

## **Keynote Address: A Heart to Heart Talk: Blazing a Trail in Cardiopulmonary Physical Therapy for the Next Generations**

### Objectives:

- Present an overview of the history of the Academy, or “Where have we come from?”
- Define Trailblazing and identify past and current Trailblazers
- Present an overview of where we are going
- Describe a plan to Blaze a Trail for Future Generations

Description: this presentation will introduce the learners to the history of the Academy of the Cardiovascular and Pulmonary PT as well as the Cardiovascular and Pulmonary trailblazers from the past. Then, the presentation will discuss changes that have occurred, especially in the recent past with work, learning as well as the profession in general and how we practice with a look forward to what is on the forefront. The learner will then be introduced to changes/advances and innovations in cardiovascular and pulmonary disease management as well as a discussion of what is the future. The presentation finishes with how to blaze a trail for future generations and ends with inspiration.

### Speaker Bio

Dr. Ellen Hillegass is a physical therapist with APTA board certification in the cardiovascular and pulmonary clinical specialty. She is also a Catherine Worthingham Fellow of the American Physical Therapy Association, the highest honor given by the APTA. Ellen is the President and CEO of PT Cardiopulmonary Educators, a web based education company providing webinars for continuing education and residency education that also has a core curriculum in Cardiopulmonary for DPT programs . She is also the founder of a Clinical Residency in Cardiopulmonary through Mercer University in conjunction with Piedmont Hospital.

Ellen Hillegass was the Chair of the Clinical Practice Guidelines Revision committee on Venous Thromboembolism (VTE) for the APTA that was published in April 2022 and the initial clinical practice guideline on VTE. Dr. Hillegass is also the current Chair of the Oxygen Consensus Guidelines Task force for the Academy of Cardiovascular and Pulmonary PT of the APTA. She is the Editor of Essentials in Cardiopulmonary Physical Therapy, an entry- level text with the fifth edition just published in 2022 as well as the author of a clinical notes book entitled “PT CLINICAL NOTES” (formerly REHAB NOTES).She received her entry level training in Physical Therapy from the University of Pennsylvania, Masters of Medical Science in cardiopulmonary physiology from Emory University, and doctorate in Exercise Physiology from the University of Georgia. Her dissertation involved muscle morphology in the Spinal Cord Injured patient.