

# Attendee Brochure

September 19-22, 2018

# NCNP

## National Conference for Nurse Practitioners

*The Conference for Primary and Acute Care Clinicians*

**Anaheim  
Marriott  
California**



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*The Nurse Practitioner* journal

 Wolters Kluwer

Dear Colleague,

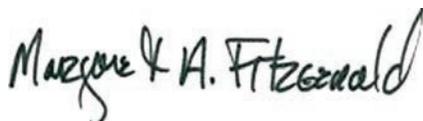
I'd like to personally invite you to attend the National Conference for Nurse Practitioners: The Conference for Primary and Acute Care Clinicians that will be held September 19-22, 2018, at the Anaheim Marriott in Anaheim, California. This biannual event is sponsored by Wolters Kluwer, publisher of *The Nurse Practitioner*<sup>®</sup> journal, and offers you educational sessions relevant to advanced clinical practice to give you the tools you need for improving the overall quality of patient care.

The NCNP 2018 fall event will also meet your continuing education needs by providing evidence-based educational sessions, hands-on workshops, and skill-building sessions that deliver comprehensive, results-oriented patient care strategies. Our expert speakers will cover a broad range of topics for advanced practice clinicians in both primary and acute care settings. Topics include pain management, fundamentals of anticoagulant pharmacology, obesity, respiratory infections, sepsis management, lab interpretations, diabetes, chronic kidney disease, Hepatitis C, and cancer screening. We'll also cover topics in men's and women's health, pediatrics, geriatrics, and more.

CE and Rx credit will be awarded upon completion of the conference. In addition, be sure to take advantage of the hands-on workshops incorporated throughout the program! We're offering our most popular workshops once again as well as new ones, and we've expanded session capacities to accommodate more people. Remember to register early to secure your spot—these workshops are a BIG reason why many of you attend, and they almost always sell out!

We think you'll agree that the National Conference for Nurse Practitioners is the best choice for your continuing education needs. You'll enjoy a terrific setting, an evidence-based approach to learning, easy access to continuing education, numerous meal functions (which really sets the conference apart from all other events), and best of all, the opportunity to collaborate and exchange ideas with your peers.

I look forward to seeing you at the conference!



Margaret A. Fitzgerald, DNP, FNP-BC, NP-C, FAANP, CSP, FAAN, DCC, FNAP  
Conference Chairperson  
President, Fitzgerald Health Education Associates, LLC  
North Andover, MA  
FNP, Greater Lawrence Family Health Center  
Family Practice Residency Program, Lawrence, MA

## FALL 2018 PLANNING PANEL

### Conference Chairperson

**Margaret A. Fitzgerald, DNP, FNP-BC, NP-C, FAANP, CSP, FAAN, DCC, FNAP**

President, Fitzgerald Health Education Associates, LLC  
North Andover, MA

FNP, Greater Lawrence Family Health Center  
Family Practice Residency Program, Lawrence, MA

### Director of Acute Care Programming

**Sophia Chu Rodgers, ACNP, FNP, FAANP, FCCM**

Critical Care Nurse Practitioner

Lovelace Health Systems

Albuquerque, NM

**Karen Innocent, DNP, RN, CRNP, ANP-BC, CMSRN**

Executive Director, Continuing Education

Lippincott Professional Development

Wolters Kluwer, Philadelphia, PA

**Jamesetta A. Newland, PhD, RN, FNP-BC, FAANP, DPNAP, FAAN**

Editor-in-Chief, *The Nurse Practitioner*<sup>®</sup>

Clinical Professor and Nurse Practitioner

New York University, Rory Meyers College of Nursing

New York, NY

**Mary Perrong, MSN, RN, CRNP**

Senior Clinical Editor, *The Nurse Practitioner*<sup>®</sup>

and *Nursing 2018 Critical Care*<sup>®</sup>

Wolters Kluwer, Philadelphia, PA

**Janet S. Thomas, MS, RN-BC**

Manager of CE Accreditation Compliance

Lippincott Professional Development

Wolters Kluwer, Philadelphia, PA

**Anne Dabrow Woods, DNP, MSN, RN, CRNP, ANP-BC, AGACNP-BC, FAAN**

Chief Nurse, Wolters Kluwer

Publisher, *American Journal of Nursing* and

*The Joanna Briggs Institute*

Nurse Practitioner, Critical Care Services

Penn Medicine Chester County Hospital

West Chester, PA

Adjunct Faculty, Drexel University College of

Nursing and Health Sciences

Philadelphia, PA

## Continuing Education Provider Information

**Program Goals and Objectives:** The purpose of the National Conference for Nurse Practitioners is to offer interactive presentations, discussions, and practical workshops that promote clinical excellence and improve the quality of care that healthcare practitioners provide. By attending this conference and participating in the educational sessions, you'll be better able to:

- consult with experts in primary and acute care as well as clinical subspecialties
- discuss issues related to family, adult, pediatric, geriatric, women's health, legal, mental health, and acute care practice specialties
- develop your assessment and clinical management skills in hands-on and skill-building workshops
- evaluate current and new treatment methods and pharmacologic therapies
- identify issues that affect advanced practice, including reimbursement, malpractice, clinical practice guidelines, and using the latest technologies in the industry
- increase advanced practice clinicians' skillsets in order to provide expanded services and improve billing and reimbursement.

**Provider Accreditation:** Lippincott Professional Development will award a maximum of **22** contact hours and a maximum of **19.5** Advanced Pharmacology (Rx) hours for this continuing nursing education activity. Lippincott Professional Development is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

This activity is also provider-approved by the California Board of Registered Nursing, Provider Number CEP 11749 for **22** contact hours. Lippincott Professional Development is also an approved provider by the District of Columbia, Georgia, and Florida #50-1223. Your certificate is valid in all states.

## Call for Poster Abstracts

**Subject Matter:** Poster submissions should cover subjects related to either primary care or acute care specialties and practice settings. Suggested areas of interest include clinical topics, technology, documentation strategies, medication administration, team development, patient and family education programs, family interventions, and legal/ethical issues.

**General Poster Proposal Information/Guidelines:** Poster abstracts must be submitted online. To submit a poster, please visit the conference website at [ncnpconference.com](http://ncnpconference.com) and click the "Posters" tab.

**Deadline: July 27, 2018**

**Notification:** The Poster Review Committee will review all poster submissions. You'll receive a decision notification via email on or before **August 17, 2018**.

*For posters to be accepted, they must comply with ANCC Standards of Commercial Support and Advertising. Product logos should not be used and generic drug/product names are preferred.*

### WEDNESDAY, SEPTEMBER 19

#### 1:00 pm – 1:15 pm | Opening Ceremony

*Margaret A. Fitzgerald, DNP, FNP-BC, NP-C, FAANP, CSP, FAAN, DCC, FNAP, Conference Chairperson; President, Fitzgerald Health Education Associates LLC, North Andover, MA; FNP, Greater Lawrence Family Health Center Family Practice Residency Program, Lawrence, MA*

#### 1:15 pm – 2:30 pm | Keynote Address



#### 101 New Drug Update 2018: What's Hot and What's Not!

*Wendy L. Wright, MS, RN, APRN, FNP, FAANP, FAAN, FNAP, Wright & Associates Family Healthcare, Amherst, NH*

Keeping up with new medications, particularly given the recent trend

toward direct-to-consumer advertising, is one of the true challenges of primary care. In this session, we will focus on the top new, widely used medications, including their appropriate uses, adverse effects, and drug interactions.

#### 2:45 pm – 4:15 pm | Concurrent Sessions

##### 102 QT Segment-Prolonging Medications: When to Worry

*Margaret A. Fitzgerald, DNP, FNP-BC, NP-C, FAANP, CSP, FAAN, DCC, FNAP, Conference Chairperson; President, Fitzgerald Health Education Associates LLC, North Andover, MA; FNP, Greater Lawrence Family Health Center Family Practice Residency Program, Lawrence, MA*

What are the possible problematic clinical outcomes when prescribing medications with a QT-prolonging warning? Who is at risk for clinical problems with these medications? What commonly prescribed QT-prolonging medications carry the highest risk? Are there alternative treatments? What are the precautions when prescribing QT-prolonging medications? Learn the answers to these questions and more in this presentation.

##### 103 Obesity Case Studies: Choosing Successful Pharmacological and Surgical Weight Loss Strategies

*Christine Kessler, MN, ANP-BC, CNS, BC-ADM, FAANP, Founder, Metabolic Medicine Associates, King George, VA*

The United States is becoming an increasing “waist land” as the chronic disease of obesity and its over 200 associated complications continues to rise. New weight loss strategies, such as diet, medications, and surgical options, have helped, but the problem of weight regain persists. This intriguing talk will explore the pathogenesis of obesity, appetite regulation, and hormonal causes of weight regain, as well as offer reality-based strategies to help patients lose weight and keep it off.

#### 104 Workshop: Common Office Procedures Part 1

*Linda S. Blasen, MS, FNP-BC, ACNP-BC, Associate Lecturer, FHEA, LLC, North Andover, MA; Instructor, University of South Florida College of Nursing, Tampa, FL*

Add new office procedure skills to your repertoire and enhance patient care in your practice! This workshop provides the advanced practice nurse an opportunity to learn and practice several common procedures. Skills include field block and digital block anesthesia, removal of fishhooks, release of paronychias and subungual hematomas, removal of ingrown nails, and incision and drainage of uncomplicated cutaneous abscesses. Please note that some props are made with latex. *If you register for this session, you are automatically enrolled in session 108. One fee covers both parts 1 and 2.*

#### 105 Acute/Emergent Care: Fundamentals of Anticoagulant Pharmacology

*Allison E. Burnett, PharmD, PhC, CACP, Director, Inpatient, Anticoagulation Services, University of New Mexico Hospital; Clinical Assistant Professor, University of New Mexico College of Pharmacy, Albuquerque, NM*

As the primary strategy for the prevention and treatment of thrombosis, we'll review the fundamentals of anticoagulation as well as adverse events in this important session. An emphasis will be placed on anticoagulant pharmacology, dosing, and toxicity.

#### 4:30 pm – 6:00 pm | Concurrent Sessions

##### 106 Confusing Concentrations: When and How to Use Concentrated Insulin

*John C. Togami, PharmD, PhC, Pharmacist Clinician, Department of Pharmacy and Department of Internal Medicine, University of New Mexico Hospitals and Clinics, Anticoagulation Services - Outpatient Clinic, Family Health and Internal Medicine Clinic, Albuquerque, NM*

Several formulations of concentrated insulin are now available for use, particularly in the primary care setting. This session will provide an overview of efficacy, safety, pharmacokinetics, and pharmacodynamics of concentrated insulin compared to conventional insulin therapy. Appropriate patient selection, dose titration, and counseling on insulin pen devices will be discussed.

##### 107 Urticaria/Hives in All of its Forms: Diagnosis and Treatment Paradigms for Cure and Control

*Victor Czerkasij, MA, MS, FNP-BC, Associate Lecturer, FHEA, LLC, North Andover, MA; Certified Histotechnologist, Skin Cancer and Cosmetic Dermatology, PC, Adult and Pediatric Dermatology, Cleveland, TN, and Dalton, GA*

Urticaria, literally “stinging nettles,” is a persistent and troubling condition for both client and provider, and it comes in many forms including spontaneous, acute, chronic, solar, pressure-induced, cold, medication/food-related, and others. Together, we will develop strategies to determine the most common triggers, and evaluate the latest therapies for cure and control, ranging from the classic **antihistamines** through today's biologics.

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Case-based scenarios will be presented and guidelines from the fields of allergy and asthma along with dermatology will prepare the participants to treat their next itching patient.

## 108 Workshop: Common Office Procedures Part 2

See session 104 description. *If you registered for Part 1, you will be automatically enrolled in this class.*

## 109 Acute/Emergent Care: Understanding Sepsis Guidelines

*Sophia Chu Rodgers, ACNP, FNP, FAANP, FCCM, Director of Acute Care Programming/NCNP, Critical Care Nurse Practitioner, Lovelace Health Systems, Albuquerque, NM*

Mortality rates from sepsis are estimated to be between 30% and 50%. The Surviving Sepsis Guidelines were developed to offer informed, evidence-based recommendations for clinical consideration to improve care and outcomes in patients who develop sepsis. This presentation will discuss what is new in the guidelines, the epidemiology of sepsis, the bundles, and what you need to know to care for a septic patient. We'll also highlight key points with a case-based study.

**6:00 pm – 7:30 pm | Grand Opening of Exhibits Reception | View Posters**

## THURSDAY, SEPTEMBER 20

**6:30 am – 7:15 am**

## 201 Sunrise Yoga: Gentle Techniques for Every Body

*Theresa Steltzer, RYT-200, Doylestown, PA*

Join us for a gentle yoga class—no experience necessary. Whether you have always wanted to try yoga or you already practice, come and share this opportunity for self-care with us. Learn to use gentle yoga and meditation techniques to improve strength, awareness, and balance in the mind and body for both you and your patients. **Separate fee.**

**7:30 am – 8:30 am | Exhibits Open | Continental Breakfast | View Posters**

Learn the latest products and technologies, view the poster presentations, and network with vendors and colleagues. Continental breakfast will be available.

**8:30 am – 10:00 am | Concurrent Sessions**

## 202 Endocrine Emergencies: Expert Tips for Clinical Practice

*Christine Kessler, MN, ANP-BC, CNS, BC-ADM, FAANP, Founder, Metabolic Medicine Associates, King George, VA*

This session will help you look at things from an endocrine perspective. Using case studies, this presentation will raise your awareness of clinical signs and lab findings that may indicate endocrine pathology, and will arm you with tips on how to determine expedient treatment or prep for referral before these endocrinopathies turn deadly.

## 203 Pharmacotherapeutic Management of Headaches in Primary and Urgent Care

*Wendy L. Wright, MS, ANP-BC, FNP-BC, FAANP, FAAN, FNAP, Wright & Associates Family Healthcare, Amherst, NH*

Twenty-eight million individuals in the United States suffer from migraine headaches, yet only 48% of these have actually been diagnosed with migraines. Recent research has shown that the vast majority of migraine sufferers have been diagnosed incorrectly, and many are told that the pain is caused by sinus or tension headaches. The etiology, symptoms, signs, and current treatments will be discussed.

## 204 Workshop: Ortho/Joint Injection Part 1

*Monica N. Tombasco, MS, MSNA, FNP-BC, CRNA, Senior Lecturer, FHEA, LLC, North Andover, MA; Certified Registered Nurse Anesthetist, Catholic Medical Center, Manchester, NH; Certified Family Nurse Practitioner, MWV Healthcare, North Conway, NH*

This dynamic and interactive course will give the participant both a hands-on and didactic learning experience. Physical assessment of common problems benefiting from joint injection with anti-inflammatories/pain medications will be discussed. In addition, participants will practice joint and soft tissue injection/aspiration on simulated models. *If you register for this session, you are automatically enrolled in session 208. One fee covers both parts 1 and 2.*

## 205 Acute/Emergent Care: Evidence-Based Treatment of Venous Thromboembolism (VTE)

*Allison E. Burnett, PharmD, PhC, CACP, Director, Inpatient, Anticoagulation Services, University of New Mexico Hospital; Clinical Assistant Professor, University of New Mexico College of Pharmacy, Albuquerque, NM*

We'll discuss the pathophysiology, etiology, and epidemiology of VTE and examine traditional and novel strategies for treatment. Additionally, the three phases of anticoagulation therapy will be discussed as well as the management of anticoagulant-associated bleeding.

**10:00 am – 10:30 am | Exhibits Open | View Posters**

**10:30 am – 12:00 pm | Concurrent Sessions**

## 206 Updates in Diabetes Care 2018: A Focus on Diagnostic and Treatment Options

*Wendy L. Wright, MS, ANP-BC, FNP-BC, FAANP, FAAN, FNAP, Wright & Associates Family Healthcare, Amherst, NH*

With the increasing rates of obesity in the United States, the incidence of diabetes has reached epidemic proportions. According to the CDC, 28 million Americans have diabetes and 89 million have pre diabetes. Approximately 7 million of those with diabetes are unaware of their condition. Diabetes is a multifaceted disease with serious complications arising from being untreated or inadequately treated. Treatment often requires a multitude of nonpharmacologic and pharmacologic solutions as well as a

multitude of healthcare professionals. This seminar will focus on the latest diagnostic and treatment options for the patient with diabetes, including self-care, medication management, insulin options, and the importance of preventing complications.

### **207 Skin Cancer in the 21st Century: Identification and Decision-Making of Our Most Persistent Carcinoma**

*Victor Czerkasij, MA, MS, FNP-BC, Associate Lecturer, FHEA, LLC, North Andover, MA; Certified Histotechnologist, Skin Cancer and Cosmetic Dermatology, PC, Adult and Pediatric Dermatology, Cleveland, TN, and Dalton, GA*

Skin cancer continues to occupy the top tier of carcinomas in America. While cure rates are high in early stages, considerable cost and disfigurement from even the best plastic surgery approaches places a heavy burden on Americans today. New treatments are in place and more are in development, but misdiagnosis of lesions, failure to more effectively educate a vulnerable populace, inexperience with biopsies, and a lack of understanding for treatment bedevil the frontline provider. The presentation will lean heavily toward identification, treatment paradigms of surgery, superficial radiation, and oral chemotherapy.

### **208 Workshop: Ortho/Joint Injection Part 2**

See session 204 description. *If you registered for Part 1, you will be automatically enrolled in this class.*

### **209 Acute/Emergent Care: Diagnosis and Management of Acute Respiratory Distress Syndrome**

*Sophia Chu Rodgers, ACNP, FNP, FAANP, FCCM, Director of Acute Care Programming/NCNP, Critical Care Nurse Practitioner, Lovelace Health Systems, Albuquerque, NM*

Mortality for ARDS can be as high as 58% and can be caused by various injuries and illnesses. This presentation will present the latest Berlin definition, discuss the epidemiology, pathophysiology, clinical manifestations, stages of ARDS and evidence-based treatment.

**12:00 pm – 1:30 pm**

**Exhibits Open | Lunch | View Posters**

**1:30 pm – 3:00 pm | Concurrent Sessions**

### **210 Hypertension Management Challenges**

*Margaret A. Fitzgerald, DNP, FNP-BC, NP-C, FAANP, CSP, FAAN, DCC, FNP, Conference Chairperson; President, Fitzgerald Health Education Associates LLC, North Andover, MA; FNP, Greater Lawrence Family Health Center Family Practice Residency Program, Lawrence, MA*

How does the busy clinician choose the best treatment option for a patient with hypertension, particularly in the presence of comorbidity? Learn how to negotiate the many available treatment options for hypertension and select the best medication to enhance outcomes in patients with hypertension, including HTN urgency, emergency and asymptomatic elevated blood pressure.

### **211 Dermatoses in Women's Health**

*Jeremy Honaker, PhD, MSN, FNP-C, CWOON, Dermatology Nurse Practitioner, Assistant Professor, Department of Dermatology, University Hospitals of Cleveland, Case Western Reserve University*

This course will present dermatoses that occur in the female population with an emphasis on epidemiology, clinical characteristics, physical exam findings, diagnostic guidelines, treatment guidelines, and long term monitoring with a focus on long term complications as pertinent for primary care.

### **212 Skill Builder: Street Drugs: Do Your Kids Know More Than You? Part 1**

*Andrea Efre, DNP, ARNP, ANP-BC, Healthcare Education Consultants, Tampa, FL*

This presentation is a comprehensive review of substances referred to as "street drugs" or "legal highs," and has been divided into two sections. Part 1 will discuss opioids and new trends in synthetic opiates that are seeping into our communities. Part 2 will review synthetic stimulants such as synthetic cannabinoids (e.g., spice) and synthetic cathinones (e.g., bath salts). Additional information will include current trends in drug use; geographic, demographic, socioeconomic, and cultural aspects of drug use; and legal concerns, DEA reports, and legislation effects on trends in drug use. Easy access to internet purchases of legal highs and research chemicals delivered straight to the user's door is increasing accessibility to serious substances. This presentation will provide you with up-to-date information on current substance use and offer suggestions on how to identify symptoms and select appropriate treatments for each drug category. *If you register for this session, you are automatically enrolled in session 216.*

### **213 Halting the Progression of Chronic Kidney Disease**

*Jayant Kumar, MD, Renal Medical Associates, Albuquerque, NM*  
Chronic kidney disease usually occurs gradually and there are a myriad of ways to help delay or prevent kidney failure, especially with an early diagnosis. In this session, we'll discuss the protocols involved in slowing the progression of the disease.

**3:00 pm – 3:30 pm | Exhibits Open | View Posters**

**3:30 pm – 5:00 pm | Concurrent Sessions**

### **214 Safe Opioid Prescribing: How, When and When Not to Prescribe**

*Theresa (Tracey) Mallick-Searle, MS, RN-BC, ANP-BC, Adult Nurse Practitioner, Pain Medicine, Stanford Healthcare, Division of Pain Medicine, Redwood City, CA*

This program discusses pain from a contextual perspective. Topics will include patient selection and assessment of risk associated with opioid use for long-term management of chronic pain, the initiation and modification of ER/LA therapy, ongoing monitoring, and patient and caregiver education. The CDC guideline for

prescribing opioids for chronic pain, as well as immediate-release opioids, will also be discussed. Prescribing opioids safely ultimately depends on the trust between prescriber and patient. Training can boost trust by improving communication and collaborative skills.

## 215 Geriatric Emergencies

*Steven Atkinson, PA-C, MS, Founder and Co-Owner, Twin Cities Physicians, Inc., Golden Valley, MN; Adjunct Faculty, University of Utah, Mindful Geriatrics LLC*

In this session, attendees will learn to anticipate and manage a wide variety of emergencies that occur in the elderly population. Learn to identify the vulnerabilities that predispose older adults to illness and injury. Develop strategies used to implement interventions that will prevent complications in your patients. Whether it be an adverse drug event, injuries due to a fall, or cardiac complications, you must be prepared to properly assess and treat your patient. Attendees will review interesting case studies while having insightful discussions during an interactive learning experience.

## 216 Skill Builder: Street Drugs: Do Your Kids Know More Than You? Part 2

See session 212 description. *If you registered for Part 1, you will be automatically enrolled in this class.*

## 217 Acute/Emergent Care: Optimizing Outcomes with Preoperative Assessment

*Monica N. Tombasco, MS, MSNA, FNP-BC, CRNA, Senior Lecturer, FHEA, LLC, North Andover, MA; Certified Registered Nurse Anesthetist, Catholic Medical Center, Manchester, NH; Certified Family Nurse Practitioner, MWV Healthcare, North Conway, NH*

This session will discuss updated information on preoperative physical assessment clearance for the operative patient. Age-appropriate guidelines on laboratory, EKG, and diagnostic testing will be reviewed.

## FRIDAY, SEPTEMBER 21

**7:30 am – 8:30 am | Exhibits Open | View Posters**  
**Continental Breakfast**

**8:30 am – 10:00 am | Concurrent Sessions**

### 301 Challenging Cases in Laboratory Diagnosis

*Margaret A. Fitzgerald, DNP, FNP-BC, NP-C, FAANP, CSP, FAAN, DCC, FNAP, Conference Chairperson; President, Fitzgerald Health Education Associates LLC, North Andover, MA; FNP, Greater Lawrence Family Health Center Family Practice Residency Program, Lawrence, MA*

What is the appropriate use of laboratory testing as part of the differential diagnosis process? How do lab abnormalities influence the differential diagnosis process? Discover the answer to these questions and more in a case-based presentation featuring challenging case studies.

### 302 Men's Health: BPH and Prostate Cancer

*Mikel Gray, PhD, PNP, FNP, CUNP CCCN, FAANP, FAAN, Department of Urology, University of Virginia, Charlottesville, VA*  
Prostatic related problems (Benign Prostatic enlargement, BPH, and Prostate Cancer) impact one in every ten men and account for as much as 25% of all visits to a healthcare provider. We will outline the latest developments in the evaluation and treatment of BPH and its relationship to health-related quality of life. In addition, the recent change in recommendations from the United States Preventive Services Task Force concerning PSA screening for prostate cancer has radically altered current best practices related to this critical component of men's health. We will review the nature of the change and the evidence that led to the change, and its impact on advanced practice nursing. We will also review the latest updates in treatment of advanced stage prostate cancer.

### 303 Sticks and Stones Can't Break My Bones

*Rick Pope MPAS, PA-C, DFAAPA, CPAAPA, Founder and Past President of the Society of PAs in Rheumatology, Adjunct Professor Quinnipiac University, University of Bridgeport, Sacred Heart University, WCMG Department of Rheumatology, Danbury, CT*  
Review the skeletal health guidelines and put them in to practice with actual case studies that provide real solutions to common problems.

### 304 Acute/Emergent Care: Chest Pain: Refine Your Assessment Skills and Define Your Differential Diagnosis

*Andrea Efre, DNP, ARNP, ANP-BC, Healthcare Education Consultants, Tampa, FL*

This presentation provides tools needed to make an accurate and detailed assessment and diagnosis of chest pain. We will discuss important points to focus on when interviewing the patient and provide a subjective data collection tool to assist in history gathering. Objective data will include a review of physical exam skills (including heart sounds), 12-Lead ECG findings, radiology and laboratory testing. Finally, we will review how to differentiate the diagnosis, discuss treatment plans and management of each chest pain diagnosis.

**10:00 am – 10:30 am | Exhibits Open | View Posters**

**10:30 am – 12:00 pm | Concurrent Sessions**

### 305 Psoriatic and Rheumatoid Arthritis: How Do You Tell the Difference?

*Mary Knudtson, DNSc, NP, FAAN, Associate Vice Chancellor Student Health and Wellness, Executive Director of Student Health Services, UCSC, Santa Cruz, CA*

In this session, we'll review current therapeutic and management recommendations for the treatment of patients with psoriatic and rheumatoid arthritis in primary care. Treatment options and preventive care will be discussed.

### 306 Evaluation of Abnormal Hepatic Enzymes

*Bruce D. Askey, MS, ANP-BC, Associate Lecturer, FHEA, LLC, North Andover, MA; Certified Adult NP, Department of Gastroenterology and Hepatology, Guthrie Clinic, Sayre, PA*

A finding of elevated liver enzymes is becoming commonplace when running routine bloodwork. While common, the findings can also be confusing and, quite often, nerve wracking. This session will delineate between cholestatic and hepatocellular patterns of liver injury, explore the common diseases that result in the abnormal readings, and assist the participant to make sense of the various components of the liver panel. The session will conclude with actual case studies that will allow the participants to apply the information that has been presented.

### **307 Microbiome: The Link between Nutrition and Pain**

*Theresa (Tracey) Mallick-Searle, MS, RN-BC, ANP-BC, Adult Nurse Practitioner, Pain Medicine, Stanford Healthcare, Division of Pain Medicine, Redwood City, CA*

Several recent studies have found intriguing links between gut microbes, rheumatoid arthritis, and other diseases in the body's immune system. Additional studies have shown the interactions between the central nervous system, enteric nervous system, and the gastrointestinal tract, and suggest that the gut microbiota appears to influence the development of emotional behavior, stress, and pain modulation systems. In the age of modern medicine, it is easy to forget that we change our body chemistry every time we eat. The quality and composition of our food has the power to increase or decrease body-wide inflammation and modulate pain. Our relationship to food and the way we eat is also cultural and influenced by stress and our environment. The research evidence is robust for dietary interventions and improved health. The changes needed are simple, but not necessarily easy. This lecture will focus on the role that modulation of the microbiome plays in pain and ways to optimize the health of an individual's gut microbes for pain management and overall well-being.

### **308 Managing Menopause**

*Barbara Dehn, RN, MS, NP, FAANP, NCMP, Women's Health Nurse Practitioner, El Camino Women's Medical Group, Silicon Valley, CA, Guest Lecturer at Stanford University Television Health Expert*

An evidence-based session addressing evaluation of menopause and individualized care will be discussed in this important session. Risk factors, symptoms and recommendations will be used for developing a plan of care for your patients while keeping health promotion and risk reduction in mind.

**12:00 pm – 1:30 pm**

**Lunch in Exhibit Hall | View Posters**

**1:30 pm – 3:00 pm | Concurrent Sessions**

### **309 Drug Adverse Effects: A Focus on Some of the Most Significant Problems**

*Margaret A. Fitzgerald, DNP, FNP-BC, NP-C, FAANP, CSP, FAAN, DCC, FNAP, Conference Chairperson; President, Fitzgerald Health Education Associates LLC, North Andover, MA; FNP, Greater Lawrence Family Health Center Family Practice Residency Program, Lawrence, MA*

What are some of the less common but most serious drug adverse effect with commonly prescribed medications? How can these problems be detected and potentially avoided? Learn about this and more in this case-based program.

### **310 Optimal Management of Patients with Major Depressive Disorder in Primary Care**

*Mary Knudtson, DNSc, NP, FAAN, Associate Vice Chancellor Student Health and Wellness, Executive Director of Student Health Services, UCSC, Santa Cruz, CA*

This session will review the incidence and treatment of major depressive disorder in primary care. It will review the APA treat to target goals for remission and full recovery. It will discuss the screening and evaluation tools for diagnosis and monitoring of depression as well and the pharmacologic treatment options.

### **311 Understanding the New Guidelines for Management of Back Pain**

*Tracey Anderson, MSN, CNRN, FNP-BC, ACNP-BC, UCHHealth Medical Group – Brain & Spine, Loveland, CO*

With the recent release of the updated guidelines for the management of low back pain, this session will address one of the most common reasons for clinical visits in the United States. We'll review the work-up of back pain and the new treatment guidelines for non-surgical management, and discuss when it's appropriate to escalate care after someone fails medical management.

### **312 Workshop: Basic Suturing Part 1**

*Louise McDevitt, MS, ACNP-BC, ANP-BC, FNP-BC, FAANP, Senior Lecturer, FHEA, LLC, North Andover, MA; Board Certified Acute Care, Family Practice, Adult NP, Grace Cottage Family Practice, Townsend, VT*

Proper suturing technique is essential for optimal laceration repair. The fundamentals of laceration repair will be discussed, including wound assessment, local anesthesia, wound preparation, and closure. Four suturing techniques will be taught, including the simple interrupted, horizontal mattress, vertical mattress, and corner suture. *If you register for this session, you are automatically enrolled in session 316. One fee covers both parts 1 and 2.*

**3:15 pm – 4:45 pm | Concurrent Sessions**

### **313 Atrial Fibrillation**

In this session, we'll discuss atrial fibrillation and the question of slowing or conversion? The good news is that, in most cases, AFib is treatable. Knowing the signs, symptoms and risk factors will help you with an early diagnosis, improving your chances for successful treatment of your patients.

### **314 Ten Medications Older Adults Should Avoid**

*Steven Atkinson, PA-C, MS, Founder and Co-Owner, Twin Cities Physicians, Inc., Golden Valley, MN; Adjunct Faculty, University of Utah, Mindful Geriatrics LLC*

Explore medication dosing guidelines and polypharmacy management principles to ensure safe prescribing in the geriatric

patient. Review the top ten medications to avoid and alternatives that can be equally effective.

## **315 Acute/Emergent Care: Acid-Base Disturbances**

*Eric Magana, MD, Internist, Presbyterian Hospital, Albuquerque, NM*  
In this case-based session, we'll cover the diagnosis of gap and non-gap metabolic acidosis, metabolic alkalosis, and acute and chronic respiratory acidosis and alkalosis. We'll also discuss an approach to diagnosing the primary disturbance, limits of compensation, and the delta gap.

## **316 Workshop: Basic Suturing Part 2**

See session 312 description. *If you registered for Part 1, you will be automatically enrolled in this class.*

## **SATURDAY, SEPTEMBER 22**

**7:30 am – 8:30 am | Continental Breakfast in Foyer**

**8:30 am – 10:00 am | Concurrent Sessions**

## **401 Irritable Bowel Syndrome: Tools for Successful Treatment**

*Peter Buch, MD, AGAF, FACP, Associate Clinical Professor, University of Connecticut School of Medicine, Farmington, CT; University of New England College of Osteopathic Medicine, ECHN Clinical Campus, Manchester, CT; Frank H. Netter School of Medicine, Quinnipiac University, North Haven, CT*

We'll discuss various manifestations of IBS and distinguish it from IBD. You'll learn about an appropriate workup, discuss treatments, and become familiar with "alarm symptoms."

## **402 Urinary Tract Infection Across the Lifespan: Latest Developments in Assessment, Prevention and Management**

*Mikel Gray, PhD, PNP, FNP, CUNP CCCN, FAANP, FAAN, Department of Urology, University of Virginia, Charlottesville, VA*  
Urinary tract infections affect all age groups from infancy to the elder years. We'll discuss an evidence-based approach to accurate diagnosis and effective management, including pharmacotherapy. Emphasis will be placed on patient evaluation in the primary care setting, drug selection based on current best evidence and principles of good antibiotic stewardship, and prevention of recurrences.

## **403 Workshop: Using Essential Oils in Clinical Practice Part 1**

*Angela Golden, DNP, FNP-C, FAANP, Certified Clinical Aromatherapist, NP From Home, LLC, Munds Park, AZ*  
Essential oil use in clinical practice is also known as aromatherapy and has become of greater interest to clinicians. During this workshop, participants will learn about 10 popular oils and how to use them in clinical practice, then apply this knowledge with case studies. Each participant will receive a kit to take home for their own personal use. *If you register for this session, you are automatically enrolled in session 407. One fee*

*covers both parts 1 and 2.*

## **404 Acute/Emergent Care: Bugs and Drugs: Treating Infections in Acute Care**

*Eleana M. Zamora, MD, FCCP, Associate Professor of Medicine and Chief of Staff, Sandoval Regional Medical Center, University of New Mexico Health Sciences Center, Albuquerque, NM*

The rates of antimicrobial resistance are on the rise, which leads to ineffective treatments, persistent infections, and disease spread. In this session, we'll discuss common healthcare associated infections, the pathogens that cause them, and how and when to treat them.

**10:15 am – 11:45 pm | Concurrent Sessions**

## **405 Hepatitis C: A Silent and Potentially Deadly but Curable Epidemic**

*Bruce D. Askey, MS, ANP-BC, Associate Lecturer, FHEA, LLC, North Andover, MA; Certified Adult NP, Department of Gastroenterology and Hepatology, Guthrie Clinic, Sayre, PA*  
Hepatitis C is the leading cause of liver transplantation in the United States. While 80% of those with Hepatitis C are asymptomatic, the virus has been associated with the development of type 2 diabetes, cryoglobulinemia, lymphoma, and many other extrahepatic manifestations. This presentation focuses on risk factors, screening, diagnostic tests, and treatments.

## **406 Pediatric Pharmacology Update in Primary Care**

*Margaret A. Fitzgerald, DNP, FNP-BC, NP-C, FAANP, CSP, FAAN, DCC, FNAP, Conference Chairperson; President, Fitzgerald Health Education Associates LLC, North Andover, MA; FNP, Greater Lawrence Family Health Center Family Practice Residency Program, Lawrence, MA*

How does drug metabolism/biotransformation differ in children? What is the latest in drug therapy in pediatric primary care practice? What are the latest new uses and cautions for established medications in children? Learn the answers to these and other questions in this case-based session.

## **407 Workshop: Using Essential Oils in Clinical Practice Part 2**

See session 403 description. *If you registered for Part 1, you will be automatically enrolled in this class.*

## **408 Acute/Emergent Care: Neuro Assessment and Diagnostic Work-Up for Advanced Practitioners**

*Tracey Anderson, MSN, CNRN, FNP-BC, ACNP-BC, UCHHealth Medical Group – Brain & Spine, Loveland, CO*

Whether you're a novice or a seasoned practitioner, neurologic disorders are often difficult to spot. Learn how to do a quick yet thorough neurologic exam and how to use that exam to guide your diagnostic imaging and referrals.

*\*Sessions subject to change.*

## General Information

### Headquarters Hotel

#### Anaheim Marriott

700 West Convention Way  
Anaheim, CA 92802

### Book Your Hotel Reservation Online:

[NCNPconference.com](http://NCNPconference.com)

### Book Your Hotel Reservation by Phone:

**714-750-8000 (Refer to Group: NCNP)**

Conference room rate is \$179.00 single/double per night, plus tax. Reservations must be made by **August 27, 2018**. Please mention "NCNP" to receive this special rate. Please make room reservations early as the group room block may sell out before the cut-off date.

### Hotel Information

#### An unmatched hotel experience minutes from *Disneyland*<sup>®</sup>

You'll love the convenient location in the heart of Anaheim's Resort District. Steps from the Anaheim Convention Center and walking distance to *Disneyland*<sup>®</sup>, this upscale hotel is a short distance to the excitement of Angel Stadium and concerts at the House of Blues. This is Southern California living at its finest, consistently ranking among the best hotels in the city for great service and luxury accommodations. Rooms feature plush bedding, marble bathrooms, and balconies, many with views of Disney fireworks. Concierge-level rooms include exclusive lounge access. The hotel also offers a cutting-edge gym, resort-like outdoor pool, and rejuvenating whirlpool. The hotel is also home to nFuse, known for an extensive bourbon collection, specialty cocktails, and mouthwatering California cuisine using the freshest ingredients from the nFuse Garden.

### Airport Information

You'll have options for several nearby airports as listed below. It's recommended attendees search for the best possible airline ticket by comparing various airline pricing through [expedia.com](http://expedia.com).

#### John Wayne Airport-Orange County (SNA)

Hotel direction: 14.1 miles NW

This hotel does not provide shuttle service.

- Alternate transportation: Super Shuttle; fee: \$11 USD (one way); reservation required
- Estimated taxi fare: \$45 USD (one way)

Visit SNA airport website: [ocair.com](http://ocair.com)

#### Long Beach Airport (LGB)

Hotel direction: 18.2 miles E

This hotel does not provide shuttle service.

- Alternate transportation: Super Shuttle; fee: \$35 USD (one way); reservation required
- Estimated taxi fare: \$70 USD (one way)

Visit LGB airport website: [lgb.org](http://lgb.org)

#### Los Angeles International Airport (LAX)

Hotel direction: 35 miles SE

This hotel does not provide shuttle service.

- Alternate transportation: Super Shuttle; fee: \$17 USD (one way); reservation required
- Estimated taxi fare: \$120 USD (one way)

Visit LAX airport website: [flylax.com](http://flylax.com)

### Parking

On-site parking: \$25 USD daily; Valet parking: \$31 USD daily

### Nearby Attractions

- **Disneyland<sup>®</sup> Park**  
1313 South Disneyland Drive  
0.9 miles NW from hotel  
[disneyland.disney.go.com](http://disneyland.disney.go.com)
- **Disney's California Adventure<sup>®</sup>**  
1313 South Disneyland Drive  
0.9 miles NW from hotel  
[disneyland.disney.go.com](http://disneyland.disney.go.com)
- **Newport Beach**  
17.7 miles S from hotel  
[newportbeachca.gov](http://newportbeachca.gov)
- **Nixon Presidential Library & Museum**  
18001 Yorba Linda Boulevard  
14.4 miles NE from hotel  
[nixonlibrary.gov](http://nixonlibrary.gov)

### Weather Conditions

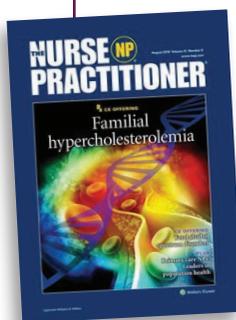
The average temperatures in Anaheim in September range from the mid-80s during the day to the mid-60s in the evening. Bring layered clothing to adjust for differences in meeting room temperatures.

### Wireless Internet Access

Stay connected with convenient internet access throughout the resort. Registered guests will have access to wireless high-speed Internet access (Wi-Fi) in guest rooms, public spaces, and meeting space. To take advantage of this complimentary wireless Internet access, please note that you'll need a Wi-Fi enabled device.

### Special Offer for NCNP Attendees!

*Add a subscription to The Nurse Practitioner<sup>®</sup> journal for only \$15 (see check box on registration page for details).*



Published monthly, *The Nurse Practitioner* is the leading monthly source for clinical, practical, cutting-edge information for advanced practice nurses and other primary care clinicians. A one-year subscription is valued at \$126.00. Already a subscriber? We will add an additional 12 issues to your existing subscription.

### 3 Easy Ways to Register

- **On-line:** [www.NCNPconference.com](http://www.NCNPconference.com)
- **By fax:** 215-565-2807
- **By Mail:** Wolters Kluwer  
NCNP Registration  
Two Commerce Square  
2001 Market Street  
Philadelphia, PA 19103

**Inquiries:** 1-800-346-7844 x18850 or x18814



**National  
Conference  
for Nurse  
Practitioners**

*The Conference for Primary and Acute Care Clinicians*

**Anaheim Marriott • Anaheim, CA  
September 19-22, 2018**

**CANCELLATION/TRANSFER POLICY**  
All cancellations and transfers must be received in writing. For cancellations received prior to September 5, 2018, we will refund registration costs less a \$75 administrative fee. We are unable to make refunds after September 5, 2018, but will gladly transfer your registration to a colleague if the request is made in writing to [helen.solensky@wolterskluwer.com](mailto:helen.solensky@wolterskluwer.com). Substitutes must have a copy of original confirmation.

### SECTION 1: CONTACT INFORMATION (please type or print clearly)

NAME AND CREDENTIALS		<b>Specialty/Circle all that apply</b> Adult Family Pediatric Geriatric Women's Health Psych Legal/Business Education Acute Care Critical Care			
NAME OF FACILITY					
STREET ADDRESS	<input type="checkbox"/> Home	<input type="checkbox"/> Work	CITY	STATE	ZIP
DAYTIME PHONE	<input type="checkbox"/> Mobile	EMAIL ADDRESS (required)		<input type="checkbox"/> Personal	<input type="checkbox"/> Work

### SECTION 2: SESSION SELECTIONS

Please indicate your first and second choices for each time period below. Please note that sessions listed in orange require an additional fee.

#### Wednesday, September 19

1:30 pm – 2:30 pm	<input type="checkbox"/> 101	Keynote Address	
2:45 pm – 4:15 pm	<input type="checkbox"/> 102	<input type="checkbox"/> 103	<input type="checkbox"/> 104
4:30 pm – 6:00 pm	<input type="checkbox"/> 106	<input type="checkbox"/> 107	<input type="checkbox"/> 108

#### Thursday, September 20

6:30 am – 7:15 am	<input type="checkbox"/> 201		
8:30 am – 10:00 am	<input type="checkbox"/> 202	<input type="checkbox"/> 203	<input type="checkbox"/> 204
10:30 am – 12:00 pm	<input type="checkbox"/> 206	<input type="checkbox"/> 207	<input type="checkbox"/> 208
1:30 pm – 3:00 pm	<input type="checkbox"/> 210	<input type="checkbox"/> 211	<input type="checkbox"/> 212
3:30 pm – 5:00 pm	<input type="checkbox"/> 214	<input type="checkbox"/> 215	<input type="checkbox"/> 216

#### Friday, September 21

8:30 am – 10:00 am	<input type="checkbox"/> 301	<input type="checkbox"/> 302	<input type="checkbox"/> 303	<input type="checkbox"/> 304
10:30 am – 12:00 pm	<input type="checkbox"/> 305	<input type="checkbox"/> 306	<input type="checkbox"/> 307	<input type="checkbox"/> 308
1:30 pm – 3:00 pm	<input type="checkbox"/> 309	<input type="checkbox"/> 310	<input type="checkbox"/> 311	<input type="checkbox"/> 312
3:15 pm – 4:45 pm	<input type="checkbox"/> 313	<input type="checkbox"/> 314	<input type="checkbox"/> 315	<input type="checkbox"/> 316

#### Saturday, September 22

8:30 am – 10:00 am	<input type="checkbox"/> 401	<input type="checkbox"/> 402	<input type="checkbox"/> 403	<input type="checkbox"/> 404
10:15 am – 11:45 am	<input type="checkbox"/> 405	<input type="checkbox"/> 406	<input type="checkbox"/> 407	<input type="checkbox"/> 408

### SECTION 3: PAYMENT INFORMATION

#### REGISTRATION FEES/CUTOFF DATES

All pre-registration for the conference must be received no later than April 25, 2018. Walk-in registrations will be accepted on-site.

\*Workshop fees include both Part 1 and Part 2; one fee covers both sections of each workshop.

List special needs: \_\_\_\_\_

Add a 1-year subscription to *The Nurse Practitioner* for only \$15

	Super Early (postmarked by 7/25)	Early (postmarked 7/26 to 9/18)	Regular/Onsite (postmarked after 9/19)
Main Conference (9/19-22)	\$599	\$699	\$749
NP First-Time Student or Active Duty Military (ID required)	\$359	\$359	\$359
One Day Only (9/20 or 9/21)	\$279	\$379	\$429
Half Day Only (9/19 or 9/22)	\$139	\$239	\$289
*Workshop Fee (with conference)	\$139	\$149	\$159
*Workshop Fee (without conference)	\$179	\$189	\$199
Guest (Exhibit Hall Only/includes food functions)	\$359	\$359	\$359

#### PAYMENT INFORMATION

Registration will not be processed without payment. A confirmation letter will be emailed to you once your registration form and payment are processed.

Conference Fee (main, one day or half day): \_\_\_\_\_

Workshop Fee: \_\_\_\_\_

Yoga (\$15): \_\_\_\_\_

1-Year Subscription to *The Nurse Practitioner* (\$15): \_\_\_\_\_

Guest Fee (if applicable): \_\_\_\_\_

**TOTAL AMOUNT ENCLOSED:** \_\_\_\_\_

\_\_\_\_\_ Check Enclosed. Payable in U.S. funds to **NCNP**: Federal Tax ID# 13-293-2696.

\_\_\_\_\_ Credit Card (Visa, MasterCard or American Express only)

Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_ / \_\_\_\_\_ Security Code \_\_\_\_\_

Signature \_\_\_\_\_

Credit Billing Address: \_\_\_\_\_

Register early for the lowest rates!

September 19-22, 2018

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