



October 16, 2018

**Million Hearts® Partner Call
Cardiac Rehab Change Package**

Goals:

- Provide a technical overview of the Cardiac Rehab Change Package to help participants promote and use the tool.
- Highlight exemplary programs and initiatives for cardiac rehab and provide real-life examples.
- Provide a springboard from which members and other partners can see their organization or constituents enacting or partnering with similar programs or initiatives.
- Provide an opportunity for members and other partners to connect with other organizations and forge new relationships and projects around cardiac rehab.

Agenda:

- **Welcome/Overview - Janet Wright, MD, FACC, Executive Director, Million Hearts®, CDC and CMS**
- **Cardiac Rehab Change Package - Hilary Wall, MPH, Senior Health Scientist/Million Hearts® Science Lead, Centers for Disease Control and Prevention**
- **Lake Regional Health System: Using Data to Drive Improvement - Jennifer Newman, RN, BSN, cPT Director of Cardiac Services, Lake Regional Health System, Cardiopulmonary Rehabilitation**
- **Mount Carmel Health System: Changing Program Structure to Accommodate Patients - Tammy Garwick, Manager, Cardiac and Pulmonary Rehabilitation**
- **Miriam Hospital: Patient Ambassador Program - Loren Stabile, MS, Cardiac, Pulmonary & Vascular Rehab Program Manager, The Miriam & Newport Hospitals**
- **Q&A – April Wallace, MHA, American Heart Association**
- **Million Hearts® Partners Share**
 - Centers for Disease Control and Prevention, Robin Rinker
 - American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR), Amy Knight, PhD ABPP, Associate Professor, Director of Psychology Services, Spain Rehabilitation Center, Department of Physical Medicine & Rehabilitation, The University of Alabama at Birmingham School of Medicine
- **Closing and Adjourn**

Presenter Bios



Robin Rinker, MPH, CHES, Health Communications Specialist, Division for Heart Disease and Stroke Prevention, CDC

Robin is a Health Communications Specialist with the Division for Heart Disease and Stroke Prevention and the Project Officer on the Partner Support for Heart Disease and Stroke Prevention Cooperative Agreement. She came to CDC in November 2015 from the National Cancer Institute at the NIH where she worked as a Public Affairs Specialist in the Office of Advocacy Relations managing issues and facilitating relationships with external stakeholders. She joined NCI as a Presidential Management Fellow in August 2012 and completed two years of rotations around the Institute, as well as at CDC in the Division of Adolescent and School Health. Ms. Rinker received her Master of Public Health degree in Behavioral Sciences and Health Education from Emory University's Rollins School of Public Health. A Virginia native, she earned her Bachelor of Arts degree in Global Public Health at Randolph Macon Woman's College in Lynchburg, Virginia.



Janet S. Wright, MD, FACC, Executive Director, Million Hearts®, Department of Health and Human Services

Dr. Wright MD, FACC is the Executive Director of Million Hearts®, a national initiative co-led by CDC and CMS with the explicit goal to prevent 1 million heart attacks and strokes in the U.S. over five years. From 2008 to 2011, Dr. Wright served as Senior Vice President for Science and Quality at the American College of Cardiology. In that role, she provided medical and scientific oversight of clinical guidelines, performance measures, health policy statements, and appropriate use criteria; quality improvement projects; and the National Cardiovascular Data Registry, a suite of databases containing more than 12 million patient records in both inpatient and outpatient care settings.

Dr. Wright practiced cardiology for many years in Chico, California, and during those years, she served on ACC's Board of Trustees, NCQA's Physician Program Committee, and the Center for Information Therapy, a non-profit organization committed to the provision of personalized health information during each health encounter. Her primary interests are the design and implementation of systems of care to achieve optimal outcomes for patients and the full deployment of hooks, tricks, and cues that help people get and stay healthy.



**Hilary Wall, MPH, Senior Health Scientist/Million Hearts® Science Lead
Centers for Disease Control and Prevention**

Hilary K. Wall, MPH is a Senior Health Scientist in the Division for Heart Disease and Stroke Prevention at the Centers for Disease Control and Prevention (CDC). Ms. Wall serves as the Science Lead for Million Hearts®. In this role, she leads a portfolio of scientific activities related to health care systems change, public policy, and health information technology. For over 15 years, Ms. Wall has created evidence-based tools for and provided technical assistance to public health professionals, clinicians, and community-based organizations in cardiovascular disease prevention.



**Jennifer Newman, RN, BSN, cPT
Director of Cardiac Services, Lake Regional Health System, Cardiopulmonary Rehabilitation**

Jennifer Newman, R.N., BSN, cPT, has been named director of Cardiac Services. Previously the director of Cardiopulmonary Rehabilitation, Newman is now responsible for all cardiology-related services, including Cardiology physician practices, Cath Lab and Cardiac Rehab. She also has a strong working relationship with Nuclear Medicine, Vascular Lab and Cardiac Stress Lab. Newman has worked at Lake Regional since 2010. She began in the Intensive Care Unit as a cardiovascular intensive care unit registered nurse and moved to cardiopulmonary rehab in 2013 to be a nurse educator. She was named director of Cardiopulmonary Rehabilitation in 2016. Before coming to Lake Regional, she served as a Staff for Life flight nurse and as an emergency department nurse. Newman is also a certified fitness trainer and yoga instructor.



Tammy Garwick, MA, ACSM RCEP, FAACVPR, Mount Carmel Health System

Tammy is manager of the Mount Carmel Health System's three locations of Cardiac and Pulmonary Rehabilitation programs in Columbus, Ohio. She has more than 20 years of cardiac, pulmonary, and vascular rehabilitation experience. She received her Bachelor's degree from Ball State University in Exercise Science and Wellness. She obtained her Master's in Exercise Physiology from The Ohio State University. She is a current member of American Association of CardioVascular and Pulmonary Rehabilitation (AACVPR) Value-based Care Committee, AACVPR Education Committee, and AACVPR Membership and Affiliate Relations Committee. She served several position on the board of Ohio Association of CardioVascular and Pulmonary Rehabilitation (OACVPR) with the most recent being Past-President.



Loren Stabile, MS, Cardiac, Pulmonary & Vascular Rehab Program Manager, The Miriam & Newport Hospitals

Loren is currently the manager for Lifespan's Miriam & Newport Hospitals Cardiac, Pulmonary, Vascular and Risk Reduction Programs as well as the manager for The Miriam Hospital's Dean Ornish Intensive Cardiac Rehab Program. Loren has 15 years of management experience & an additional 15 years of experience working as a clinical exercise physiologist in the rehab setting. The Miriam Hospitals accredited program is one of New England's largest programs with over 1,400 Cardiac Rehab referrals & over 20,000 Cardiac Rehab patient visits a year. In 2015, Loren earned a lean six sigma, green belt designation and places a strong focus on quality and process improvement within her programs. She has spoken at the past seven AACVPR National Conferences and has provided many lectures and presentations over the years to a wide range of audiences.



April Wallace, MHA, Program Initiatives Manager, American Heart Association

April Wallace, is the Program Initiatives Manager, leading the development, coordination, and implementation of the Million Hearts® Collaboration activities to ensure alignment with the CDC priorities, goals, and objectives. She provides support to partner activities to advance the Million Hearts priorities and build momentum and capacity at the national, state, and local levels. Prior to April joining AHA, she most, recently served as a Product Development Manager at the National Committee for Quality Assurance (NCQA) where she managed the development and maintenance of some of NCQA's recognition and accreditation products from initial concepts through product launch. April was also a Healthcare Systems Director at the American Cancer Society (ACS) where she led the overall relationship management and strategic planning of partnership activities with priority cancer centers in the Washington, DC metro area. Among other significant previous roles, April has worked as an account manager and health educator, managing and coordinating the administrative and operational aspects of online education for Medstar and Inova health systems.



Amy Knight, PhD ABPP-CN

Dr. Knight is an Associate Professor at the University of Alabama at Birmingham School of Medicine in the Department of Physical Medicine and Rehabilitation. She serves as the Director of Rehabilitation Psychology at Spain Rehabilitation Center (SRC). Clinically, Dr. Knight works as a Board Certified Clinical Neuropsychologist. Dr. Knight provides behavioral health services in Cardiopulmonary Rehabilitation, including counseling, support groups, and classes in coping and stress management. Dr. Knight received her doctorate in Clinical Psychology from the University of Wisconsin-Milwaukee, completing an internship in Behavioral Medicine at West Virginia University and a postdoctoral fellowship in Neuropsychology at UAB in the Department of Neurology.