



# CARDIOVASCULAR MEDICINE:

## INNOVATIONS & INSIGHTS



**7:50 A.M. - 4 P.M.**  
**FRIDAY, FEB. 27**  
**HEALTH EDUCATION CENTER**

2230 Lexington Ave. | Ashland, KY 41101

(lower level of the Lexington Avenue parking garage)

### AUDIENCE & PURPOSE

This program is designed for healthcare professionals who provide care to patients with heart disease. It will familiarize participants with the latest developments and innovations in the prevention and treatment of heart disease.

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## AGENDA

7:00 - 7:50 a.m.	Registration & Light Breakfast
7:50 - 8:00 a.m.	<b>WELCOME</b> Kim Grooms, MSN, RN Executive Administrator, Cardiovascular Services
8:00 - 9:00 a.m.	<b>SEE THE RISK, CHANGE THE COURSE:</b> Hypertension, Lipids & Calcium Scoring in Practice Jasyn Blankenship, D.O., Cardiologist
9:00 - 10:00 a.m.	<b>ATRIAL FIBRILLATION TODAY:</b> Evidence-Based Diagnosis & Treatment Options Aaron Hesselson, M.D., Cardiac Electrophysiologist
10:00 - 10:15 a.m.	BREAK
10:15 - 11:15 a.m.	<b>CARDIAC DISEASE:</b> Cardiovascular Benefits of GLP-1 Receptor Agonists in Clinical Practice Amber Gross, Pharm.D., Clinical Pharmacist
11:15 a.m. - 12:30 p.m.	LUNCH
12:30 - 1:30 p.m.	<b>STRUCTURAL HEART DISEASE IN 2026:</b> Practical Update for the Frontline Clinician Ayodele Osasona, M.D., Cardiothoracic Surgeon April Melvin, APRN, & Kristy Turley, APRN, Structural Heart
1:30 - 2:30 p.m.	<b>LVADS &amp; HEART TRANSPLANTATION:</b> Where Are We Today? Navin Rajagopalan, M.D. Advanced Heart Failure & Transplant Cardiologist
2:30 - 2:45 p.m.	BREAK
2:45 - 3:45 p.m.	<b>CHANGING THE STORY:</b> Transforming Heart Health for Women Michele Friday, M.D., Cardiologist
3:45 - 4:00 p.m.	Closing and Evaluations



## LEARNING OBJECTIVES

At the conclusion of this learning activity, attendees will be able to:

1. Apply current guideline-based strategies for managing hypertension and dyslipidemia to reduce cardiovascular risk.
2. Interpret coronary artery calcium scores and integrate results into personalized risk stratification and treatment decisions.
3. Identify evidence-based approaches to the diagnosis and classification of atrial fibrillation.
4. Compare current pharmacologic and procedural treatment options to optimize stroke prevention and symptom control.
5. Review the current literature regarding glucagon-like peptide receptor agonists and cardiovascular disease.
6. Discuss strategies to improve barriers to care for patients initiating this class of medications.
7. Design an evidence-based plan for initiating and monitoring GLP therapy.
8. Describe emerging trends and technologies in the diagnosis and management of structural heart disease.
9. Evaluate patient selection and timing for interventional vs. surgical treatment options in structural heart disease.
10. Identify the optimal timing for heart failure patients to be referred for LVAD therapy and heart transplantation.
11. Describe the advantages and disadvantages of LVAD therapy vs. heart transplantation.
12. Examine the role of lifestyle, nutrition, and preventive strategies in improving long-term cardiovascular health.
13. Implement patient-centered approaches to promote sustainable behavior change and cardiovascular risk.

## PRESENTERS:



### **Jasyn Blankenship, D.O.**

A native of Logan, W.Va., Dr. Blankenship is passionate about the heart health of this region, focusing on education, prevention, and management of heart disease risk factors, including hypertension, lipids and coronary artery disease. Dr. Blankenship earned his medical degree at the W.Va. School of Osteopathic Medicine in Lewisburg, and completed residency and fellowship training at OhioHealth Doctors Hospital in Columbus, Ohio. He is on staff at UK King's Daughters.



### **Aaron Hesselson, M.D.**

A clinical cardiac electrophysiologist, Dr. Hesselson earned his medical degree from the University of Medicine and Dentistry in New Jersey and completed fellowships in cardiology and cardiac electrophysiology at Duke University in Durham, N.C. He previously served as professor of medicine at the Gill Heart & Vascular Institute of the University of Kentucky and section chief for electrophysiology at UK HealthCare. He is on staff at UK King's Daughters.



### **Amber Gross, Pharm.D.**

Amber Gross is the transitions of care clinical pharmacist at UK King's Daughters and serves as a preceptor for the PGY1 and PGY2-Infectious Disease programs. Dr. Gross received her Doctor of Pharmacy degree from the University of Charleston in 2019. She completed pharmacy practice residencies at UK King's Daughters/Marshall University School of Pharmacy and a pharmacy geriatrics residency at Charleston Area Medical Center.



### **Ayodele Osasona, M.D.**

Dr. Osasona earned his medical degree from the University of Kentucky College of Medicine and completed a general surgery residency at the University of Texas Medical Branch in Galveston, Texas. He completed a fellowship in cardiothoracic surgery at Ochsner Clinic Foundation in New Orleans. He is on staff at UK King's Daughters.



### **Navin Rajagopalan, M.D.**

Dr. Rajagopalan is director of the Gill Heart & Vascular Institute Affiliate Network of UK HealthCare and professor of internal medicine/cardiology at the University of Kentucky College of Medicine. He is on staff at UK HealthCare, Lexington, and sees patients locally in UK King's Daughters Heart Failure Clinic.



**Michele Friday, M.D.**

Dr. Friday has been providing compassionate, personalized heart care in this region for more than 20 years. Her passions include reducing heart disease risk through healthy diet and promoting women's heart health awareness. She is medical director of the women's heart program at UK King's Daughters.

**April Melvin, MSN-NE, APRN, FNP-BC**

Nurse practitioner April Melvin earned her Master of Science in Nursing (Nursing Education) from Marshall University, where she also completed a board certification as a family nurse practitioner. She has been part of the UK King's Daughters Structural Heart team since December 2022, serving as a key clinical resource for patients undergoing structural heart procedures.

**Kristy Turley, MSN, APRN**

Nurse practitioner Kristy Turley earned her Bachelor and Master of Science in Nursing from the University of Kentucky and is board certified by the American Academy of Nurse Practitioners. A member of the UK King's Daughters Structural Heart team since 2020, she supports patients through every phase of structural heart care, from education and procedural preparation to post-procedure follow-up.

**REGISTRATION**

This free CME/CNE program is available in person. UK King's Daughters providers and team members are asked to register for the program through KDHS University. All others may register by emailing Mary.Price@kdmc.kdhs.us or calling (606) 408-0095. Please include your name, professional credential, email address, and daytime phone number. Walk-in registration will be accepted on a first-come, first-served basis.

**CME STATEMENT:** The Kentucky Heart Foundation, Inc., is accredited by the Kentucky Medical Association to provide continuing medical education for physicians. The Kentucky Heart Foundation Inc. designates this live continuing medical education activity for a maximum of **6 AMA PRA Category 1 Credit(s)**<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**CNE STATEMENT:** This program is approved by the Kentucky Board of Nursing for **7.2 contact hours**. **KBN #0036-12-26-073. Expires 12/31/2026.** KBN approval of an individual continuing education provider does not constitute endorsement of program content. To receive credit, participants must provide nursing license or social security number at registration, attend the entire program and complete the evaluation tool.

**CONTINUING PHARMACY EDUCATION:** The Northeast Kentucky Area Health Education Center is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. The Northeast Kentucky AHEC designates this live GLP-1 presentation application/practice-based activity for a total of .10 CEUs for pharmacists & pharmacy technicians. UAN: 0193-9999-25-018-L01-P, 0193-9999-25-018-L01-T.

For successful completion of this continuing education activity, participants must sign the appropriate attendance roster, be present for the requested time of the program, and complete and return the online evaluation within 7 days of the activity date. ACPE credit will be uploaded to CPE Monitor within 60 days of the activity date, and participants may print a statement of credit or transcript from their NABP e-profile.



The Northeast Kentucky Area Health Education Center presents this activity for educational purposes only. Content reflects the presenter's expertise, and participants are responsible for their own clinical judgment.

**FACULTY DISCLOSURE STATEMENT:** The faculty disclosure policy of UK King's Daughters and the Kentucky Heart Foundation requires that faculty participating in an educational activity disclose to the audience any relationship with ineligible companies whose primary business is producing, marketing, selling, reselling, or distributing healthcare products used by or on patients. Full disclosure will be provided at the time of the activity, prior to the presentation.

**ENVIRONMENTAL STATEMENT:** Attendees are encouraged to bring a light sweater or jacket as room temperatures may fluctuate.