

# PROGRAM DETAILS

## LEARNING OBJECTIVES:

1. Identify two evidence-based reasons to support aggressive blood pressure control in the United States.
2. Identify three lifestyle therapies to improve blood pressure management.
3. Identify three treatment options for the management of hypertensive patients
4. Identify two motivational interviewing techniques to improve patient adherence to recommended therapies.

## FACULTY:

- **Carol Mason**, ARNP, CLS, FAHA, FNLA, FPCNA VP, Clinical Director of the Division of Preventive Cardiology, University of South Florida College of Medicine, Tampa, FL
- **CoraLynn Trewet**, MS, Pharm D, BCPS, FNLA, *Assistant Professor (Clinical)/Director of Continuing Education*, University of Iowa and Broadlawns Family Health Center, Des Moines, IA
- **Diane McIlhon**, RD, LD, Cardiac Dietitian, Iowa Heart Center, West Des Moines, IA
- **Jennifer Peterson**, BS, Exercise Specialist, Mercy Medical Center, Des Moines, IA
- **Peggy Palmer Johnson**, MSW, LISW, Social Worker, Mercy Medical Center, Des Moines, IA

## DIRECTIONS:

If coming from the West, take I-80 East to 60<sup>th</sup> Street, West Des Moines (exit 123). Turn left onto 60<sup>th</sup> St. and continue approximately ½ mile to 59<sup>th</sup> Place. Turn right. Continue to Iowa Heart Center on the right (approximately ¼ mile). Turn right into the parking lot.

If coming from the north or south on I-80/I-35 take the University exit. Turn west and continue on University Avenue to Iowa Heart Center at 5880 University Avenue (turn left into the parking lot).

If coming on I-235 Westbound, take the 50<sup>th</sup> Street exit, turn right on 50<sup>th</sup> and continue to University Avenue. Turn left onto University and continue to Iowa Heart Center at 5880 University Ave.



IOWA HEART  
*Foundation*

# ANNUAL NURSING SYMPOSIUM

**Saturday, September 18, 2010**

**8:00 AM - 12:45 PM**

**Iowa Heart Center Auditorium  
5880 University Ave  
West Des Moines, IA 50266**

## INTENDED AUDIENCE:

Registered Nurses, Nurse Practitioners, and Physician Assistants

## CEUS:

CEUS = 0.4 Iowa Board of Nursing, Provider No. 321, Iowa Heart Center, P.C.

Registration form available online at  
**[www.iowaheartfoundation.org](http://www.iowaheartfoundation.org)**

# AGENDA

- 7:45 –8:15 am Registration & Exhibits
- 8:10 –8:15 am Welcome & Introductions
- 8:15 –9:15 am **Moving the Goal Posts for Blood Pressure Treatment: Why and How Far?**  
*Carol Mason, ARNP, CLS, FAHA, FPCNA VP*
- 9:15 –10:30 am **Therapies to Improve Blood Pressure Management: Diet, Exercise and Stress Management**  
*Diane McIlhon, RD, LD*  
*Jen Peterson, BS*  
*Peggy Palmer Johnson, MSW, LISW*
- 10:30-10:45 Beverage Break & Exhibits
- 10:45 –11:30 am **Medical Management of Hypertension - A 2010 Update**  
*Carol Mason, ARNP, CLS, FAHA, FPCNA VP*
- 11:30am –12:30pm **Improving Patient Adherence with Motivational Interviewing**  
*CoraLynn Trewet, MS, Pharm D, BCPS, FNLA*
- 12:30 –12:45 pm Evaluations & Certificates  
CEU's (0.4 hours requested)

*Beverages and materials will be provided.*

# REGISTRATION FORM

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Work phone \_\_\_\_\_ Home/Mobile phone \_\_\_\_\_

Email address \_\_\_\_\_

Employer \_\_\_\_\_

## CEU Information:

RN license # \_\_\_\_\_

ARNP license # \_\_\_\_\_

PA license # \_\_\_\_\_

**There is a \$30 registration fee to attend this symposium.** Payment is due upon registration. **Please make checks payable to the Iowa Heart Foundation.**

**Registration deadline is September 10, 2010. Please register early as space is limited to 65 attendees.** Any individual wishing to cancel a registration and receive a refund must notify the Iowa Heart Foundation (IHF) office at (515) 633-3555 by 4 pm Thursday, September 9, 2010.

To register, you may either enroll at the IHF office at 5880 University Avenue, Suite 101, West Des Moines, IA, 50266 or complete the attached form and send to the Iowa Heart Foundation with your payment (check or cash).

For more information regarding this program, please contact the IHF at **(515) 633-3555** or go to [www.iowaheartfoundation.org](http://www.iowaheartfoundation.org).