

# 2020 Cardiac Symposium



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*This course will update physicians, nurse practitioners and medical personnel on new advances and guidelines in cardiovascular medicine.*

**Sponsored by:**

*The Ohio State University Wexner Medical Center in cooperation with The Ohio State University Heart & Vascular Center, Richard M. Ross Heart Hospital and Mary Rutan Hospital*



**THE OHIO STATE UNIVERSITY**  
WEXNER MEDICAL CENTER



**Mary Rutan  
HOSPITAL**



**Objectives:** At the conclusion of this activity, participants should be able to:

1. Describe current HTN management strategies
2. Recognize appropriate identification strategies when differentiating between pulmonary and heart failure problems with your patient
3. Identify and integrate current lipid guidelines
4. Compare testing modalities and results to determine the best test for each patient
5. Understand the role of antiarrhythmic medication follow-up standards
6. Discuss the impact of vaping on your patient population
7. Understand current device treatment options for arrhythmia patients
8. Recognize advancements in interventional cardiology and preventive medicine

**Director:** Mahmoud Houmsse, MD

**Co-Directors:** Patty Reames, RT(R), CNMT, NCT, and Meghan Perdue, BSN, RN

## Session One

**Moderators: Mahmoud Houmsse, MD, and  
Patty Reames, RT(R), CNMT, NCT**

|               |                                                                                                                                                                                         |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 00:00 – 00:10 | Introduction<br><i>Mahmoud Houmsse, MD</i><br>The Ohio State University Wexner Medical Center                                                                                           |
| 00:10 – 00:25 | Update in the management of hypertension<br><i>Jim Liu, MD</i><br>The Ohio State University Wexner Medical Center                                                                       |
| 00:25 – 00:40 | Pulmonary hypertension<br><i>Saurabh Rajpal, MBBS</i><br>The Ohio State University Wexner Medical Center                                                                                |
| 00:40 – 00:55 | Device therapy in common heart symptoms<br><i>Mahmoud Houmsse, MD</i><br>The Ohio State University Wexner Medical Center                                                                |
| 00:55 – 1:10  | Advancements in interventional cardiology<br><i>Cindy Baker, MD</i><br>The Ohio State University Wexner Medical Center                                                                  |
| 1:10 – 1:25   | Cardiac Contractility Modulation for the Treatment of Heart Failure, Mechanisms of Action And Indications<br><i>Rami Kahwash, MD</i><br>The Ohio State University Wexner Medical Center |
| 1:25 – 1:40   | Device treatment in sleep apnea<br><i>Julie Mease, APRN-CNP, MSN, CCDS</i><br>The Ohio State University Wexner Medical Center                                                           |
| 1:40 – 1:55   | Shortness of breath: Is it pulmonary issues or congestive heart failure?<br><i>Laura Yamokoski, APRN-CNP</i><br>The Ohio State University Wexner Medical Center                         |
| 1:55 – 2:10   | Shared decision making: What is it? Why is it necessary?<br>How does it benefit the patient?<br><i>Stacey Tran, BSN, RN-BC</i><br>The Ohio State University Wexner Medical Center       |
| 2:10 – 2:25   | Extracranial cerebrovascular disease: When to treat<br><i>Mounir Haurani, MD</i><br>The Ohio State University Wexner Medical Center                                                     |



## Session Two

### Moderators: Mahmoud Houmsse, MD, and Meghan Perdue, BSN, RN

- 2:25 – 2:40 Why we need an antiarrhythmic clinic  
*Kimberly Simon, PharmD, BCPS*  
The Ohio State University Wexner Medical Center
- 2:40 – 2:55 Lipid management guidelines update  
*Karen Kier, PhD, RPh*  
Mary Rutan Hospital
- 2:55 – 3:10 Valve replacements  
*Lora Mohny, RN, MSN, CCNS*  
The Ohio State University Wexner Medical Center
- 3:10 – 3:25 Vaping: What should we be telling our patients?  
*Jeffrey Weiland, MD*  
The Ohio State University Wexner Medical Center
- 3:25 – 3:40 ECG interpretation: It's not always what it seems  
*Evan Dixon, MD*  
The Ohio State University Wexner Medical Center
- 3:40 – 3:55 Mediterranean diet  
*Amy Keller, MS, RDN, LD*  
Mary Rutan Hospital

## Session Three

### Moderators: Mahmoud Houmsse, MD, and William Houser, MD

- 3:55 – 4:10 Taking a cardiac history: Picking up on subtle clues  
*Abby Gamby, APRN-CNP*  
The Ohio State University Wexner Medical Center
- 4:10 – 4:25 Cardiac testing: What do these results mean?  
*William Houser, MD*  
The Ohio State University Wexner Medical Center
- 4:25 – 4:40 ECG patch placement: Why it is important to be accurate, tips and tricks  
*Rick Allen*  
Mary Rutan Hospital
- 4:40 – 4:55 Vital signs: Importance of accuracy and how it affects clinical decision making, tips and tricks  
*Evan Dixon, MD*  
The Ohio State University Wexner Medical Center
- 4:55 – 5:10 Back and lower extremity pain: Is it neurological or vascular in nature? Demonstration of checking pulses with handheld Doppler  
*Mounir Haurani, MD*  
The Ohio State University Wexner Medical Center
- 5:10 – 5:25 Get the facts on the new nutrition facts label  
*Amy Keller, MS, RDN, LD*  
Mary Rutan Hospital
- 5:25 – 5:40 DM management and patient instructions  
*Liz Cheetham, RN, CDE*  
Mary Rutan Hospital
- 5:40 – 5:45 Adjournment  
*Mahmoud Houmsse, MD*  
The Ohio State University Wexner Medical Center



## The Ohio State University Presenters

### **Cindy Baker, MD**

Associate Professor of Internal Medicine  
Division of Cardiovascular Medicine  
Director, Peripheral Vascular Interventions for  
Cardiology

### **Raymond Benza, MD, FACC**

Professor of Internal Medicine  
Director, Division of Cardiovascular Medicine  
Bob and Corrine Frick Endowed Chair of  
Heart Failure

### **Evan Dixon, MD**

Assistant Professor of Internal Medicine  
Division of Cardiovascular Medicine  
Director, Mary Rutan Hospital Respiratory  
Department

### **Abby Gamby, APRN-CNP**

Nurse Practitioner  
Ohio State Heart & Vascular Center,  
Bellefontaine, Ohio

### **Mounir Haurani, MD**

Associate Professor of Surgery  
Division of Vascular Surgery  
Medical Director for Ohio State Ross Heart  
Hospital, Ohio State East Hospital and  
Outpatient Care Upper Arlington Vascular Labs

### **Mahmoud Houmsse, MD**

Associate Professor of Internal Medicine  
Director, Antiarrhythmia Clinic  
Division of Cardiovascular Medicine

### **William Houser, MD**

Assistant Professor of Internal Medicine  
Division of Cardiovascular Medicine  
Director, Mary Rutan Hospital  
Echocardiography, Nuclear Cardiology,  
Vascular, Cardiac Rehab and Lipid Clinic

### **Rami Kahwash, MD**

Professor of Internal Medicine  
Division of Cardiovascular Medicine

### **Jim Liu, MD**

Assistant Professor of Internal Medicine  
Division of Cardiovascular Medicine

### **Julie Mease, APRN-CNP, MSN, CCDS**

Clinical Director, Device Clinic

### **Lora Mohny, RN, MSN, CCNS**

Structural Heart Disease Program Manager

### **Saurabh Rajpal, MBBS**

Assistant Professor of Internal Medicine  
The Ohio State University Wexner Medical  
Center & Nationwide Children's Hospital

### **Kimberly Simon, PharmD, BCPS**

Specialty Practice Pharmacist, Ambulatory  
Care

### **Stacey Tran, BSN, RN-BC**

Nurse Case Manager, Electrophysiology

### **Laura Yamokoski, APRN-CNP**

Nurse Practitioner

## Mary Rutan Hospital Presenters

### **Rick Allen**

MUSE ECG Educator/Trainer

### **Liz Cheetham, RN, CDE**

Diabetic Educator

### **Amy Keller, MS, RDN, LD**

Clinical Nutrition Manager

### **Karen Kier, PhD, RPh**

Professor of Pharmacy Practice  
Director of Drug and Health Information  
Director of Assessment Preventive Care  
Specialist, ONU HealthWise

### **Jeffrey Weiland, MD**

Faculty Emeritus  
Medical Director, COPD Program  
Mary Rutan Hospital



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