



Cost

May 13 - \$50

May 26 - \$75

Fee includes lunch and materials.

Registration Deadline

Early registration is recommended. Seating is limited to 20 participants for the May 13th Blood Pressure Training (**registration deadline - May 3rd**) and 30 participants for the May 26th Cholesterol Screening (**registration deadline - May 12th**).

Credits

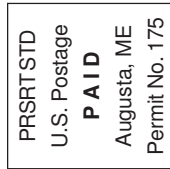
Application has been made to the National Commission for Health Education Credentialing, Inc. (NCHEC) for CHES Category I continuing education hours for both trainings.

Location

Medical Care Development is located at 11 Parkwood Drive in Augusta. Upon registration, driving directions will be sent to you either by mail or email.

For More Information

If you need additional information, please contact Diane Campbell at 207-622-7566, ext. 230 or dianec@mcd.org. Additional copies of this brochure can be downloaded at www.mainecardiohealth.org - go to Upcoming Events page.



Maine Cardiovascular Health Council
11 Parkwood Drive
Augusta, ME 04330



Spring 2010 Maine Cardiovascular Health Council Workshops

Thursday, May 13, 2010
**Blood Pressure Measurement
Training for the Layperson**
8:30 am - 3:30 pm

Wednesday, May 26, 2010
**Conducting a Cholesterol
Screening in Your Community:
What You Need to Know**
8:30 am - 4:30 pm



Workshop Location:
Medical Care Development
11 Parkwood Drive
Augusta, Maine

May 13, 2010

**Blood Pressure Measurement Training
for the Layperson**

Accurate blood pressure measurement is critically important, since erroneous readings can lead to misdiagnosis and treatment errors. One in every three adults in America has high blood pressure. Because there are no signs or symptoms, many people do not know if they have it. Accurate measurement relies on correct cuff sizing, proper technique, and equipment validated to be accurate.

This workshop reviews the circulatory system; the definition, management and types of high blood pressure; common errors; equipment; correct cuff sizing; and blood pressure measurement technique. Included is an extensive hands-on practice session. Participants will come away knowing they are performing blood pressure measurements accurately.

The curriculum is evidence-based using the AHA Recommendation for Blood Pressure Measurement and the JNC7 guidelines.

Target Audience: Community Health Screeners, Health Care Staff, Worksite Wellness Coordinators and Staff, aides, or any individual in a private or community setting who will regularly be taking blood pressures

Presenter: Stacy Meyer Jochem, CVH Specialist, Blood Pressure Measurement Master Trainer, ME CDC/MCD

Note: The Maine CDC's Cardiovascular Health Program also offers a Blood Pressure Master Training Class for professionals seeking a more clinical and intensive training. For more information, contact Stacy at sjochem@mcd.org.

May 26, 2010

**Conducting a Cholesterol Screening
in Your Community**

The morning session provides an overview of cardiovascular disease, atherosclerosis, and risk factors. It includes disease outcomes from uncontrolled risk factors and preventive strategies for controlling risk factors. You will learn what cholesterol is, why it is important, and tips for communicating in plain language.

The afternoon session covers current State and Federal Regulations related to the performance of the testing for cholesterol; clarification of the differences between State and Federal requirements; and processes for obtaining a Maine State Health Screening Laboratory Permit and Federal CLIA Certificate. The day includes a hands-on training session that takes you through the necessary steps for performing a quality community and/or worksite cholesterol screening.

Target Audience: Health professionals involved in community cholesterol screenings

Presenters:

- Stephan Babirak, PhD, MD; Director, Lipid Clinic; Director, Diabetes Clinic; Maine Medical Partners
- Stacy Meyer Jochem, CVH Specialist, ME CDC/MCD
- Dale Payne, MA, MT (ASCP), CIC, CLIA Lab Certification Supervisor, DLRS, DHHS
- Lynn DeGrenier, CHES, BS and Alyssa A. Hanson, BS, Community Wellness Service, Eastern Maine Medical Center

This training satisfies the State's minimum training requirement for Health Screening Laboratory Technicians.



**REGISTRATION FORM
Cardiovascular Health
Screening Workshops**

Early registration is recommended as seating is limited.

Name _____

Title _____

Facility _____

Address _____

City/State/Zip _____

Telephone _____

e-mail _____

Fee: May 13 - \$50 - includes materials and lunch
May 26 - \$75 - includes materials and lunch

- Check enclosed
- Check will follow
- Please bill me using P.O. # _____

Please make checks payable to Maine Cardiovascular Health Council and mail to:
CVH Workshops, c/o MCHC
11 Parkwood Drive, Augusta, ME 04330
(fax) 622-3616

Online registration is available at:

May 13:
<http://mcdregistration.org/signup.asp?ID=219>

May 26 :
<http://mcdregistration.org/signup.asp?ID=220>

Cancellation Policy: Cancellation must be received no later than 10 days prior to the workshops for a full refund, less a \$15 processing fee. While substitutions are acceptable, no-shows are subject to the full fee.