Nursing Chair Welcome

As we draw to the end of our two years as co-chairs of the Nursing Committee, we want to thank everyone who has helped to make this time a meaningful experience. In addition to all of the committee members, who always volunteer to work on projects, we want to thank Sharon Atterbury, from HFSA, who has been the glue that held the committee together.

This past year, the committee has been quite busy. One project was developing guidelines for a clinical abstract award. Now at the conference, the highest scoring research abstracts and the highest scoring clinical practice abstracts will be presented and the top presenter in each category recognized. The committee also is proposing additional achievement awards and a tweaking of the titles and criteria for the present two awards. We hope to add a rising-star award in the upcoming year in addition to the research and leadership—both becoming “Life time achievement awards.” Our two winners this year Kathleen Grady & Cynthia Bither, are both deserving of a life time achievement award (see their bios in the newsletter).

Please read through this newsletter. This time we are highlighting committee members Windy Alonso and Pamela Brennan—both have a passion for improving the lives of persons with heart failure and their families. We also have listed nursing events and the sessions where pharmacology credits can be earned.

We look forward to seeing everyone in Philadelphia. This year will be a truly exciting celebration when we congratulate Nancy Albert, PhD, CCNS, CCRN, NE-BC, FAHA, FCCM, FHFS, FAAN, (the 2018 Nursing Leadership Award winner) who will begin serving as president-elect of HFSA. She is the first nurse to serve in this position. Congratulations, Nancy!

Look for ribbons that now say NURSE- so we can recognize one another!

Warms regards,

Diane Gauthier and Judy Hupcey
Co-Chairs, Nursing Committee

HFSA Nursing Committee
Diane F. Gauthier, ANP
Judith E. Hupcey, EdD

Committee Members
Windy Alonso, PhD, RN
Ponnarthi R. Athilingam, PhD, ACNP, FHFS, FAANP
Julie Bidwell, RN, PhD
Pamela Brennan, BSN, RN, CHFN
Michaeline Callahan, DNP, FNP-BC, CHFN
Quin Denfeld, PhD, RN
Maghee Disch, MSN, RN, CNL, CHFN, FHFS
Lisa Jennings, ACNP-BC, CVNP
Miyeon Jung, Phd, RN
Connie Lewis, MSN, ACNP-BC, NP-C, CCRN, FHFA
Melissa Owen, PhD, RN
Christina Redmond, ARNP
Roxanne Siemeck, FNP
2019 HFSA Annual Scientific Meeting Nursing Sessions

Saturday 9/14/19
10:00 AM – 12:00 PM Opening Remarks, State of the Society & Plenary Session & Nurse Awards Presentations (RE: Clinical Excellence and Leadership Awards) Ballroom B
5:00 PM – 6:00 PM HF Team Reception: RX to RN (joint nurse/pharmacist reception) Ballroom A/B Foyer
6:00 PM – 7:30 PM Poster Reception: Meet and Greet the Committees Exhibit Hall

Sunday 9/15/19
6:45 AM – 7:45 AM Women in Heart Failure Career Forum Room 204C
8:00 AM – 9:30 AM Nursing New Investigator Award Announcements (Research/Clinical) Room 204C
1:15 PM – 1:30 PM JNC and Nurse New Investigator Award(s) Announcement Ballroom A
1:30 PM – 3:00 PM Lessons Learned: 100+ Years from HF Nurses (Joint Session with AAHFN) Room 201C

Monday 9/16/19
6:30 AM - 7:45 AM Nursing Network Breakfast Room 204C
8:30 AM - 9:30 AM Nursing Committee Meeting MR 411-12
1:15 PM - 2:45 PM Understanding the Heart-Brain Connection: New Insights in Cognitive Impairment and Sleep Disordered Breathing 201 A/B

2019 Nursing Awards

2019 Clinical Excellence in Nursing Award
Awarded to
CINDY BITHER, ACNP, ANP

Cindy Bither, ACNP, ANP, has been caring for heart failure patients for the majority of her career with the last 25 years having been spent as a nurse practitioner in an inpatient setting. She specializes in the Advanced Heart Failure/Stage D population, including Pulmonary Hypertension, Infiltrative Cardiomyopathy, LVAD’s and heart transplantation. She is currently the Chief NP in the Adv HF Program at MedStar Washington Hospital Center, in Washington, D.C. She is a Past President of the American Association of Heart Failure nurses and has edited a book on Advanced Heart failure that compliments the annual Adv AAHFN HF Symposium which she chairs. Most recently she has had the privilege of doing global nursing education on heart failure in foreign countries for the American College of Cardiology.

2019 Nursing Leadership Award
Awarded to
KATHLEEN GRADY, PhD, MS, RN, FAAN, FHFS A

Kathleen L. Grady, PhD, MS, RN, FAAN, FHFS A is a Professor of Surgery and Medicine in the Feinberg School of Medicine at Northwestern University and the Administrative Director of the Center for Heart Failure within the Bluhm Cardiovascular Institute of Northwestern Memorial Hospital, Chicago, IL. Dr. Grady’s clinical and research areas of interest are advanced heart failure, heart transplantation, mechanical circulatory support, health-related quality of life, psychosocial outcomes, patient self-care, adherence with therapeutic regimens, patient decision-making, and caregiver burden. Dr. Grady’s research on health-related quality of life outcomes after heart transplantation and mechanical circulatory support has been funded by the American Heart Association (grants-in-aid) and National Institutes of Health (NINR, NIA, and NHLBI).
## Continuing Education Credit for Nurses

**Nurses**

This activity has been submitted to the Ohio Nurses Association for approval to award contact hours. The Ohio Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation (OBN-001-91).

Please call HFSA at 301-312-8635 for more information about contact hours.

## Pharmacology Hours for Nurses

For Nurses who require pharmacology hours for their certification or licensure renewal, this year the HFSA Annual meeting offers opportunities to accrue these hours. Here are some sessions offered:

<table>
<thead>
<tr>
<th>Session</th>
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<tr>
<td>Acute Cardiogenic Shock to Recovery: STEMI, Myocarditis and Acute Insults (SCAI Joint Session)</td>
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<td>Great Debates and Current Controversies Across the Atlantic</td>
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<td>Ten Simple Tips: How to Prevent Heart Failure (AHA Joint Session) – MOC Designated</td>
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<td>Prognosis and Treatments for Ambulatory Advanced Heart Failure</td>
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<td>General Cardiology vs. Community and Academic Heart Failure – Let’s Learn From Each Other</td>
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<tr>
<td>Ten Simple Tips for Managing Complexities of Cardiogenic Shock – MOC Designated</td>
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<td>Rapid Fire Abstracts for Original Investigations</td>
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<tr>
<td>Challenges in Managing Adult Congenital Heart Diseases: PH, RV Failure, and Arrhythmia</td>
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<td>JNC New Investigator Award (Basic Science/Clinical)</td>
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<td>Systemic Pathway Dysregulation in HFrEF: How Mechanisms Enlighten Clinical Approaches</td>
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<td>Heart Failure in End Stage Kidney Disease: A Multidisciplinary Approach to an Underestimated Problem (ASN Joint Session)</td>
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<td>Contemporary Dilemmas in LVAD Therapy</td>
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<td>Lessons Learned: 100+ Years from Heart Failure Nurses (AAHFN Joint Session)</td>
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<tr>
<td>How to Diagnose and Manage Inflammatory Cardiomyopathies (Myocarditis Foundation Joint Session)</td>
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<tr>
<td>Clinical Conundrums: Pharmacotherapy for HFrEF - Case-Based Debates</td>
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<tr>
<td>Ten Simple Tips: Cardiac Amyloidosis - No Longer an Academic Exercise, Now a Treatable Pandemic – MOC Designated</td>
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<tr>
<td>How to Manage Cardiovascular Complications During Pregnancy (ACOG Joint Session)</td>
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<tr>
<td>The Spectrum of Care for Patients with Genetic Cardiomyopathies</td>
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<tr>
<td>Ten Simple Tips: Management of Patients with Diabetes and HF – MOC Designated</td>
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<tr>
<td>Ten Simple Tips: How to Best Treat Volume Overload in Heart Failure: From Medications to Machines – MOC Designated</td>
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<tr>
<td>New Insights into Cardio-Oncology</td>
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<tr>
<td>Pharmacist-Driven Transition of Care and Optimization Clinics: Challenges and Opportunities (ACCP Joint Session)</td>
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<tr>
<td>Addressing the Recovered Ejection Fraction: Is it Still “Heart Failure?”</td>
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<tr>
<td>The Psychosocial Assessment of the Advanced Heart Failure Patients</td>
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Meet the Nursing Committee

Featured Interview with HFSA Nursing Committee Member

Windy Alonso, Ph.D., RN

How did you get started in heart failure?

Prior to becoming a nurse, I was a certified nursing assistant on an intermediate cardiac care unit. This position provided me with a firsthand look at the revolving door of hospital admissions experienced by individuals with heart failure. I took a detour from heart failure to neonatal intensive care in my first RN position. Then in 2013, I enrolled in the BS-PhD program at the Penn State College of Nursing and began working as a research assistant under the mentorship of Drs. Judith Hupcey and Lisa Kitko. During my assistantship, I had the opportunity to be part of Drs. Hupcey and Kitko’s R01 focused on identifying the palliative care needs of those with advanced heart failure and their family caregivers when the patients had less than a two-year predicted survival. I poured over thousands of patient and caregiver interviews. In reading their challenges and barriers to managing their heart failure or their loved ones’ heart failure, I felt compelled to try to help them. Ultimately, these captivating and often heart-breaking stories inspired me to pursue heart failure science. The objective of my program of research is to improve the lives of all those living with heart failure through interventional strategies designed to improve symptom management and quality of life that cross the boundaries of health care access.

How long have you been in nursing; taking care of/doing research with heart failure patients?

I have been a nurse for 12 years. My involvement in heart failure nursing research began as a PhD student at Penn State in 2013.

What unique contributions do you bring to the practice/research?

The primary focus of my research is heart failure; however, I am also passionate about improving access to care in underserved areas. I am a first-generation college student who grew up in a proud, rural town with limited access to health care services. My family still lives there today. Each time I visit I am reminded that not everyone has access to state-of-the-art medical facilities, world class clinicians, or even reliable internet and cell service. This perspective informs my research as I reflect on the importance of context in the generation of new knowledge and the translation of evidence.

What is one of your greatest achievements related to heart failure practice/research?

My greatest achievements in heart failure have come from the support of my gracious mentors, colleagues, and friends, and the generosity of organizations committed to the growth of early career heart failure scientists, like HFSA. In 2019, my passion for heart failure science was recognized as I was given the opportunity to attend the HFSA Future Leaders in Heart Failure Symposia. Additionally, HFSA supported a nursing research grant that allowed me to further examine LVAD outcomes for individuals in rural areas.

What unique programs does your institution have?

At the University of Nebraska Medical Center (UNMC) and our clinical partner, Nebraska Medicine (NM), I am surrounded by a collaborative group of interdisciplinary scientists devoted to improving the care of the heart failure patients we serve. UNMC and NM share a passion for heart and vascular research. Evidence of this commitment includes our new Center for Heart and Vascular Research under the leadership of Dr. Merry Lindsey. The center includes scientists from medicine, nursing, pharmacy, public health, engineering, and agriculture. One of the primary goals of the center is to support the continued growth of heart and vascular research through early career investigator development and training. As an early career scientist, I am extremely excited by the opportunities this new center has to offer. In addition, the heart failure program at NM is the only nationally certified heart failure program available to residents in the state and was identified by U.S. News and World Report as a high performing hospital in heart failure.

Have you had research funding related to heart failure?

I am the grateful recipient of several grants to support heart failure-related studies. My doctoral studies and dissertation work entitled “Identifying Disparities: A Rural-Urban Comparison of Left Ventricular Assist Device (LVAD) Outcomes” were supported by an F31 predoctoral fellowship from the National Institute of Nursing Research of the National Institutes of Health. I was awarded a HFSA Nursing Research Grant to further examine rural LVAD outcomes. Most recently, my team and I were competitively selected to receive funding from the Rural Nurse Organization and the Midwest Nursing Research Society to examine heart failure-related topics in rural populations.
Meet the Nursing Committee
Featured Interview with HFSA Nursing Committee Member
Pamela Brennan BSN, RN, CHFN

How did you get started in heart failure?
I started in Heart failure back in Ireland in the 1980s. In those days you volunteered for work experience in the local hospital. I was a ‘volunteer nurses aid’ during my last year of secondary school (high school). I would show up in ‘Matron’s office’ on a Saturday morning at 6:30am and she would assign me to a unit to help the RNs with basic tasks. I always seemed to be assigned to the CCU or ICU. I just loved it, the calmness of the unit, the response to situations and codes that occurred, the technology, the treatments. My most memorable thoughts of these times, were how the RNs were full of empathy and compassion, their ability to communicate these qualities to the patients and families. It was my destiny, after my RN training, I remained in critical care areas throughout my nursing career. During the past 32 years of nursing I have worked in many countries as part of the multinational medical disciplines from around the world, seeing firsthand the universal impact of heart failure in all nations.

How long have you been in nursing; taking care of/ doing research with heart failure patients?
I started working in the USA in 2002 at Tampa General Hospital, Florida, in the Cardiothoracic ICU, progressing to the clinician in the unit. Coming from a family background of engineers and CPAs it was inevitable these genes would appear, and I became a VAD coordinator. I joined the VAD program in 2007. Since then I have been involved in all the VAD studies some of which include Heartware and Heartmate II and 3, leading to FDA approval.

What unique contributions do you bring to the practice/ research?
I have remained with direct patient care, allowing me to utilize best practices from continued research and process improvements and initiate best practice solutions providing better outcomes for our patients.

What is one of your greatest achievements related to heart failure practice/research?
My greatest achievement to date was our first VAD National workshop, in conjunction with Transplant by the Bay Annual conference. This consisted of VAD stations that included wet labs, utilizing cadaver hearts for VAD implants, real time LVAD ECHOs, ECMO, short term devices and durable VADs. We provided cutting edge hands on and didactic training.

The education was provided by 9 VAD coordinators, 3 MDs and 8 Industry clinical consultants for 280 participants. It was so successful it was requested we repeat the workshops the following year.

What unique programs does your institution have?
Working in a very busy Advanced Organ Disease and Transplantation Institute, the mechanical circulatory support program collaborates closely with the advanced heart failure patients, both inpatient and outpatient. This provides patients time and physical optimization prior to VAD/heart transplant. We have a large destination therapy VAD population also, working closely with cardiology, CT surgery and palliative care providing all aspects of advanced therapies available to pre and post VAD implant patient and families.

Future Leaders in HF Symposium
By Windy Alonso

In May of 2020, HFSA hosted the 3rd Annual Future Leaders in HF Symposium (formerly the Turnberry Conference), in Washington, D.C. This annual event was established to allow early career heart failure scientists and clinicians, including physicians, nurses, and pharmacists to tap into the wisdom of experienced leaders in heart failure.

This year’s outstanding lineup of faculty included internationally-recognized experts in heart failure nursing science including: Nancy Albert, PhD, RN, CHFN, FHFS, FAAN, Christopher Lee, PhD, RN, FHFS, FAAN, Natalie Pierson, RN, BSN, MSN, FHFS, FAAN, and Lisa Rathman, MSN, CRNP, CCRN, CHFN. In addition to hearing from these exceptional heart failure nurses, attendees had the opportunity to interface with early career and faculty physician and pharmacy heart failure colleagues.

Topics covered throughout the weekend were selected to allow faculty to provide candid advice and feedback to the early career audience. Specifically, discussions focused on career pathways, maintaining work-life balance, heart failure economics, heart failure research and related topics, and updates on heart transplant and mechanical support including the new UNOS guidelines.

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**Future Leaders in HF Symposium**

*By Windy Alonso*

Networking among early career peers and senior faculty was a key component of the weekend. Lastly, attendees had the great fortune to hear from one of the HFSA patient representatives, Cynthia Chauhan, who shared her thoughts and experiences from patient’s eyes. This incredibly valuable event is expected to be held again in 2020. Stay tuned for a call for applications in early 2020.

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**Upcoming HFSA Events**

**2019 Comprehensive Heart Failure Review Course: The Practical Management of Heart Failure**

October 24-27, 2019 | Tampa, Florida

**2020 Heart Failure Awareness Week**

February 9-15, 2020
Events to Plan: Twitter Takeover; Patient Webinars; Etc.

**2020 HFSA Annual Scientific Meeting**

October 3-5, 2020 | Cleveland, OH
Huntington Convention Center of Cleveland & Westin Cleveland Downtown
Events to Plan: Nurse-Focused Sessions; Network Events; Etc.
Checkout HFSA Education Resources you can share with patients!

Heart Failure Patient App!
The Heart Failure Health Storylines mobile app is created with input from people with heart failure and congestive heart failure (CHF) so that the right health tools are available to patients and caregivers impacted by heart failure. Now it's easy to record your symptoms, vital signs, medications, and more. Click Here for more information or to download the app today!

Heart Failure Educational Modules
The Heart Failure Society of America has prepared a series of educational modules designed to help patients learn to live successfully with heart failure. The advice in the modules can help heart failure patients feel better, stay out of the hospital and live longer.

The modules are self-contained and written in easy to understand language. Each module provides practical information on a specific topic that is useful to both patients and their families. Each module also includes questions should ask their doctors or nurses. Patients should actively work with their health care providers to achieve the best outcomes.

If you have questions about these educational modules you may email the HFSA at edu_materials@hfsa.org. Providers may order these modules by clicking here.