

## Registration Form:

Limited seating. Preregister by  
September 20, 2016.

Return this form to:  
Bernie Guida Cardiac & Pulm Rehab Ctr  
Bristol Hospital  
PO Box 977  
Brewster Road  
Bristol, CT 06010  
Att: Ann Robinson, RN & Linda Reed, RN

Name \_\_\_\_\_

Title \_\_\_\_\_

Affiliation \_\_\_\_\_

Address (Street, City, Zip) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Email \_\_\_\_\_

### Registration fees:

Before 9/20/16 After 9/20/16

CSCR Member	\$30.00	\$40.00
Non-Member	\$45.00	\$55.00
Student	\$40.00	\$50.00

Total amount enclosed: \_\_\_\_\_

**Please make checks payable to: CSCR**

For availability after September 16,  
please contact Linda Reed, RN or  
Ann Robinson, RN at 860-585-3580

The Connecticut Society for Cardiac Rehabilitation  
P.O. Box 4144  
Wallingford, CT 06492

The Connecticut Society  
for Cardiac Rehabilitation



The Heart of Connecticut

## SVMC and The Connecticut Society for Cardiac Rehabilitation

# Caring for Our Patients with Diabetes

Thursday  
September 29, 2016  
11 am to 4 pm



Connecticut Hospital Association  
110 Barnes Road  
Wallingford, CT 06492

## About the Program:

Target Audience: This program will interest Nurses, Exercise Physiologists, Registered Dietitians, Physicians, Social Workers, and other health care practitioners working with cardiac patients.

### Description: This conference will:

\*Cover an overview of Diabetes, including new medications and research

\*Review Nutritional principles for weight management

\*Define guidelines for exercise for Cardiac Rehab patients with Diabetes

\* Examine the psychosocial needs of patients with Diabetes

### Objectives: The participant will be able to:

\*Verbalize application of new medications and research in the field of Diabetes

\*Apply Nutritional principles for weight management

\*Summarize exercise guidelines for Cardiac Rehab patients with Diabetes

\*Recognize the psychosocial needs of patients with chronic disease(s)

"St. Vincent's Medical Center is An Approved Provider of Continuing Nursing Education by The Northeast Multistate Division, An Accredited Approver by The American Nurses Credentialing Center's Commission on Accreditation."

Contact Hours = 3.75

### Directions to the Connecticut Hospital Association:

**Traveling from New Haven on I-91 Northbound - Exit 15:** At the end of the exit ramp, turn left onto Route 68 West. Proceed 0.9 miles to the 5th traffic light (not counting light at end of ramp); turn right onto Barnes Road. Proceed on Barnes Road through one traffic light. A CHA sign will be on the right. Turn right into driveway just before the sign.

**Traveling from Hartford on I-91 Southbound - Exit 15:** At the end of the exit ramp, turn right onto Route 68 West. Proceed approximately 0.8 miles on Route 68 to the 4th traffic light (not counting light at end of ramp); turn right onto Barnes Road. Proceed on Barnes Road through one traffic light. A CHA sign will be on the right. Turn right into driveway just before the sign.

### Traveling from Wilbur Cross Parkway (Route 15) - Exit 66:

**Wilbur Cross Northbound:** Take Exit 66. At the end of the exit ramp, turn left onto Route 5 South. Proceed approximately 0.25 mile to 3rd traffic light. Turn left up short hill to next traffic light. Turn left onto Route 68 East. At first traffic light, turn left onto North Main Street Extension. Take first right onto Barnes Road. CHA is the second building on the left.

**Wilbur Cross Southbound:** Take Exit 66. At the end of the exit ramp, turn left onto Route 5 South. Proceed approximately 0.25 mile to 4th traffic light. Turn left up short hill to next traffic light. Turn left onto Route 68 East. At first traffic light, turn left onto North Main Street Extension. Take first right onto Barnes Road. CHA is the second building on the left.

**Traveling from Interstate 84 - Exit 27:** Proceed on Route 691 East to Wilbur Cross Parkway Southbound. Take Exit 66. At the end of the exit ramp, turn left onto Route 5 South. Proceed approximately 0.25 mile to 4th traffic light. Turn left up short hill to next traffic light. Turn left onto Route 68 East. At first traffic light, turn left onto North Main Street Extension. Take first right onto Barnes Road. CHA is the second building on the left.

## Presenters:

### Aashish Gopaldas Samat, MD

Dr. Samat is Board Certified in Endocrinology and Internal Medicine at The Hospital of Central Connecticut.

### Mary Swansiger, BSN, MPH, CDE

Mary is the Outreach Coordinator at Griffin Hospital's Community Outreach and Parish Nursing Program.

### Diane Sheehan, RN

Diane works with Northeast Medial Group as a Diabetes APRN in management of inpatient and outpatient at Bridgeport Hospital. She also has a private practice office in Trumbull, CT.

### Katherine M. Duffy, RD, CD-N, RYT

Katherine Duffy is a Registered Dietitian for the Take-Heart Cardiovascular Health Center on the St. Raphael Campus of Yale-New Haven Hospital.

## Program Schedule:

**11:00 - 11:30am** **CSCR Business Meeting  
Presentation of New  
Officers**

**11:30—11:45 am** **Presentation of  
Achievement Award**

**11:45—12:00 pm** **Lunch & Vendors**

**12:00—1:00 pm** **Diane Sheehan, RN  
"Psychosocial Needs of Patients  
with Diabetes"**

**1:00—2:00 pm** **Mary Swansiger  
"Exercise Guidelines for the  
Patient with Diabetes"**

**2:00—2:15 pm** **Break / Vendors**

**2:15—3:00 pm** **Katherine Duffy, RD  
"Nutritional Considerations"**

**3:00—4:00 pm** **Dr. A. Samat  
"DM Overview & New Medications"**

**4:00 pm** **Q&A, Evaluations & Wrap up**

## Special thanks to our Program Sponsors:



### Special Acknowledgements to the Symposium Committee:

Susan Casso, RN  
Debra Kovach, RN  
Eunice Lisk, MS  
Linda Reed, RN  
Mary Boudreau, APRN  
Ann Robinson, RN

