiry, and advance the education of cardiovascular and pulmonary health professionals and in the community.

We work closely with the AACVPR national organization. Our Reimbursement and Legislative Committee actively participates in successful lobbying efforts in Washington, DC concerning current legislation to secure the future of cardiovascular and pulmonary rehab. The Communication Committee maintains our program directory and website to keep members aware of important information. The Program and Professional Education Committee plans the annual conference which provides information on current issues and trends in the field of cardiovascular and pulmonary rehabilitation. The Executive Committee and the Board oversees the function of the association and to network with its members on issues important to our programs.

In 2018, the SACPR leadership entered into a partnership with AACVPR to become a Joint affiliate partner. Soon all of SACPR's information will be found on AACVPR's website. We will no longer be using the below webpage. SACPR will send out an email when this change happens notifying you of the change and where our new information can be located.

SAVE THE DATE!
SACPR Annual Conference
April, 2024 - Exact Date TBD
Tupelo, MS

AACVPR is the premier professional organization dedicated to development of its members who are involved in the profession of Cardiovascular and Pulmonary Rehabilitation.

Together a Joint Membership in AACVPR /SACPR delivers countless educational and networking opportunities that inform you of new advances, and current legislative and reimbursement initiatives. AACVPR offers numerous member benefits to help improve the care and quality of life for patients with heart & lung disease.

SAVE THE DATE!
AACVPR Annual Meeting
September 13-15, 2023
Milwaukee, Wisconsin

AACVPR website: aacvpr.org
Email: aacvpr@aacvpr.org
Phone: 312-321-5146
Fax: 312-673-6924

Become a Joint Affiliate Member of SACPR and AACVPR Today!



By becoming a Joint Affiliate Member of AACVPR and SACPR, you get the best of both worlds:
SACPR Membership + AACVPR Education Advantage Membership for a single reduced rate!

Joint Affiliate Members receive the following benefits:

- Member enrollment in your state/regional society and access to local events and resources for members
- **FREE access** to all live AACVPR webcasts, each approved for one AACVPR or nursing CEC.
- Timely reimbursement updates, Medicare Administrative Contractors (MAC) news, and legislative and regulatory updates, actions and pertinent information
- A bi-monthly subscription to the *Journal of Cardiopulmonary Rehabilitation and Prevention (JCRP)* with updates on current research as well as clinical and practical information on the science of rehabilitation
- Member discounts on Annual Meeting registration, Education Center products including archived webcasts and Annual Meeting proceedings, as well as many other educational offerings and activities
- Online access to the member-only web content, including the AACVPR Member Directory, Discussion Forums, and comprehensive professional Resources for AACVPR Members
- Eligibility for AACVPR Program Certification, the only peer-review accreditation process for cardiovascular and pulmonary rehabilitation programs
- Opportunity to participate on AACVPR committees, helping to influence policy and legislation

SACPR Member Benefits:

- Network with regional professional members and programs for resources and workflow processes
- Attend Annual Spring Education Conference with CEUs
- Updates on Reimbursement and Legislative issues important to Cardiac and Pulmonary Rehab
- SACPR Website-member access
- Employment opportunities through local intern programs
- Opportunity to be involved on SACPR Board

Visit www.AACVPR.org for more information and to join today!

SACPR Board of Directors

President

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Heersink School of Medicine
Associate Director of Education
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It's time for Board nominations!
**If you would like information on
becoming more involved in SACPR please
contact Sylvia Dunn, President**

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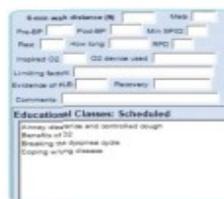
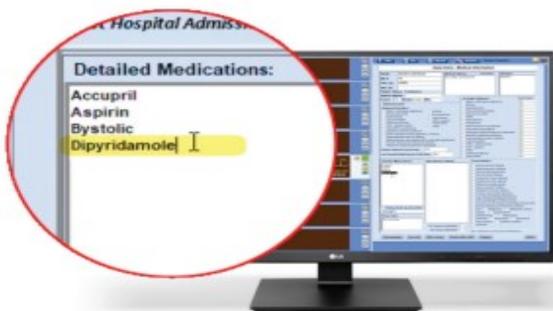
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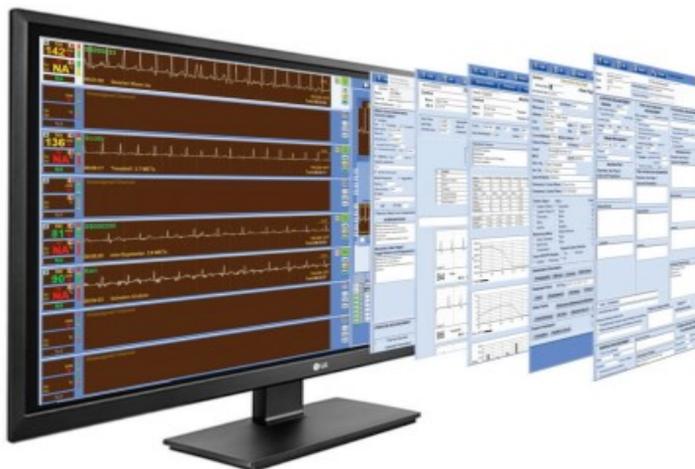
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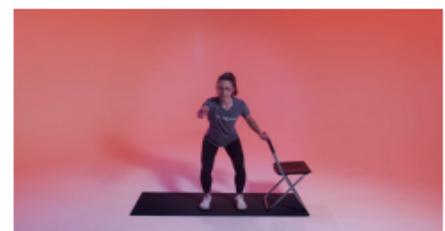
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About the Program

2023 Annual Meeting Planning Committee

Chair: Sylvia Dunn RN CVRN-BC

Kathe Briggs MS, CEP, FAACVPR

Lakeyla Jones RRT

Co-Chair: Anita Jones BS, RRT, FAACVPR

Samuel Sneed MS

Megan Hays Ph.D.

Lori Walters BSN, RN

Jordan Howe MS, BSN, RN, CCRP

William Langston MS

Jeanne Carlson BSN, MS, CCRP, FAACVPR

Jason Hitchcock MBA, RN, ACSM-CEP

Program Goals and Objectives

- Learn about the types of CHF: Treatment and role of Cardiac Rehab in CHF in patients
- Identify individual, community, and other factors that contribute to burnout and distress in healthcare workers.
- Learn strategies for improving the wellbeing of healthcare workers, including CR/PR staff.
- Gain an understanding of how to use the VBC resources for CR/PR professionals
- Understand how to improve your mental outlook
- Review important 2023 reimbursement/regulations changes and resources to increase PR reimbursement.
- Opportunity for Q & A session of speakers and SACPR board members
- Discuss components to development of ITP for cardiac and pulmonary rehab
- Review key 2023 Program Certification application changes
- Develop a better understanding of various methods for exercise prescription
- Gain an understanding of how to develop an exercise prescription :Pros/Cons of different methods
- Gain a better understanding of AACVPR legislative initiatives to increase access to CR/PR services.
- Discuss the underutilization of cardiac rehab services
- Introduce the Million Hearts 2027 priority to increase use of cardiac rehab
- Share resources and tools to help cardiac rehab programs increase utilization
- Describe the health effect of e-cigarette use (Vaping) and risk factors
- Learn the potential impact of e-cigarette use on conventional, combustible cigarette use
- Learn about SGLT2 inhibitors mechanism of action

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Program Agenda

7:30-8:00	<i>Registration and Continental Breakfast</i>	<i>Visit Vendors</i>
8:00-8:10	<i>Welcome and Introductions</i> Sylvia Dunn, RN, CVRN-BC, SACPR President	
8:10 - 9:00	<i>CHF and Exercise</i> Wynne Crawford, MD, FACP, FACC, FHRS	
9:00 – 9:50	<i>But They Don't Have Diabetes? SGLT2 Inhibitors</i> Cara L. Leos, Pharm D, BCCP, Cardiology Clinical Pharmacist at BMCS	
9:50-10:10	<i>Break</i>	<i>Visit Vendors</i>
10:10-11:05	<i>Nicotine Vaping: Current Knowledge and Best Practice</i> Peter Hendricks, Ph.D, Professor, University of Alabama at Birmingham	
11:05-12:00	<i>Session in a Box: A User's Guide to VBC Resources for CR/PR Professionals</i> Dr. Amy Knight, Ph.D, ABPP, Immediate Past President AACVPR	
12:00-12:45	<i>Lunch</i>	<i>Visit Vendors</i>
12:45-1:35	<i>Beating the Burnout: Strategies for Finding Joy in Your Job (and Life) Again</i> Megan Hays, Ph.D., ABPP, FAACVPR	
1:35-2:25	<i>Exercise Prescription: A Review of Different Methods</i> Henry N. Williford, Jr., Ed.D FACSM, ACSM-EP	
2:25-2:50	<i>Break</i>	<i>Visit Vendors</i>
2:50-3:25	<i>Getting to 70% Participation: Million Hearts Cardiac Rehab Collaborative</i> Kathe Briggs, MS, ACSM-CEP, FAACVPR	
3:25-3:55	<i>Update: PR/CR Reimbursement, ITP, and Certification</i> Anita Jones RRT, FAACVPR Jeanne Carlson BSN, MS-Exer Phys., CCRP, FAACVPR	
3:55-4:15	<i>Roundtable Discussion</i> SACPR Speakers/Board Members	
4:15-4:30	<i>Closing Comments, Evaluations, Door Prizes, Passing of the Gavel</i> Sylvia Dunn, RN, SACPR President, Jordan Howe, RN, President-Elect	

Key Note Speakers

Amy Knight, Ph.D, ABPP, Immediate Past President AACVPR

Dr. Knight is a Board-Certified Clinical Neuropsychologist and Associate Professor at UAB Heersink School of Medicine. She completed a Neuropsychology Fellowship at UAB Department of Neurology, Psychology Internship at West Virginia University School of Medicine, and her PhD in Clinical Psychology at University of Wisconsin-Milwaukee. She provides behavioral health consults, psychotherapy, and education to UAB and UAB Medical West Cardiopulmonary Rehabilitation Programs. She is the Immediate Past President of American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) and has served on the Board of Directors since 2017. She previously served on the Value Base Care Committee in AACVPR.

Kathe Briggs, MS, CEP, FAACVPR

Kathe is a Past President of the SACPR and currently serves as the AL State Rep. She is on the AACVPR Membership and Affiliate Relations Committee and has served on the AACVPR Leadership Committee. Kathe works for East Alabama Medical Center Health as Manager of Cardiac and Pulmonary Rehab Services. In this role, she manages multiple services including cardiac rehab, heart failure telehealth services, and pulmonary rehab. Since coming to EAMC Kathe has managed many different outpatient departments and physician practices, along with implementing tobacco cessation, pulmonary rehab, employee wellness, medical nutrition therapy and diabetes disease management services. She also serves as a board member for the AL Wellness Alliance and co-wrote the Alabama Physical Activity and Nutrition Plan.

Henry N Williford, Jr., Ed.D. FACSM, ACSM-C-EP

Dr. Williford is Professor Emeritus, for the Dept. of Kinesiology at Auburn Univ. Montgomery. In the past he has been the department head at AUM and has chaired the AL Obesity Task Force. He has been part of the graduate faculty at Auburn Univ., professor for the Univ. of Alabama International Programs, and graduate faculty at Annamalai Univ. in India. He has also, been involved with numerous publications. He is currently working on the Governor's Commission on Physical Fitness and Sports, Senior Fitness and Olympics, and Writing a Physical Activity Plan for the State of Alabama's Obesity Task Force. His degrees include: Ed.D Univ of Alabama, Ed.S UAB, M. ED Auburn Univ., B.S. Auburn Univ., and Marion Military Institute.

Jeanne Carlson BSN, MS, CCRP, FAACVPR

Jeanne is the Director of CardioPulmonary Rehab and Outpatient Nutrition at the LiveWell Center at Forrest General Hospital in Hattiesburg, MS. She has her BS degree in nursing and her master's degree in exercise physiology, both from the Univ. of Southern MS. At LiveWell she works to promote secondary prevention, especially cardiovascular risk factors. She is a member of AACVPR. She is also serving as a board member, presently the MS State Rep, for SACPR. Jeanne has previously served as President for SACPR.

Key Note Speakers

Cara L. Leos PharmD, BCCP

Dr Leos is a native of the Southwest where she completed her Doctor of Pharmacy, Authorized User in Nuclear Pharmacy Certification, PGY1 Residency in Pharmacy Practice, and PGY2 Specialized Residency in Cardiovascular Pharmacotherapy at The Univ. of New Mexico in Albuquerque, NM. After recruitment by Auburn Univ. in 2005 and a subsequent 5-year appointment as an Assistant Professor of Pharmacy Practice at the Harrison School of Pharmacy, Dr Leos went on to work full time for East Alabama Medical Center in Opelika, AL as a Clinical Pharmacist in Cardiology, a Transitional Care Pharmacist, and Staff Pharmacist. In 2015, she transitioned to a new Clinical Pharmacy Service in Cardiology at Baptist Medical Center South in Montgomery, AL. At this time, Dr Leos is responsible for a busy cardiology pharmacotherapy service and chairs an Anticoagulation Stewardship Service for the 3-hospital Baptist Health System. Dr Leos also served on the board of The Alabama Society of Health System Pharmacists as the Director of Legal Affairs for four years; and is active in local, regional, and national cardiology and pharmacy organizations including various speaking engagements and committee work. In her spare time, Dr Leos enjoys spending time with her husband, Joe, cooking, listening to music, and playing with her beloved dogs (Charlie and Oohlala).

Megan Hays, Ph.D., ABPP, FAACVP

Dr. Hays is an associate professor and rehabilitation psychologist in the Dept. of Physical Medicine & Rehabilitation (PM&R) at the Univ. of Alabama at Birmingham (UAB) Heersink School of Medicine. She also serves as the Associate Director of Education for the Office of Wellness for the UAB Heersink School of Medicine. She received her Ph.D. in clinical psychology from the Univ. of South Florida at Tampa. Dr. Hays completed her internship at the Univ. of Alabama at Birmingham Medical Center/Birmingham VA Medical Center Psychology Training Consortium and completed a post-doctoral fellowship at UAB Medicine in rehabilitation in the Dept. of PM&R. Dr. Hays is a licensed clinical psychologist and is board certified in rehabilitation psychology by the American Board of Professional Psychology. Dr. Hays primarily works in the acute inpatient rehabilitation setting on the Medical/Orthopedic Trauma Service. However, a significant portion of Dr. Hays's outpatient practice is devoted to providing behavioral health services for patients enrolled in the UAB Cardiopulmonary Rehabilitation program. She is a fellow of the American Association for Cardiovascular and Pulmonary Rehabilitation (AACVPR) and currently serves as Immediate Past President of the Southern Association of Cardiovascular and Pulmonary Rehabilitation.

Wynne Crawford, M.D., FACC, FACP, FHRS

Wynne Crawford, M.D. specializes in electrophysiology and general cardiology and practices with Montgomery Cardiovascular Associates in Montgomery, AL. She has extensive experience in implanting pacemakers, biventricular devices, and defibrillators. Dr. Crawford is board certified in cardiovascular disease, nuclear cardiology, and internal medicine. She is a Fellow of the American College of Cardiology, the American College of Physicians, and the Heart Rhythm Society. Dr. Crawford currently serves on the faculty of UAB School of Medicine. Dr. Crawford is originally from Birmingham, AL. She completed medical school at the Univ. of AL School of Medicine as well as her Internal Medicine Residency and Cardiovascular Disease Fellowship. Dr. Crawford enjoys spending time with her family, reading, and swimming.

Key Note Speakers

Peter Hendricks, Ph. D. UAB

Peter Hendricks, PhD, is Professor and Director of Research in the Dept. of Health Behavior, School of Public Health, at the Univ. of Alabama at Birmingham (UAB). A clinical psychologist by training, Dr. Hendricks earned his bachelor's degree from the Univ. of Virginia and received his PhD from the Univ. of South Florida studying tobacco dependence and interventions for smoking cessation. He completed a postdoctoral fellowship on drug abuse treatment and services research at the Univ. of California, San Francisco before joining UAB in 2010. Dr. Hendricks' research centers on the development of novel and potentially more effective treatments for substance use disorders and comorbid conditions, with specific areas of focus on tobacco, cocaine, cannabis, opiate, and polysubstance dependence in vulnerable populations, including individuals in the criminal justice system. He has been an active researcher in the psychedelic field since 2014 and has been involved in many publications.

Anita Jones BS, RRT, FAACVPR

Anita Jones is the Manager, Pulmonary Rehabilitation at Baptist Medical Center. She attended UAB Allied Health's Respiratory Therapy program and has over 42 year experience as a RRT. She has been a Pulmonary Rehab specialist for 36 years. Anita has served many leadership positions in SACPR over the years, including president and Alabama State Representative and has led many of Alabama's advocacy efforts for SACPR/AACVPR since 1996. and a member since 1989. Anita is a fellow of the American Association for Cardiovascular and Pulmonary Rehabilitation and has served on Membership and Legislative/Reimbursement committees. She is co-founder for Camp WheezeAway, a week-long asthma camp, formed in 1992, for children ages 8-12 with moderate to severe asthma. She serves on the advisory board and is a volunteer at camp.

Anita is retiring after the conference and we would like to thank her for ALL her years of service and hard work she has put into building this association both at the national and regional level as well as her field of rehabilitation. She will be missed. ANITA!!!



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