

## Annual American Heart Association Nurses Conference

# Keeping the Beat



**Saturday  
February 25, 2012  
8 a.m.–4 p.m.**



**Southeast Community College  
8800 O St., Gymnasium  
Lincoln, NE**

Co-provided by  
Southeast Community College and  
American Heart Association



*Learn and Live*

**Southeast community college**

[www.southeast.edu/continuing](http://www.southeast.edu/continuing)

## ABOUT THE PRESENTERS

**Jodi Dewitt**, RN, BAN, has more than 15 years of experience as a nurse. Jodi has worked at various critical care hospitals and emergency rooms in Nebraska. She is a member of the Emergency Room Nurses Association. As a certified instructor for ACLS, TNCC and PALS, she is currently an ER nurse at St. Elizabeth's Medical Center in Lincoln.

**Ben Greenfield**, CCP, LP, has worked for nine years in the clinical setting at both NHI and St. Elizabeth's Hospital in which he has performed more than 2,000 cardiac surgical procedures. Ben serves as an adjunct associate professor at the University of Nebraska Medical Center in Omaha and as a clinical instructor for Perfusion students. Former president of the Nebraska Perfusion Society, Ben wrote the current licensure bill and lobbied and obtained licensure for Profusionists in Nebraska.

**Sarah Schroeder**, ACNP-BC, MSN, RN, recently began work at Bryan Heart Institute as a nurse practitioner and has worked at the Mayo Clinic with advanced heart failure patients as a left ventricular assist device coordinator. Before becoming a nurse practitioner, Sarah worked for five years in Progressive Care, working with cardiac patients.

**Bethany Fulmer**, RD/LMNT, is currently employed at Madonna ProActive where she teaches education classes for cardiac rehab patients and members, leads weight-loss classes, conducts individual counseling sessions for clients, and collaborates with sports performance, dance and group fitness departments to provide an integrative approach to wellness and weight loss. This year she assisted in hosting and providing content for the American Heart Association's BetterU program.

**Lori Bruns**, RN, is currently administrative manager at BryanLGH. She had more than 30 years of nursing experience in cardiac care, with more than 20 of those years working in cardiac and pulmonary rehab both inpatient and outpatient. She is an experienced educator and former program coordinator for nursing education at BryanLGH. Lori currently teaches ACLS for SCC and BryanLGH.

**Kris Thaller** is a certified life coach and president of Coaching Dimensions in Lincoln, NE. Kris was a fitness trainer and consultant for 25 years, and then attended a seminar that changed how she viewed the world. She is a life coach and an organizational coach certified by the Academy for Coaching Excellence, an Academy Associate and a faculty member and a licensed seminar leader for "Academy For Coaching Excellence."

## WORKSHOP CREDIT

6.0 contact hours awarded. Must attend entire seminar and complete an evaluation to receive CEU credits. No partial credit given.

SCC Continuing Education Division is an approved provider of continuing nursing education by the Nebraska Nurses Association, an accredited approver by the American Nurses Credentialing Center Commission on Accreditation.

## ADDITIONAL INFORMATION

Dress in layers because of temperature fluctuations in the gymnasium.

Attendees requiring special accommodations or having dietary restrictions must notify the College at 402-437-2700 in advance.

**Confirmations are not mailed.**

## CANCELLATION/REFUNDS

You must call 402-437-2700 or 800-828-0072 and cancel before 5 p.m. the day before the workshop begins to receive 100 percent refund. NO refunds will be given after that. If you are unable to attend and wish to send someone in your place, you must notify the College in advance.

## COMMITTEE MEMBERS

Georgia Schroeder, LPN (Chair)  
Denice Aten, RN  
Sara Brown, AHA Corporate Events Director  
Nicole Cockerill, RN, BSN  
Pam Koepping, RN  
Kathy Ware, RNBC, MEd, MSN  
Jeanette Walsh, RN, BSN

## VENDORS

- Kangen Water
- Mary Kay
- Moxie & Mayhem
- Sentsy Candles
- Pampered Chef
- Uniform Connection
- And others

## COURSE INFORMATION QUESTIONS

**Jeanette Walsh**  
SCC Continuing Education  
402-437-2706 • 800-828-0072, ext. 2706  
[jwalsh@southeast.edu](mailto:jwalsh@southeast.edu)



# Keeping the Beat

## AGENDA

- 7:30 a.m. ....Sign in/Coffee
- 8 a.m. ....**"Help Me, I'm Having Chest Pain"**  
by Jodi Dewitt, RN, BAN
- 9 a.m. ....**Coronary Artery Disease and Surgical Correction from a Perfusionist's Perspective**  
by Ben Greenfield, CCP, LP
- 10 a.m. ....Break / Visit the Vendors
- 10:30 a.m. ....**No Need for By-Pass Surgery but..... Now What?**  
by Sarah Schroeder,  
ACNP-BC, MSN, RN
- 11:30 a.m. ....**Cardiac Nutrition and You: What You Can Do to Help Promote Heart Healthy Eating In Your Patients**  
by Bethany Fulmer, RD/LMNT
- 12:30 p.m. ....Lunch (provided) /  
Visit the Vendors
- 1:30 p.m. ....**Cardiac Rehab: "Why should I go?"**  
by Lori Bruns, RN
- 2:30 p.m. ....Break
- 2:45 p.m. ....**Less Stress, Less Overload, More Life**  
by Kris Thaller
- 3:45 p.m. ....Questions
- 4 p.m. ....Evaluations & Conclusion

## PURPOSE

Travel the path with a patient as they suffer the first twinges of chest pain through their recovery and rehab. This is a scary time of life, and you need to be prepared to help your patient, their family or even yourself.

## OBJECTIVES OF THE COURSE

At the conclusion of this presentation, participants should be able to:

- Recognize the role of each health care provider in caring for the patient who presents in ER with chest pain
- Determine what steps health care providers need to take to provide care for patient who presents in ER with chest pain
- Discuss the etiology of coronary artery disease and physiological predisposition to CAD
- Discuss the professional roles within the cardiovascular operating room and the responsibilities of each (with special emphasis on the Perfusionist)
- Identify different types of chest pain
- Recognize differences between non-invasive cardiac evaluation and invasive cardiac evaluations
- Identify treatment modalities for chest pain
- Recall cardiac risk factors along with modification measures
- Recall cardiac nutrition for post-operative patients
- Identify common obstacles patients face and how we as professionals can help them overcome them.
- Discover how to select which are the "priority" nutrition issues to address and which require less immediate attention.
- Recognize the importance for all cardiac patients to participate in cardiac rehab
- Define what is involved in a cardiac rehab program
- Identify ways to help your patients be successful in a cardiac rehab program
- Discover how to proactively decrease stress and overload
- Identify how to apply this knowledge to help educate your patients on ways to decrease their stress.



## WHO SHOULD ATTEND

Nurses and other health care professionals who provide care for patients with cardiac disease.

**DATE:** Saturday, February 25, 2012

**LOCATION:** Southeast Community College, 8800 O St., Lincoln, NE  
Gymnasium

**TIME:** 8 a.m.-4 p.m. (Must attend entire seminar and complete an evaluation to receive CEU credits.)

**COST:** \$69 (Lunch will be provided)

# REGISTRATION FORM - NON-CREDIT COURSE

SE **Southeast community college**

Complete this form with payment information and send via FAX or mail to: **SCC Continuing Education Center**  
**301 S. 68th St. Place, Lincoln, NE 68510**  
**FAX: 402-437-2703**

Include credit card information or Letter of Authorization for third-party billing. The College requires a student's Social Security number as a condition for enrollment. A student's Social Security number information constitutes an "educational record" under the Family Educational Rights and Privacy Act (FERPA). The College will be privileged to redisclose that information only with the consent of the student or in those very limited circumstances when consent is not required by FERPA.

**PLEASE PRINT**

2012 QUARTER	
<input type="checkbox"/> SUMMER	<input checked="" type="checkbox"/> WINTER
<input type="checkbox"/> FALL	<input type="checkbox"/> SPRING

Social Security Number		Name: Last		First	Middle Initial	Email Address	
Residence Mailing Address			City	State	Zip	County #	<input type="checkbox"/> Cell <input type="checkbox"/> Business Phone
Birth Date	Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female	Ethnicity (select one): <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino	Race (select one or more): <input type="checkbox"/> White <input type="checkbox"/> Native Hawaiian or Other Pacific Islander <input type="checkbox"/> American Indian or Alaska Native		<input type="checkbox"/> Asian <input type="checkbox"/> Black or African American	<input type="checkbox"/> Resident of Nebraska <input type="checkbox"/> Non-Resident of Nebraska	Home Phone

COURSE NUMBER	SECTION	TITLE	DATE	LOCATION	TIME	COST
N U R S 3 1 0 8	L N W A	American Heart Association Keeping the Beat	Feb. 25	SCC, Gym	8 a.m.	\$69

## SIGNATURE

Check  Cash  Mastercard  AMEX  Discover  VISA  V Code \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_

Exp. Date \_\_\_\_\_ Credit card # \_\_\_\_\_

Billing agency (INCLUDE LETTER OF AUTHORIZATION ON COMPANY LETTERHEAD)

For the protection of your personal credit card information, do not e-mail this form to SCC. If faxing, only use the fax number listed or verify with SCC before using another SCC fax number.

Submission of this form indicates that I understand: **1)** that my registration is complete and that I am accountable for the tuition and fees and subject to a grade in the courses listed; **2)** that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit my request to Continuing Education; **3)** that failure to attend a course does not constitute an official drop/withdrawal; **4)** the personal information contained herein is correct as shown; and **5)** any changes in SSN, legal name, address, residency, etc. must follow the College procedures in the Student Handbook and College Catalog. It is the policy of SCC to provide equal opportunity and nondiscrimination in all admission, attendance, and employment matters to all persons without regard to race, color, religion, sex, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. Inquiries concerning the application of SCC's policies on equal opportunity and nondiscrimination should be directed to the Vice President for Access/Equity/Diversity, SCC Area Office, 301 S. 68th Street Place, Lincoln, NE 68510, 402-323-3412, FAX 402-323-3420, or jsoto@southeast.edu.

SCC Staff Tuition Waiver	( )
<b>TOTAL DUE</b>	

FOR OFFICE USE ONLY	
DE _____	ID# _____

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# WebAdvisor On-Line Registration

**You must have an e-mail account to register online.**

## **To Register by Logging In:**

You must know your **UserID** and **Password** to proceed.

If you do not know your UserID or Password:

- Click on the "I'm new to Webadvisor" at the bottom of the page.
- Follow the 4 quick steps to get your UserID and Password

1. Click the "**Log In**" Tab at the top of the page.
2. Enter your **UserID** (This will be your first initial of your first and last names and your student ID number, e.g. John Doe would be JD123456)
3. Enter your **Password**
4. Click on the gold "**Continuing Education**" bar

**IMPORTANT!!!!** *If you have moved or changed your contact information, please click on "Address Change" under User Account to update your information. This is the only method that will provide current contact information if classes are cancelled! If your contact information is not current, we cannot notify you if the class is cancelled.*

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5. Click on "**Register and Pay for Continuing Education Classes**"
6. **Search for your class** by entering either a key word in the title or the course number, "Submit" (Enter information in only 1 field for a broader search.)
7. **Select the course** you wish to register for, then click "**Submit**".
8. Enter your **Additional Registration Information** and "**Submit**" or just "Submit"
9. To "Pay for Classes" choose "**Register now**" as your option and select your **Payment Type**, "Submit".
10. Enter your **payment information**, "**Submit**"

## **Benefits of Logging in to WebAdvisor to register:**

- You can add/drop classes.
- You can update your contact information.
- You can see your class schedule.
- No need to provide your SSN each time.

## **To Register Without Logging In:**

- \* You must provide your Social Security Number
1. Click on "**Continuing Education**" bar
  2. Click on "**Register and Pay for Continuing Education Classes**"
  3. **Search for your class** by entering either a key word in the title or the course number, "**Submit**" (Enter information in only 1 field for a broader search.)
  4. **Select the course** you wish to register for, "**Submit**".
  5. Enter your **personal information**, certify your identification, "**Submit**"
  6. Enter your **Additional Registration Information** and "**Submit**" or just "Submit"
  7. To "Pay for Classes" choose "**Register now**" as your option and select your **Payment Type**, "Submit".
  8. Enter your **payment information**, "**Submit**"

**IMPORTANT!!!** *If you register without logging in, you must contact our office at 402-437-2700 to update your contact information or we will not be able to notify you if a class is cancelled.*

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## **Log in to WebAdvisor:**

<https://webadvisor.southeast.edu/WebAdvisor/WebAdvisor?TOKENIDX=3694120878.asp&type=M&constituency=WBCE&pid=CORE-WBCE>

\*The College requires a student's Social Security number as a condition for enrollment. A student's Social Security number information constitutes an "educational record" under FERPA.