

# HEART FAILURE

INCLUDING AN  
ADDITIONAL HALF DAY  
OF PREVENTIVE CARDIOLOGY

THE PATH FROM PREVENTION TO RECOVERY

APRIL 3 & 4, 2009

OVERLAND PARK MARRIOTT

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SAINT LUKE'S HEALTH SYSTEM  
Continuing Medical Education

# HEART FAILURE: The Path from Prevention to Recovery

FRIDAY, APRIL 3, 2009

## HEART FAILURE SEGMENT

### Objectives:

At the conclusion of this segment participants should be able to:

- Describe the pathophysiologic basis for heart failure.
- Recognize the Stages of Heart Failure.
- Identify features of the cardiovascular exam that help discern the presence of heart failure.
- Identify the role of echocardiography in evaluating patients with heart failure.
- Recognize the indications for heart failure devices including implantable defibrillators and biventricular pacing systems.
- Recognize the indications for adjunct therapies for atrial fibrillation.
- Identify patient characteristics that assist with predicting heart failure patient morbidity and mortality.
- Identify “state of the art” care of hospitalized patients due to heart failure through presented case studies.
- Recognize the clinical relevance of the cardiorenal syndrome.
- Identify specific treatment challenges of treating elderly and non-caucasian populations.
- Describe the indications for ventricular assist devices (VADS).
- Identify the unique care needs of patients with VADs in the community setting.
- Discuss the current status of cardiac transplantation and recognize the timely indications for evaluation.
- Describe how device diagnostics assist in improving patient management.
- Identify the benefits of previous and ongoing clinical trials in heart failure.

## HEART FAILURE FACULTY

**A. Michael Borkon, MD**  
Consulting Cardiovascular and  
Thoracic Surgeon  
Mid America Heart Institute of  
Saint Luke's Hospital  
Clinical Professor of Surgery  
University of Missouri-Kansas City  
School of Medicine  
Kansas City, Missouri

**Robert D. Conn, MD**  
Consulting Cardiologist  
Mid America Heart Institute of  
Saint Luke's Hospital  
Clinical Professor of Medicine  
University of Missouri-Kansas City  
School of Medicine  
Kansas City, Missouri

**Andrew C. Kao, MD**  
Medical Director, Heart  
Transplant Program  
Mid America Heart Institute of  
Saint Luke's Hospital  
Assistant Professor of Medicine  
University of Missouri-Kansas City  
School of Medicine  
Kansas City, Missouri

**Stephanie L. Lawhorn, MD**  
Consulting Cardiologist  
Mid America Heart Institute of  
Saint Luke's Hospital  
Clinical Associate Professor  
University of Missouri-Kansas City  
School of Medicine  
Kansas City, Missouri

**Anthony Magalski, MD**  
Medical Director, Heart  
Failure Program  
Mid America Heart Institute of  
Saint Luke's Hospital  
Associate Professor of Medicine  
University of Missouri-Kansas City  
School of Medicine  
Kansas City, Missouri

**Felicia Menefee, RN, MSN, CS,  
M-SCNS, ANP**  
Mid-Level Provider  
Cardiovascular Consultants, Inc.  
Kansas City, Missouri

**Brian M. Ramza, MD, PhD**  
Consulting Cardiologist  
Mid America Heart Institute of  
Saint Luke's Hospital  
Clinical Associate Professor  
Program Director  
Electrophysiology Training Program  
University of Missouri-Kansas City  
School of Medicine  
Kansas City, Missouri

**Nancy M. Richards, RN, MSN,  
CCRN, CCNS**  
CV Surgery CNS / VAD  
Coordinator  
Mid America Heart Institute of  
Saint Luke's Hospital  
Kansas City, Missouri

**David G. Skolnick, MD**  
Consulting Cardiologist  
Mid America Heart Institute of  
Saint Luke's Hospital  
Clinical Associate Professor  
University of Missouri-Kansas City  
School of Medicine  
Kansas City, Missouri

**John A. Spertus, MD**  
Director, Cardiovascular Research  
Mid America Heart Institute of  
Saint Luke's Hospital  
Professor of Medicine  
University of Missouri-Kansas City  
School of Medicine  
Kansas City, Missouri

**Mary A. Stahl, RN, MSN, ACNS-  
BC, CCNS-CMC, CCRN**  
Clinical Nurse Specialist,  
Medical Cardiology  
Mid America Heart Institute of  
Saint Luke's Hospital  
Kansas City, Missouri

**Tracy L. Stevens, MD**  
Medical Director  
Muriel I. Kauffman Women's  
Heart Center  
Mid America Heart Institute of  
Saint Luke's  
Professor of Medicine  
University of Missouri-Kansas City  
School of Medicine  
Kansas City, Missouri

**Alan P. Wimmer, MD**  
Consulting Cardiologist  
Mid America Heart Institute of  
Saint Luke's Hospital  
Assistant Professor  
University of Missouri-Kansas City  
School of Medicine  
Kansas City, Missouri

**Barry C. Wood, MD**  
ASH Specialist in Clinical  
Hypertension  
CONMEDED Consultants  
Consulting Nephrologist  
Saint Luke's Hospital of Kansas City  
Clinical Professor of Medicine  
University of Missouri-Kansas City  
School of Medicine  
Kansas City, Missouri

## FRIDAY'S AGENDA

7:00 am	Registration, Exhibits and Continental Breakfast	1:00 pm	Patient Hospitalized: Now What?? ADHFCase Studies/Panel Discussion <i>Andrew Kao, MD, Stephanie Lawhorn, M.D., Anthony Magalski, M.D., Tracy Stevens, M.D.</i>
8:00 am	Welcome and Introductions <i>Anthony Magalski, M.D.</i>	1:45 pm	Love and Beans: The Cardiorenal Connection <i>Barry Wood, M.D.</i>
8:15 am	Prevention to Recovery-Setting the Stage <i>Stephanie Lawhorn, M.D.</i>	2:15 pm	It's Our Challenge: Caring for Heart Failure Special Populations <i>Tracy Stevens, M.D.</i>
8:45 am	Pearls of Wisdom-Heart Failure Assessment <i>Robert Conn, M.D.</i>	2:45 pm	Refreshment Break – Doc in the Box <i>Tracy Stevens, M.D.</i>
9:15 am	ECHO: It's More Than EF <i>David Skolnick, M.D.</i>	3:00 pm	The VAD Patient in Your Community <i>Mary Stahl, R.N., Nancy Richards, R.N.</i>
10:00 am	Refreshment Break – Doc in the Box <i>Stephanie Lawhorn, M.D.</i>	3:30 pm	Blessed in the Midwest : Cardiac Transplant <i>Michael Borkon, M.D.</i>
10:15 am	Here's What's New: 2008 EP Device Guidelines <i>Brian Ramza, M.D.</i>	4:00 pm	Who's Watching: Remote Monitoring of the Heart Failure Patient <i>Felicia Menefee, RN, MSN, CS, M-SCNS, ANP</i>
10:45 am	Atrial Fibrillation and Heart Failure- More Than Rate Control <i>Alan Wimmer, M.D.</i>	4:30 pm	Past, Present and Future: Heart Failure Research Updates:– <i>Andrew Kao, M.D.</i>
11:15 am	Predicting the Future <i>John Spertus, M.D.</i>	5:00 pm	Closing Remarks
11:45 am	Questions and Answers	5:30 pm	Reception
12:00 pm	Luncheon		

Afternoon Moderator: *Andrew Kao, M.D.*

## SATURDAY, APRIL 4, 2009

### PREVENTIVE SEGMENT

#### Objectives:

At the conclusion of this segment participants should be able to:

- Discuss the red dress campaign and how it has improved awareness of women and heart disease.
- Describe activities that the red dress campaign could complete to raise funding for future research and match that of the Pink Ribbon Campaign.
- Discuss first-line medications management for patients with or at risk for heart disease.
- Discuss the work-up for patients with resistant hypertension.
- Identify when niacin alone or in combination is preferred for lipid management.
- Identify the risks associated with niacin agents.
- Discuss the clinical evidence supporting the use of omega-3 fatty acids in CHD risk reduction.
- Describe the biochemical underpinnings of the CHD effects of omega-3 fatty acids.
- Describe physiologic effects of statins beyond cholesterol lowering.
- Discuss the beneficial effects of statins in heart failure, renal insufficiency, and cerebrovascular disease.
- Discuss the data suggesting that statins may possess anti-arrhythmic properties.
- Describe the effects of statins on ischemia-reperfusion injury.
- Describe physiologic effects of beta blockade in patients at increased cardiometabolic risk.
- Discuss the beneficial effects of new generation beta blockade in patients at increased cardiometabolic risk.
- Discuss the high prevalence of Vit D deficiency, and how this adversely affects CV risk.
- Identify the treatment regimens effective for replenishing deficient Vit D levels and maintaining them in the normal range.

## PREVENTIVE FACULTY

**Kevin A. Bybee, MD**  
Consulting Cardiologist  
Mid America Heart Institute of  
Saint Luke's Hospital  
Associate Professor of Medicine  
University of Missouri-Kansas City  
School of Medicine  
Kansas City, Missouri

**Becky K. Captain, RN, BC, FNP-C**  
Mid-Level Provider  
Cardiovascular Consultants, PC  
Kansas City, Missouri

**Carole Guillaume, MD**  
Course Director  
Family Physician, Private Practice  
Staff Physician  
Saint Luke's Hospital  
Kansas City, Missouri

**William S. Harris, PhD**  
Sr. Scientist and Director  
Metabolism and Nutrition  
Research Center, Sanford  
Research/USD  
Research Professor of Medicine  
Sanford School of Medicine,  
University of South Dakota  
Sioux Falls, South Dakota

**Richard M. Moe, MD, PhD**  
Medical Director, Cardiac  
Rehabilitation  
Saint Luke's Hospital of  
Kansas City  
Director of Preventive Medicine  
Saint Luke's Health System  
Kansas City, Missouri

**James H. O'Keefe, Jr, MD**  
Director, Preventive Cardiology  
Fellowship  
Mid America Heart Institute of  
Saint Luke's Hospital  
Professor of Medicine  
University of Missouri-Kansas City  
School of Medicine  
Kansas City, Missouri

**Tracy L. Stevens, MD**  
Medical Director  
Muriel I. Kauffman Women's  
Heart Center  
Mid America Heart Institute of  
Saint Luke's  
Professor of Medicine  
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ASH Specialist in Clinical  
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CONMEED Consultants  
Consulting Nephrologist  
Saint Luke's Hospital of  
Kansas City  
Clinical Professor of Medicine  
University of Missouri-Kansas City  
School of Medicine  
Kansas City, Missouri

## SATURDAY'S AGENDA

- 7:30 am** Registration, Continental Breakfast and Exhibits
- 7:55 am** Welcome and Introductions  
*Becky Captain, RN, BC, FNP-C and Carole Guillaume, M.D.*
- 8:00 am** Red Dresses and Pink Ribbons  
*Tracy Stevens, M.D.*
- 8:30 am** Hypertension Control for the Heart Disease Patient  
*Barry Wood, M.D.*
- 9:00 am** Niacin: Where Are We with Benefits, Risk and Outcomes After 30 Years?  
*Richard Moe, M.D., PhD*
- 9:30 am** Omega-3: The Evidence from Molecules to Megatrials  
*William Harris, PhD*
- 10:15 am** Refreshment Break
- 10:30 am** Pleiotropic Effects of Statins: Do They Really Do More Than Lower Cholesterol?  
*Kevin Bybee, M.D.*

- 11:15 am** Are All Beta Blockers Created Equal? The Role of New Generation Beta Blockers in the Treatment of Patients at Increased CardioMetabolic Risk  
*James O'Keefe, Jr., M.D.*
- 11:45 am** Vitamin D Deficiency: A Common, Potent, and Easily Treated CV Risk Factor.  
*James O'Keefe, Jr., M.D.*
- 12:15 pm** Adjourn

## TARGET AUDIENCE

This two-day conference is designed for primary care physicians, as well as cardiologists. Nurses, nurse practitioners and physician's assistants should also benefit.



## REGISTRATION FORM

# HEART FAILURE: The Path from Prevention to Recovery

APRIL 3 & 4, 2009 • OVERLAND PARK MARRIOTT

### PLEASE PRINT

NAME: \_\_\_\_\_ DEGREE: \_\_\_\_\_

SPECIALTY: \_\_\_\_\_ SS#: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

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CITY, STATE, ZIP: \_\_\_\_\_

OFFICE PHONE: \_\_\_\_\_ HOME PHONE: \_\_\_\_\_

FAX: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

PLEASE LIST ONE PERSONAL GOAL YOU HAVE FOR THIS COURSE:

\_\_\_\_\_  
\_\_\_\_\_



PLEASE SPECIFY ANY NEEDS INCLUDING DIETARY:

\_\_\_\_\_  
\_\_\_\_\_

## PAYMENT INFORMATION

I am registering for the following segment(s):

- \_\_\_\_\_ **HEART FAILURE – FRIDAY**  
Physicians – \$175 (\$200 after 3/27/09)  
Other Healthcare Professionals – \$100 (\$125 after 3/27/09)
- \_\_\_\_\_ **PREVENTIVE – SATURDAY**  
Physicians – \$75 (\$100 after 3/27/09)  
Other Healthcare Professionals – \$50 (\$75 after 3/27/09)
- \_\_\_\_\_ **BOTH SEGMENTS**  
Physicians – \$225 (\$250 after 3/27/09)  
Other Healthcare Professionals – \$125 (\$150 after 3/27/09)

\_\_\_\_\_ **TOTAL AMOUNT ENCLOSED**

I would like a lunch on Friday: \_\_\_\_\_ Yes \_\_\_\_\_ No

**Registration fee must accompany registration form to receive confirmation.**

**Payment will be made by:**

CHECK     VISA     MC     DISCOVER

CARD NO. \_\_\_\_\_ EXP. DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

**Make checks payable to *Saint Luke's Hospital* and return with completed registration form to:**

Office of Continuing Medical Education  
Saint Luke's Hospital of Kansas City  
4401 Wornall Rd.  
Kansas City, MO 64111

Or fax registration if paying by credit card **only** to (816) 932-5119.

**PASS A COPY OF THIS  
BROCHURE TO A COLLEAGUE**

## REGISTRATION INFORMATION

Advance registration and payment are required and must accompany the registration form in order to confirm your registration. The fees for Friday's Heart Failure segment are \$175 for physicians, \$100 for all other health care professionals. The fees for the Saturday Preventive segment are \$75 for physicians and \$50 for all other health care professionals. If you choose to attend both segments, the total registration fee for both segments will be **\$225 for physicians and \$125 for other healthcare professionals**. Registrations must be received prior to **March 27, 2009** to be eligible for the above mentioned fees. Fees after that date will be **\$25** more than the original price. Please make check payable to **Saint Luke's Hospital** and return with the attached **Course Registration Form** to the address indicated. FAX registration can be made with VISA, Mastercard, or Discover to (816)932-5119. For more information, please call Saint Luke's Office of CME at (816)932-2220 or Kim McChesney at (816)932-5140 or send E-mail to [cme@saint-lukes.org](mailto:cme@saint-lukes.org). Visit our website at [www.saint-lukes.org](http://www.saint-lukes.org).



Do you have needs that we can address to make your participation more enjoyable and meaningful? Complete the appropriate space on the registration form or call Kim McChesney at (816)932-5140.

## CANCELLATION POLICY

A full refund of the registration fee, less a \$25 administrative fee, will be granted if the cancellation is made in writing and postmarked on or before **March 27, 2009**. Please send all cancellations to:

Office of Continuing Medical Education  
Saint Luke's Hospital of Kansas City  
4401 Wornall Road  
Kansas City, MO 64111

Saint Luke's Hospital of Kansas City reserves the right to cancel all programs and return all fees. The liability of Saint Luke's Hospital is limited to the course fee. Saint Luke's Hospital will not be responsible for any losses incurred by registrants including, but not limited to, airline cancellation charges or hotel deposits.

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**For additional information,  
contact the Office of Continuing  
Medical Education at 816-932-2220  
or E-mail [cme@saint-lukes.org](mailto:cme@saint-lukes.org).**



## ACCREDITATION

### AMA

Saint Luke's Hospital of Kansas City, Missouri is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor continuing medical education for physicians.

Saint Luke's Hospital of Kansas City designates this educational activity for a maximum of 11.5 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of the participation in the activity.

Faculty presenters of continuing medical education programs sponsored by Saint Luke's Hospital of Kansas City are expected to disclose any real or perceived conflict of interest related to the content of their presentations. Copies of faculty disclosures are included in participant program materials and/or given prior to the lecture.

Saint Luke's Hospital of Kansas City presents this activity for educational purposes only. Participants are expected to utilize their own expertise and judgment while engaged in the practice of medicine. The content of the presentations is provided solely by presenters who have been selected for presentations because of recognized expertise in their field.

### AAFP

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is still pending.

### AOA

This program has been reviewed and is acceptable for 11.5 hours of Category 2-A credit by the American Osteopathic Association.

### MONA

Saint Luke's Hospital is an approved provider of continuing nursing education by the Missouri Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

This program is approved for 10.5 Contact Hours.

## LOCATION & ACCOMMODATIONS

A block of rooms has been reserved at the Overland Park Marriott, 10800 Metcalf Avenue, Overland Park, Kansas. Just minutes from Kansas City in the heart of the Metcalf Corridor, the Overland Park Marriott offers exceptional proximity to a thriving business community and shopping area as well as a convenient starting point for attractions such as the Kansas City Zoo, the Country Club Plaza, the Kansas City Power and Light District and Arrowhead Stadium. The hotel features a stunning, sunlit lobby; well-appointed guest rooms; four restaurants including Allies American Grille and Nikko Japanese Steakhouse; and essential business amenities such as high-speed Internet.

Nearby Overland Park attractions range from a sophisticated live dinner theatre and upscale shopping to a relaxing 300-acre arboretum and botanical garden and extensive park system.

In addition to lush gardens and parks, Overland Park is home to the family fun of a petting zoo at the Deanna Rose Children's Farmstead and three championship golf courses. Of course, Overland Park also offers close, easy access to all the Kansas City metro area attractions.

To receive the negotiated group discount of \$89/night, call the Marriott directly at (913)451-8000 or (800) 228-9290 and identify yourself as a participant in this meeting. Reservations may be made on-line at <http://www.marriott.com/hotels/travel/MCIOP>. Enter your arrival date and group code SLHSLHA.

The cut-off date for the discounted rate is March 19, 2009. After this date, reservations will be accepted on a space available basis only.



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INCLUDING AN ADDITIONAL HALF DAY OF PREVENTIVE CARDIOLOGY

# HEART FAILURE

THE PATH FROM PREVENTION TO RECOVERY

APRIL 3 & 4, 2009 • OVERLAND PARK, KANSAS  
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Labels in diagram: V a, Sinus c, R. Interventric

The poster features a central anatomical diagram of the heart with a stethoscope resting on it. The text is arranged around the diagram, with the title "HEART FAILURE" in large, bold letters. Below the title, it says "THE PATH FROM PREVENTION TO RECOVERY". At the bottom, the dates and location are listed: "APRIL 3 & 4, 2009 • OVERLAND PARK, KANSAS" and "10800 METCALF • OVERLAND PARK, KANSAS". A red banner at the top left of the poster area contains the text "INCLUDING AN ADDITIONAL HALF DAY OF PREVENTIVE CARDIOLOGY".

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