

YOUR HEART AND YOUR FUTURE: HEALTHY HEARTS AND MINDS

Saturday, May 6, 2023

Children's Hospital of Philadelphia
Leonard and Madlyn Abramson Pediatric
Research Center

Register online: www.chop.cloud-cme.com



Children's Hospital
of Philadelphia
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OVERVIEW

A day-long conference for adolescents and young adults with congenital heart disease and their families, to build knowledge and skills to succeed as an adult with congenital heart disease.

GENERAL INFORMATION

The conference will be held in the Leonard and Madlyn Abramson Pediatric Research Center. The registration fee is \$20 and includes continental breakfast, lunch, parking and syllabus material.

COURSE OBJECTIVES

- Understand the basics of congenital heart disease
- Discuss the challenges of being an adult with congenital heart disease
- Discuss practical life skills and coping strategies for the challenges of living with congenital heart disease
- Discuss the future of treatment, imaging and intervention for congenital heart disease

CANCELLATION AND REFUND POLICY

Children's Hospital of Philadelphia reserves the right to cancel or postpone any course due to any unforeseen circumstances. In the event of cancellation or postponement, Children's Hospital of Philadelphia will refund any registration fees, less a \$10 service charge, but is not responsible for any related costs, charges or expenses to participants, including cancellation charges assessed by airlines or travel agencies. In order to process refunds for course withdrawals, cancellation must be received in writing by **Friday, April 21, 2023**. No refunds will be issued thereafter.

SERVICES FOR PEOPLE WITH DISABILITIES

If special arrangements are required for an individual with a disability to attend this meeting, please contact the Continuing Medical Education Department at 215-590-5263.

PROGRAM

- 8 a.m. Registration and Continental Breakfast
- 8:30 a.m. Introduction and Welcome: Healthy Hearts and Minds
Emily Ruckdeschel, MD

THE BASICS

- 8:40 a.m. Transition: Taking Control of Your Healthcare
Brittany Glassberg, MD
- 9 a.m. Congenital Heart Disease: Why We Call it a Disease
Tamar Preminger, MD
- 9:20 a.m. Transition Challenges: Personal Stories of Transition
Yaideriah Johnson
Marlajan "MJ" Wexler-Gormley, BSN, RN, CPN-BC
- 9:40 a.m. Break

THE HEART

- 10 a.m. Imaging: Capturing Your Heart in the Best Light
Reena M. Ghosh, MD
- 10:20 a.m. Interventional Cardiology: Working Hard to Put Surgeons Out of Business
Matt Gillespie, MD
- 10:40 a.m. Technology: There's an App for That
(How Technology is Changing the Way we Treat Congenital Heart Disease)
Josh Saef, MD
- 11 a.m. Break

THE MIND

- 11:20 a.m. Congenital Heart Disease and the Mind: What We Know
Nick Seivert, PhD
- 11:40 a.m. Rethinking Resiliency: Strategies to Grow Adaptability, Acceptance and
Personal Strengths
Colleen Driscoll, PhD

- 12 p.m. **Coping and Getting Help: Practical Approaches to Dealing with Tough Times**
Teresa Salinas, LSW
- 12:20 p.m. **Lunch**
- Write down questions for patient and provider panels
 - 3D heart models, prosthetic valves, electrophysiology devices available to review with providers

PATIENT AND PROVIDER PANELS

A group of adult congenital cardiologists and a group of adult patients with congenital heart disease will answer questions submitted during the lunch hour.

Children's time with providers will be a mix of questions, games and prizes.

- 1:20 p.m. **Patient and Provider Panels**
Parents and children will separate and attend different panels
- 1:50 p.m. **Patient and Provider Panels**
Parents and children will switch
- 2:20 p.m. **Break**
Ice Cream Social

BREAKOUT SESSIONS

- 2:50 p.m. **Family Planning and Your Heart: Contraception, Genetics and Pregnancy**
Kathleen Sullivan, CRNP
- Life after CHOP: Navigating the Dark (Adult) Side**
Teresa Salinas, LSW
- 3:15 p.m. **Exercise and Activity: Restrictions or Prescriptions?**
Jonathan Edelson, MD
- Improving Quality of Life Through Palliative Care**
Roshni Guerry, MD
- 3:40 p.m. **Adjourn**

Unless otherwise noted, faculty is from Children's Hospital of Philadelphia and/or the Perelman School of Medicine at the University of Pennsylvania.

COURSE DIRECTOR

Emily Ruckdeschel, MD

Co-Director, Cardiac Transition Program at CHOP, Adult Congenital Cardiologist

COURSE FACULTY

Colleen Driscoll, PhD

Pediatric Psychologist

Department of Child and Adolescent Psychiatry and Behavioral Sciences & The Cardiac Center

Jonathan Edelson, MD

Medical Director, Sports Cardiology Program, Department of Cardiology

Reena M. Ghosh, MD

Physician Scientist, Department of Cardiac Surgery, Boston Children's Hospital

Matt Gillespie, MD

Professor of Pediatrics

Brittany Glassberg, MD

Internal Medicine and Pediatrics Resident

Roshni Guerry, MD

Associate Professor/Outpatient Palliative Care Physician

Yaideriah Johnson

Practice Manager, Maternal Fetal Medicine

Masters in Healthcare Innovation (MCHI) Student

Tamar Preminger, MD

Co-Director, Cardiac Transition Program

Josh Saef, MD

Adult Congenital Heart Disease Fellow

Teresa Salinas, LSW

Philadelphia Adult Congenital Heart Center

Nick Seivert, PhD

Pediatric Psychologist

Kathleen Sullivan, CRNP

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Marlajan "MJ" Wexler-Gormley, BSN, RN, CPN-BC

Cardiac Center Nurse Navigator