

**GOOD HEART EDUCATION:**

**Advanced Training for the  
Cardiovascular and Pulmonary  
Rehabilitation Practitioner**

*Saturday, Feb. 8 and Sunday, Feb. 9*

**LOCATION**

Mary Free Bed  
Professional Building  
Meijer Conference Center  
350 Lafayette Ave. SE  
Grand Rapids, MI 49503

## INTENDED AUDIENCE

OT/OTA, PT/PTA, RT

## COURSE DESCRIPTION

This two-day course provides an in-depth review of cardiovascular and pulmonary anatomy and physiology. The latest pathophysiology will be discussed for commonly seen CVP diagnoses. Clinical tips will be assimilated into all course material for direct application to daily patient-care experiences. Participants will learn about CVP diagnostic testing, including why tests are performed, how to interpret these tests and how to apply results to your interventions. You will acquire treatment approaches for adult CVP patients, including primary and secondary prevention for CVD, breathing and airway clearance exercises/techniques, and advanced interventions for complex CV patients. This course also provides a comprehensive study of how CVP outcome measures can be utilized in the rehabilitation setting to assist with case management, discharge recommendations, assessment of deficits and progression of the treatment plan. Content is based on evidence and is designed to allow direct application to the practitioner's clinical practice.

### Cardiac only:

This course provides an in-depth review of cardiovascular anatomy and physiology. The latest pathophysiology will be discussed for commonly seen CV diagnoses. Clinical tips will be assimilated into all course material for direct application to daily patient-care experiences. Participants will learn about CV diagnostic testing, including why tests are performed, how to interpret these tests and how to apply results to your interventions. You will acquire treatment approaches for adult CV patients, including primary and secondary prevention for CVD and advanced interventions for complex CV patients. Content is based on evidence and is designed to allow direct application to the practitioner's clinical practice.

### Pulmonary only:

This course provides an in-depth review of pulmonary anatomy and physiology. The latest pathophysiology will be discussed for commonly seen pulmonary diagnoses. Clinical tips will be assimilated into all course material for direct application to daily patient-care experiences. This course includes a comprehensive study of how cardiovascular and pulmonary outcome measures can be utilized in the rehabilitation setting to assist with case management, discharge recommendations, assessment of deficits and progression of the treatment plan. You will be trained to complete a thorough chest examination, including inspection, palpation, auscultation and mediate percussion. You will also acquire treatment approaches for adult patients with pulmonary dysfunction, including breathing and airway clearance exercises and techniques, and inspiratory muscle training. You will learn why pelvic floor dysfunction is so common in this patient population and obtain some treatment strategies. Content is based on evidence and is designed to allow direct application to the practitioner's clinical practice.

## COURSE FACULTY

Morgan Johanson has 15 years of experience practicing physical therapy in the cardiovascular and pulmonary patient population. She received a Master of Science degree in Physical Therapy from the University of California, San Francisco in 2003. She is an ABPTS-certified Cardiovascular and Pulmonary Specialist and an APTA-certified Advanced Clinical Instructor. She is ACLS certified.

She has worked as a Level 3 acute care physical therapist at California Pacific Medical Center and as the coordinator for the inpatient and outpatient Cardiac and Pulmonary Rehabilitation programs at VA Ann Arbor Healthcare System. In addition, she was a co-director, mentor and faculty member for the VAAHHS Cardiovascular and Pulmonary Physical Therapy Residency Program and a guest lecturer at the University of Michigan, Flint DPT program. She is an adjunct faculty member at the University of Toledo, Ohio DPT Program. She has served as the Rehab Department liaison to the Cardiac Rehab

Team and Adult Cystic Fibrosis Team. She supervised and conducted research projects for the VAAHHS Cardiovascular and Pulmonary Physical Therapy Residency Program.

In 2004, she received the Service Star for excellence in patient care from CPMC. She is a contributing author to the fourth edition of the Essentials of Cardiovascular and Pulmonary Physical Therapy by Ellen Hillegass.

She is a member of the American Physical Therapy Association, Cardiovascular and Pulmonary Section, and the American Association of Cardiovascular and Pulmonary Rehabilitation.

## FACULTY DISCLOSURES

Morgan Johanson, PT, MSPT, CCS, President of Good Heart Education

**Financial** - Adjunct faculty for University of Toledo. Contributing author for Essentials of Cardiopulmonary Physical Therapy, 4th Edition, and received royalty payments.

**Non-financial** - Member of the American Physical Therapy Association, Cardiovascular and Pulmonary Section and Michigan Chapter

## CONTINUING EDUCATION CREDITS

Good Heart Education courses are approved by the FSBPT (recognized in the state of Michigan)

## REFUND/CANCELLATION POLICY

### Terms and Conditions:

- In the event of a course or webinar cancellation by Good Heart Education, the course or webinar tuition will be refunded.
  - Course discounts must be applied at the time of registration and are non-transferable.
  - Good Heart Education, LLC is not responsible for any expenses incurred by participants if the course must be cancelled.
  - Substitution for attendees will be accepted. Permission for attendee substitutions must be made in writing and submitted to Good Heart Education within 24 hours of course start time. Substitutions may be made without penalty. Cancellation will be accepted until 14 days prior to the start date of the course, minus a \$75 administration fee. There will be NO REFUNDS within two weeks of the course.
- \*Mary Free Bed will not be responsible for the refund of registration fees, travel or hotel expenses.
- Continuing Education Course/Online Webinar Cancellation Policy: Participant cancellation for continuing education courses and online webinars will be accepted 15 days prior to the start date of the course or webinar, minus a \$75 administration fee. There are NO REFUNDS after the 15-day deadline.
  - Good Heart Education, LLC reserves the right to cancel any Continuing Education Course or Online Webinar due to insufficient registration or extenuating circumstances.

## REGISTRATION INFORMATION

Registration is only available via the website.  
Please see the links below.

**Two-day course - Advanced Rehabilitation for the Acute/  
Sub-acute Cardiovascular and Pulmonary Patient**

Mary Free Bed staff - \$325

Outside professionals - \$425

<http://goodhearted.org/events/grand-rapids-mi-advanced-rehabilitation-for-the-acute-subacute-cardiovascular-and-pulmonary-patient/>

**Cardiac Only (Saturday, Feb. 8)**

Price \$250

<http://goodhearted.org/events/grand-rapids-mi-cardiac-only/>

**Pulmonary Only (Sunday, Feb. 9)**

Price \$250

<http://goodhearted.org/events/grand-rapids-mi-pulmonary-only/>

## AIRPORT AND HOTEL INFORMATION

The closest airport (about 20 minutes from the hospital) is the Gerald R. Ford International Airport located at 5500 44th St. SE, Grand Rapids, MI 49512. [www.flygrandrapids.org](http://www.flygrandrapids.org)

There are many lodging options in and around the Grand Rapids area, including but not limited to:

### AMWAY GRAND PLAZA HOTEL

187 Monroe Ave. NW, Grand Rapids, MI 49503  
616.774.2000  
*0.9 miles west of Mary Free Bed*

### HOLIDAY INN

310 Pearl St. NW, Grand Rapids, MI 49504  
616.235.7611  
Downtown Grand Rapids at 131 and Pearl Street  
*One mile northwest of Mary Free Bed*

### DOWNTOWN COURTYARD BY MARRIOTT

11 Monroe Ave. NW, Grand Rapids, MI 49503  
616.242.6000 or 800.321.2211  
Downtown Grand Rapids at Fulton and Monroe  
*One mile west of Mary Free Bed*

### HOMEWOOD SUITES BY HILTON

161 Ottawa Ave. NW, Grand Rapids, MI 49503  
616.451.2300  
*One mile northwest of Mary Free Bed*

### HAMPTON INN & SUITES - DOWNTOWN

433 Dudley Place NE, Grand Rapids, MI 49503  
616.456.2000  
*One mile north of Mary Free Bed*

### HOLIDAY INN EXPRESS HOTEL & SUITES

6569 Clay Ave. SW, Grand Rapids, MI 49548  
616.871.9700  
South of downtown Grand Rapids at 131 and 68th Street  
*Nine miles south of Mary Free Bed*

### SPRINGHILL SUITES BY MARRIOTT

450 Center Drive, Grand Rapids, MI 49544  
616.785.1600 or 888.287.9400  
[springhillsuites.marriott.com](http://springhillsuites.marriott.com)  
1-96 and Alpine Avenue  
*Five miles north of downtown Grand Rapids*

### STAYBRIDGE SUITES BY HOLIDAY INN

3000 Lake Eastbrook Blvd. SE, Kentwood, MI 49512  
616.464.3200  
29th Street and Lake Eastbrook Boulevard  
*Eight miles east of Mary Free Bed*

### SLEEP INN & SUITES

4824 29th St. SE, Grand Rapids, MI 49512  
616.975.9000  
29th Street and East Paris Avenue  
*Eight miles east of Mary Free Bed*