

# AN INTEGRATIVE APPROACH TO PREVENTIVE CARDIOLOGY AND WELLNESS

*and Preceptor Recognition Day*

Friday, January 15, 2016 • UMass Center at Springfield, Tower Square

Experienced practitioners provide practical application of evidence-based guidelines in a novel approach to cardiovascular risk reduction. Learn how to integrate mindfulness into your practice. Become informed about current guidelines regarding management of diabetes, hypertension, and dyslipidemia through pharmacological therapy and lifestyle intervention to prevent cardiovascular disease.

A sampling of integrative practitioners will be present to demonstrate and discuss Complementary & Integrative Modalities (CIM).

Come learn ways to assist you and your patients find balance and promote wellness and harmony.

## To Register Online:

<https://umass.irisregistration.com/site/cardiology>

**Registration Fee: \$95, \$45 for students**

This continuing nursing education activity was approved by ANA Massachusetts, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation to award 6.5 contact hours.

For more information regarding the conference, please email [loriannelyne@nursing.umass.edu](mailto:loriannelyne@nursing.umass.edu)

7:30 • Registration

8:00 • Welcome & Introductions

8:15 • Lipid Management & Cardiovascular Risk Reduction

Lori Anne Lyne, MS, ACNP-BC

9:15 • Pharmacology Update (JNC VIII Guidelines): 'Pearls' of Hypertension Management in Primary Care

Jean DeMartinis, PhD, FNP-BC

10:15 • Break

10:30 • Diabetes Management: Preventing the Comorbidities Leading to Heart Disease & More

Sean Collins, PhD, APRN-BC

11:30 • Mindfulness Based Self-Care for Health Care Professionals

David Spound, M.Ed

12:30 • Lunch & Preceptor Recognition

Gourmet Chef will demonstrate the Mediterranean diet as he prepares lunch

1:30 • Break / Complementary & Integrative Modalities Sampling

2:00 • Cardiovascular Disease in Women

Viorika Nelson, DNP, FNP-BC

3:00 • How Stressed Can We Get?

Nitin Bhatnagar, DO

4:00 • Wrap-up & Evaluations

**COLLEGE OF NURSING**

**UMASS  
AMHERST**

# AN INTEGRATIVE APPROACH TO PREVENTIVE CARDIOLOGY AND WELLNESS

*& Preceptor Recognition Day*



University of  
Massachusetts  
Amherst

## COLLEGE OF NURSING

**Friday, January 15, 2016  
at the**

*UMass Center at Springfield  
Tower Square, Suite 260  
Springfield, MA*

## SYMPOSIUM FACULTY

### **Nitin Bhatnagar, DO**

Dr. Nitin Bhatnagar is a full-time practicing private cardiologist affiliated with Baystate, Mercy, Franklin, and Holyoke Medical centers. His field of interest includes pacemaker implantation, nuclear cardiology, echocardiography and stress testing.

### **Sean Collins, PhD, APRN-BC**

Dr. Sean Collins is an Assistant Professor at the UMass Medical School Graduate School of Nursing and an Adult Nurse Practitioner at the Department of Medicine / Diabetes Center of Excellence with strong clinical experience with chronic illness. He has worked in diabetes care for more than 20 years, with experience in diabetes centers at Baystate Medical Center and UMass Diabetes Center of Excellence. He has given multiple presentations on diabetes care: In-patient, outpatient and gestational diabetes care.

### **Jean DeMartinis, PhD, FNP-BC**

Dr. Jean DeMartinis is Associate Professor at the University of Massachusetts, Amherst, College of Nursing and a certified FNP in practice that specializes in Cardiology and Secondary Prevention—Cardiopulmonary Exercise Testing (CPET), Impedance Cardiography (ICG) and activity planning for doable and safe exercising. Her research includes CPET and ICG testing of subjects on Beta Blocker meds to help design tailored activity plans relative to their true target heart rate range and functional capacity.

### **Lori Anne Lyne, MS, ACNP-BC**

Lori Anne Lyne is a Nurse Practitioner and a Clinical Placement Coordinator for the College of Nursing at UMass Amherst with greater than 20 years experience in Preventive Cardiology and Wellness. She developed and was a Nurse Practitioner at Baystate Health Lipid Management Program for 13 years. She also has a Bachelor of Science in Exercise Science from the University of Massachusetts, Amherst. She has been trained and has extensive experience in behavior modification counseling especially in regards to lipid management, stress management, and weight management.

### **Viorika Nelson, DNP, FNP**

Dr. Viorika Nelson currently practices as a Nurse Practitioner at CleanSlate Addiction Treatment Center and has had over 6 years of cardiology experience in her previous position as a Nurse Practitioner at Hampden County Cardiovascular Associates in Holyoke. She is a graduate of the UMass Amherst College of Nursing FNP/DNP program.

### **David Spound, M.Ed**

David Spound, M.Ed., is a long time meditation practitioner, teacher, and consultant based in Northampton, MA where he offers courses in Mindfulness-Based Stress Reduction (MBSR) and Mindful Self-Compassion (MSC). David was certified as a teacher of Mindfulness Based Stress Reduction by the Center for Mindfulness at UMass Medical School, the organization founded by Jon Kabat-Zinn, Ph.D., who originally created the MBSR course. David is also a Trained Teacher of Mindful Self-Compassion, having been trained and supervised by the Center for Mindful Self-Compassion and the USCD Center for Mindfulness. In addition to teaching MBSR and MSC, David develops and delivers mindfulness-based education and training programs for educational institutions and businesses, and he enjoys teaching online, too..