

# The Pediatric Cardiac Rehab Patient: A Multidisciplinary Approach to Putting the Pieces Together



**Children's**<sup>SM</sup>  
Healthcare of Atlanta

Friday, September 30 to Saturday, October 1, 2016

**Children's Healthcare of Atlanta Office Park, Classroom 4**

1680 Tullie Circle  
Atlanta, GA 30329

## Description

The purpose of this conference is to provide an overview of a multidisciplinary approach to the treatment and management of the pediatric cardiac patient across the continuum of rehabilitative care at Children's Healthcare of Atlanta. Course content will review common cardiopulmonary diagnoses within the pediatric rehabilitation population. Additionally, the process for program development of a comprehensive cardiac rehabilitation program will be reviewed. Case study presentations will provide opportunities for collaborative professional discussion. A panel discussion will provide the opportunity for patients and families to share their experiences of having a child with complex cardiac disease.

## Target audience

Physical, occupational and speech therapists as well as other professionals who work with children with cardiac diagnoses in various rehab settings.

## Agenda

<b>Friday, September 30</b> 7:30 a.m.	(7.25 Contact Hours) Registration & Continental Breakfast
8:00 a.m. - 8:15 a.m.	<b>Welcome &amp; Introduction to CHOA's Cardiac Rehab Program</b> Tricia Easley, O.T.R./L.
8:15 a.m. - 9:15 a.m.	<b>Approach to the Pediatric Patient with Heart Disease: Pushing the Limits</b> Nikhil Chanani, M.D.
9:15 a.m. - 10:15 a.m.	<b>Gastrointestinal Problems in the Cardiac Patient</b> Jose Garza, M.D., M.S.
10:15 a.m. – 10:30 a.m.	Break
10:30 a.m. - 11:30 a.m.	<b>Identifying Neurodevelopmental Risk and Supporting Progress in Congenital Heart Disease</b> Dawn Ilardi, Ph.D., A.B.P.P.-C.N.
11:30 a.m. – 12:00 p.m.	<b>CHOA Infant/Toddler Cardiac Neurodevelopmental Clinic</b> Jessica Gibbs, P.T., D.P.T., P.C.S. Katie Harris, M.S., C.C.C.-S.L.P. Betsy Pantino, L.M.S.W. Sarah Swafford, M.O.T., O.T.R./L.
12:00 p.m. - 12:45 p.m.	Lunch (provided)

12:45 p.m. - 1:45 p.m.	<b>Brand New Heart, Same Old Body: Cardiac Rehab in Heart Transplantation</b> William Mahle, M.D.
1:45 p.m. – 2:45 p.m.	<b>Pulmonary Hypertension</b> Dawn Simon, M.D.
2:45 p.m. - 3:00 p.m.	Break
3:00 - 4:00 p.m.	<b>Child Life’s Role in the Cardiac Unit</b> Stephanie Dill, C.C.L.S.
4:00 - 4:30 p.m.	<b>Physiatry</b> Joshua Vova, M.D.
4:30 p.m.	Adjourn
4:30 - 5:30 p.m.	Optional Networking Reception (Classroom 3)
<b>Saturday, October 1</b> 7:30 a.m.	(5.75 Contact Hours) Continental Breakfast
8:00 a.m. - 9:00 a.m.	<b>Introduction to Children’s Healthcare of Atlanta Cardiac Rehab Program</b> Annalia Polemitis, P.T., C.C.S.
9:00 a.m. - 9:45 a.m.	<b>Developmental Care in the Cardiac Unit</b> Sarabeth Myers, O.T.R./L.
9:45 a.m. - 10:00 a.m.	Break
10:00 a.m. - 11:00 a.m.	<b>Rehab Therapeutic Approaches to Evaluating and Treating an Infant with Cardiac Disease</b> Kristin Hall, M.S., C.C.C.-S.L.P. Sarabeth Myers, O.T.R./L.
11:00 a.m. – 12:00 p.m.	<b>Rehab Therapeutic Approaches to Evaluating and Treating a Toddler/School Aged Child with Cardiac Disease</b> Suzanne Trumbower, M.S., P.T. Julie Clay, M.S., O.T.R./L., C.B.I.S.
12:00 p.m. - 12:45 p.m.	Lunch (provided in Classroom 4)
12:45 p.m. - 1:45 p.m.	<b>Rehab Therapeutic Approaches to Evaluating and Treating an Adolescent with Cardiac Disease</b> Jessica Gibbs, P.T., D.P.T., P.C.S. Annalia Polemitis, P.T., C.C.S.
1:45 p.m. - 2:45 p.m.	<b>Family Panelists: The Patient Experience</b> Lacy Barfield Ashlyn Richardson
2:45 p.m.	Adjourn

## Course objectives

At the conclusion of the conference, the participant will be able to:


- Identify the basic differences between the types of acquired and congenital heart disease
- Recognize the physiologic parameters for children with heart disease
- Identify common gastrointestinal problems in the cardiac patient
- Review initial treatment and work up for gastrointestinal disorders in the cardiac patient
- Describe neurodevelopmental outcome research and medical risk factors associated with congenital heart disease
- Implement 2012 AHA (and AAP) guidelines regarding evaluating and managing neurodevelopmental outcomes in congenital heart disease
- Identify two neurodevelopmental outcome measures applicable for use in patients with congenital heart disease ages birth to 3 years
- Identify common developmental delays seen in patients ages birth to 3 years with congenital heart disease
- Describe the relationship between heart failure and physical deconditioning
- Assess the need for inpatient or outpatient rehab after prolonged hospitalization
- Describe the role of Child Life Specialists in the Cardiac Unit
- Discuss how Child Life Specialists provide developmentally appropriate education, support non-pharmacological pain management, and normalize the patient's environment
- Discuss the process for successful development of a Cardiac Rehab Program
- Identify the different phases of rehab associated with the Cardiac Rehab Program at CHOA
- Describe the role of the developmental therapist and common treatment plans for cardiac infants
- Discuss how developmental care can promote improved functional outcomes in the cardiac population
- Identify 3 components of the evaluation of an infant, toddler/school aged child and adolescent with congenital or acquired heart disease
- Review the framework used by CHOA therapists to make clinical decisions based on signs of activity intolerance/indication of fatigue

## Continuing Education

Continuing Education Credits have been applied for through the **Physical Therapy Association of Georgia (PTAG)** for **13 contact hours**. These credits may apply toward licensure in other states.

Direct contact hours have been applied for/approved through the **Georgia Occupational Therapy Association (GOTA)** for **13 contact hours** for Physical Therapists. These credits may apply toward licensure in other states.

APPROVED PROVIDER



ASHA  
CONTINUING  
EDUCATION

AMERICAN SPEECH-LANGUAGE-HEARING ASSOCIATION

**The Georgia Speech-Language-Hearing Association** is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. **See course information for number of ASHA CEUs, instructional level and content area.** ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.



This program is offered for **1.3 CEUs** (Intermediate level; Professional area).

**Price** (includes continental breakfast and lunch)

Children's Healthcare of Atlanta Staff	\$100
Georgia Speech, Language and Hearing Association Member (GSHA)	\$160
Rehab Professionals	\$180

**Space is limited**, register today at [www.eply.com/CardiacRehab2016](http://www.eply.com/CardiacRehab2016). Contact [michelle.moore@choa.org](mailto:michelle.moore@choa.org) with any questions.

## Accommodations

Doubletree Hotel Atlanta North Druid Hills  
2061 North Druid Hills Road  
Atlanta, GA 30329-1808  
404-321-4174

[www.doubletree1.hilton.com](http://www.doubletree1.hilton.com)

(Mention Children's Healthcare of Atlanta for discounted rates.)

Courtyard Atlanta Executive Park/Emory  
1236 Executive Park Drive NE  
Atlanta, GA 30329-2243  
404-728-0708

<http://cwp.marriott.com/atline/choa>

(Direct link to CHOA discounted room rates)

## Disclosures

Lacy Barfield—*Financial: none; Non-Financial: none*

Julie Clay, MS, OTR/L, CPA—*Financial: none; Non-Financial: none*

Stephanie Dill, CCLS—*Financial: none; Non-Financial: none*

Nikhil Chanani, MD—*Financial: none; Non-Financial: none*

Jose Garza, MD—*Financial: receives an honorarium as a speaker for Abbot Nutrition; Non-Financial: none*

Jessica R. Gibbs, PT, DPT, PCS—*Financial: none; Non-Financial: none*

Kristin Hall, MS, CCC-SLP—*Financial: none; Non-Financial: none*

Katie Harris, MS, CCC-SLP—*Financial: none; Non-Financial: none*

Dawn Ilardi, PhD, ABPP, CN—*Financial: none; Non-Financial: none*

William Mahle, MD—*Financial: none; Non-Financial: none*

Sarabeth Meyers, OTR/L—*Financial: none; Non-Financial: none*

Elizabeth Pantino, LMSW—*Financial: none; Non-Financial: none*

Annalia Polemitis, PT, CCS—*Financial: none; Non-Financial: none*

Ashlyn Richardson—*Financial: none; Non-Financial: none*

Dawn Simon, MD—*Financial: none; Non-Financial: none*

Sarah Swafford, MOT, OTR/L—*Financial: none; Non-Financial: none*

Suzanne Trumbower, MS, PT—*Financial: none; Non-Financial: none*

Joshua Vova, MD—*Financial: none; Non-Financial: none*

*All programs are intended to be accessible to all persons. If you have a disability and require assistance in order to fully participate in the conference activities, call the conference coordinator to discuss your specific needs.*

*This educational activity does not necessarily reflect the views, opinions, policies or procedures of Children's Healthcare of Atlanta, its staff or representatives. Children's cannot and does not assume any responsibility for the use, misuse or misapplication of any information provided.*