Welcome

We are delighted to welcome you to the 2021 Cardiovascular Collaborative Annual Meeting, taking place virtually on May 4th. We have a lot of great information to share with you during this year’s Heart Health Boot Camp: Getting Back to the Basics, where we will be celebrating the accomplishments of the Collaborative from the past 5 years, networking, and going through basic training on heart health! Be sure to grab your water bottle, prepare for active duty, and join your battalion in making South Dakota a heart-healthy state! We hope you have fun with us today and look forward to getting through boot camp together – Ten-Hut!

To help you prepare, we have created this Participant Guide and encourage you to refer to this guide prior to the start of the Annual Meeting. Included in this guide are instructions for joining the meeting, zoom tips, important contacts, links to resources, presenter questions, and much more!

How to Join the Meeting

You will need a computer with internet access to join this webinar. To join, search for the Zoom registration confirmation email in your inbox from Shantrice Jones (Hint: Type “2021 Cardiovascular Collaborative Annual Meeting”) Open the email and find where it says, “Click Here to Join”. Or, if you already added the meeting to your calendar, open the calendar hold and click the link where it says, “Join Zoom Meeting”. You can listen either by phone or through your computer speakers. For general zoom support, please visit: https://support.zoom.us/hc/en-us/articles/360034967471-Quick-start-guide-for-new-users.

Zoom Tips and Tricks

Mute/Unmute – Participants will remain on mute unless they have a question. Muting and unmuting will be necessary if the session utilizes breakout rooms or during interactive Q&A portions. To mute or unmute yourself, click the microphone icon.

Start/Stop Video – Participants’ videos are highly encouraged throughout the duration of the Annual Meeting. Videos will only be turned off during the panel discussion to eliminate distractions. You will use the video icon at the bottom of your screen to start and stop your video for the sessions that utilizes breakout rooms.

Buttons - To open the participants window, simply click on the participants button at the bottom of your screen. Click the chat button to open the chat window.

Renaming Yourself - If your name does not show up in the Participants window, please use the renaming function to list your first and last name. This way we know who is joining us today and helps your chances of winning a prize!

Annotate - You may use the annotate feature in some sessions. To use this feature, click on view options at the top of the screen. Next, click on annotate in the dropdown menu. The annotate tool bar will appear. When you are done using the feature, be sure to close the tool bar.
Reactions - You might be asked to provide a reaction during some presentations. To do so, click the Reactions button at the bottom of your screen. Click an icon of your choosing to provide feedback to the host. The icon will appear in your video panel and next to your name in the participants list. Click the icon again to remove it. Pro tip: hover your mouse over an icon for a description of what the icon means.

Zoom Breakout Rooms: Breakout rooms are sessions that are split off from the main Zoom meeting. They allow the participants to meet in smaller groups and are completely isolated in terms of audio and video from the main session. We will be using breakout rooms in this session.

- **Joining a Breakout Room**: The meeting host has preassigned your breakout room. A popup box will appear when time, click “Join” to enter the room.
- **Asking for Help**: If you click “Ask for Help”, it will notify the meeting host that you need assistance, and someone will join your breakout room to answer your question.
- **Leaving the Breakout Room**: The host will prompt you when it is time to rejoin the main meeting room. The notification will give you the option to return to the main room immediately, or in 60 seconds.

Technical Issues

If you experience an audio/video problem during the session but are still connected, send a private chat to the Producer. If you lose connection, log in again or email the Producer, Makenzie Leonard, for help.

Producer Contact: mackenzie.leonard@emory.edu

During the Sessions

- Please be sure to mute your audio, unless you are speaking.
- Cameras are highly encouraged, especially during the networking sessions in breakout rooms.
- We will have time for questions & discussions at the end of each session, but please feel free to add questions in the chat box at any time.
- We will have interactive portions throughout, so we ask that you please participate in those activities.
- We ask that you please stay present, avoid multitasking, and, most importantly, have fun!

Poll Everywhere Trivia

We will be doing Trivia throughout the meeting, with an opportunity to win a prize! Please follow the directions below to sign into Poll Everywhere, the website we will be using for the Trivia questions.

1. Please go to: POLLev.com/cardiovascular to join.
2. Enter screen name to get a chance to win a prize: insert your name.
3. Get ready to answer some poll questions!

Agenda Specific Details

Opening Messages - Operation Boot Camp: Welcome and Introductions

Moderator: Rachel Sehr and Chrissy Meyers

Session Overview: During this session, you will get oriented to the Meeting, be equipped with helpful technology tips, review the day’s schedule, learn about trivia and prize opportunities, and determine your boot camp name.
Session I – The Collaborative Ball: Celebrating 5 years of SD Heart Disease and Stroke Prevention Efforts
Moderator: Mary Michaels

Session Overview: During this session, you will watch a video, “Timeline in Review” celebrating the past 5 years of the Cardiovascular Collaborative and engage in individual and group reflection on your experience in and perspective of the evolution of the Collaborative. While reflecting, please consider the following questions:

1. How did the timeline in review make you feel?
2. What did you find new or refreshing about the progress of the Cardiovascular Collaborative?
3. What was surprising to you?
4. Have the toolkits, webinars or recruitment materials been helpful to you? If not, why not? If so, how will you share these materials with your network?

Session II – Battle Mind Debriefing: Barriers and Challenges to Reaching Objectives & Implementing Strategies
Moderator: Rachel Sehr

Session Overview: During this session, you will meet with other members to reflect on the ability of the Collaborative to reach the objectives and implement the strategies of the strategic plan. Each group’s reflection will focus on the following questions:

1. What challenges did we face in implementing the strategic plan?
2. Which of these challenges do you think we will continue to face over the next 5 years?
3. What can we do differently to move us closer to achieving the goals, objectives, and strategies in the next strategic plan?
4. Think about how members of the Cardiovascular Collaborative worked together over the past five years. What went well? What could be improved?

Reference the South Dakota Cardiovascular Collaborative Strategic Plan 2017-2021 during your group’s discussion: https://doh.sd.gov/documents/diseases/chronic/CardiovascularCollaborativeStrategicPlanOnePager.pdf (See Appendix for the full plan)

Note: Materials regarding Goal Area 3 and the Cardiac Ready Communities are available on the DOH website for review during your group discussion: https://doh.sd.gov/diseases/chronic/heartdisease/cardiacreadycommunities.aspx

Session III A & B – Battalion Meet-up One & Two: Networking and Open Sharing
Moderator: Chrissy Meyer

Session Overview: During this two-part session, you will attend two breakout rooms on a discussion topic related to cardiovascular health. Once in the breakout room, you will have an opportunity to network and share openly with those in the group. Battalion Meet-Up Topics include:

1. Beyond Health Care: The Role of Social Determinants of Health in Advancing Health Equity in Priority Populations of South Dakota.
3. What Really Works in Preventive Care? Strategies to Improve Personal Choices in Rural Communities.

Participating in Breakout Rooms: For the Breakout rooms in this session, you will need to identify your name on the PowerPoint slide. When the popup box to join a breakout room appears, click “Join” on the room name & number where your name was listed.
**Session IV – Report from the Battle Ground: Perspectives of Frontline Providers and Community Leaders**

**Moderator:** Mark East

**Session Overview:** During this session, you will hear from a panel of frontline providers and community leaders about the challenges & successes of cardiovascular care one year into COVID. Following the panel discussion, you will have an opportunity to participate in a Q&A session with the panelists.

**Panelists:**
- **Thomas Gulledge, BA, CSCS:** *Fitness and Wellness Coordinator* at Mitchell Recreation Center
- **Josh Ohrtman, PharmD:** *Clinical Services Pharmacist* at The Medicine Shoppe Pharmacy – Rapid City and *Program Director/Co-Luminary* at Community Pharmacy Enhanced Services Network of SD (CPESN SD)
- **Taylor Sandberg, MSW, CSW:** *Social Worker* at Sanford Clinic – Brookings
- **Dr. Matt Owens, MD:** *Physician* at Community Memorial Hospital – Redfield

(See Appendix for the full panelist bios)

**Session V – Active Duty: Strategizing the long-term Effects of COVID on Heart Health**

**Moderator:** Rachel Sehr

**Session Overview:** During this session, you will meet with members of the Collaborative to reflect on the panel discussion and identify strategies needed moving forward to prioritize heart health amidst the effects of the pandemic. While reflecting, please consider the following questions:

1. What insights did you gain from the panel discussion?
2. Did anything in particular surprise you from the panel discussion?
3. What do we need to start, stop, or continue doing as it relates to providing cardiovascular care in SD? Pick one practice and share why you think it needs to start, stop, or continue.
4. What feels the most challenging about the future of cardiovascular care in SD?
5. What additional resources do we need to adequately provide cardiovascular care?

**Session VI – Heart Health Reserves: Wrap-Up and Looking Ahead**

**Moderator:** Chrissy Meyer

**Session Overview:** During this wrap-up session, you will hear about upcoming events for the Cardiovascular Collaborative and will be given the chance to commit to 3 activities you plan to complete over the summer – to graduate from Boot Camp!

**Breaks**

Conferencing, online and in-person can be exhausting! Breaks are built into the schedule, and we encourage you to stand up and stretch, get a snack, and come back refreshed! We’ve also included stretches and meditation breaks to help your body and your mind!
Meditation and Stretching Resources

As part of our breaks during the Annual Meeting, you will have the opportunity to participate in a guided meditation and a quick stretching routine that is perfect for working from home. We’ve included a few resources below so you can continue implementing these healthy habits!

- Check out this meditation for beginners’ page to learn more about meditation: https://www.headspace.com/meditation/meditation-for-beginners
- Check out the American Heart Association's Fierce 5-Minute Movement Breaks: https://www.heart.org/en/healthy-living/fitness/fitness-basics/move-more-together
- This resource can be helpful for those working to implement a work from home stretching routine: https://extension.sdstate.edu/stretching-through-workday

Evaluation

Thank you for attending the 2021 Cardiovascular Collaborative Annual Meeting. We invite you to complete the Annual Meeting Evaluation Survey and provide feedback on the event. The survey should take about 5-10 minutes to complete. Participation is completely voluntary, and responses will be compiled for reporting. You can access the survey through this link: https://rsph.co1.qualtrics.com/jfe/form/SV_6nka5IPl6Ifi806

Thank you for taking the time to complete the survey – your feedback is important to us!
## South Dakota Heart Disease and Stroke

**Vision:** Healthy people, healthy communities, healthy South Dakota  
**Mission:** To improve quality of life of all South Dakotans through prevention and control of heart disease and stroke

### State Strategic Plan 2017-2021

*Download the entire South Dakota Cardiovascular Collaborative Strategic Plan at doh.sd.gov/diseases/chronic/heartdisease*

---

### Appendix

**Goals**

<table>
<thead>
<tr>
<th>I. IMPROVE DATA COLLECTION</th>
<th>II. PRIORITY POPULATIONS</th>
<th>III. CONTINUUM OF CARE</th>
<th>IV. PREVENTION &amp; MANAGEMENT</th>
</tr>
</thead>
</table>

### Objectives

1. **Identify and track data to support at least one heart disease and stroke policy change or recommendation by 2021.**
   - **In Process**
2. **Increase input into at least 4 data collection tools by organizations and/or individuals by 10% by 2021.**
   - **In Process**

### Strategies

<table>
<thead>
<tr>
<th>A. Identify and promote tracking of a common set of minimum cardiovascular health data for use for both prevention and improvement of post-cardiac event outcomes.</th>
<th>A. Promote the different models of team-based, patient-centered care (health cooperative clinic, health homes, PCMH).</th>
<th>A. Utilize results of needs assessment to address infrastructure and sustainability of EMS.</th>
<th>A. Encourage the implementation of quality improvement processes in health systems.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>B. Maximize community-clinical linkages (e.g. CHW, different sectors).</strong></td>
<td><strong>C. Support policies that increase access to heart disease and stroke care for priority populations.</strong></td>
<td><strong>D. Ensure utilization and sustainability of community-based resources and programs such as M ission: Lifeline, LUCAS, and pit-crew CPR for EMS services.</strong></td>
<td><strong>B. Promote awareness, detection and management of high blood pressure (clinical innovations, team-based care, and self-monitoring of blood pressure).</strong></td>
</tr>
<tr>
<td><strong>C. Support policies that increase access to heart disease and stroke care for priority populations.</strong></td>
<td><strong>D. Improve collaboration with tribal communities.</strong></td>
<td><strong>D. Identify and expand mobile integrated health programs.</strong></td>
<td><strong>C. Support the expansion of prevention and lifestyle interventions in communities and for all ages across the lifespan.</strong></td>
</tr>
</tbody>
</table>

---

*Sources: (1) Vital statistics (2) ORN EMT database [Note: Baseline-chute times data is from 2018; due to changes in data measurement] (3) BRFSS 2018*

---

*Last Updated: November 2020*
Panelists

Report from the Battle Ground: Perspectives of Frontline Providers & Community Leaders

Josh Ohrtman, PharmD
Clinical Services Pharmacist
The Medicine Shoppe Pharmacy – Rapid City
Program Director/Co-Luminary
Community Pharmacy Enhanced Services Network of SD (CPESN SD)

Josh Ohrtman was born and raised in Rapid City, SD. Prior to completing South Dakota State University’s Pharmacy Program he conducted biomedical research for over 10 years in the field of neuroscience. He has conducted research in laboratories all over the United States including California State University Chico, University of Colorado, University of Minnesota, and the National Institutes of Health in Bethesda, Maryland. Josh’s research results have been published in multiple peer-reviewed scientific journals.

Josh’s academic interests eventually steered him into a biomedical career with more direct patient interaction and he decided to pursue pharmacy school at South Dakota State University (SDSU) in 2013. At SDSU Josh was involved in a variety of pharmacy related activities and was a member of the Rho Chi Academic Honor Society.

At The Medicine Shoppe, Josh enjoys using his research background and critical thinking skills to help patients solve their health related and medication therapy problems. He enjoys working directly with patients and has found great pleasure developing and offering clinical services to patients in and out of the pharmacy. Josh enjoys the opportunity to form lasting relationships with pharmacy patients. “As a pharmacist in today’s health care system, I believe my role as a pharmacist goes far beyond administering medications. I take great pride in providing the best possible health care and I constantly strive to be a patient advocate.” says Josh.

Josh is happy to have returned home to the Black Hills to practice pharmacy and in his spare time he enjoys spending time with his wife and three children. He is an active member of the Black Hawk Community Church, coaches a variety of his children’s activities, trains Brazilian jiu-jitsu and enjoys archery hunting and other outdoor activities.

Thomas Gulledge, BA, CSCS
Fitness and Wellness Coordinator
Mitchell Recreation Center

Thomas Gulledge grew up in Corvallis, OR. He first became interested in Fitness and wellness in middle school when a mentor who managed a local fitness center took him under his wing. During this experience, he learned a lot about the fitness industry from a private sector standpoint and realized his desire to help people achieve their fitness goals on a big scale.
Thomas graduated from Corvallis High School in 2001, and went to a junior college to play baseball and study exercise science (yes in that order). He was planning on staying in Corvallis and finishing his degree at Oregon State University, when he got a call from the baseball coach at Dakota Wesleyan University (which, admittedly, he had never heard of before), offering him a chance to continue playing the sport he loved and while finishing his exercise science degree. This is what brought him to Mitchell, (again, never heard of it before) where he finished his college career and was honored as the 2005 GPAC and Region 4 baseball player of the year. In the winter of that year, he started a personal training business housed at the Mitchell Recreation Center. Within 3 years, the City of Mitchell created a position for him that entails much more than personal and group training.

Through Thomas’s time in Mitchell, he recognized that his passion is to help as many people, especially those with chronic conditions, achieve their health and wellness goals. He uses physical activity, lifestyle and dietary modification to assist people in their journey. As a city-run community center, Mitchell does not have the financial expectations that private businesses have, which allows him to develop and administer programming that may not be fiscally productive, but helps create a better wellness environment in the community. Recently, he has been finding more time to write grants to procure additional funding for these programs, along with creating new opportunities for additional wellness ideas to flourish.

Thomas also teaches at Dakota Wesleyan University in the sport, exercise and wellness major, which allows him to keep connected with new happenings and research in the fitness and wellness world. It has also taught him a lot about how to communicate multi-generationally, as he usually gets the chance to work with people from 8 years old all the way to 90 years old on a daily basis.

When he’s not at work, Thomas enjoys spending time with his wife, daughter, and three dogs (and admits they’re the real reason he’s stayed in South Dakota). The family particularly enjoys attending his daughter’s activities, including sports and swimming!

Taylor Sandberg, MSW, CSW
Social Worker
Sanford Clinic – Brookings

Taylor Sandberg grew up in Minnesota before moving to Grand Forks, ND to attend college at the University of North Dakota. Taylor completed her undergraduate degree in social work. During her undergraduate internship, Taylor did in-home work with low-income and at-risk families to connect them with needed resources and to prevent further hardships.

Taylor then went on to earn her master’s degree at UND and graduated in 2015. While still living in Grand Forks, Taylor worked with youth in treatment foster care and their biological and foster families. This work included working with children with higher needs living in foster care. Taylor enjoyed working with youth and helping to reunite them with their biological families or helping them to prepare for adoption.
In 2019, Taylor moved to Brookings, SD and is now the social worker at Sanford Clinic in Brookings. She has been with the clinic for about a year and a half. During this time, Taylor has enjoyed working with patients and their families to assess their Social Determinants of Health and identify stressors that may be impacting their health or ability to receive adequate healthcare. Common barriers that Taylor works with patients on include transportation, financial needs, food resources, health insurance, prescription assistance, and mental health needs.

Taylor participates with a few groups and committees within the community including the Brookings International Healthcare Committee, Brookings County Mental Health Coalition, and the SD Resilient Communities task force. In her spare time, Taylor enjoys doing outdoor activities and spending time at the lake. She also enjoys yoga, cooking, and playing with her new puppy!

Dr. Matt Owens, MD
Physician
Community Memorial Hospital – Redfield

Dr. Owens formerly lived in Iowa and Nebraska and served in the U.S. Army Reserve for a time until 1982. He then completed undergraduate school, graduate school and medical school at the University of South Dakota in Vermillion. Owens started working part-time at Redfield’s Community Memorial Hospital in 1998 and began to his full-time career at Community Memorial Hospital in 1999. Dr. Owens is also a Clinical Professor at the University of South Dakota in the Department of Family Medicine and has been involved in EMS since 1981.