

Session Title:**Clinical Update: How do I stay current in Cardiopulmonary Practice with all the new STEM (Surgeries, Technology and Treatments, Education and Medications)?****Speakers:** Ellen Hillegass, PT, EdD, CCS & Angela Campbell, PT, DPT, CCS

Session Description: Staying current with surgical procedures, treatment interventions, technology and research , and medications is important to perform and instruct at the top of our practice. However, finding the latest information requires attending conferences, reading journals, networking with colleagues, etc. that one does not always have the time or bandwidth to stay current. Therefore this 90 minute presentation will summarize some of the newest information out there for Cardiopulmonary clinicians. Some of the current information that will be provided for the audience includes:

1. The technology and evidence behind the watchman for atrial fibrillation
2. Robotic assisted cardiac surgery
3. Magnetic Levitation technology for artificial heart surgery (bivacor)
4. Endobronchial coils for lung volume reduction
5. New pulmonary medications including Dupixent and Ohtuvayre
6. New cardiac medications including Praluent, Vazkepa, Camzyos and the semiglutides
7. AI powered video system for cardiovascular screening
8. Developing heart muscle cells from stem cells

Q&A

Discussion

Objectives:

1. Examine the current research on new medications, technology, surgeries and interventions in the cardiovascular and pulmonary fields
2. Interpret current research on new medications, technology, surgeries and interventions in the cardiopulmonary field and apply to case scenarios seen in PT practice
3. Compare current practice in cardiopulmonary physical therapy to new technology and interventions
4. Interpret the current research in cardiopulmonary and relate to current clinical practice.

What will be the clinician/educator takeaways/skills that can be utilized immediately?

1. Identify precautions with mobility and activity in patients who have undergone new surgical procedures or who are taking new medications
2. Be able to educate others on advances in treatment, surgeries and medications
3. Promote awareness of advances in medical procedures and treatments to others in our field as well as patients.

Speaker Bios:

Dr. Ellen Hillegass is a physical therapist with APTA board certification in the cardiovascular and pulmonary clinical specialty. She is also a Catherine Worthingham Fellow of the American Physical Therapy Association, the highest honor given by the APTA. Ellen is the President and CEO of PT Cardiopulmonary Educators, a web based education company providing webinars for continuing education and residency education that also has a core curriculum in Cardiopulmonary for DPT programs . She is also the founder of a Clinical Residency in Cardiopulmonary through Mercer University in conjunction with Piedmont Hospital. In 2024 the Academy of Cardiovascular and Pulmonary Physical Therapy named their Keynote Lecture after Dr. Hillegass. Ellen Hillegass was the Chair of the Clinical Practice Guidelines Revision committee on Venous Thromboembolism (VTE) for the APTA that was published in April 2022 and the initial clinical practice guideline on VTE.

Dr. Hillegass is also the current Chair of the Oxygen Consensus Guidelines Task force for the Academy of Cardiovascular and Pulmonary PT of the APTA. She is the Editor of Essentials in Cardiopulmonary Physical Therapy, an entry- level text with the fifth edition just published in 2022 as well as the author of a clinical notes book entitled “PT CLINICAL NOTES” (formerly REHAB NOTES).

Dr. Angela Campbell has been the president of the Academy of Cardiovascular and Pulmonary PT for 6 years, previous ABPTS Specialty council member, CVP legislative chair and is Professor at Springfield College in Massachusetts

References:

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