



## Coping as an Adult Living with CHD

Wednesday, May 1, 2024

7 p.m. – 8 p.m. EDT

**Presenters: Rachel Steury, MSN, APRN, FNP-C,  
Vicki Freedenberg, PhD, RN , and Patient Panel**

### **About the Webinar:**

Adulting can be hard; adulting with congenital heart disease can be harder. Join us to talk about stress and coping and learn about ways to use mindfulness-based techniques such as meditation, yoga, or breathing techniques to improve coping skills. We'll even lead the group in some meditation practice!



**REGISTER NOW:** <https://bit.ly/3Ubz2Yv>

### **About the Presenters:**

Rachel Steury, MSN, C-FNP, has worked at Children's National Heart Institute and with the Washington Adult Congenital Heart (WACH) Program for more than five years. She's co-authored a chapter on ACHD for the American Academy of Pediatrics Common Cardiac Issues in Pediatrics. Her interests include Fontan outcomes and transition programs for youth with congenital heart disease.

Vicki Freedenberg, PhD, RN, is an Advanced Practice Nurse in Electrophysiology at Children's National in Washington, D.C., with extensive clinical and research experience with pediatric and adult congenital heart disease patients with arrhythmias and cardiac devices. Vicki received the 2022 ACHA Meil Family Foundation Research Award for "Neurocognitive Studies for her study, Exploring Mind Body Resilience and Coping/Cognitive Exercises-(EMBRACE): A Psychoeducational Intervention for Adult Congenital Heart Disease, a Randomized Control Trial." Her research interest is in using non-pharmacological methods to decrease stress and anxiety in patients, families, and staff. She has completed two studies with her adolescent patients using a Mindfulness Based Stress Reduction intervention and recently has developed and implemented a stress-reduction program for the staff using mindfulness-based techniques.

### **About the Adult Congenital Heart Association**

The Adult Congenital Heart Association (ACHA) is a national not-for-profit organization dedicated to **supporting individuals and families living with congenital heart disease and advancing the care and treatment available to our community.** ACHA empowers the more than nearly 2 million adults with CHD, their families, and the medical community by advancing access to resources and specialized care that improve patient-centered outcomes. For more information about ACHA, contact (888) 921-ACHA or visit [www.achaheart.org](http://www.achaheart.org).

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