



“We have to continually be jumping off cliffs and developing our wings on the way down.” – Kurt Vonnegut

Glenn Feltz, PsyD, FAACVPR

Learning to evolve is difficult. It often implores us to take a leap of faith toward uncertainty. For most of us, that provokes fear, hesitancy, and resistance.

We usually like predictability and plans. They are our wings. Not having a clear idea of the future provokes anxiety and indecision. So, it is natural to want to avoid changes and taking risks.

But we also know change is inevitable. As we look at the future of worldwide healthcare, we agree there's a lot we don't know. But we do know that healthcare delivery is constantly changing.

Some of us adapt quickly. Some adapt gradually. And some don't adapt at all. Not adapting to change sounds bad, but it's not always. If you do something well that benefits others, like cardiac and pulmonary rehab, you will help many people. However, we learn from history that unaltered service provision won't last because it doesn't adapt to future needs. But for a limited time the service does have a positive impact.

For our profession's long-term viability, I think we need a majority

of us to be in the groups that adapt to change. Cardiac and pulmonary rehabilitation is a great service to patients who need help changing their bodies, thoughts, and emotions to fix and prevent health problems. These problems affect a large percentage of our population and consume many healthcare resources. Yet how we provide those services is sometimes a limitation for people who need it. Our healthcare leaders are asking us to change how we do things to find more efficient and versatile services that adapt to the population's needs. We need creative, courageous thinkers to meet that demand.

I'm humbled by the creativity, commitment, and courage of many of our leaders in AACVPR. Their courage to seek change far exceeds what I possess. They present their ideas by service to committees, the board, and Annual Meeting presentations each year.

In Denver, for example, Larry Hamm laid out how the traditional model of cardiopulmonary rehab may not meet future needs. Vonda

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News & Views

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News & Views is a digital newsletter distributed bimonthly to all AACVPR members. Each issue includes scientific content, reimbursement updates, research updates, Affiliate Society news, upcoming event reminders, and a leadership message highlighting current issues in cardiovascular and pulmonary rehabilitation. This is a great opportunity for you to gain exposure to our 3,000 members as well as our 42 regional Affiliates.

AACVPR Member Named National Magnet Nurse of the Year

Congrats to member Kirsten Roberts, MSN-Ed, RN, CVN-I BC, who was named National Magnet Nurse of the Year in the Empirical Outcomes category for her work with heart failure patients using cardiac rehabilitation! Roberts works at Detroit Medical Center Huron Valley-Sinai Hospital in Commerce, Michigan.



Comprehensive Cardiac Rehabilitation Workshop: April 27-30, 2015

Joint AACVPR/University of Wisconsin-La Crosse Collaboration

AACVPR and the La Crosse Exercise and Health Program at the University of Wisconsin – La Crosse are once again joining together to offer a Comprehensive Cardiac Rehabilitation Workshop. This will be the 40th consecutive year the La Crosse Exercise and Health Program has offered this workshop and the fourth year of the partnership with AACVPR. **AACVPR and local Affiliate members will receive a \$25 discount on registration for this event.**

The workshop is designed to provide an up-to-date overview covering the many aspects of inpatient and outpatient cardiac rehabilitation. The curriculum will include information

on exercise physiology, exercise prescription, program administration, and secondary prevention strategies that are essential to the everyday practice of cardiac rehabilitation.

The key factor that has made this workshop a success for many years is the quality of the speakers. Every one of the speakers is involved at the state or national level, and more importantly, they all are involved in the clinical practice of cardiac rehabilitation on a day-to-day basis. They are passionate about what they do and eager to share their expertise with attendees.

“We strive to foster an informal, workshop-type atmosphere,” says John Porcari, PhD, Executive Director of the La Crosse Exercise and Health

Program and a Past President of AACVPR. “Our philosophy is that each individual comes to the workshop with specific questions. Our goal is to make sure that each attendee gets those questions answered before they leave La Crosse.”



For more information about specific course content, registration, and housing options, please [visit the La Crosse Exercise and Health Program website](#). ■

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Shaw, Loren Stabile, and Pat McBride showed us how to mix core services with more ancillary professionals and services to provide a broader range of disease prevention interventions. Steven Walsh and Jennifer LeFresne creatively showed how Lean Thinking can improve rehab services. Randy Thomas, Mark Vitcenda, and Mary Whooley

demonstrated the viability of home-based models for CR. And Barry Franklin demonstrated the importance of modifying lifestyle risk factors in changing the direction of disease management.

These are a few possibilities to meet the challenge of the evolving healthcare environment. Can you put these ideas into practice at your program? Where do you fit

in when meeting challenges? Are you a manager, providing helpful services to people in need? Are you a tinkerer, gradually shaping tried-and-true approaches to meet a challenge? Are you an adventurer, looking to expand in ways you can't predict?

Wherever you fit in, welcome aboard. The trip off the cliff is just beginning. ■

