GETTING TO THE HEART OF AGING:
AN INTERPROFESSIONAL APPROACH TO
CARDIOVASCULAR HEALTH

15TH ANNUAL
ROCKY MOUNTAIN
GERIATRICS
CONFERENCE

August 28-29, 2017

SNOWBIRD SKI
AND
SUMMER RESORT
SNOWBIRD, UTAH

FOR MORE INFORMATION, GO TO: HTTP://UOFUMEDICINE.ORG/RMGC
This conference is intended for professionals across health care disciplines (e.g., Nursing, Social Work, Psychology, Medicine, Nutrition, and others) to learn about practical management and coordination of treatment and services along a continuum of care, illustrating models that encompass the changes in the cardiovascular system associated with aging. The conference presents the epidemiology of heart disease in older adults and summarizes the data on the pathophysiology of the aging heart. The conference will explore the clinical characteristics, treatment patterns, prevention strategies, and outcomes of older adult cardiac patients. The conference will focus on interprofessional team work to provide quality of life and prevention to older adults at risk for and with heart problems.

Content for this conference is appropriate for all professionals who care for older adults. We welcome physicians, social workers, nurses, pharmacists, psychologists, and chaplains. We also welcome health care policymakers, assisted living, hospital and nursing home providers, and administrators, community care coordinators and others interested in geriatric cardiac care.

Program Objectives:

By the conclusion of the conference participants should be able to:

1. Recognize the key components of cardiovascular care in older adults
2. Emphasize the interprofessional roles of prevention in improving quality and outcomes in medically complex patients
3. Understand models of management that encompass geriatric cardiovascular assessment and behavior change
4. Promote collaboration across disciplines for practical personalized medicine encompassing science to practice methodologies and emerging technology
KEYNOTE SPEAKERS

JAMES A. BLUMENTHAL, PHD
PROFESSOR
PSYCHIATRY AND BEHAVIORAL SCIENCES
J. P. GIBBONS PROFESSOR OF PSYCHIATRY
SENIOR FELLOW, CENTER FOR STUDY OF AGING
DUKE UNIVERSITY

James Blumenthal is JP Gibbons Professor of Psychiatry and Behavioral Sciences at Duke University Medical Center. He received his Ph.D. from the University of Washington in Clinical Psychology and is board certified from the American Board of Professional Psychology. Dr. Blumenthal is the recipient of several awards including an honorary doctorate from Uppsala University, the Outstanding Contributions to Health Psychology Award from the American Psychological Association, the Bakken Pioneer Award from the Cleveland Clinic Heart-Brain Institute, the Michael L. Pollock Established Investigator Award from the Cleveland Clinic, and the Dodson Award for Excellence in Research in Adult Development and Aging. He is a founding fellow of the American Association of Cardiopulmonary Rehabilitation and holds fellowship status in the American Psychological Association, the Society of Behavioral Medicine, and the Academy of Behavioral Medicine Research. He is former President of the American Psychosomatic Society and the Society of Health Psychology of the American Psychological Association.

NANCY M. ALBERT PHD, CCNS, CHFN, CCRN, NE-BC, FAHA, FCCM, FHFS, FAAN
ASSOCIATE CHIEF NURSING OFFICER
CLEVELAND CLINIC’S OFFICE OF NURSING RESEARCH AND INNOVATION
CLINICAL NURSE SPECIALIST IN CLEVELAND CLINIC’S KAUFMAN CENTER FOR HEART FAILURE

Dr. Albert is Associate Chief Nursing Officer—Nursing Research and Innovation, Cleveland Clinic and Clinical Nurse Specialist—Kaufman Center for Heart Failure; Cleveland Clinic. Additionally, she is adjunct Associate Professor at Case Western Reserve University, Bolton School of Nursing in Cleveland and full Professor at Aalborg University, Aalborg, Denmark.

Dr. Albert works as a nurse leader, research scientist and advanced practice nurse in a heart failure clinic. She is also a consultant and educator. She has 270 peer-reviewed publications in medical and nursing journals, over 15 book chapters and she is editor of a 2016 book titled: Building and Sustaining a Hospital-Based Nursing Research Program.

Dr. Albert volunteers for many healthcare organizations, including the American Heart Association, the American College of Cardiology and Heart Failure Society of America. She just completed a 6 year term as the Chair of the certification board for the American Association of Heart Failure Nurses. Dr Albert presents most often on heart failure and other cardiovascular topics, nursing research, and nursing innovations, locally, nationally and internationally.
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>7:50-8:00 A.M.</td>
<td>WELCOME OPENING REMARKS</td>
<td>D. WALTER WRAY, PHD MARK SUPIANO, MD</td>
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<tr>
<td>8:00-8:30 A.M.</td>
<td>CARDIOVASCULAR CARE IN THE AGING POPULATION</td>
<td>SKOTTI CHURCH, MD</td>
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<tr>
<td>8:30-9:00 A.M.</td>
<td>IMPLICATIONS OF VASCULAR AGING ON CARDIOVASCULAR DISEASE RISK</td>
<td>ANTHONY DONATO, PHD</td>
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<tr>
<td>9:00-9:30 A.M.</td>
<td>CARDIOVASCULAR AGING PHYSIOLOGY</td>
<td>D. WALTER WRAY, PHD</td>
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<tr>
<td>9:30 -9:45 A.M.</td>
<td>BREAK</td>
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<td>9:45-10:45 P.M.</td>
<td>KEYNOTE</td>
<td>JAMES BLUMENTHAL, PHD</td>
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<tr>
<td>10:45 - 11:30 A.M</td>
<td>MOTIVATIONAL INTERVIEWING: SUPPORTING LIFESTYLE AND BEHAVIORAL CHANGE</td>
<td>BRAD LUNDAHL, PHD, LCSW</td>
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<tr>
<td>11:30-12:00 P.M.</td>
<td>FAMILY SUPPORT AND MULTIPLE CHRONIC CONDITIONS</td>
<td>TROY ANDERSEN, PHD, MSW</td>
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<tr>
<td>12:00-1:10 P.M.</td>
<td>LUNCH</td>
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<tr>
<td>1:10-2:10 P.M.</td>
<td>THE ROLE OF NURSING IN THE CARE OF THE PATIENT WITH CARDIOVASCULAR DISEASE</td>
<td>NANCY ALBERT PHD, CCNS, CHFN, CCRN, NE-BC, FAHA, FCCM, FHFA, FAAN</td>
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<tr>
<td>2:10-3:10 P.M.</td>
<td>VASCULAR NEUROCOGNITIVE DISORDER (DEMENTIA): HOW TO SPOT IT AND WHAT TO DO NEXT.</td>
<td>JOLEEN SUSSMAN, PHD</td>
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<tr>
<td>3:10-3:25 P.M.</td>
<td>BREAK</td>
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<tr>
<td>3:25-3:55 P.M.</td>
<td>THE DASH DIET AND DIETARY RECOMMENDATIONS FOR PATIENTS POST DISCHARGE</td>
<td>ALESSA WADE MS, RD, CD</td>
</tr>
<tr>
<td>3:55-4:25 P.M.</td>
<td>EVIDENCE BASED HEALTH PROMOTION PROGRAMS FOR OLDER ADULTS</td>
<td>MARIANNE CHRISTENSEN, BS, CHES</td>
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<tr>
<td>4:25-4:45 P.M.</td>
<td>SESSION SUMMARY REVIEW AND EVALUATIONS</td>
<td>D. WALTER WRAY, PHD MARK SUPIANO, MD</td>
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<td>4:45 P.M.</td>
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<tr>
<td>7:50-8:00 A.M.</td>
<td>Welcome</td>
<td>D. Walter Wray, PhD</td>
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<tr>
<td>8:00 - 8:45 A.M.</td>
<td>Treatment of Geriatric Hypertension: The SPRINT Trial and Recent Guidelines</td>
<td>Mark Supiano, MD</td>
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<tr>
<td>8:45 - 9:45 A.M.</td>
<td>Management of Heart Failure in Older Adults - New Data, New Guidelines, New Challenges</td>
<td>José Nativi-Nicolau, MD</td>
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<td>9:45 - 10:00 A.M.</td>
<td>Break</td>
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<tr>
<td>10:00 - 10:45 A.M.</td>
<td>The Role of Supervised Exercise Training in Cardiovascular Aging and Recovery</td>
<td>Lillian Khor, M.B.B.Ch., M.Sc.</td>
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<td>10:45 - 11:30 A.M.</td>
<td>Polypharmacy: Commonly Used Drugs Can Cause or Worsen Heart Failure</td>
<td>Robert Lee Page, II, PharmD, MSPH, FCCP, FASCP, FAHA, BCPS, CGP</td>
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<tr>
<td>11:30 - 12:00 P.M.</td>
<td>Frailty Assessment</td>
<td>Natalie Sanders, DO</td>
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<tr>
<td>12:00 - 1:10 P.M.</td>
<td>Lunch</td>
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<td>1:10 - 1:55 P.M.</td>
<td>Creating a Culture of Shared Decisions: Shared Decision Making and Decision Quality</td>
<td>Dan Matlock, MD, MPH</td>
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<tr>
<td>1:55 - 2:40 P.M.</td>
<td>Role of Long Term Care in Cardiovascular Treatment</td>
<td>Rebecca Boxer, MD</td>
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<tr>
<td>2:40 - 3:10 P.M.</td>
<td>Communication Regarding Advance Care Planning and Palliative Care</td>
<td>Shaida Talebreza-Brandon, MD</td>
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<td>3:10 - 3:25 P.M.</td>
<td>Break</td>
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<tr>
<td>3:25 - 3:55 P.M.</td>
<td>Session Summary</td>
<td>Review and Evaluations</td>
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<tr>
<td>3:55 P.M.</td>
<td>Adjourn</td>
<td>D. Walter Wray, PhD, Mark Supiano, MD</td>
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PLANNING COMMITTEE (DENOTES SPEAKER)

*TROY CHRISTIAN ANDERSEN, PHD, MSW, MS
University of Utah College of Social Work & School of Medicine; Executive Director, W. D. Goodwill Initiatives On Aging; Associate Professor–Lecturer; Clinical Social Worker, Cognitive Disorders Clinic; Center For Alzheimer’s Care, Imaging And Research

ERIN L. ANDERSON, RN
Clinical Research RN, Geriatric Medicine Research, UC Denver

Jorie M Butler, PhD
Associate Director For Education And Evaluation, VA Salt Lake City Geriatric Research, Education, And Clinical Center (GRECC); Adjunct Assistant Professor, Department of Psychology; Research Assistant Professor, Division of Geriatrics, School Of Medicine, University of Utah

*Skitti Deanne Church, MD
Assistant Professor Of Geriatrics, Department Of Medicine, Program Director, Geriatric Medicine Fellowship, University of Colorado Denver

TIMOTHY W. FARRELL, MD, AGSF
University Of Utah School Of Medicine/ Associate Professor Of Medicine; Adjunct Associate Professor Of Family Medicine; Physician Investigator, VA SLC GRECC; Director of University of Utah Health Sciences Interprofessional Education

*Lillian L. Khor, MB.B.Ch., M.Sc
Medical Director Of Preventive Cardiology And Cardiac Rehabilitation, University of Utah School Of Medicine

Kathryn (Kady) Nearing, Phd
Lead Evaluator For The Colorado Clinical And Translational Sciences Institute (CCTSI) And The Veterans Administration’s Eastern Colorado Health Care System Geriatric Research Education And Clinical Center (ECHCS GRECC).

*Robert Lee Page, II, PharmD, MSPH, FCCP, FASHP, FASCP, FAHA, BcPS, CGP
Professor, University of Colorado Skaggs School Of Pharmacy And Pharmaceutical Sciences

*Mark A. Supiano, MD, Co-Chair
D. Keith Barnes, M.D., And Dottie Barnes Presidential Endowed Chair In Medicine, Professor And Chief, Division Of Geriatrics, University Of Utah School Of Medicine; Director, VA Salt Lake City Geriatric Research, Education, And Clinical Center (GRECC); Executive Director, University Of Utah Center On Aging

*Joleen Sussman, Phd, Abpp
Geropsychologist, Eastern Colorado Health Care Veteran Affairs, Denver

*Walter Wray, Phd, M.Sc., Co-Chair
University Of Utah/Associate Professor Of Internal Medicine; SLC GRECC Investigator

GUEST FACULTY

Nancy M. Albert, Phd, CCns, CHFn, CCRn, NE-BC, FAHA, FCCM, FHfSA, FAAN
Cleveland Clinic; Associate Chief Nursing Officer, Research And Innovation And Clinical Nurse Specialist, Heart Failure

James A. Blumenthal, Phd
Duke University Medical Center/ JP Gibbons Professor of Psychiatry

Rebecca Boxer, MD, MS
University of Colorado, Associate Professor of Medicine

Marianne Christensen, BS, CHES
Salt Lake County Aging And Adult Services/ Health Promotion Manager

Anthony J. Donato, Phd, MS
Associate Professor Of Medicine And Co-Director Of The Translational Vascular Physiology Laboratory At The University Of Utah, VA SLC GRECC Researcher

Brad Lundahl, Phd, Lcsw
University of Utah College Of Social Work, Associate Professor

Danie Matlock, MD, MPH
University Of Colorado, Assistant Professor Of Medicine

Natalie Sanders, Do
Assistant Professor, Division Of Geriatrics, Medical Director, Faint Fall & Frailty Clinic; University Of Utah

Shaida Talebreza-Brandon, MD, AGSF, FAAHPM, HMDC
Associate Professor, University Of Utah School Of Medicine, Division Of Geriatrics

Alessa Wade Ms, RD, CD
University Of Utah Hospital, Clinical Dietitian

Jose Nativi-Nicolau, MD
Assistant Professor, Division Of Cardiology, University Of Utah School Of Medicine
LODGING DEPOSIT: A ONE-NIGHT DEPOSIT PER ROOM IS REQUIRED AT THE TIME THE RESERVATION IS MADE, FINAL BALANCE WILL BE AUTO BILLED TO CREDIT CARD (3) DAYS PRIOR TO ARRIVAL DATE. FULL PAYMENT IS REQUIRED PRIOR TO DEPARTURE. THE ROOM RATE IS THE PREVAILING FEDERAL GOVERNMENT RATE PLUS LOCAL TAXES. THE CURRENT RATE IS $108.00 SINGLE, $118.00 DOUBLE (SUBJECT TO CHANGE PER THE PREVAILING FEDERAL PER DIEM RATE). ADDITIONAL RATES APPLY FOR OTHER OCCUPANCY.

LODGING CANCELLATION: LODGING DEPOSIT IS FULLY REFUNDABLE UP TO THREE (3) DAYS PRIOR TO THE SCHEDULED ARRIVAL DATE, OR THE ENTIRE ONE NIGHT LODGING DEPOSIT WILL BE FORFEITED. RESERVATIONS CANCELLED WITHIN THREE (3) DAYS PRIOR TO ARRIVAL DATE WILL BE CHARGED ONE (1) NIGHTS LODGING AND TAX. AFTER CHECK-IN, RESERVATIONS ARE FULLY NON-REFUNDABLE. NO-SHOWS, DELAYED ARRIVALS AND EARLY DEPARTURES ARE CONSIDERED CANCELLATIONS.

CHECK IN/OUT: CHECK-IN TIME BEGINS AT 4:00 P.M. AND IS GUARANTEED BY 6:00 P.M. CHECK-OUT TIME IS 11:00 A.M. LUGGAGE STORAGE IS AVAILABLE THROUGH BELL SERVICE FOR GUESTS ARRIVING PRIOR TO CHECK-IN TIME AND FOR THOSE INVOLVED IN MEETINGS OR ACTIVITIES THAT EXTEND PAST CHECK-OUT TIME.

RESORT FEE: WAIVED. COMPLIMENTARY AMENITIES INCLUDE FITNESS ROOM, HIGH-SPEED WIRELESS INTERNET IN GUEST ROOMS AND PUBLIC AREAS, USA TODAY, HOT BEVERAGE SERVICE IN LOBBY, SELF PARKING, 800 NUMBER PHONE CALLS, INCOMING AND OUTGOING FAXES AND 15 MINUTES OF DAILY COMPUTER INTERNET USAGE AT THE BUSINESS CENTER. A PORTION OF THE RESORT FEE IS MATCHED BY A CONGRESSIONAL GRANT THROUGH THE NATIONAL FOREST FOUNDATION, FUNDING LOCAL ORGANIZATIONS AS THE COTTONWOOD CANYONS FOUNDATION.

AIRPORT TRANSPORTATION: SEVERAL TRANSPORTATION COMPANIES OFFER NON-STOP SHUTTLES FROM SALT LAKE CITY INTERNATIONAL AIRPORT TO SNOWBIRD'S FRONT DOOR. AIRPORT SHUTTLES MAY BE ARRANGED THROUGH SNOWBIRD CENTRAL RESERVATIONS (800-453-3000) UP TO 48 HOURS PRIOR TO ARRIVAL. CURRENT GROUP ROUND TRIP PRE-PAID PRICE IS $72.00 PER PERSON. DRIVER GRATUITY NOT INCLUDED AND PRICES ARE SUBJECT TO CHANGE. WALK-UPS ARE ACCEPTED ON A SPACE AVAILABLE BASIS AT THE CANYON TRANSPORTATION DESK LOCATED IN THE BAGGAGE CLAIM AREA OF THE SALT LAKE CITY INTERNATIONAL AIRPORT. CANCELLATIONS RECEIVED WITHIN 48 HOURS OF ARRIVAL ARE NON-REFUNDABLE.

TRIP INSURANCE: GUESTS CAN PURCHASE TRIP INSURANCE THROUGH “SNOWBIRD RESERVATIONS” AT TIME OF BOOKING ROOM RESERVATION. THE INSURANCE PAYS FOR CHARGES INCURRED DUE TO UNFORESEEN CIRCUMSTANCES SUCH AS DEATH, INJURY, OR ILLNESS TO THE GUEST OR TRAVELING COMPANION.
REGISTRATION INFORMATION

REGISTRATION FEES

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<tr>
<th>Category</th>
<th>Early Bird</th>
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<tr>
<td>Physicians</td>
<td>$400</td>
<td>$450</td>
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<tr>
<td>Non-Physicians</td>
<td>$275</td>
<td>$325</td>
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<tr>
<td>Students/Trainees</td>
<td>$150</td>
<td>$200</td>
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SECURE AND EASY REGISTRATION: REGISTER EARLY REGISTER ONLINE...USE OUR SECURE SERVER AT:
HTTPS://UMARKET.UTAH.EDU/UM2/GERIATRICS/
(CREDIT CARD PAYMENT ONLY)

MULTIPLE ATTENDEES CAN BE PAID ON THE SAME CARD. ALL FEES ARE DUE IN ADVANCE; REGISTRATIONS WILL NOT BE PROCESSED WITHOUT PAYMENT.

YOUR REGISTRATION WILL BE CONFIRMED BY EMAIL AT TIME OF REGISTRATION. IF CONFIRMATION IS NOT RECEIVED, PLEASE CONTACT: HEATHER PODOLAN, HEATHER.PODOLAN@HSC.UTAH.EDU
DIVISION OF GERIATRICS, 30 N. 1900 E., AB193 SOM, SALT LAKE CITY, UT 84132 (801) 587-8103

ALTERNATE REGISTRATION METHOD NEEDED? CONTACT: HEATHER

FEES INCLUDE: CONTINENTAL BREAKFASTS, LUNCHES, REFRESHMENTS, SYLLABUS MATERIALS, AND ACCREDITATION CERTIFICATES.

CANCELLATION POLICY:
CANCELLATION OF REGISTRATIONS MUST BE RECEIVED IN WRITING NO LATER THAN AUGUST 21ST. ALL FEES PAID WILL BE REFUNDED, MINUS A $50 PROCESSING FEE, FOR CANCELLATIONS RECEIVED BEFORE JULY 29TH. BETWEEN JULY 29TH AND AUGUST 21ST THEY WILL BE SUBJECT TO A $100 PROCESSING FEE. NO REFUNDS WILL BE ISSUED AFTER AUGUST 21ST FOR CANCELLATIONS OR NO-SHows. SUBSTITUTIONS ARE PERMITTED IF REQUESTED IN WRITING. PLEASE FAX CANCELLATION OR SUBSTITUTION REQUESTS TO (801) 585-3884.

THE CONFERENCE COMMITTEE RESERVES THE RIGHT TO CANCEL THIS CONFERENCE IN THE EVENT OF UNFORESEEN CIRCUMSTANCES OR IF THE MINIMUM ACCEPTABLE REGISTRATION IS NOT MET. IN THE EVENT OF CONFERENCE CANCELLATION, REGISTRATION FEES WILL BE REFUNDED.

COMPLETE CONFERENCE INFORMATION AND ONLINE REGISTRATION ARE ALSO AVAILABLE HERE:
HTTP://MEDICINE.UTAH.EDU/INTERNALMEDICINE/GERIATRICS/CONFERENCES/RM_CONFERENCE/index.php

ACCREDITATION

ACCREDITATION: THE UNIVERSITY OF UTAH SCHOOL OF MEDICINE IS ACCREDITED BY THE ACCREDITATION COUNCIL FOR CONTINUING MEDICAL EDUCATION (ACCME) TO PROVIDE CONTINUING MEDICAL EDUCATION FOR PHYSICIANS.

AMA CREDIT: THE UNIVERSITY OF UTAH SCHOOL OF MEDICINE DESIGNATES THIS LIVE ACTIVITY FOR A MAXIMUM OF 14 AMA PRA CATEGORY 1 CREDIT(S)™. PHYSICIANS SHOULD CLAIM ONLY THE CREDIT COMMENSURATE WITH THE EXTENT OF THEIR PARTICIPATION IN THE ACTIVITY.

ANCC - THE VA SALT LAKE CITY HEALTH CARE SYSTEM IS AN APPROVED PROVIDER OF CONTINUING NURSING EDUCATION BY THE UTAH NURSES ASSOCIATION, AN ACCREDITED APPROVER BY THE AMERICAN NURSES CREDENTIALING CENTER’S COMMISSION ON ACCREDITATION. THIS PROGRAM IS SUBMITTED, DETERMINATION OF CREDIT IS PENDING.

NASW - THIS ACTIVITY IS SUBMITTED FOR 14 CEUS. DETERMINATION OF CREDIT IS PENDING.

AAFP - PRESCRIBED CREDITS BY THE AMERICAN ACADEMY OF FAMILY PHYSICIANS HAVE BEEN APPLIED FOR 14 AND ARE PENDING.

UPA - ENDORSEMENT OF CONTINUING EDUCATION FOR PSYCHOLOGISTS HAS BEEN FILED FOR 14 CREDITS. DETERMINATION OF CREDIT IS PENDING.

CMD - APPLICATION FOR CME CREDIT HAS BEEN FILED WITH THE AMDA FOR CREDIT HOURS IN MANAGEMENT AND CLINICAL EDUCATION TOWARD CERTIFICATION AS A CERTIFIED MEDICAL DIRECTOR IN LONG-TERM. DETERMINATION OF CREDIT IS PENDING.

AGS GRA - CONTINUING EDUCATION CREDITS HAVE BEEN APPLIED FOR 14 AND ARE PENDING.

ACCREDITATION UPDATES WILL BE POSTED ON THE CONFERENCE WEBSITE.

NONDISCRIMINATION AND DISABILITY ACCOMMODATION STATEMENT: THE UNIVERSITY OF UTAH DOES NOT EXCLUDE, DENY BENEFITS TO OR OTHERWISE DISCRIMINATE AGAINST ANY PERSON ON THE BASIS OF RACE, COLOR, NATIONAL ORIGIN, SEX, DISABILITY, AGE, VETERAN’S STATUS, RELIGION, GENDER IDENTITY/EXPRESSION, GENETIC INFORMATION, OR SEXUAL ORIENTATION IN ADMISSION TO OR PARTICIPATION IN ITS PROGRAMS AND ACTIVITIES. REASONABLE ACCOMMODATIONS WILL BE PROVIDED TO QUALIFIED INDIVIDUALS WITH DISABILITIES UPON REQUEST, WITH REASONABLE NOTICE. REQUESTS FOR ACCOMMODATIONS OR INQUIRIES OR COMPLAINTS ABOUT UNIVERSITY NONDISCRIMINATION AND DISABILITY/ACCESS POLICIES MAY BE DIRECTED TO THE DIRECTOR, OEO/AA, TITLE IX/SECTION 504/ADA COORDINATOR, 201 S PRESIDENT’S CIRCLE, RM 135, SALT LAKE CITY, UT 84112, 801-581-8365 (VOICE/TTY), 801-585-5746 (FAX). PLEASE CONTACT SCOTT CAPPs, FOR MORE INFORMATION, AT 801-582-1565 OR EMAIL YOUR QUESTION TO SCOTT.CAPPS@HSC.UTAH.EDU