

Heart Failure Clinic and Professional Practice and Education

Presents

The 20th Annual Heart Failure Symposium

Wednesday, September 16, 2026

7:30 a.m. – 4:30 p.m.

Registration: 7:30 a.m.

Program starts promptly at: 7:55 a.m.

The Piedmont Club

361 E. Main St., Spartanburg, SC

AGENDA

7:30 a.m.	Registration, Exhibits, Continental Breakfast	
7:55	Welcome, Introductions	Deb McLennan, BSN, RN Jennifer Vigodsky, MSN, RN
8:00	I. Intersection of Structure and Function in the Treatment of Heart Failure	Matthew Kalapurakal, MD, MS
9:00	II. Cardiogenic Shock	Yoganand Hiremath, MD, FACC
10:00	Break, Exhibits	
10:15	III. Mechanical Circulatory Support in 2026: Devices, Management, Paradigms & Pitfalls	Ronald Figura, MD, MPH, FACS
11:15	Break, Exhibits	
11:30	IV. Introducing Culinary Medicine: An Integrated Approach to Lifestyle Change	Kerri Lindberg, RD, LD Caroline Worthy Pohto, CC
12:30 noon	Lunch (provided), Exhibits	
1:30 p.m.	V. When the Heart Heals but the Mind Struggles: Mental Health After Cardiac Events	E. Danielle Berry, DNP, APRN, PMHNP-BC, SANE-A, SANE-P, CEN
2:30	VI. Bridging the Gap at Discharge: The Meds-to Beds Program for Heart Failure Patients	Yin Wong, PharmD, BCACP
3:15	Break, Exhibits	
3:30	VII. Cardiology Outreach: Where Connection Meets Purpose	Stacie Snyder, BSN, RN, MS Laurie Matthews, BSN, RN, CCRP, CHC
4:15	Wrap-up, Questions, Evaluations	
4:30	Adjourn	

LEARNING OUTCOMES/OBJECTIVES

At the end of the educational activity, 90% of attendees will be able to:

- I. Identify diagnostic criteria and management strategies of Low-Flow, Low-Gradient Aortic Stenosis
- II. Recognize the diagnosis and management of cardiogenic shock
- III. Discuss the management of most common mechanical circulatory support
- IV. Recognize “Food is Medicine and Culinary Medicine” and the potential integration in patient care
- V. Describe the management of mental health conditions during cardiac recovery
- VI. Review the benefits of guideline-directed medical therapy in managing heart failure
- VII. Explain the role of cardiac rehabilitation in the management of post cardiovascular patients

TARGET AUDIENCE

Nurses, pharmacists, physician assistants, nurse practitioners, respiratory therapists, registered dietitians, rehab (PT/OT), long term care administrators and other interested healthcare professionals.

CONTINUING EDUCATION CREDIT (Accreditation Statement)

You must attend 90% of each of the educational sessions to receive CE credit.

Nurses

This educational activity has been awarded **6.75** contact hours.

SRHS Professional Practice & Continuing Education is approved as a provider of nursing continuing professional development by the South Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

Respiratory Therapists, Registered Dietitians, Physical Therapists, Occupational Therapists

Can avail the approved nursing CE credit.

Long Term Care Administrators

The program has been approved for **6.0** hours of continuing education by the South Carolina Board of Long Term Health Care Administrators. Tracking # _____

Registered Pharmacists



The University of South Carolina College of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education with Commendation.

Pharmacists may earn up to **6.5 live contact hours (0.65 CEUs)**. Please see individual activity listings on pages 4-5 below for specific information about CEU designations, learning objectives, and activity types.

Pharmacists must be registered, signed-in, attend each the session in its entirety (no partial credit), participate in all active learning activities, respond to all learning assessment questions, pass a post-test (if required), and complete online evaluations of each activity using the CE code at <https://cop.sc.learningexpressce.com> to obtain credit. Detailed instructions will be provided, including CE code. Completion of tests/evaluations within 30 days of the program ensures credit is transmitted; Per NABP Policy, any credit claimed greater than 60 days after an activity will be rejected by the NABP CPE Monitor.

REGISTRATION FEES

- **\$100.00** Nurses, RDs, RRTs, Rehab, LTC Administrator
- **\$130.00** Pharmacists, PAs, NPs
- **\$5.00** Additional fee after September 3

Registration fees include continental breakfast, lunch, and online handouts.

Refunds are not allowed.

Online Registration: www.spartanburgregional.com/CEEvents

- Click on 20th Annual Heart Failure Symposium

Direct Link:

<https://www.trumba.com/eareg.aspx?ea=Rsvp&invite=gsw3kfcej79bcneejgn6vkm0jj2zwx5fkhuwgrpum84y9vtzx7xh>

SPEAKERS

Spartanburg Regional Healthcare System

E. Danielle Berry, DNP, APRN, PMHNP-BC, SANE-A, SANE-P, CEN Campus and Community Forensic Nurse Educator	Laurie Matthews, BSN, RN, CCRP, CHC Cardiology Outreach Nurse Joe R. Utley Heart Resource Center
Ronald Figura, MD, MPH, FACS Cardiothoracic Surgeon	Caroline Worthy Pohto, CC Culinary Educator Gibbs Cancer Center, Culinary Medicine
Yoganand Hiremath, MD, FACC Medical Affiliate Medical Group of the Carolinas	Stacie Snyder, BSN, RN, MS Manager, Heart Wellness Center
Matthew Kalapurakal, MD, MS Interventional Cardiologist Medical Group of the Carolinas	Yin Wong, PharmD, BCACP Pharmacists-in-Charge/Clinical Ambulatory Care Pharmacist Clinical Discharge Pharmacist
Kerri Lindberg, RD, LD Coordinator of Culinary Medicine Oncology Support Services	

PLANNING/ADVISORY COMMITTEE

Spartanburg Regional Healthcare System

<u>Heart Failure Clinic</u> Greta Beach, BSN, RN Patient Outreach RN Nikki Ivey, BSN, RN UMC Stress Lab & Heart Failure Clinic Tiffany Vaughn, BSN, RN Nurse Navigator Jennifer Vigodsky, MSN, RN Nurse Manager Mary Beth White, BSN, RN Program Manager, Heart failure	<u>Nursing Administration</u> Amy Clark, BSN, RN Asst. Clinical Manager, Central Telemetry Monitoring Meghan Humphries, BSHA Nursing Operations Coordinator Bridget Lemaster, MBA-HA, BSN, RN Structural Heart Coordinator Michelle McCowan, BSN, RN Nurse Manager, 5H Deb McClennan, BSN, RN Nurse Manager, 4Heart Jessica Murphy, BSN, RN-CCRN Nurse Manager, CCU/CVRU Nicole Murray, BSN, RN Asst. Clinical Nurse Manager, 4H Jennifer T. Smith, MSN, RN, AACC, CVN Director of Nursing, Heart and Vascular Services
<u>Professional Practice & Continuing Education</u> Sherry Eison, DNP, MSN, APRN, FNP-BC Manager Nelda M. Hope, BSN, RN CE Coordinator	

Speakers and Planning/Advisory Committee report no financial relationship with any ineligible company.
CE approval does not imply endorsement of any product.

ADA

SRHS is committed to complying fully with the Americans with Disabilities Act.

For special needs, please send an email to sherry.eison@srhs.com or nhope@srhs.com by September 3.

THE PIEDMONT CLUB DRESS CODE

Men: Gentlemen are not required to wear a jacket or tie.

Women: Suit (including business pantsuit), dress or blazer with skirt or tailored slacks, tailored pants with a blouse or sweater.

Prohibited: T-Shirts, sweatshirts, or other shirt without collar; athletic attire, tennis shoes, shorts, jeans (regardless of value), denim jackets, untucked shirts and baseball caps.

REMINDERS

- **Sign-in for:**
Pharmacists – for ACPE credit
Nurse Practitioners and Physician Assistants – if paid for ACPE credit
Long Term Care Administrators (LTC)
- **Provided Name Badge** – must be worn at all times during the event
- **CE Instructions** – will be distributed at the end of the program
- **Cell phones, other electronic devices:** please silence your devices and refrain from using them during the program. Phone calls must be made outside of the building
- **Restrooms** – located outside of the conference room
- **Continental breakfast, refreshments and lunch** are provided as scheduled
- **Door Prizes:** you must be present to win

ADDITIONAL INFORMATION

Registrants will receive an e-mail about 2-3 days before the event with additional information

QUESTIONS

Sherry Eison sherry.eison@srhs.com or Nelda M. Hope nhope@srhs.com

ACPE ACTIVITY ANNOUNCEMENT

Wednesday, September 16, 2026	
I.	Intersection of Structure and Function in the Treatment of Heart Failure Matthew Kalapurakal, MD, MS <i>ACPE UAN 0062-9999-26-098-L01-P, 1.0 contact hours, knowledge-based activity</i> <i>At the completion of this activity, the participant will be able to:</i> 1. Recognize heart failure patients who might benefit from interventional strategies such as TAVR or M-TEER 2. Identify diagnostic criteria and management strategies of Low-Flow, Low-Gradient Aortic Stenosis 3. Discuss warning signs of decompensation related to structural disease
II.	Cardiogenic Shock Yoganand Hiremath, MD, FACC <i>ACPE UAN 0062-9999-26-099-L01-P, 1.0 contact hours, application-based activity</i> <i>At the completion of this activity, the participant will be able to:</i> 1. Define cardiogenic shock 2. Differentiate the stages of shock based on clinical and hemodynamic findings 3. Identify pharmacologic and non-pharmacologic therapies used in the management of shock 4. Describe the indications and limitations of mechanical circulatory support devices for cardiogenic shock 5. Apply patient-specific criteria to appropriately escalate and de-escalate shock therapies
III.	Mechanical Circulatory Support in 2026: Devices, Management, Paradigm and Pitfalls Ronald Figura, MD, MPH, FACS <i>ACPE UAN 0062-9999-26-100-L01-P, 1.0 contact hours, knowledge-based activity</i> <i>At the completion of this activity, the participant will be able to:</i> 1. Describe the most common mechanical circulatory support devices approved for the treatment of acute heart failure in the United States 2. Discuss basic bedside management principles of micro-axial transaortic flow pumps 3. Describe how various mechanical circulatory support devices are integrated into contemporary heart failure treatment paradigms 4. Recognize common pitfalls associated with mechanical circulatory support applications

IV.	Introducing Culinary Medicine: An Integrated Approach to Lifestyle Change Kerri Lindberg, RD, LD Caroline Worthy Pohto, CC <i>ACPE UAN 0062-9999-26-101-L01-P, 1.0 contact hours, application-based activity</i> <i>At the completion of this activity, the participant will be able to:</i> 1. Define Food is Medicine and Culinary Medicine 2. Review clinical practice guidelines from ACC, AACE, ACLM and ADA 3. Demonstrate Culinary Medicine interventions from simplistic to robust in a range of practice settings 4. Evaluate the clinical and behavioral outcomes derived from pilot cardiac cooking classes and integrated shared medical appointments
V.	When the Heart Heals but the Mind Struggles: Mental Health After Cardiac Events E. Danielle Berry, DNP, APRN, PMHNP-BC, SANE-A, SANE-P, CEN <i>ACPE UAN 0062-9999-26-102-L01-P, 1.0 contact hours, application-based activity</i> <i>At the completion of this activity, the participant will be able to:</i> 1. Identify the prevalence and risk factors for depression, anxiety, and PTSD in patients following major cardiac events 2. Recognize the signs and symptoms of mental health conditions that may emerge during cardiac recovery 3. Discuss evidence-based strategies for screening, referral, and treatment of mental health conditions in cardiac patients 4. Develop approaches to support patients' mental health and emotional well-being alongside physical recovery
VI.	Bridging the Gap at Discharge: The Meds-to-Beds Program for Heart Failure Patients Yin Wong, PharmD, BCACP <i>ACPE UAN 0062-9999-26-103-L01-P, 0.75 contact hours, application-based activity</i> <i>At the completion of this activity, the participant will be able to:</i> 1. Describe guideline-directed medical therapy (GDMT) for managing heart failure and its impact on reducing mortality and hospital readmissions 2. Identify common barriers to initiating and maintaining GDMT at hospital discharge 3. Describe the benefits of the Meds-to-Beds program in improving transitions of care for heart failure patients 4. Evaluate strategies and resources to address social barriers affecting the use of GDMT in clinical practice
VII.	Cardiology Outreach: Where Connection Meets Purpose Stacie Snyder, BSN, RN, MS Laurie Matthews, BSN, RN, CCRP, CHC <i>ACPE UAN 0062-9999-26-104-L01-P, 0.75 contact hours, knowledge-based activity</i> <i>At the completion of this activity, the participant will be able to:</i> 1. Explain the goal and importance of community outreach within the cardiovascular accreditation process 2. Describe current cardiovascular screening initiatives and the role of the Live Healthy Coalition in community health improvement 3. Highlight the role of cardiac rehabilitation in improving cardiovascular outcomes 4. Identify targeted cardiology outreach programs designed to address specific community and population health needs

6/30/26, 7/1/26SFE, 7/6