

25th Annual Frontiers in Critical Care Nursing and Healthcare



**Choose from four different tracks:
Acute, Critical Care, Leadership, or Advanced Practice**

Tuesday May 6, 2014
Presented by
UMass Memorial Medical Center
Heart and Vascular Center of Excellence
Best Western Royal Plaza Hotel
181 Boston Post Road West, Marlborough, MA 01752
Register online at www.umassmed.edu/cme/events

25th Annual Frontiers in Critical Care Nursing and Healthcare Schedule at a Glance

Tuesday, May 6, 2014				
COURTYARD 7:00am – 8:00am	Conference Registration, Continental Breakfast and Vendor Exhibits			
BALLROOM 8:00am – 8:05am	Welcome Jay Cyr, Senior Vice President, Heart & Vascular and Diabetes Centers of Excellence UMass Memorial Medical Center			
BALLROOM 8:05am – 9:00am General Session	General Session: Imagine: "Saving Lives-The Power of One" Karen E. Lord RN MSN FNP-C CCRN CPTC Advanced Practice Donation Specialist			
COURTYARD 9:00am – 9:15am	Transition Breaks and Vendor Exhibit			
	ACUTE CARE TRACK	CRITICAL CARE TRACK	LEADERSHIP TRACK	ADVANCED PRACTICE TRACK
9:15am – 10:10am Concurrent Sessions	A1 Arterial Blood Gas Interpretation for Acute Care Nurses Robert Spicer, RN Clinical Educator Neuroscience ICU	A2 The New Paradigm: Integrated Heart and Vascular Services-What Every Nurse Should Know Melinda Darrigo, PhD, NP	A3 Leadership & HCAPS Diane Thompson, RN, PhD, CENP	A4 Chest Radiology 101 A picture IS Worth a Thousand Words! Johnny Isenberger RN, MSN, ACNP, CCRN Dawn Carpenter DNP, ACNP-BC
COURTYARD 10:15am – 10:30am	Transition Breaks and Vendor Exhibit			
10:30am-11:25am Concurrent Sessions	B1 Life Vest: The Wearable Defibrillator Kathleen Sims, MS, ACNP	B2 Care of the Patient with Critical Neurologic Illness : We Are Not All the Same Wiley Hall, MD Director, Neurocritical Care	B3 Small Steps; Big Savings! Jay Cyr, Senior Vice President, RN, MS, MBA	B4 Chest Radiology 101 A picture IS Worth a Thousand Words! Johnny Isenberger RN, MSN, ACNP, CCRN Dawn Carpenter DNP, ACNP-BC
BALLROOM 11:30am-12:30pm	Lunch and Vendor Exhibits			
BALLROOM 12:30pm – 1:20pm General Session	General Session: "Tracheostomy: The Nuts and Bolts," Paulo J. Oliveira, MD, FCCP			
COURTYARD 1:20pm-1:30pm	Transition Breaks and Vendor Exhibits			
1:30pm – 2:25pm Concurrent Sessions	C1 Ischemia, Injury, Infarction: Interpreting the 12-lead ECG Terri Mazzarelli, MS, APRN-BC	C2 Alarm Fatigue: the Consequences of Noise Robert Spicer, RN Clinical Educator Neuroscience ICU	C3 Who's Pulling Your Sled? Servant Leadership Lessons from Healthcare and the Iditarod Trail Eric W. Dickson, MD, MHCM, FACEP, President and CEO, UMMHC Paulette Seymour-Route, PhD, RN, Dean and Professor, GSN, UMMS	C4 Critical Diagnoses in CT: How to Make Them! Byron Chen, MD
BALLROOM 2:30pm – 3:30pm General Session	GUEST SPEAKER: "The Funny Thing about Stress." Kay Frances – Motivational Humorist			
BALLROOM 3:30pm – 3:45pm	Closing Remarks Complete Evaluations Distribution of a Complimentary Workshops CD Don't miss the drawing of the grand prize – Kindle Fire HD 7" Tablet! You must be present to win.			

Content and target audience: This conference is designed for critical care nursing and healthcare. It provides an update on the latest advances in critical care with a focus on nursing implications for practice.

Educational objectives: Listed on program schedule by topic.

Educational methods: Didactic and audiovisual presentations, smaller group breakout sessions, questions and answers, and case presentations.

Evaluation: A post-symposium questionnaire provides the participant with the opportunity to review each session and speaker, and to identify future educational needs.

Certification: All participants who sign in by 8 am on the day of the symposium and complete a course evaluation receive a certificate of credit.

Course information:

Date: Tuesday, May 6, 2014

Location: Best Western Royal Plaza Hotel • 181 Boston Post Road West, Marlborough, MA 01752

Registration fee: \$125 for all participants. Special group rate of \$115 per person for parties of three or more submitted in a single payment. All payments and registrations must be received by **Monday, April 28.**

Early bird registration fee is \$100 prior to Friday, March 21, Early registrants are included in a special drawing to win a Kindle Fire HD 7" or a free 2015 conference registration.

This year's 2014 Frontiers Conference materials will be available to you on a CD and is included in the cost of registration. The CD will be distributed at the close of the conference. See registration page for on-line registration directions. Secure credit card payment now available on-line. Register EARLY and qualify to win a KINDLE FIRE! LAST DAY TO REGISTER IS APRIL 28th.

Confirmation: Confirmation of your registration will be sent via e-mail if an e-mail address is provided.

Information and special needs: Call Candace Gonsalves at 508-856-3757.

Continuing education credits: Six contact hours have been applied for. The Department of Nursing at UMass Memorial Medical Center is an approved provider of continuing nursing education by the Massachusetts Association of Registered Nurses, Inc., an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

In order to receive the certificate, attendees must sign in on the day of the symposium and turn in the completed evaluation form at the close of the program.

Directions: Take exit 24B off Interstate 495. Hotel is one mile on the right. Be careful not to turn into shopping center driveway. The hotel entrance is just on the other side of the Best Western Hotel sign.

Guest Keynote Speaker



Kay Frances Known as "America's Funniest Stressbuster," Kay Frances has shared her message to "lighten up, stress less and take care of ourselves" in 38 states and Canada for over 25 years. She holds a Master's Degree in Business Administration, a degree in Physical Education and a 4th degree black belt in karate. She was also a family caregiver for 7 years. Kay is the author of "The Funny Thing about Stress; A Seriously Humorous Guide to a Happier Life."

When it comes to humor, Kay is the "real deal" having performed as a professional standup comedian for many years and appearing on a number of national television and radio programs including Lifetime Cable's "Girls Night Out" and NBC's "America's Funniest People". She also lived and performed in New York City where she appeared at the nation's top comedy clubs such as "The Improvisation" and "Catch a Rising Star."

When it comes to managing stress, Kay learned the hard way by engaging in every unhealthy habit known to man before making her way back to good health and sanity. It was a long, winding, hilarious road!
www.KayFrances.com

Program

7am-8am **Registration and Breakfast Vendor Exhibits**

8:00-8:05am **Welcome Address**

Jay Cyr, RN, MS, MBA, Senior Vice President, Heart & Vascular and Diabetes Centers of Excellence, UMass Memorial Medical Center

8:05-9:00am **Keynote - General Session**

Karen E. Lord RN MSN FNP-C CCRN CPTC, Advanced Practice Donation Specialist, New England Organ Bank

Imagine: "Saving Lives-The Power of One"

Knowledge is power and knowledge shared can make the difference in the lives of many people. You ask, "How can that be?" As nurses you can recognize those who may be organ donors and make referrals to your Organ Procurement Organization. As professional and talented nurses, you can provide expert care for organ donors, thereby optimizing donation outcomes and providing donor families with the comfort that they have shared the rare gift of new life for others. Audience members will be able to identify key aspects of the organ donation process, as well as strategies to maximize outcomes that impact the lives of donor families and recipients. This presentation includes a case study that demonstrates the donation process as well as the timeline from referral to recovery; highlighting areas where nurse decision making is critical. Videos will provide additional demonstrations of new practices, techniques and devices for improving outcomes.

9:00-9:15am **Transition Breaks and Vendor Exhibits**

9:15-10:10am **Breakout Session A**

A1 Arterial Blood Gas Interpretation for Acute Care Nurses
Robert Spicer, RN

In the first fifteen minutes of this presentation, you will be able to interpret normal and abnormal ABGs. For the remainder of the lecture, we will discuss the physiological basis and required treatment of patients whose ABGs are abnormal using case studies to supplement the discussion.

A2 The New Paradigm: Integrated: Heart and Vascular Services-What Every Nurse Should Know
Melinda Darrigo, PhD, NP

This talk will provide you with a brief overview of current Heart and Vascular nursing specialties; introduce the new paradigm for evolving integrated Heart and Vascular services and describe the new paradigm of integrated Heart and Vascular procedures with discussion of Convergent procedure and TAVI procedures as exemplars.

A3 Enhancing the Patient Experience Through Leadership
Diane Thompson, RN, PhDc, CENP

Healthcare is about the patient. We will review leadership innovation concepts and relate these concepts to structures and principles of organizational alignment and achievement.

A4 Chest Radiology 101: A picture IS worth a thousand words!
Johnny Isenberger RN, MSN, ACNP, CCRN UMass Memorial Medical Center
Dawn Carpenter, DNP, ACNP-BC, UMass Memorial Medical Center

Each tissue reacts to injury in a predictable fashion. Multiple etiologies can evoke similar pathological reactions. Studying the stages and evaluating an abnormality can enhance the provider's rationale of patient care and treatment plan. Once you improve on how to visualize an abnormality along with a clear understanding of pathological processes occurring in the chest, the critical care provider can provide more precise patient care and valuable education to patient and their family. This presentation will provide an overview of Chest X-rays & Thoracic CT scan focusing on normal and common abnormal findings of these two diagnostic tests and is designed to help you improve your skills in this area.

10:15-10:30am **Transition Breaks and Vendor Exhibits**

10:30-11:25am **Breakout Session B**

B1. Life Vest: The Wearable Defibrillator
Kathleen Sims, MS, ACNP, UMass Memorial Medical Center

People who are at risk of sudden cardiac arrest have treatment options that will protect them in the event of a lethal arrhythmia. This wearable defibrillator can save lives while long term treatment plans are being formulated. This talk will focus on the patient selection, system components, ease of use and efficacy.

B2 Care of the Patient with Critical Neurologic Illness: We Are Not All the Same
Wiley Hall, MD

Patients with neurologic disorders have unique needs when those illnesses require admission to the critical care unit. While these patients are susceptible to the same complications as those with medical and surgical disorders, the target vital signs, management parameters, and treatment thresholds must often be adjusted to maximize recovery of the nervous system. The audience will learn these key differences and enhance their understanding of how we balance systemic critical care with strategies designed to allow the neurologic condition to recover.

B3 Small Steps - Big Savings! - The Nurse Manager's Role in Reducing Resource Utilization
Jay Cyr, RN, MS, MBA

Too often in healthcare finance and operations we focus only on changes that save large amounts of money, when often numerous smaller steps may make the same—or better— financial impact. Leading those changes, be it in an acute care floor, ICU, ED, OR, Cardiac Cath Lab setting or even the outpatient clinic or procedural area is the responsibility of the clinical nurse manager. In this presentation nurse managers will gain insight on how their role as clinical expert and source of financial information can have a substantial effect on the cost of care for their patients. Several practical examples will be used. By fully embracing their leadership role, the successful nurse manager can drive change that will result in better care at a lower cost.

B4. Chest Radiology 101: A Picture IS Worth a Thousand Words!
Johnny Isenberger RN, MSN, ACNP, CCRN & Dawn Carpenter RN, ACNP, DNP

Each tissue reacts to injury in a predictable fashion. Multiple etiologies can evoke similar pathological reactions. Studying the stages and evaluating an abnormality can enhance the provider's rationale of patient care and treatment plan. Once you improve on how to visualize an abnormality along with a clear understanding of pathological processes occurring in the chest, the critical care provider can provide more precise patient care and valuable education to patient and their family. This presentation will provide an overview of Chest X-rays & Thoracic CT scan focusing on normal and common abnormal findings of these two diagnostic tests and is designed to help you improve your skills in this area.

11:30-12:30pm **Lunch and Vendor Exhibits**

12:30pm-1:20pm **Tracheostomy: The Nuts and Bolts**

Paulo J. Oliveira, MD

Tracheostomy tube insertion is now a common procedure performed in the ICU setting especially in patients requiring prolonged mechanical ventilation. Learning to care for such patients as they transition out of the ICU to the general medical floors or to a variety of rehab and long-term acute care facilities is becoming more and more important. This presentation will familiarize participants with general care of the patient, the types of tubes used and the procedure itself focusing on bedside percutaneous dilatational trachs. Evidence based medicine will be provided regarding the timing of trach tube insertion in the acute care setting and a comparison to the more traditional surgical approach. Complications - both early and late-will be covered such as inadvertent decannulation.

1:20pm 2:25pm **Breakout Session C**

C1. Ischemia, Injury, Infarction: Interpreting the 12-lead ECG
Terri Mazzarelli, MS, APRN-BC

The 12-lead ECG is an invaluable tool for health care providers practicing in all areas: emergency department, critical care units, medical-surgical units, and ambulatory care areas, to assist in diagnosing electrical abnormalities. There is a wealth of data obtained from interpreting the 12-lead ECG of patients experiencing acute coronary syndrome, arrhythmias, and electrolyte imbalances. Knowledge of cardiac electrophysiology and normal waveforms provide the foundation from which to diagnose and treat a myriad of pathophysiologic disorders. This presentation provides an overview of basic 12-lead ECG waveforms with an emphasis on changes associated with ischemia, injury, and infarction.

C2 Alarm Fatigue: the Consequences of Noise
Robert Spicer, RN

Technological advances in monitoring patient conditions and the equipment that accompanies acute and critical care environments bring both a blessing and a curse. Hospital staff work in a noisy environment that either points them to refocus their attention to the call of the alarm or to ignore that call. In this presentation, we will explore the history of technology in the modern hospital setting as it relates to this dilemma. We will explore the psychology of the human response to the noise created by this cacophony of sound and the research which helps us understand that response from

the perspective of the patient and of the caregiver. Case studies will be presented to illustrate the benefits and the tragedies that accompany alarmed devices. And lastly, we will explore some strategies and technologies designed to make the hospital setting a safer and more pleasant environment.

C3 Who's Pulling Your Sled? Servant Leadership Lessons from Healthcare and the Iditarod Trail
Eric W. Dickson, MD, MHCM, FACEP & Paulette Seymour-Route, PhD, RN

In this interactive seminar, well-known UMass leaders will introduce participants to a leadership style that has been in existence for thousands of years, but only recently characterized as a specific leadership philosophy. Through stories and examples, the lecturers will describe how servant leaders achieve results for their organizations by working diligently to meet the needs of the people they serve.

C4 Critical Diagnoses in CT: How to Make Them!
Byron Chen, MD

Computed tomography (CT) is widely used for the diagnosis of critical and life threatening diseases. Although the radiologist report may provide the diagnosis, a basic understanding of image interpretation is necessary to gain a full understanding of the extent of disease and may help with patient management. This presentation will provide background information on CT physics, patient preparation, anatomy, and highlight several critical diagnoses including pulmonary embolism, aneurysm, hematoma, aortic dissection, pneumothorax, and tumor. At the end of the presentation, audience members will feel comfortable with image interpretation of these basic diagnoses.

2:30 – 3:30pm **Guest Keynote Speaker**

"The Funny Thing about Stress" - Kay Frances, Author

Feeling stressed? It's Kay Frances to the STRESS-cue! This presentation has the same title as her book, "The Funny Thing about Stress." In this motivational and hilarious keynote, Kay's humor combined with her expertise in stress management will not only offer useful information, but will show folks a rollicking good time in the process. It's clean, relatable humor with-a-message at its funniest. Your stress level will thank you!

3:30 – 3:45pm **Closing Remarks, Complete Evaluations, Raffle Drawing** (must be present to win – Kindle Fire HD 7")

Faculty

Dawn Carpenter, DNP, ACNP-BC
Assistant Professor UMass Memorial Health Care
Coordinator Adult-Gerontology Acute Care Nurse
Practitioner track

Byron Chen, MD
UMass Memorial Health Care

Jay Cyr, RN, MS, MBA
Senior Vice President
Heart & Vascular and Diabetes Centers of Excellence
UMass Memorial Health Care

Melinda Darrigo, PhD, NP
Clinical Coordinator for Cardiac Surgery
Heart & Vascular Center of Excellence
UMass Memorial Health Care

Eric W. Dickson, MD, MHCM, FACEP
President and CEO, UMMHC

Wiley Hall, MD
Director, Neurocritical Care,
UMass Memorial Medical Center

Johnny Isenberger, RN, MSN, ACNP, CCRN
UMass Memorial Medical Center

Karen E. Lord, RN MSN FNP-C CCRN CPTC
Advanced Practice Donation Specialist

Kathleen Sims, MS, ACNP
UMass Memorial Medical Center

Terri Mazzarelli, MS, APRN-BC
UMass Memorial Medical Center

Paulo J. Oliveira, MD, FCCP
Assistant Professor of Medicine
Director, Advanced Bronchoscopic and Pleural Procedures
Medical Director, Respiratory Care Department
Division of Pulmonary, Allergy and Critical Care Medicine
UMass Memorial Medical Center

Karen Ostiguy, RN, MS, CCRN
UMass Memorial Medical Center

Paulette Seymour-Route, PhD, RN
Dean and Professor, GSN, UMMMS

Robert Spicer, RN
Clinical Educator, Neuroscience ICU
UMass Memorial Medical Center

Diane Thompson, RN, PhDc, CENP
Chief nurse officer, UMMMC
UMass Memorial Medical Center

Heart & Vascular Honors and Recognition 2013
CENTER OF EXCELLENCE

- A **0 percent mortality** for elective AAA repair
- #1 in Massachusetts for heart attack survival for past 5 years according to the **Centers for Medicare and Medicaid**
- #1 Academic Medical Center in New England for heart attack survival according to the **Centers for Medicare and Medicaid**
- Three-star designation (the highest possible) from the **Society of Thoracic Surgeons** for our Cardiac Surgery Program for coronary artery bypass surgery 6 years in a row, ranking us among the top 12 percent of heart surgery programs nationwide, and for aortic valve replacement ranking us in the top 3.2 percent nationwide
- Top 5 percent nationally for overall cardiac services, cardiac surgery and coronary interventional procedures according to **HealthGrades**
- Top rating for cardiac surgery (2011) from **Consumer Reports Magazine**
- Our "door-to-balloon" time averages 60 minutes, significantly below that standard of 90 minutes set by **The Joint Commission**.

Registration

Secure registration for this event is OnLine!
To get started visit www.umassmed.edu/cme/events.
Accepted forms of payment for online registration: American Express, Discover, MasterCard, and Visa

Register by March 21, 2014 and qualify to win Kindle Fire HD 7"

- Registrations Fees:**
- \$100 fee when paid by March 21 (no exceptions)
 - \$115 fee for groups of 3 or more people and submitted in a single payment by April 28
 - \$115 fee for UMass Memorial employees by April 28
 - \$125 fee between March 22 and April 28

For Instant Registration (with credit Card) visit: www.umassmed.edu/cme/events

- Breakout Session**
Remember to select an alternate for each breakout session in the event that your first choice is full
- Breakout Session A 9:15 am**
• A1 • A2 • A3 • A4

- Breakout Session B 10:30 am**
• B1 • B2 • B3 • B4

- Breakout Session C 1:30 pm**
• C1 • C2 • C3 • C4

Applications with the early registration fee must be received by March 21: If you need to register by PO Please contact Cheryl Fitzgerald at 508-856-6442 Office of Continuing Education UMass Medical School



Participants are reminded that room temperature may fluctuate. Please dress accordingly.
Cancellations policy: If you cancel your registration before April 26, your fee is refunded less a \$25 processing charge. The tax-deductible fee includes a, continental breakfast, lunch, complimentary CD of all presentations, exhibits and continuing education credit.