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**The 19th Interregional Symposium**

for Certified Nurse-Midwives, Nurse Practitioners, Physician Assistants

and Other Healthcare Professional Colleagues

at the

**Embassy Suites Mandalay Beach Hotel & Resort**

2101 Mandalay Beach Road, Oxnard, CA 93035

**OBJECTIVES**

**THURSDAY, November 1, 2018**

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| **2:00 – 5:00pm** | Concurrent Workshops |
|  | **Wound Care Workshop for Advanced Practice Providers -** Genevieve Tatco-Villamayor, MSN, APRN, FNP-C, CWON   1. Discuss the factors affecting wound healing 2. Updates in pressure injuries, Staging of Pressure Injuries 3. Analyze the signs and symptoms and treatment plans of pressure injuries 4. Analyze signs and symptoms, treatment plans for venous stasis ulcers 5. Analyze signs and symptoms, treatment plans for Cellulitis 6. Analyze signs and symptoms, treatment plans for Intertrigo |
|  | **Back and Knee Assessment Workshop -** Justin Hamilton, PT, DPT, OCS and P. Martin Yuson, PT, DPT, JD Describe recommended history and physical assessment for patients with back symptoms.Describe recommended history and physical assessment for patients with knee symptoms.Demonstrate proper assessment technique for back and knee exams.Discuss recommendations for referral for outpatient physical therapy.Discuss recommendations for outpatient and home therapy for patients with back conditions6 Discuss recommendations for outpatient and home therapy for patients with knee conditions |
|  | **Prenatal Ultrasound Interpretation and Genetic Testing Workshop -** Esther Friedrich, MD   1. List 4 benefits of Prenatal Ultrasound 2. Interpret routine prenatal ultrasound finings and appropriate follow-up 3. Understand the different prenatal genetic testing offered at KP and appropriate candidates and follow-up 4. Name 3 indications of amniocentesis 5. Name 2 indications of CVS 6. 6. Discuss 3 limitations of Prenatal Ultrasound |
|  | **EKG Update Workshop -** Cydney Stewart, MD   1. Describe the Cardiac Anatomy and Cardiac Electrophysiology. 2. Identify the EKG abnormalities. 3. Define and recognize Ischemia and acute MI and Advanced Heart Blocks. 4. Discuss therapeutic treatment plan for these cardiac conditions 5. Discuss follow up and referral process |

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**FRIDAY, November 2, 2018**

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| TIME | PRESENTATION |
| **9:35 – 10:50am** | **Concurrent Session A** |
|  | **Back and Knee Ortho Issues and Treatments -** Justin Hamilton, PT, DPT, OCS and P. Martin Yuson, PT, DPT, JD 1. Discuss common back and knee complaints/conditions seen in primary care2. Describe recommended workup for common back and knee conditions3. Discuss treatment recommendations and options for common back and knee conditions.4. Discuss follow up of patients with common back and knees conditions. |
|  | **Abnormal Uterine Bleeding -** Debra Gierut, MD 1. Describe the potential causes of AUB.2. Explain how to properly evaluate AUB.3. Discuss treatment options for AUB, and formulate a treatment plan in various possible scenarios. |
|  | **The Heart of the Matter - Chest Pain in the Pediatric Patient -** John-Charles Loo, MD 1. List the common causes of pediatric chest pain  2. Identify the red flags in the pediatric chest pain history 3. Discuss the appropriate evaluation for pediatric chest pain |
| **11:15 –12:30pm** | **Concurrent Session B** |
|  | **Be Still my Failing Heart (HFrEF) - Basic Principles and Pearls for the PCP -** Shelly De Peralta, DNP, RN, ACNP-BC  and Y. Michelle Fang, NP 1. Identify the main etiologies and pathophysiology for heart failure2. Identify and interpret diagnostic studies for heart failure3. Identify pharmacologic cornerstone of therapy in the management of heart failure |
|  | **Cervical Cancer Screening Update -** Christina Hong, MD 1. Identify risk factors for cervical cancer and the role of HPV vaccination in cervical cancer prevention.2. Describe cervical cancer screening methods and current cervical cancer screening recommendations.3. Discuss primary HPV screening and its role in cervical cancer screening. |
|  | **Skip the Beat - Palpitations and Syncope in the Pediatric Patient -** John-Charles Loo, MD   1. Differentiate the mechanisms of syncope and palpitations to obtain a thorough history 2. Recognize red flags in the history of syncope and palpitations 3. Explain the appropriate evaluation for pediatric syncope and palpitations |
| **1:30 – 2:45pm** | **Concurrent Session C** |
|  | **Health Care Disparities -** Marcia Harris-Luna, PHD, FNP-BC, CPNP and Stefanie Varela, WHNP-BC, FNP-C, PhD  1. Participants will be able to list the different types of vaginitis  2. Participants will be able to list the diagnostic criteria for the different types of vaginitis  3. Participants will be able to list 6 treatment options for UTIs |
|  | **Pregnancy Weight Gain: In the Short and Long Term -** Ruth Mielke, PhD, CNM, FACNM, WHNP-BC 1. Apply knowledge on the hormonal changes during pregnancy to effects on pregnancy weight gain2. Describe the short and long term consequences of extremes of pregnancy weight gain to the mother and fetus.3. Identify clinical approaches to optimize appropriate pregnancy weight gain |
|  | **“Can I have your Attention Please - ADHD Update for Pediatrics” -** Susan Opas, Ph.D., CPNP/CNS, CPMHS, RN-C, SN-C, CHES1. List the assessment tools and findings used for evaluation and identification of ADHD in children and adolescents.2. Discuss common stimulant and non-stimulant medications prescribed for treatment of ADHD symptoms.3. Identify alternative or collaborative behavioral interventions to treat symptoms of ADHD. |
| **3:00 – 4:15pm** | **GENERAL SESSION: Forensic Nursing for APPS -** Cynthia Urena, FNP-BC   1. Identify signs and symptoms of child abuse and neglect 2. Identify signs and symptoms of strangulation in domestic violence cases 3. Identify steps for evidence preservation following a sexual assault disclosure 4. Identify laws regarding mandated reporting, including the protection afforded to mandated reporters 5. Understand workflow and mandatory reporting requirements for providers |

**SATURDAY, November 3, 2019**

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| TIME | PRESENTATION |
| 7:45 – 8:00am | Welcome & Announcements |
| **8:00 – 9:00am** | **GENERAL SESSION: Towards Hope and Healing: A Mental Health Awareness Event -** Amanda Gentz, BA1. Describe 3 signs and symptoms of common mental health issues seen in the health care setting.2. Identify 3 common myths associated with mental health.3. Identify recommendations that one can use to support the mental health of themselves and others. |
| **9:05 – 10:20am** | **Concurrent Session D** |
|  | **What the Fib? Taming Atrial Fibrillation - Pearls for Primary Care Providers -** Shelly De Peralta, DNP, RN, ACNP-BC and Y. Michelle Fang, NP Discuss assessment and evaluation of a patient with newly diagnosed AFibIdentify pharmacologic and non-pharmacologic options for AFib managementIdentify pharmacologic and non-pharmacologic options for AFib managementIdentify indications, appropriate use & discontinuation of anticoagulation (including Novel Agents) in AFib for stroke preventionIdentify indications, appropriate use & discontinuation of anticoagulation (including Novel Agents) in AFib for stroke prevention |
|  | **Contraceptive Challenges -** Jaclyn Grentzer, MD, MSCI 1. Discuss management of unscheduled bleeding for women using Levonorgestrel intrauterine system or Etonogesterel contraceptive implant.2. Describe how to troubleshoot difficult IUD insertions and removals, and non-palpable implants.3. Using the CDCs Medical Elibibility Criteria, review contraception options for women with medical co-morbidities such as migraines, hypertension, diabetes, obesity, and smoking. |
|  | **Making Rash Decisions – Eczema Update -** Ritika Khandpur, MD, MHA 1. Discuss signs and symptoms of eczema in both pediatric and adult patients2. Describe recommended workup for patients with eczema to help rule out other skin conditions3. Discuss lifestyle changes, treatment options and follow up for both pediatric and adult patients with eczema |
| **10:40 –11:55am** | **Concurrent Session E** |
|  | **Overcoming Barriers: A Mental Health Awareness Event -** Amanda Gentz, BA 1. Describe 3 common warning signs for suicide and identify initial help to be provided for individuals with mental health concerns.2. Identify possible stigma and other barriers to accessing mental health resources.3. Discuss referral recommendations and access to mental health resources. |
|  | **Counseling Parents on Newborn Male Circumcision -** Ruth Mielke, PhD, CNM, FACNM, WHNP-BC 1. Analyze the evidence-based health benefits/risks of newborn male circumcision.2. Demonstrate competency in providing evidence-based information to parents on care of circumcised and non-circumcised newborn males3. Define the ethical responsibilities that APPs have for the individuals and families they serve. |
|  | **Don’t Freak Out Over a Breakout! – Acne Update -** Ritika Khandpur, MD, MHA 1. Discuss signs and symptoms of acne in pediatric and adult patients2. Describe different types of acne in pediatric and adult patients3. Discuss lifestyle changes, treatment options and follow up for pediatric and adult patients with acne |
| **1:00 – 2:15pm** | **Concurrent Session F** |
|  | **Urgent Care Review -** Cyril Thomas, PA-C  1. Differentiate and identify several types of abscess such as etropharyngeal abscess, peritonsillar abscess, rare neck abscess as well as dental complications which need an urgent care/ emergency visit. 2. Recognize shoulder dislocation and the tecniche for reduction that can be done in the primary care setting3. Recognize which burns and wounds need immediate attention and techniques on treatment options |
|  | **Updates in Endometriosis -** Charles S. Hummel, MD, PhD  1. Describe basic pathophysiology of endometriosis  2. Apply a basic algorithm for medically treating endometriosis, and have knowledge of 2 surgical options for management.  3. Will be able to list 3 clinical manifestations of endometriosis |
|  | **Practical Approaches to Screening and Management of Depression and Anxiety in the Pediatric Population**  Susan Opas, Ph.D., CPNP/CNS, CPMHS, RN-C, SN-C, CHES 1. Describe how to diagnose childhood/adolescent anxiety and depression using DSM-5 criteria and valid/useful screening tools.  2. List FDA approved and commonly used medications for treating anxiety and depression.  3. Identify additional therapies and supports for managing anxiety and depression in children and adolescents. |
| **2:30 – 3:30pm** | **GENERAL SESSION: Plant Based Diet**  Steven Lawenda, MD 1. List unique clinical benefits of a whole foods, plant-based diet vs. current standard practice in the treatment of obesity and chronic diseases. 2. Explain the power and potential clinicians have as role models to influence behavior change in patients.  3. Explain how incorporating Lifestyle Medicine into primary care can address and reverse both the obesity/chronic disease crisis and the crisis of clinician burnout. |