



REGISTRATION FORM

NAME:

MAILING ADDRESS:

CITY/STATE:

ZIP CODE:

DAYTIME PHONE:

(        )

EMAIL ADDRESS:

RN/AAMA LICENSE  
NUMBER:

EMPLOYER:

Check or cash accepted

Checks payable to:

Iowa Heart Foundation

5880 University Ave. Ste 101

West Des Moines, IA 50266

Registration (by Mail)

Enclose \$30 fee and

Completed registration form

Deadline is 09/09/11

Registration (in Person)

Iowa Heart Foundation

Monday - Thursday

7:30 am - 4:00 pm

Cancellation/Refund

Participants wishing to  
cancel/receive a refund  
must notify (515) 633-3555

by 4pm on 09/12/11

IOWA HEART FOUNDATION  
5880 University Avenue, Suite 101  
West Des Moines, Iowa 50266



IOWA HEART  
*Foundation*

**3rd Annual  
Nursing &  
Medical  
Assistant  
Conference**

IOWA HEART FOUNDATION  
*Dedicated to Promoting Heart Health in Iowa*

**SATURDAY  
SEPTEMBER 17, 2011  
8:00 AM — 12:30 PM**

IOWA HEART CENTER  
AUDITORIUM  
5880 UNIVERSITY AVENUE  
WEST DES MOINES, IOWA





## AGENDA

- 7:30-7:55am Registration/Exhibits
- 7:55-8:00am Welcome/Introductions
- 8:00-9:00am **Team “Heart”  
Assessment, Education,  
& Monitoring for Success**  
Rachel Onsrud, ARNP
- 9:00-10:00am **The Brain Game-How  
Mental Health Issues  
Can Impact Health!**  
Ellye Kovner, LCSW
- 10:00-10:20am Beverage Break / Exhibits
- 10:20-11:20am **Health Coaching:  
Strategies for Success**  
Kelly Taylor, RN, MSN  
Sheri VerSteeg, RN
- 11:20-12:30pm **Nutrition News: A Season  
for Success!**  
Lynn Swinger, RD, LD
- 12:30-12:40pm Evaluations & Certificates

\*Schedule and speakers are subject to change.

## INFORMATION

Conference brochures are available on our website at [www.iowaheartfoundation.org](http://www.iowaheartfoundation.org) For additional information about this program, please contact the Iowa Heart Foundation at (515) 633-3555. You may also contact Cindy Conroy, Conference Coordinator at [cconroy@iowaheart.com](mailto:cconroy@iowaheart.com)

## LEARNING OBJECTIVES

1. Identify the role of nurses and medical assistants in the assessment, education, and monitoring of at-risk and established cardiac patients.
2. Identify the impact of mental health issues on cardiac care.
3. Identify health coaching strategies to achieve success.
4. Identify healthful use of seasonal fruits/vegetables and a variety of herbs/spices to create flavorful lower fat, lower sodium meals for the at-risk cardiac patient.

## AUDIENCE

Nurse Practitioners, Physician Assistants, Registered Nurses, and Medical Assistants

## PROGRAM SPEAKERS

- Rachel Onsrud, ARNP, Cardiac Nurse Practitioner, Iowa Heart Center, West Des Moines, Iowa
- Ellye Kovner, LCSW, Eyerly Ball Community Mental Health Services, Des Moines, Iowa
- Kelly Taylor, RN, MSN, CCM, Clinic Director of Quality Improvement, Mercy Clinics, Des Moines, Iowa
- Sheri VerSteeg, RN, Quality Coordinator, Mercy Clinics, Des Moines, Iowa
- Lynn Swinger, RN, LD, Hy-Vee Dietitian, Windsor Heights, IA

## CEUS

CEUs = 0.5, Iowa Board of Nursing, Provider No. 321, Iowa Heart Center

The program/activity has been granted prior approval by the American Association of Medical Assistants (AAMA) for Continuing Education Units, 1 General, 2 Administrative, and 1 Clinical Category. Granting approval in no way constitutes endorsement by the AAMA of neither the program content nor the program’s facilitator.

## DIRECTIONS

### Coming from the West:

Take I-80 East to 60th Street, West Des Moines (exit 123). Turn left onto 60th St. and continue approximately 1/2 mile to 59th Place. Turn right. Continue to Iowa Heart Center on the right (approximately 1/4 mile). Turn right into parking lot.

### 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 parking lot.

### Coming on I-235 Westbound:

Take the 50th Street exit, turn right on 50th and continue to University Avenue. Turn left onto University and continue to Iowa Heart Center at 5880 University Avenue. Turn left into parking lot.

## IOWA HEART FOUNDATION

Iowa Heart Foundation is a non-profit 501(c)(3) organization dedicated to promoting heart health in Iowa communities.

All funding, programs, and services remain within Iowa.

For additional information about our programs and services, contact Kim Oswald, Executive Director at (515) 633-3555 or email at [koswald@iowaheart.com](mailto:koswald@iowaheart.com)

Visit our website at

[www.iowaheartfoundation.org](http://www.iowaheartfoundation.org)

