

# 3<sup>rd</sup> Annual Hypertension Summit



## Register Now!

March  
**15**  
2018

### Venue

Holiday Inn - Fargo  
3803 13th Avenue South  
Fargo, ND 58103

### Time

Registration: 11 a.m. to 12:30 p.m.  
Conference: 12:30 p.m. to 5:30 p.m.

To register for this FREE event, visit:  
[www.ndhealth.gov/heartstroke/events](http://www.ndhealth.gov/heartstroke/events)

The American Heart Association has applied for CEUs, CMEs, and education hours for physicians, physician assistants, nurses, and EMS personnel.



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# Hypertension Summit Agenda

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**Hypertension Summit**



**12:30 – 12:35 Welcome and Opening Remarks**

**12:35 – 1:15 Taming the Silent Killer**  
**Dr. Joshua Wynne, MD, MBA, MPH**

While providing an overview of hypertension, this session will help you understand the new American Heart Association guidelines, and identify the importance of presenting and utilizing data and statistics to help prevent, control, and treat hypertension.

**1:15 – 1:30 Target: BP and Cholesterol Program and Hypertension Tools – American Heart Association**  
**Mindy Cook, BSN**

This session will provide an overview of the American Heart Association's Target: BP and Target: Cholesterol programs. American Heart Association, when revealing their new hypertension diagnosis and control guidelines in November 2017, also released new hypertension tools.

**1:30 – 2:30 RN's Role in Hypertension Prevention, Identification and Management**  
**Megan Carlblom, MSN, RN, SCRNP (Stoke Program Manager), Melissa Gilmore, RN, BSN (Health Coach), Pat Spier, RN-BC, PCMH-CCE (Medical Home Manager)**

One of the most received comments from previous Hypertension Summits is "all of this information is helpful, but how does it relate to my RN role?" Have you found yourself asking this same question? Well then this session is here for you! This panel will share their experience with hypertension in the RN profession, help you understand how a registered nurses (RN's) role can shift based on different positions, and need of patients. They will also discuss how an RN can take an active role in a patient's hypertension prevention and care, as well as the importance of RN support for health system providers related to hypertension.

**2:30 – 3:00 Break/Snack/Networking (Provided by Essentia Health)**

**3:00-4:00 Hypertension Medication Management: Improving Adherence**  
**Jayne Steig, PharmD, RPh**

Medication is one hypertension treatment intervention that is every changing. This session will help you understand the medication classes used in hypertension management protocols, the barriers to hypertension medication adherence, including adverse effects and the potential practices and interventions to consider when looking to improve hypertension medication adherence.

**4:00 - 5:00 Treating Hypertension in Persons with Diabetes (patient case studies)**  
**Dr. Eric Johnson, M.D.**

A 2017 study suggests that anywhere between 35% to 50% of persons with type 2 diabetes also has hypertension. This session will review the current guidelines regarding hypertension treatment in persons with diabetes, discuss current lifestyle and medication treatments for hypertension in persons with diabetes, and apply knowledge gained to clinical practice in managing hypertension in persons with diabetes.

**5:15 - 5:30 Evaluation and Wrap up**



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