Integrative Practices in CV Health: Empowering Patients through Self-Care

TARGET AUDIENCE
This program is designed for registered nurses who are interested in keeping abreast of current issues in cardiovascular care.

LEARNING OUTCOME
To increase the learner’s knowledge of how to empower their patients through utilization of the most current evidence-based, integrative practices in cardiovascular healthcare.

PROGRAM OBJECTIVES
At the conclusion of this program the participant will be able to:
1. Define Integrative Health and describe how it combines conventional medicine with alternative treatments.
2. Describe the mind-body connection and the negative physiological impact of stress on the body and cardiovascular system.
3. Identify integrative, stress-reducing techniques which can be taught to patients to reduce the harmful effects of stress.
4. Explain how proper diet and nutrition can positively affect one’s cardiovascular health as well as prevent chronic disease.
5. Define Motivational Interviewing and describe how it works on facilitating and engaging intrinsic motivation within the patient in order to change behavior.
6. Describe how a Health IQ can assist healthcare providers in gaining a higher understanding of wellness and health knowledge in order to role model for their patients.

COURSE DESCRIPTION
For this year’s 9th annual École du Coeur (School of the Heart), we turn our focus on wellness and preventative practices in the care of patients with cardiovascular disease. Integrative healthcare, which is the combined treatment approach of both traditional and alternative medicine, is becoming more and more popular and accepted in mainstream society. Going beyond simply prescribing a pill, practitioners who practice integrative healthcare view their patients in a holistic manner and understand the connection between the brain, cardiovascular system, immune system, emotions, and disease. Empowering patients through knowledge and self-care techniques which address the physical body as well as their emotional, social, and spiritual aspects of health is key to maintaining cardiovascular health and an overall healthy lifestyle. Presenters at this program will offer a wealth of information regarding integrative healthcare techniques that we, as healthcare providers, can incorporate into our practices to empower our patients toward health and wellness.

AGENDA
October 9, 2015

7:30-8:00 Registration and Continental Breakfast
8:00-8:05 Welcome and Announcements
Robbie Stefanaki
8:05-9:20 Integrative Practices in Achieving Cardiovascular Health: The Mind-Body Connection
Dr. Anjum Asad
9:20-9:35 Break
9:35-10:50 You Are What You Eat: Healing the Heart and Body with Nutrition
Dr. Edward Lafleur
10:50-11:00 Break
11:00-11:30 A Conversation of Change: How Motivational Interviewing Can Improve Patient Care - Part I
Lesley Tilley & Maggie Taylor-Menard
11:30-12:30 Lunch (Buffet Provided by The Petroleum Club)
12:30-1:30 A Conversation of Change: How Motivational Interviewing Can Improve Patient Care - Part II
Lesley Tilley & Maggie Taylor-Menard
1:30-1:40 Break
1:40-2:40 Health IQ and You: Living Well to Model Wellness
Jeff Soileau

DISCLAIMER
American Nurses Credentialing Center (ANCC) accreditation applies only to the educational content of the program. University of Louisiana at Lafayette College of Nursing and Allied Health Professions Continuing Nursing Education Program and ANCC Commission on Accreditation does not approve or endorse any product.

CONTINUING EDUCATION
University of Louisiana at Lafayette College of Nursing and Allied Health Professions is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

Louisiana State Board of Nursing – Provider # 9.

To receive 5.0 contact hours, the participant must attend the entire program, and complete and submit the Contact Hour and Evaluation forms.

SPECIAL NEEDS
University of Louisiana at Lafayette will seek to accommodate persons with special needs. If you have a special need which may require accommodations, please notify Continuing Nursing Education, (337) 482-6682 or email nursing_ce@louisiana.edu five (5) days in advance to make arrangements.

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FACULTY
Anjum Asad, MD
A native of Karachi, Pakistan, Dr. Asad received her MBBS degree from Khyber Medical College. She graduated from LSU Health Sciences Center at University Medical Center in 2013 after completing her Internal Medicine residency there. She is now in private practice as an internist with Lourdes Physician Group. In addition to her private practice, Dr. Asad has also been involved in community outreach as a speaker for the American Heart Association and participates in Our Lady of Lourdes wellness programs.

Edward Lafleur, MD
A native of Opelousas, Dr. Lafleur received his B.S. degree from University of Louisiana at Lafayette and his Medical Doctorate from LSU School of Medicine in New Orleans. He completed his residency at University Medical Center in the Family Practice Department and was named Chief Resident at UMC in 2004. Dr. Lafleur is a board-certified family physician and is an active member of the American Academy of Family Medicine. In 2011, he was inducted as an honorary faculty member of the AOA Medical Honor Society. He is a Gralits Faculty member of the LSU Health Sciences Center where he teaches medical students.

Lesley Tilley, MSN, RN, NE-BC
As Vice President of Health Management, Lesley Tilley leads the population health initiatives for the Francisican Missionaries of Our Lady Health System Medical Group. She has over twenty years of nursing experience having played key roles in many leadership and administrative positions. Ms. Tilley began her nursing career with an associate degree from LSU Eunice in 1984, followed by a Bachelor’s in Nursing from Loyola University in 1999 and earned a Master’s in Nursing from Loyola University in 2007. In 2015, she obtained board certification as a nurse executive from the American Nurses Credentialing Center.

Margaret Taylor-Menard, BSN, RN, CCM, CHC
Ms. Taylor-Menard earned her Bachelor’s in Nursing from the University of Mississippi in 1986 and has had experience in a variety of specialties including cardiac, telemetry, neurology, NIH clinical trials, home health, case management, wellness, and population health. She currently holds both Case Management and Health Coach certifications and has been working with Healthy Lives for the past fifteen years.

Jeff Soileau, MS
Mr. Soileau has worked in the wellness industry for thirteen years. He received a Master’s in exercise physiology and worked as the obesity interventionist and childhood obesity specialist for the Baton Rouge Children’s Health Project until recently moving to Healthy Lives. With Healthy Lives, Mr. Soileau manages programs designed to positively change the health behaviors of his clients. Currently, he serves as chair of the BR division of the Mayor’s Healthy City Initiative and is board president for Girls on the Run of South Louisiana.

REFUND POLICY
REFUNDS WILL BE PROVIDED UNLESS OCTOBER 5, 2015. NO REFUNDS WILL BE MADE FOR CANCELLATIONS AFTER OCTOBER 5, 2015.

For your convenience, we accept telephone registrations and allow payment at the door. However, if the registrant fails to attend and does not pay registration, a bill will be mailed to the registrant.
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Friday, October 9, 2015

REGISTRATION FORM

Name: ____________________________

(Last) (First) (Middle)

Address: ______________________________________

City: _______________ State: _____ Zip: _______

Phone (H): _______________ (W): _______________

E-mail: ___________________________________

Employer: ___________________________________

REGISTRATION FEE

$80.00
(Includes Buffet Lunch)

For your convenience, we accept telephone registrations and allow payment at the door. However, if the registrant fails to attend and does not pay registration, a bill will be mailed to the registrant.

PLEASE MAKE CHECK PAYABLE TO:

École du Coeur

MAIL WITH REGISTRATION INFORMATION TO:

ÉCOLE DU COEUR
C/O HEART HOSPITAL OF LAFAYETTE
1105 KALISTE SALOOM ROAD
LAFAYETTE, LA 70508
Phone: 337-521-1025

~Present~

École du Coeur
School of the Heart
9th Annual Cardiovascular Symposium

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Friday, October 9, 2015
8:00 AM – 2:40 PM

Contact Hours: 5.0

Presented at
Petroleum Club of Lafayette
111 Heymann Blvd
Lafayette, LA