

**Updating Your Cardiovascular Toolkit
3rd Annual Spring Conference
St. John's, NL May 2013**

The Canadian Council of Cardiovascular Nurses (CCCN) held its third National Spring Conference "Updating your Cardiovascular Toolkit" in St. John's, NL in conjunction with the local CCCN Division. The one day event took place at the Sheraton Hotel with more than 80 registered delegates in attendance. The event began with the Newfoundland Division's Annual General meeting on Friday night followed by a talk by Dr. Kevin Melvin, cardiac surgeon, who gave an enlightening presentation on the history of cardiac surgery in Newfoundland. There were about 25 people in attendance. The local CCCN Division was fortunate to have the National Board of Directors attend their AGM.

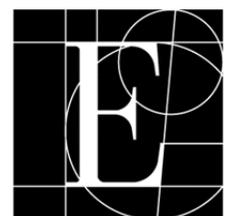
The one day conference was well received by those in attendance. The opening plenary speaker, Dr. Bruce Van Vliet, gave a presentation titled "Stemming the Salt Tide: Assessment and Interventions to Reduce Sodium Intake in Hypertensive Patients". It is known that many Canadians eat well above the recommended daily amounts of sodium and Dr. Van Vliet spoke on the positive benefits of sodium reduction on hypertension and cardiovascular disease. He identified the need for moderation of sodium use and the importance of patient education, motivation and resources to attain sodium reduction.

The remainder of the day provided sessions on a variety of topics from chronic total occlusion to the initiation of a TAVI program for Newfoundland and the importance of palliation in the cardiac population. (See website for detailed Program). The conference evaluations were very positive. Respondents highlighted how they liked the clinical approach to the conference and the varied health care professionals who spoke during the day.

We were very fortunate to have a personal story to close out the day. The NL Heart and Stroke Foundation provided an overview of the Automated External Defibrillator (AED) program in Newfoundland. As part of the presentation, we were heard from Mr. Hedges, a patient who was successfully resuscitated with an AED at a hockey arena while playing hockey. He highlighted how important the AED program was for him and his family and he is living proof that the device does save lives.

CCCN would like to thank the following sponsors of the event:

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The Canadian Council of Cardiovascular Nurses is committed to providing ongoing education to its members. We currently run two National Conferences with one in the fall and the second in the spring.

The ***Updating your Cardiovascular Toolkit Spring Conference 2014*** will take place in Calgary, Alberta.

Rodolfo Pike RN,
Director of Professional Development, CCCN