Presidents Corner

Spring is here! I do not know about you, but I am beyond ready for the bloom of this spring season to take hold! I drive home each day and look at my yard with dreams of the projects I have for this summer—putting landscape rock here, reconstructing the deck, replacing that patio, planting some new bushes, and the list goes on and on and on. We all have these lists—some may seem far-reached like a bucket list, and some may seem more like a honey-do weekend project list. Either way, we all have dreams and goals for every aspect of our lives. It’s hard to persuade our spouse to that honey-do-list or for them to dream the same dreams as ourselves. It’s often harder to motivate ourselves to work towards our goals and dreams. In the field of cardiac and pulmonary rehab, we are some of the best suited at goal setting and working toward these goals. We constantly have to be advocates for healthy living, but also for ourselves and our aspirations.

Advocacy is commonplace for every clinician in the field of cardiac and pulmonary rehab. Most clinicians are familiar with advocacy on a daily basis through the scope of encouraging participation in rehabilitation programming and making lifestyle changes. We advocate daily to our participants to increase adherence and effort to healthy living. Some of us have to be the advocates of our program in the face of our hospital administration to ensure our place within the organization and the continued funding of our program and space. Then there are a select few that carry that advocacy to the legislative level to demonstrate and solicit appropriate changes and support for our programs. Cardiac and pulmonary rehab is entirely about advocacy. We have to be the advocates for our patients—at all levels.

(continued)
Recently I traveled with a couple of Wisconsin representatives, Thorne Wittstruck, Beth Salko, and Tammy Riebe to advocate for the field of cardiac and pulmonary rehabilitation in Washington D.C. This was such an incredible experience as it allows the small voice of our program’s dreams and desires to be heard on a much larger platform. This was such an incredible experience as it allows the small voice of our program’s dreams and desires to be heard on a much larger platform. It opens my eyes to the power that a couple of voices—or interventions—can have at making change. Several members of congress took action on our concerns after a short 10:00 discussion with a member of their staff. Research demonstrates that even a minimal counseling intervention, lasting less than 3 minutes, can significantly increase overall tobacco abstinence rates. If ten minutes can be enough to influence a legislator or if three minutes has the power to change one of the worst lifestyle habits—imagine the influence we have as clinicians with 36 one-hour visits.

This year’s WISCPHR Annual Conference in Oconomowoc will have sessions to inspire you. Opportunities like this year’s conference are tremendous ways to advocate for clinical best practice, to learn new guidelines, to network with other professionals, and to remind yourself of the possibilities we as clinicians have in taking care of our patients. Experts on program certification, healthcare reform, exercise prescriptions, pulmonary rehabilitation, nutrition, and more will be presenting at this year’s conference. I look forward to experiencing this year’s conference with you.

We are advocates with every decision we make in life, as advocating is just that—supporting, speaking, or deciding in favor of something. I learned that I had to be an advocate for my son’s health at a young age, starting with his vegetables, as I love him and want to see him happy and health. What are you passionate about? Are you advocating for it?

Share your passions and interests with someone. If you cannot think of anyone off hand, share them with me at MaerzL@uplandhillshealth.org; phone: w.608-930-7160, c.608-628-2526, f.608-930-7253.

Take care and be well,

Lance
Day on the Hill 2017

WISCPHR is very fortunate to be able to send representatives to Washington D.C. each year to lobby and advocate for issues facing Cardiac and Pulmonary Rehabilitation. This year’s Day on the Hill was a fun and exciting one! Those in attendance this year were: Thorne Wittstruck from St. Clare – Wisconsin Dells, Tammy Riebe from St. Elizabeth Hospital, Beth Salko from St. Luke’s Medical Center, and Lance Maerz from Upland Hills Health. The group was challenged by weather, delayed appointments, and a tense political climate in regards to healthcare. These barriers were not enough to stop this team as they completed 10 congressional appointments with our state’s Senators and Congressman.

Topics discussed this year were in regards to Non-Physician Practitioner supervision of Cardiac and Pulmonary Rehabilitation programs and about legislation that mandates any outpatient services that are new or that re-locate from an on-campus location to an off-campus location after 11/2/2015 are reimbursed under the Physician Fee Schedule which decreases reimbursement by about 75%.

These two concerns affect programs in our state as well as the rest of the country. Many of the members of Congress were very empathetic to our cause and vowed to co-sign legislation to amend these errors. This year’s DOTH delegates left Washington D.C. feeling accomplished and effective as almost every appointment with a congressional member went positively.

As a reminder, these concerns affect all of us. If you are passionate about these or concerned about the implications that reduced reimbursement places on your program, reach out to your Congress Senator or Representative.

If you have questions, Thorne, Tammy, Beth, and Lance would also provide any insights they can.
WHAT IS HAPPENING?

The centers for Medicare and Medicaid Services (CMS) have recognized the benefits of Cardiac Rehabilitation (CR) to reduce the impact of cardiovascular disease in the U.S. and are developing ways to expand its use. In 2017, CMS will introduce pilot programs:

- To provide CR incentive payment models for AMI and CABG
- For cardiovascular bundled payment system

This is a great opportunity for CR professionals to reform programs to enhance patient participation, individualize treatment, explore new methods of delivery, and confirm the efficacy of CR in reducing the impact of cardiovascular disease.

These pilot programs and bundled payment system are not optional. This is our future.

WHAT IS AACVPR DOING TO HELP YOU PREPARE?

AACVPR leadership is partnering with other national organizations to reform delivery of services to meet the needs of patients. We have mobilized a great deal of resources to help you meet this new future. AACVPR has created special workgroups that are developing a systematic approach for a Roadmap to Reform for CR services. This roadmap includes turn-key strategies, educational materials, advanced training opportunities, and an eye towards the evolving nature of CR delivery.

The goals:

- Increase referrals to CR
- Increase enrollment in CR
- Improve adherence to CR

In the next several months, additional information will become available, with an emphasis on preparing you for changes coming in the next year.

WHAT CAN YOU DO?

WE ASK THAT YOU E.M.B.R.A.C.E THE UPCOMING CHANGES!

E – ENGAGE with AACVPR, your facility leadership, and your staff to evaluate what you can do.
M – MANAGE expectations. These changes are coming quickly.
B – BE BOLD and be brave. This is your opportunity to play a role in improving patient health.
R – RESOURCEFULNESS is key. Be creative with your thoughts about how to meet this new challenge head-on.
A – ACCOUNTABILITY because we must realize this is the new normal, and we are responsible for responding accordingly.
C – COMMUNICATE with AACVPR. Help us understand your needs.

WWW.AACVPR.ORG/R2R
2017 Annual WISCPHR Conference

The 29th Annual WISCPHR Conference will be held at the Olympia Resort Hotel in Oconomowoc, WI on April 7th and 8th. The conference kicks off with the Personal and Professional Development Workshop on Friday afternoon. Cella Janisch-Hartline from the Rural Wisconsin Health Cooperative will be presenting, “Managing Stress Before It Manages You”. With decreasing reimbursement and the increasing demands to do more with less, we all could benefit from some stress management, so be sure to come early and attend the workshop. At the low price of $50 it is an opportunity that should not be passed up!

Friday night activities will start at 5:00 PM with the vendor networking event. The vendors have really stepped it up this year, both in number of booths and in their contribution to our conference. This year there is a new event—vendor presentations. For attending, you will receive a ticket and the chance to win a fabulous prize in the drawing following the presentations. To further spice things up, the passport will include something new—a scavenger hunt and the opportunity to enter another drawing. For the educational component of the evening, back by popular demand are six speed topics to choose from. This fun filled and educational evening will close with a Meet and Greet session with the WISCPHR Board and representatives from AACVPR.

Saturday activities get off to an early start with breakfast starting at 6:30 followed by the President’s welcome and a series of keynotes including ‘Seven Performance Measures’ and the ‘Road to Reform’. After breakouts on a variety of topics, the conference will close with a couple of guys who have been around the block of Cardiac and Pulmonary Rehab for a very long time—John Porcari and Carl Foster. As we know from past experience, their presentation will not only be informative, it will be entertaining and a great way to end the conference.

The 2017 WISCPHR conference is not one to be missed, so start planning now!
# Ten Life Lessons Learned from 50 Years in Healthcare & Heart Care

Carolyn Verhage, RN, BSN, FAACVPR  
St. Nicholas Hospital Therapeutic Exercise Department, Sheboygan

A few years ago, when I was younger, I taught a college class to exercise physiology students, using a list of “Life Lessons”. After updating it a bit, I thought I’d share it again.

<table>
<thead>
<tr>
<th>First Lesson</th>
<th>Become “involved” and finish what you start. In our case, I’d recommend WISCPHR and/or AACVPR because it will always give you back ten-fold for your time and efforts.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Second Lesson</td>
<td>Set up a life plan, but keep your options open. There are many obstacles and challenges along the way.</td>
</tr>
<tr>
<td>Third Lesson</td>
<td>Take every opportunity to get additional education, skills, &amp; experience: from coworkers, bosses, friends, and your patients. Never stop trying to improve your department and yourself, and become an “expert” in your field.</td>
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<tr>
<td>Fourth Lesson</td>
<td>Always remember that your patients are the only reason for your services; be their coach, their advocate, and their champion.</td>
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<tr>
<td>Fifth Lesson</td>
<td>Take a class in something else that is self-fulfilling and relaxing. Life is long, and you never know what opportunity will benefit you the most.</td>
</tr>
<tr>
<td>Sixth Lesson</td>
<td>Reward yourself for your accomplishments, but don’t ever get an “attitude”. You are no better than the cleaning lady or the maintenance man, no matter how much money you make or what position you hold.</td>
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<tr>
<td>Seventh Lesson</td>
<td>Being honest and trustworthy always pays off several times over in the end.</td>
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<tr>
<td>Eighth Lesson</td>
<td>Be careful what you wish for. You may get something you never wanted any part of.</td>
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<tr>
<td>Ninth Lesson</td>
<td>Your life is not about your money, your possessions, or even your job.</td>
</tr>
<tr>
<td>Tenth Lesson</td>
<td>It is up to you to find out what really matters in your own life.</td>
</tr>
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</table>
Help! Our program is missing!
If your cardiac or pulmonary rehab program is not listed in the WISCPHR website Program Directory, or if the information needs updating, contact Kelly Shields at Kelly.Shields@ministryhealth.org. She’ll fix it!

Wisconsin- Excellence in AACVPR Program Certification
Certification applications are available on the AACVPR website that will provide all the guidance you need to get a head-start on gathering the necessary information. NOW is the time to prepare your information, complete your staff competency training, collect the outcomes data, and tweak your ITP! If you have questions, please contact Bonnie Anderson, AACVPR BOD Liaison for Program Certification at banderson@vmh.org or Kim Beyer, AACVPR Chair of Program Certification at kbeyer@columbia-stmarys.org

New in 2016-Join WISCPHR Joint Affiliate Membership
By becoming a WISCPHR Joint Affiliate Member, you get the best of both worlds: AACVPR EducationAdvantage Membership at the Professional Membership rate and WISCPHR membership all in one!
With Joint Affiliate Membership, members receive all of the benefits EducationAdvantage and Professional Memberships offer (value of $650) and pay yearly dues of $215. Membership is based on the fiscal year (7/1-6/30). WISCPHR newsletters are distributed 5 times/year and are emailed only or can be found on the WISCPHR web site.
Here’s how to join-Go to www.aacvpr.org or our web site at www.wiscphr.wisc.edu!

PLEASE NOTE: All individuals no longer will Join/Renew their membership on the WISCPHR website. Please click on the AACVPR logo, located on the WISCPHR homepage, to Renew your membership as a WISCPHR joint affiliate member. If you are joining AACVPR and/or WISCPHR for the first time or have any questions about this change, please contact Karel Ochs at kochs@affinityhealth.org or Lisa Michaels-Bilgrien at lisa.michaels-bilgrien@forthc.com with WISCPHR, or Andrew Miller at amiller@aacvpr.org at the AACVPR Executive Office.