

SYMPOSIUM PROGRAM



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“It was my first time and I was very impressed with how outstandingly organized it was! Glad I was able to come!”

– 2022 NNPS attendee

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JULY 20–23, 2023

(pre-symposium day July 19)

(Rocky Mountain Retreat July 18-19)

**Keystone Conference Center
Keystone, Colorado**

800-996-3233 • www.npsymposium.com • info@milestoneshows.com

This educational activity is jointly provided by AKH Inc., Advancing Knowledge in Healthcare and National Nurse Practitioner Symposium

Dear Colleagues:

Thank you for considering the 2023 National Nurse Practitioner Symposium (NNPS) to enrich your professional education. We understand there are many opportunities available to you and take great pride in offering what we believe to be the most comprehensive, high-quality, economical, and accredited program available to Advanced Practice Clinicians anywhere in the country. The NNPS is a unique opportunity to interact with peers from across the country, while enhancing your professional growth, all within the magnificent setting of the Rocky Mountains of Colorado.

The NNPS offers a vast range of content suitable for Nurse Practitioners, Nurse Midwives and Physician Assistants in acute and primary care roles. We are pleased to be able to offer over 40 CE hours through Joint Accreditation (ACCME, ACPE, ANCC) and AANP, with acceptance of pertinent content by AAPA, ACNM and NAPNAP. Content consists of topics in adult, dermatology, geriatric, women's health, pediatrics and acute care, as well as workshops

and sessions to enhance professional development. Due to its popularity, we will be repeating the Rocky Mountain Retreat, a self-care retreat to promote your wellbeing. Led by Certified Nurse Practitioner and Wellness Coach, Eileen O'Grady, the Rocky Mountain Retreat has become a participant favorite. It is with great pleasure that we are able to present Dan Weberg, RN, PhD, MHI, BSN, FAAN, as the 2023 Keynote speaker, *Building the Future of Nursing: Disrupting our Own Future*. The Challenges in Care Panel will take a look medical debt. With a focus on Leadership, there will be highlighted presentations on Full Practice Authority. In-depth seminars will cover headache management and pain management. We are also pleased to offer you the opportunity to participate in satellite symposia, which consist of non-accredited programs planned and conducted by the corporate community in conjunction with NNPS.

Poster presentations offer an opportunity to learn about research projects and innovative programs. The exhibit hall will be

available during dedicated hours to provide you with the opportunity to network with representatives from the healthcare industry, professional organizations, government agencies, colleges, and schools. Learn about new products, services, clinical findings, research findings, and opportunities for Advanced Practice Clinicians. Plan to attend the Awards Ceremony to recognize and honor your peers and their achievements.

Based on participant feedback, the 2023 symposium will offer an Enduring Materials Session Package, in addition to the live meeting. The Enduring Materials Session Package provides flexibility for individual circumstances where you cannot attend in person. You can access these sessions on-demand, at a time and location of your choosing shortly after the NNPS, until December 1, 2023 and receive CE hours.

We strive to offer you an enjoyable and rewarding continuing education and professional development experience. We hope you will join us in Keystone.

Program Committee - National Nurse Practitioner Symposium

Michele Bielarski, RN
AKH Inc., Advancing Knowledge in Healthcare

Dorothy Caputo, MA, BSN, RN
AKH Inc., Advancing Knowledge in Healthcare

Nancy Denke, DNP, ACNP-BC, FNP-BC, FAEN, CEN, CCRN
Toxicology Consultants of Arizona

Mary Anne Egelston, BSN, MSN, WHCNP
Private Consultant

Loretta C. Ford, RN, EdD, PNP, FAAN, FAANP
(Honorary Committee Member)
Private Consultant

Joseph Lyon, MSN, RN, FNP-BC, PMHNP-BC
Stanford Health Care

Kathy Magdic, DNP, ACNP-BC, FAANP
University of Pittsburgh School of Nursing

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Theresa Mallick-Searle, MS, PMGT-BC, ANP-BC
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Katrina Mierkey, MSN, RN, CPNP-PC
Kids First Pediatrics

Nancy Munro, RN, MN, CCRN, ACNP-BC, FAANP
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Shirley M. Pfister, RN, MS, ANP/GNP
Private Consultant

Conrad Rios, FNP-BC, PA, MS
Saint Agnes Medical Providers

Nancy Rudner, DrPH, MPH, MSN, APRN
University of Alabama at Birmingham

Laura A. Thomas, DNP, APRN-BC, WHNP-BC
Colorado Army National Guard

Peggy Vernon, RN, MA, C-PNP, DCNP, FAANP
Creekside Skin Care

Mary Wagner, RN, MSN, ANP
(Emeritus Committee Member)
Private Consultant

Cheryl A. Walker, MSN, MSBA, APRN, FNP
Humanitas, Inc.

Optional Feature for 2023 - Enduring Materials Session Package

Enduring Materials Session Package offers greater flexibility for individual circumstances and will consist of 20 accredited sessions offering up to 27.25 CE hours cumulatively, including up to 9.25 CE hours cumulatively of pharmacology (Rx). Take in the sessions 24/7 virtually from your workplace, comfort of your home or any other place of your choosing, starting August 15, 2023 and continuing through December 1, 2023.

You can register for the Enduring Materials Session Package without attending the live meeting in-person. The Enduring Materials Session Package is a pre-determined package and substitution of sessions offered is not available.



Daily Symposium Schedule

Tuesday, July 18 & Ongoing

Keystone Adventure Pass - Valid for reservations of 2 nights or more booked through Keystone Resort Property Management (KRPMP). All activities are subject to availability, weather, restrictions and change. Keystone Adventure Pass includes:

- Free golf on day of arrival
- Free 1 hour tennis court rental
- Free yoga class or fitness class
- Free guided hike
- Free scenic lift ticket for kids 12 and under

Tuesday, July 18 Rocky Mountain Retreat

8:00 am – 8:30 am	Rocky Mountain Retreat Registration
8:30 am	Shuttle Departure from Keystone Conference Center to Keystone Ranch
9:00 am – 4:30 pm	Rocky Mountain Retreat (<i>optional</i>)
4:30 pm	Shuttle Departure from Keystone Ranch to Keystone Conference Center

Wednesday, July 19 Pre-Symposium Day & Rocky Mountain Retreat

8:00 am – 7:00 pm	Symposium Registration
8:30 am – 12:15 pm	Rocky Mountain Retreat (<i>required if attended Rocky Mountain Retreat on Tuesday</i>)
10:30 am – 12:00 pm	Pre-Symposium Session (<i>optional</i>)
12:00 pm	Lunch on Your Own
1:15 pm – 3:15 pm	Pre-Symposium Session (<i>optional – non-certified</i>)
1:30 pm – 3:30 pm	Pre-Symposium Sessions (<i>optional</i>)
4:00 pm – 5:30 pm	Pre-Symposium Sessions (<i>optional</i>)
6:00 pm – 7:30 pm	Pre-Symposium Dinner Session (<i>optional</i>)

Thursday, July 20 Day 1

7:00 am – 7:00 pm	Symposium Registration
7:15 am – 7:45 am	Morning “Stretch” (<i>optional – non-certified</i>)
7:30 am – 8:00 am	Continental Breakfast (<i>complimentary</i>)
8:00 am – 9:30 am	Educational Sessions
9:00 am – 6:00 pm	NNPS Store
9:30 am – 10:00 am	Beverage Break (<i>complimentary</i>)
10:00 am – 11:15 am	Keynote Address & Awards Ceremony
11:30 am – 1:00 pm	Luncheon Sessions (<i>optional – non-certified</i>)
12:00 pm – 6:30 pm	Book Displays & Sales
1:30 pm – 5:00 pm	Educational Seminar
1:30 pm – 3:00 pm	Educational Sessions
3:00 pm – 3:30 pm	Beverage Break (<i>complimentary</i>)
3:30 pm – 5:00 pm	Educational Sessions
5:00 pm – 6:30 pm	Opening of Exhibits/Reception (<i>complimentary buffet</i>)

Friday, July 21 Day 2

7:00 am – 7:00 pm	Symposium Registration
7:00 am – 7:00 pm	Posters on Display
7:15 am – 7:45 am	“Walk & Talk” Around the Lake (<i>optional – non-certified</i>)
7:30 am – 8:00 am	Continental Breakfast (<i>complimentary</i>)

8:00 am – 9:30 am	Educational Sessions
9:00 am – 6:00 pm	NNPS Store
9:00 am – 4:00 pm	Book Displays & Sales
9:00 am – 1:00 pm	Exhibits
9:30 am – 10:00 am	Beverage Break (<i>complimentary</i>)
10:00 am – 11:30 am	Educational Sessions
11:30 am – 1:00 pm	Bag Lunch Served in Exhibit Hall (<i>complimentary</i>)
12:15 pm – 1:45 pm	Challenges in Care Panel (<i>optional</i>)
2:00 pm – 3:00 pm	Educational Session
3:00 pm – 3:15 pm	Beverage & Snack Break (<i>complimentary</i>)
3:15 pm – 6:15 pm	Workshops (<i>optional</i>)
3:15 pm – 4:45 pm	Educational Session
4:45 pm – 5:15 pm	Authors Present Posters (<i>complimentary beverages</i>)
5:30 pm – 6:15 pm	Intensive Educational Sessions
6:30 pm – 8:00 pm	Dinner Session (<i>optional</i>)

Saturday, July 22 Day 3

7:00 am – 5:00 pm	Symposium Registration
7:00 am – 5:00 pm	Posters on Display
7:30 am – 10:30 am	Workshops (<i>optional</i>)
9:00 am – 6:00 pm	NNPS Store
9:00 am – 12:00 pm	Exhibits Open/Book Displays & Sales
9:00 am – 10:30 am	Educational Sessions
10:30 am – 12:00 pm	Brunch Served in Exhibit Hall (<i>complimentary</i>)
12:00 pm – 1:00 pm	Educational Sessions
1:00 pm – 1:30 pm	Authors Present Posters (<i>complimentary beverages</i>)
1:30 pm – 3:00 pm	Educational Sessions
3:00 pm – 3:30 pm	Authors Present Posters (<i>complimentary beverages</i>)
3:30 pm – 5:00 pm	Educational Sessions
6:00 pm+	Twilight’s Highlights (<i>free time to enjoy the area</i>)
6:00 pm – 9:00 pm	Don Watson & the Vail Valley Band (<i>complimentary entertainment</i>)

Sunday, July 23 Day 4

7:00 am – 12:00 pm	Symposium Registration
7:00 am – 7:30 am	Home “Stretch” (<i>optional – non-certified</i>)
7:30 am – 8:00 am	Continental Breakfast (<i>complimentary</i>)
8:00 am – 12:00 pm	Educational Seminar
8:00 am – 9:30 am	Educational Sessions
9:00 am – 1:00 pm	NNPS Store
9:30 am – 9:45 am	Beverage Break (<i>complimentary</i>)
10:00 am – 11:00 am	Educational Sessions

CE Hour Credit Information

A maximum of up to **42.0 CE** hours can be earned by attending the standard AND optional sessions. Final CE hours to be awarded are determined based on final schedule and sessions attended. These hours will be reflected on your individualized certificate of completion, which is available online after completion of evaluations for all sessions attended. One CE hour is equivalent to 60 minutes of educational instruction.

Educational sessions designated with Rx contain pharmacology content. A maximum of up to **21.875 CE** hours can be earned in sessions with pharmacology content by attending the applicable standard AND optional sessions.

Standard Session CE Hours:

- Thursday: 5.5 hours for Educational Sessions A, KN (Keynote), C, D or 6.0 hours for Educational Sessions A, KN (Keynote), B
- Friday: 6.25 hours for Educational Sessions E, F, G, H, J and 0.5 hour for Poster Session for a maximum total of 6.75 hours
- Saturday: 5.5 hours for Educational Sessions M, N, O, P and 0.5 hour for each Poster Session for a maximum total of 6.5 hours
- Sunday: 2.5 hours for Educational Sessions R, S or 4.0 hours for Educational Session Q

Optional CE Hours:

- Tuesday/Wednesday: 9.5 hours for Rocky Mountain Retreat Pre 1 (attendance required both days)
- Wednesday: 1.5 hours for Pre-Symposium Session Pre 2, 2.0 hours for Pre-Symposium Educational Session Pre 3 or Pre 4, 1.5 hour for Pre-Symposium Session Pre 5, Pre 6 or Pre 7, 1.5 hour for Pre-Symposium Dinner Session Pre 8
- Friday: 1.5 hours for CIC (Challenges in Care Panel), 2.5 hours for Workshops WS1, WS2, WS3 or WS4, and 1.50 hours for Dinner Session L1
- Saturday: 2.5 hours for Workshops WS5, WS6, WS7 or WS8

Additional Participant Benefit Optional Enduring Material CE Hours:

Up to **9.0** CE hours will be offered online post-symposium, complimentary to all symposium registrants. Enduring Material CE hours are in addition to the **42.0** CE hours offered by attending the standard AND optional sessions in person, however Enduring Material CE hours are not allowed to be awarded for duplicate session(s) previously attended in person. Registrants will be notified after the symposium, when online access to Enduring Material Sessions are available. A separate CE Certificate of Completion will be issued for the Enduring Material portion of CE hours.

Continuing Education Certificates of Completion

Participants must complete an electronic overall symposium evaluation (one time only) and individual session evaluations (for each session attended) in order to receive your certificate. Evaluations will be available online following the conclusion of each session and until August 4, 2023. You may print your certificate on-site using the Symposium-provided print station, or at a later point in time in the convenience of your home or workplace. Certificates will be issued upon completion of all evaluations. Once a certificate has been issued, it can be reprinted for a period of up to 5 years.

Continuing Education



CE Credit jointly provided by AKH, Inc., Advancing Knowledge in Healthcare and National Nurse Practitioner Symposium.



Joint Accreditation Credit

In support of improving patient care, this activity has been planned and implemented by AKH Inc., Advancing Knowledge in Healthcare and National Nurse Practitioner

Symposium. AKH Inc., Advancing Knowledge in Healthcare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



IPCE CREDIT™

This activity was planned by and for the healthcare team, and learners will receive up to **42.0** Interprofessional Continuing Education (IPCE) credit for learning and change.

Physicians

AKH Inc., Advancing Knowledge in Healthcare designates this live activity for a maximum of up to **42.0 AMA PRA Category 1 Credit(s)™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses

Credit being awarded: up to **42.0** ANCC CE hours

AANP Credit



American Association of
NURSE PRACTITIONERS™

This activity has been planned and implemented in accordance with the accreditation Standards of the American Association of Nurse Practitioners (AANP) through the joint providership of AKH Inc., Advancing Knowledge in Healthcare and National Nurse Practitioner Symposium. AKH Inc., Advancing Knowledge in Healthcare is accredited by the American Association of Nurse Practitioners as an approved provider of nurse practitioner continuing education. Provider number: 030803

This live activity is for up to **42.0** contact hour(s) which includes up to **21.875** hour(s) of pharmacology. Activity ID # 230000



AAPA Credit

AKH Inc., Advancing Knowledge in Healthcare has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for up to **42.0** AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation..

ACNM Credit

AMA PRA Category 1 Credits™ are accepted by the Continuing Competency Assessment Program of the American College of Nurse-Midwives for programs relevant to nurse midwifery. Nurse Midwives should only claim credit commensurate with the extent of their participation in the activity. Final CE hours to be awarded are determined based on final schedule and sessions attended.

NAPNAP Credit

This program has been approved by the National Association of Pediatric Nurse Practitioners (NAPNAP) for NAPNAP CE hours. A listing of NAPNAP approved sessions with Pediatric relevant content will be provided at the symposium information desk on-site.





National NURSE PRACTITIONER *Symposium*

SYMPOSIUM DESCRIPTION

This multi-day Symposium provides a forum for discussing common matters related to the care of all age groups in a variety of healthcare settings. This year's Symposium will address current trends and issues confronting providers across the country.

THE OBJECTIVES OF THE SYMPOSIUM ARE TO:

- Measure self-reported knowledge gained on selected clinical topics in primary and acute care
- Identify current approaches to client care management which affect your patient population
- Reflect upon ideas and experiences gained from other professionals involved in the delivery of patient care, healthcare policy, entrepreneurial ventures, research activities, and the future of healthcare
- Evaluate possible changes to your current practice methods and barriers to achieving those changes



Nurse Practitioner Wellness

A Rocky Mountain Self-Care Retreat to promote YOUR Wellbeing

July 18-19, 2023 • Keystone Ranch & Keystone Conference Center

WHO: Modern American health care is challenging on so many levels, and places unique demands on Nurse Practitioners who often give to others while their own needs go unmet. This retreat is designed for the over-deployed NP who may feel their life is not their own. It will provide specific tools to reclaim your well-being and instill rejuvenation in your work, your relationships, and your continuing self-development.

- Do you have no space in your life to do the things that you genuinely want to be doing?
- Are you looking for ways to confront a lifestyle or work that is far too stressful?
- Do you have a hard time saying NO without feeling guilty?

If you answered yes to any of these questions, then this retreat is for you!

WHAT: This day and a half retreat be a highly interactive workshop focusing on the barriers to YOUR wellbeing. We will be moving around, have regular stretch breaks and you will be working in small groups, dress is casual and inside/outside. Bring a jacket:

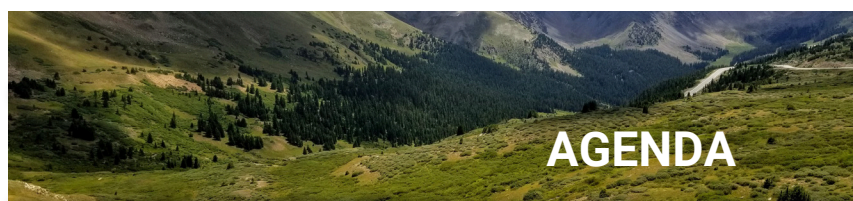
- Discover the science of human well-being and apply it to YOUR life
- Gather motivation and set goals to make changes that serve YOU
- Use your core strengths in new ways
- Interrupt the patterns that add stress to your life
- Set boundaries and create your own personal policies
- Discover how to grow wise instead of just growing oldand so much more!

WHY: You, your loved ones and your patients are best served when you place your own wellbeing as a first priority for healthy relationships and your own effectiveness. This retreat using interactive exercises will help you reflect on your life and provide tools to create the kind of life and work you deserve.

The purpose of the retreat is to singularly focus on your personal and professional growth in caring for the self, which will allow each attendee to build a plan that reflects their most important values. Each person will leave with a sense of duty to fiercely protect and promote their own wellbeing. Not as a possibility, but a priority.

WHERE: Tuesday's program will take place at Keystone Ranch, an original 1930's Ranch homestead of rustic elegance, overlooking Keystone Ranch Golf Course, with spectacular views of Swan Mountain and the Ten Mile Range. Wednesday's program will take place at the Keystone Conference Center, a state-of-the-art facility nestled in a mountain valley in central Colorado's high country, with the magnificent Rocky Mountains serving as the surrounding backdrop.

It is approximately 3.6 miles from the Keystone Conference Center to Keystone Ranch. A complimentary symposium shuttle will transport you between Keystone Conference Center and Keystone Ranch, however you are welcome to drive yourself if you would like to take a scenic ride at your leisure, before and after Tuesday's program.



AGENDA

Tuesday, July 18

8:00 am – 8:30 am	Registration (located at Keystone Conference Center)
8:30 am	Shuttle Departure from Keystone Conference Center to Keystone Ranch
9:00 am – 12:00 pm	Self Care and Building the Life We Want
10:30 am – 10:45 am	Beverage Break (complimentary)
12:00 pm – 1:00 pm	Lunch (complimentary)
1:00 pm – 4:30 pm	Wellbeing
2:30 pm – 2:45 pm	Beverage Break (complimentary)
3:30 pm – 3:45 pm	Movement Break
4:30 pm	Shuttle from Keystone Ranch to Keystone Conference Center
Overnight	You will have a small overnight assignment

Wednesday, July 19

8:00 am – 8:30 am	Continental Breakfast (complimentary – located at Keystone Conference Center)
8:30 am – 12:15 pm	How Adults GROW
10:30 am – 10:45 am	Beverage Break (complimentary)
12:15 pm	Adjourn



This retreat was life changing for me. I am going to set boundaries with my boss. I wish I did this years ago.

– 2022 RMR attendee

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With the tools provided by Eileen in this retreat, I will face my fears and request the dignity and respect that I and my team deserve.

– 2022 RMR attendee

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Great balance of activities involving response and lecture. Thought provoking and definitely worth the time invested. Great setting as well – LOVED the ranch!

– 2022 RMR attendee



RETREAT LEADER: Eileen O'Grady, PhD, RN, ANP-BC

Dr. Eileen O'Grady is certified Nurse Practitioner and Wellness Coach who uses an evidence-based approach with people to reverse or entirely prevent disease. She has been interested in healthcare since age 11 and believes deeply that more attention must be paid to getting us unstuck from lifestyles that do not support wellbeing.



She is an expert on intentional change in adults, emphasizing the importance of extreme self-care and how to identify and remedy a life that is out of balance. She is the founder of The School of Wellness, devoted to cultivating wisdom and self-leadership.

*Dr. O'Grady is currently editor and author of, **Advanced Practice Nursing: An Integrative Approach** (7th ed) (Elsevier, 2022). She has authored two other books: **Intentional Therapeutic Relationships: Advancing Caring in Health Care**, a how-to book on placing relationships at the center of health care (In press, 2021) with Jean Johnson and Minette Coetzee (DesTECH), and her most personal book is a collection of essays, **Choosing Wellness: Unconventional Wisdom from a Conventional Nurse Practitioner for the Overwhelmed, the Discouraged, the Addicted, the Fearful, and the Stuck**. (2021).*

ACCREDITATION: 9.5 CE hours will be awarded to those that attend the entire retreat (partial credit is not available) and complete the required evaluations. Certificates of completion will be offered through Joint Accreditation (ACCME, ACPE, ANCC) and AANP, with acceptance of pertinent content by AAPA, ACNM and NAPNAP.

Tuesday, July 18, 2023

Pre 1 • Optional CE Hours Available: 9.5

KEY

AC

Acute Care

AG

Adult/Geriatric

DM

Dermatology

PED

Pediatric

WH

Women's Health

PD

Professional Development



Enduring Materials
(Recorded Sessions)

Tracks are identified by the speaker, for indication purposes only.

Pre 1 Optional 9.5 CE Hours

Nurse Practitioner Wellness: A Rocky Mountain Self-Care Retreat to Promote YOUR Wellbeing 0% Rx

PD

Modern American health care is challenging on so many levels, and places unique demands on Nurse Practitioners, who often give to others while their own needs go unmet. This retreat is designed for the over-deployed NP who may feel their life is not their own. Learn specific tools to reclaim your well-being and instill rejuvenation in your work, your relationships, and your continuing self-development.

Eileen T. O'Grady, PhD, RN, ANP-BC; Nurse Practitioner and Wellness Coach, Eileen O'Grady Wellness Coaching, LLC; McLean VA and Founder, The School of Wellness; McLean VA



This is a great conference in a stunning setting! Please continue the great job you do!

– 2022 NNPS attendee



Wednesday, July 19, 2023

Optional CE Hours Available

Pre 2: 1.5, Pre 3 or Pre 4: 2.0 CE

Pre 5, Pre 6 or Pre 7: 1.5 CE

Pre 8: 1.5 CE

KEY

AC

Acute Care

AG

Adult/Geriatric

DM

Dermatology

PED

Pediatric

WH

Women's Health

PD

Professional Development



Enduring Materials
(Recorded Sessions)

Tracks are identified by the speaker, for indication purposes only.

Pre 2 10:30 am – 12:00 pm: 1.5 CE Hours

A Case Study of Dermal Dilemmas 75% Rx

AG DM PED

Dermatology presents itself in all areas of clinical practice. Lesion description and differential diagnosis are crucial to diagnosis, treatment, or referral. Incorrect diagnosis can exacerbate the condition. Focus on case studies of dermatology conditions, including lesion description, differential diagnosis, and treatment options, as well as, referral criteria.

Peggy Vernon, RN, MA, C-PNP, DCNP, FAANP; Owner, Nurse Practitioner, Creekside Skin Care; Castle Rock CO and Affiliate Faculty, Dermatology Nurse Practitioner Fellowship, Loretto Heights School of Nursing, Regis University; Denver CO

SS1 1:15 pm – 3:15 pm (Non-Certified)

NEXPLANON® (etonogestrel implant) 68mg Radiopaque Clinical Training Program

You are invited to join your colleagues at a Clinical Training Program for NEXPLANON (etonogestrel implant) 68 mg Radiopaque. During the Clinical Training Program for NEXPLANON, you will receive hands-on training for insertion and removal procedures, as well as implant localization techniques. Completion of this course will allow you to order the product from authorized distributor(s). Space is limited to 39 participants; please register early for the session.

This session, which is sponsored by Organon, is not accredited for continuing education credit. The training is open only to MD/DO, NP, PA or CNM's, and Residents authorized to perform the procedures entailed in the insertion and removal of NEXPLANON in the jurisdiction where they practice. And, for NP, PA or CNM's attest that there are specific state requirements and have met all appropriate state conditions including but not limited to collaborative or signing agreement with an MD/DO.

Residents must understand that they can only administer NEXPLANON under the supervision of an attending physician who has also been trained on the procedures to insert and remove NEXPLANON.

It is Organon's policy to verify all clinicians' practice, license, and eligibility information in advance of the training. Organon will contact you directly if there is a problem. Attendees are expected to attend the entire training which is approximately 2 hours in duration. Certificates of attendance will not be issued to those who arrive late or leave early.

Pre 3 1:30 pm – 3:30 pm: 2.0 CE Hours

Pain Management and Opioids: Balancing Risks and Benefits - Updated September 2022 100% Rx

AG

Sponsored by the Nurse Practitioner Healthcare Foundation, this newly updated course is designed to meet the FDA's Opioid Analgesic REMS. In this session you will learn:

- About the pathophysiology of pain and how that relates to pain management
- How to accurately assess patients in pain and create a safe and effective treatment plan
- How to identify non-pharmacologic pain treatment strategies
- How to initiate and manage risk for patients on opioid therapy
- How to recognize behaviors of opioid use disorder (OUD)

The course curriculum is fully compliant with the FDA's September 2018 FDA Blueprint for Opioid Analgesic REMS Education and the 2022 Centers for Disease Control and Prevention (CDC) Clinical Practice Guideline for Prescribing Opioids for Pain. This session also meets many states' requirements for controlled substances CE.

The curriculum was developed by the Collaborative for REMS Education (CO*RE) <http://core-rems.org> and is supported by an independent educational grant from the Opioid Analgesic REMS Program Companies (RPC).

Theresa Mallick-Searle, MS, PMGT-BC, ANP; Nurse Practitioner, Division Pain Medicine, Stanford Health Care; Redwood City CA

Pre 4 1:30 pm – 3:30 pm: 2.0 CE Hour

Entrepreneurship for the NP: Developing the "Business Brain" You Need to Be Successful 0% Rx

PD

With Full Practice Authority sweeping the country, NPs from all over are considering opening their own practices. While most NPs are expert clinicians, many have little or no business experience or training. Developing a "business brain" is essential to opening a sustainable NP-owned practice. Identify if you have the "right stuff" to open your own business, and learn and the key elements that are needed to be successful and sustainable in business. Rewards and challenges of business ownership will also be presented.

Lorraine Bock, DNP, FNP-BC, ENP-BC, FAANP; Nurse Practitioner and CEO, Bock CRNP Services, PC; Carlisle PA and Co-founder, National Nurse Practitioner Entrepreneur Network; Philadelphia PA

Pre 5 4:00 pm – 5:30 pm: 1.5 CE Hours**Clinical Implications of the ECG in Poisonings 75% Rx****AC AG PED**

Clinicians are faced with many unknowns when managing a poisoning or suspected overdose. Care for these patients takes on an additional dimension of complexity when considering that toxicity may change over the course of evaluation based on the particular exposure. An ECG is an essential component of the toxicology evaluation of poisoning to identify and exclude cardiotoxicity, as well as to take fundamental steps in the initial management. Case studies will be utilized to assist in the identification of those changes in the classic ECG which may indicate a blockage of ion channels, an alteration in adrenergic tone, or an abnormal metabolic activity of the myocardium.

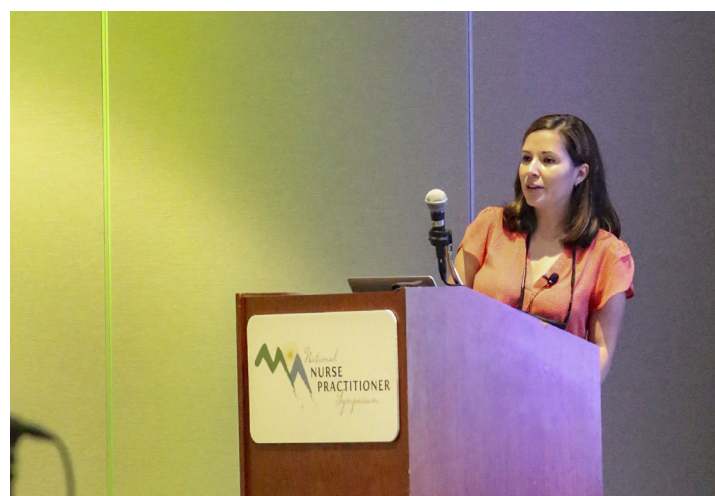
Nancy Denke, DNP, ACNP-BC, FNP-BC, FAEN, CEN, CCRN; Nurse Practitioner, Toxicology Consultants of Arizona; Scottsdale AZ and Faculty, DNP Program, Edson College of Nursing and Health Innovation, Arizona State University; Phoenix AZ

Pre 6 4:00 pm – 5:30 pm: 1.5 CE Hours**Diagnosis and Initial Management of Acute Stress Disorder and Post-Traumatic Stress Disorder in Primary Care 25% Rx****AG**

Following trauma, patients are at risk for developing acute stress disorder (ASD) and post-traumatic stress disorder (PTSD). Initial diagnosis and management of these problems often occur in the primary care setting. Hear how to diagnose and begin the management of ASD and PTSD, including pharmacological management, nonpharmacological management, when to refer, and self-care strategies for patients and families.

Blaine Winters, DNP, PMHNP-BC, ACNP-BC; Associate Professor, College of Nursing, Brigham Young University; Provo UT

Lindsay Leonard, FNP; Family Nurse Practitioner, Revere Health; Spanish Fork UT

**Pre 7 4:00 pm – 5:30 pm: 1.5 CE Hours****Adult Vaccination - Rates, Recommendations, and Resources 100% Rx****AG**

Vaccination is one of our most cost-effective medical interventions, generating cost savings through reduced treatments for illness and hospitalizations. Adults need different vaccines based on their health, age, lifestyle, and occupational factors. Adult immunization rates in the United States are low, even though adults are much more likely to experience severe illness or death from vaccine-preventable diseases than are children. Gain an understanding of current adult vaccination rates, brush up on new and old vaccine recommendations for adults, and become familiar with adult vaccination resources.

Karen Miller, MSN, RN; Adult/Adolescent IM Coordinator, Public Health Nurse Consult, Disease Control and Public Health Response Division, Colorado Department of Public Health and Environment; Glendale CO

Dinner Session Pre 8**6:00 pm - 7:30 pm | 1.5 CE Hours****Optional, Limited Enrollment**

Pre-registration required and a fee of \$40

Pre 8 6:00 pm – 7:30 pm: 1.5 CE Hours**Dietary Dilemmas: An Unflinching, Unbiased Review of Nutritional Intervention Strategies 0% Rx****AG**

“Sage” advice and diet-related promotions abound in media and medical guidelines—often filled with personal bias. So, which diet is really best: low carb, low fat, low calorie, Keto, time-restricted, fasting, Mediterranean, vegetarian, anti-inflammatory, etc? What’s the truth about saturated fats, coffee, alcohol, chocolate and the many “pre-biotic or super” foods? What about sugar substitutes? Is **WHAT** you eat more important than **WHEN** you eat? What does genetics have to do with it? When patients ask for your expert opinion -- what do you say? Take a critical look into dietary claims and nutrigenomics to help prepare yourself to more effectively discuss and prescribe personalized nutritional interventions.

Christine Kessler, MN, CNS, ANP-BC, BC-ADM, FAANP; Founder, Nurse Practitioner, Clinical Consultant, General Endocrinology & Obesity Medicine, Metabolic Medicine Associates; King George VA

Thursday, July 20, 2023

CE Hours Available

5.5 hours for Educational Sessions A, KN (Keynote), C, D

6.0 hours for Educational Sessions A, KN (Keynote), B

KEY

AC

Acute Care

AG

Adult/Geriatric

DM

Dermatology

PED

Pediatric

WH

Women's Health

PD

Professional Development



Enduring Materials
(Recorded Sessions)

Tracks are identified by the speaker, for indication purposes only.

Educational Sessions A1-A6

8:00 am - 9:30 am | 1.5 CE Hours

A1

Medication Errors: Taking Care When Giving Care 100% Rx

AC AG PED

A medication error is defined as a preventable occurrence, yet these errors are responsible for thousands of cases of patient morbidity and mortality every year. Major contributors to errors with specific examples will be provided. Focus on strategies for identifying and mitigating medication errors.

Elizabeth A. VandeWaa, PhD; Professor, Adult Health Nursing, College of Nursing, University of South Alabama; Mobile AL

A2

Anxiety Disorders: Towards Precision in Diagnosis and Management 50% Rx

AC AG

The U.S. Preventive Services Task Force recently drafted a recommendation for screening of all adults under the age of 65 for anxiety disorders. With 31% of adults meeting criteria for an anxiety disorder at some point in their life, there is great hope that increased vigilance will lead to earlier interventions. Non-psychiatric providers may feel inadequately educated to assess the results of screenings and manage these disorders. Learn how to distinguish and diagnose anxiety disorders and tailor medication management with greater confidence.

Joseph Lyon, MSN, RN, FNP-BC, PMHNP-BC; Psychiatric/Mental Health Nurse Practitioner, Division of Consult Liaison Psychiatry, Stanford Health Care; Palo Alto CA

A3

Hair and Nail Disorders 50% Rx

AG PE

Hair and nails grow continuously unless otherwise affected by disease, fungus or some form of trauma. There are many skin disorders which can affect the hair and nails. Learn how to identify common nail disorders, and a treatment and education plan for

each disorder. Common types of alopecia will be discussed, along with a diagnostic and treatment plan for each disorder.

Kathleen Haycraft, DNP, FNP/PNP-BC, DCNP®, FAANP, FSDNP; Owner, Kathleen Haycraft LLC; Hannibal MO and Kansas City MO, Adjunct Faculty, DNP Program, School of Nursing and Health Studies, University of Missouri - Kansas City;

A4

Menopausal Hormone Therapy: Current Data 100% Rx

WH

Menopausal Hormone Therapy (MHT) is the most effective way to manage symptoms of menopause, but many patients and their providers may still have concerns about its safety. Review the most recent evidence on the risks and benefits of MHT. Current best practices for the safest and most effective ways to prescribe MHT will be discussed.

Jan Shepherd, MD, FACOG; Medical Director, Women's Wellness Connection, Colorado Department of Public Health & Environment; Denver CO and Clinical Associate Professor, Obstetrics & Gynecology, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO

A5

Zoonoses: Bats, Mice and Mosquitoes - Oh My! 25% Rx

AG PED

Many of the new and emerging infectious disease threats originate in animals. As human populations move into new geographic areas, there are more exposures to animals and their environments. Hear about some of the zoonotic and environmental infections, as well as, common presentations and treatment guidelines. Resources which can assist in the diagnosis and management will be presented, including the role of public health surveillance and reporting requirements.

Natalie S. Marzec, MD, MPH; Zoonoses and One Health Unit Manager, Communicable Disease Branch, Colorado Department of Public Health and Environment; Denver CO

A6

Immune Dysregulation:
Its Impact on Acute and Critical Care 25% Rx

AC

Immunotherapy concepts have led to a more targeted approach to multiple diseases. The history of germ theory and vaccination concepts, as well as, deadly pathogen attacks on the immune system will highlight the interconnection of the immune response with inflammation and infection. Gain a better understanding of the link between complex immune cell interactions which lead to the dysregulation of body systems resulting in disease processes.

Nancy Munro, RN, MN, CCRN, ACNP-BC, FAANP; Acute Care Nurse Practitioner, Contractor; Sterling VA

AWARDS CEREMONY & KEYNOTE ADDRESS



(KN) Keynote Address
Building the Future of
Nursing: Disrupting our
Own Future 0% Rx

10:00 am - 11:15 am
1.0 CE Hour

PD



Healthcare is being fundamentally disrupted. The future of our profession and the system will rely on our ability to lead innovation. Learn about the principles of innovation leadership, its impact on systems, and how nurses can build the future of health. In times of crisis, we often revert to command and control or remove decision making from our teams, but evidence from high performing organizations shows that using the energy of crisis and conflict can catalyze true innovation. Nurses are primed to lead the paradigm shift of healthcare. This is our blockbuster moment and the leadership skills needed to build our desired future will be highlighted.

Dan Weberg, RN, PhD, MHI, BSN, FAAN; Assistant Professor of Practice, College of Nursing, The Ohio State University; Columbus OH and Principle and Owner, DrNurseDan Consulting; Alameda CA

SATELLITE SYMPOSIA

LUNCHEON SESSIONS SS2 - SS4

11:30 am - 1:00 pm Non-Certified

Optional, Limited Enrollment,

Pre-registration required, No Additional Fee

Please check www.npsymposium.com for updates on session topics. Verification of clinician's practice and eligibility information may be provided to sponsor for auditing purposes.

SS2

Hypothyroidism Uncovered: Patient-Focused Approaches,
New Scientific Insight

The treatment of hypothyroidism is undergoing profound changes in thinking and practice. Join a leader in hypothyroidism management to learn about the history of treatment, the latest science, and the importance of patient-reported symptoms in this evolving paradigm.

This is a promotional medical education presentation. It will not be certified for continuing medical education credit. This program is supported by Acella Pharmaceuticals.

SS3

Modern Wellness: How Today's Healthy Lifestyle Practices
Can Improve Tomorrow's Patient Vitality

It seems like every day we hear of a trendy new food, diet or supplement that promises a quick fix or miracle cure, especially in the area of weight management. Even the latest and greatest nutrition and fitness plans can be challenging for patients to stick to. Research shows that without the right tools, weight loss success can be poor long term. (Med Clin North Am. 2018 Jan; 102(1): 183–197.) With so much conflicting information, including science that doesn't always agree, our patients are confused and sometimes we are too! This session will enable attendees to read beyond the headlines and identify, translate and apply credible nutrition and fitness information to help their patients differentiate between credible scientific evidence and sensationalism. Furthermore, they will be equipped with evidence-based practical approaches and core principles to help their patients get through the clutter, apply the knowledge and execute modern health tips to help them reach vitality.

Jim White ACSM EX-P, RDN, Owner of Jim White Fitness & Nutrition Studios, Ambassador for National Cattlemen's Beef Association

This is a promotional medical education presentation. It will not be certified for continuing medical education credit. This program is supported by National Cattlemen's Beef Association.

SS4

Great Sex Over 40: How to talk to your patients about sex, hormones and healthy aging

We know that hormones fall as we age and some providers are even offering hormone replacement therapy in their practices but how do we talk to our clients about sexual wellness in addition to healthy aging? We'll review the physiology of hormone changes in men and women with aging, summarize the findings from observational studies and clinical trials, and consider indications for estrogen AND testosterone use to improve the physical, mental and sexual wellness of men and women.

Kimberly Cunningham

This is a promotional medical education presentation. It will not be certified for continuing medical education credit. This program is supported by BioTE Medical.

Educational Seminar

1:30 pm - 5:00 pm | 3.5 CE Hours

B1

Pain Assessment and Management: All that You Didn't Learn in School, but Wish You Did! 50% Rx

AC AG PED

There are many reasons why healthcare providers may choose not to manage patients with pain, or unknowingly under treat pain, including fear of addiction, overdose, litigation, cost, non-compliance, difficult personality types, or just a lack information about how to deal with such an elusive diagnosis. Chronic pain affects about 100 million American adults—more than the total affected by heart disease, cancer, and diabetes combined. Pain also costs the nation up to \$635 billion each year in medical treatment and lost productivity. Clinicians in ALL areas of practice are faced with the challenges of managing patients with pain, everything from fractures to chest pain, post-surgical, cancer, and possibly even psychosomatic pain. Focus on the importance of accurate assessment and multimodal management of both acute and chronic pain, through understanding pain pathophysiology and mechanisms. Methods to differentiate between types of pain will be presented, along with the best evidenced based treatments. New, evolving technologies, including neuromodulation for pain management and auricular acupuncture will be discussed, as well as, pharmacological and non-pharmacological options, and behavioral and complementary treatments. Understanding the pathophysiology and mechanisms of pain, the current research, and treatments will empower clinicians to provide their patients with evidenced based advice and treatment options.

Theresa Mallick-Searle, MS, PMGT-BC, ANP; Nurse Practitioner, Division Pain Medicine, Stanford Health Care; Redwood City CA

Zohra M. Hussaini, MSN, FNP-BC, MBA; APP Coordinator/Lead Nurse

Practitioner, Anesthesia Pain Management, University of Kansas Health System; Kansas City KS

Heather J. Jackson, PhD, FNP-BC, NEA-BC, FAANP; Administrative Director of Advanced Practice, Vanderbilt-Ingram Cancer Center, Vanderbilt University Medical Center; Nashville TN and Assistant Professor, School of Nursing, Vanderbilt University; Nashville TN

Karen Williams, DNP, FNP-BC; Deputy Director, Headache Center of Excellence, Neurology, Central Virginia VA Health Care System; Richmond VA and President, KDW Health Management; Richmond VA

Kristen Slater, PsyD; Clinical Assistant Professor, Department of Anesthesiology Perioperative & Pain Medicine, Stanford University School of Medicine; Redwood City CA

Educational Sessions C1-C5

1:30 pm - 3:00 pm | 1.5 CE Hours

C1

Managing Opioid Overdose, Recovery and Related Harm in the Age of Illicit Synthetics 100% Rx

AC AG

Statistically, 5% of patients who are treated in the emergency department for an opioid overdose are dead within one year with 5% of those deaths within the first 48 hours following discharge. Providers need to understand and prescribe life-saving opioid use disorder treatment whenever possible. Hear about the new fentanyl analogues which are more dangerous and how to test for them in drug samples. Overdose reversal strategies for the community and inpatient settings will be discussed. Gain an overview of medications for opioid use disorders (methadone, buprenorphine, naltrexone), their pros/cons, who can prescribe them, and initiation strategies.

Jenny Koehl, PharmD, BCPS; Emergency Medicine Clinical Pharmacy Specialist, Pharmacy, Massachusetts General Hospital; Boston MA

C2

Diabetes Data: Practical Tips for Downloading Data from Diabetes Technology 0% Rx

AG PED

Diabetes technology, including continuous glucose monitors, insulin pumps, and automated insulin delivery systems have been associated with lower HbA1c and improved quality of life. A key benefit of these devices is the objective data that can be utilized by the healthcare team to make recommendations for behavioral and therapeutic changes to the individual's diabetes regimen. Join this interactive session for practical tips on how to download data from diabetes devices, create a sustainable workflow, and reduce inefficiencies in your practice setting to ensure glucose and insulin delivery data are available at every clinic visit.

Anastasia Albanese-O'Neill, PhD, APRN/CPNP-PC, CDCES; Director, Community Screening and Clinical Trial Education, JDRF International; New York NY and Founder and Board Chair, Diabetes Toolkit; Gainesville FL

C3

Polycystic Ovarian Syndrome Diagnosis: What Is Causing the Delay? 25% Rx

WH

Clinical inertia, complex diagnostic criteria, and a lack of provider education contribute to delays in care for patients with PCOS. A recent study showed nearly half of the patients had seen more than three providers before diagnosis, and 33% reported a delay greater than two years with a median time of five years. Gain a better understanding of the Rotterdam criteria, challenges in diagnosing adolescents, and initial laboratory evaluation, as well as, first and second-line management options, and how to improve awareness of clinical inertia as an impediment to the intensification of therapy.

Colleen Paramesh, DNP, APRN, NP-C; Program Director and Clinical Assistant Professor, School of Nursing., University of Kansas; Kansas City KS and Nurse Practitioner, Watkins Student Health Center, University of Kansas Health System.; Kansas City KS

C4

Pediatric Concussion Management: Headaches for Patients and Providers 0% Rx

PED

Sport-related concussions can occur in nearly every sport and across levels of competition for children and adolescents. Providers need the ability to competently manage prevention, diagnostic evaluation, initial management strategies, and return-to-play protocol. A holistic approach encompassing recognition of social, emotional, and psychological burden is essential. Learn why treatment plans should be individualized in consideration of the environment, genetic predisposition, temperament, external supports, and other influencing factors.

Jessica Peck, DNP, APRN, CPNP-PC, CNE, CNL, FAANP, FAAN; Clinical Professor, Louise Herrington School of Nursing, Baylor University; Dallas TX

C5

Care of the Patient within the Acute Kidney Disease Spectrum in the Acute and Primary Care Settings 25% Rx

AC AG

Acute kidney disease affects patients within all age groups in both the acute and primary care settings. Subtle onset can often be missed leading to increased morbidity in both settings and potential mortality in the acute setting. Early recognition of renal impairment

can provide improved outcomes for this patient population. Focus on definitions of the acute kidney disease spectrum, novel markers of impaired renal disease, and management of these complex patients in the acute and primary care settings.

Elizabeth Flanigan, ANP-C, AGACNP-BC; Advanced Practice Provider, Inpatient Renal, University of Colorado Hospital; Aurora CO and Assistant Professor, Division of Renal Diseases and Hypertension, University of Colorado Anschutz Medical Campus; Aurora CO

Educational Sessions D1-D5 3:30 pm - 5:00 pm | 1.5 CE Hours

Cara Chao, NP, MS, BSN; Senior Instructor, Renal Medicine Diseases/Hypertension, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO

D1

Evaluating Post-Viral Syndromes and Related Comorbidities 25% Rx

AC AG

The Centers for Disease Control and American Academy of Physical Medicine and Rehabilitation predict between 10%-30% of people who had COVID-19 will go on to develop Post-Acute Sequelae of COVID-19 (PASC), also known as Long COVID. This means anywhere between three and ten million Americans are experiencing symptoms associated with a post-viral syndrome. Healthcare professionals can intervene sooner in the disease process with an increased understanding of post-viral syndromes and their multi-system presentation. Gain a better understanding of the history of post-viral syndromes, diagnostic criteria, assessment of functional status and orthostatic intolerance, post-exertional malaise (PEM), and how to recognize and assess other common comorbid conditions.

Brayden Yellman, MD; Physician, Bateman Horne Center; Salt Lake City UT



D2**The Pocket Endocrinologist for Primary Care Providers 0% Rx****AG**

Hear specialist tips on the initial work up and intervention for commonly referred metabolic complaints and conditions. Diagnostic evaluation priorities and initial interventions for common endocrine disorders such as subclinical hypothyroidism, galactorrhea, hypercalcemia, and adrenal incidentaloma will be discussed, along with common metabolic complaints such as fatigue and hirsutism. Learn how to avoid needless or delayed endocrinology consultations.

Christine Kessler, MN, CNS, ANP-BC, BC-ADM, FAANP; Founder, Nurse Practitioner, Clinical Consultant, General Endocrinology & Obesity Medicine, Metabolic Medicine Associates; King George VA

D3**Approaching Gender Parity in Alcohol Use: How Does this Change How We Approach Women's Health? 0% Rx****WH**

For the last several decades, women have been targeted by the alcohol industry to encourage alcohol use as social lubricant and tonic to soothe stress. Now women's alcohol use is approaching, and in some demographics has passed, men's use. Research is uncovering the consequences of those choices in terms of impacts to personal health and well-being, as well as, the potential increased risk for alcohol-exposed pregnancies. Gain the most current information about alcohol use in women and strategies to help patients shift behaviors and reduce their risks for alcohol-related harms.

Marilyn Pierce-Bulger, APRN (MN, FNP-BC, CNM-ret); Consultant, Pioneer Consulting, LLC; Anchorage AK and Consultant, Center for Behavioral Health Research and Services, University of Alaska, Anchorage; Anchorage AK

Alexandra Edwards, MA, MPH; Senior Research Professional, Center for Behavioral Health Research & Services, University of Alaska Anchorage; Anchorage AK

D4**Developmental Milestones: Tools, Updates, and Family Engagement, Ages 0-5 0% Rx****PED**

Developmental delays are a common finding during early well-child exams, and there has been a rise in social and communications skill delays following the pandemic. Gain a better understanding of the parent questionnaires and clinical assessments to guide you in developmental evaluation of speech, fine motor, gross motor, social, and problem-solving skills. Treatment through family engagement, parent education, and anticipatory guidance will be discussed.

Katrina Mierkey, MSN, APN, CPNP-PC; Pediatric Nurse Practitioner, Kids First Pediatrics; Littleton CO

D5**Heart Failure: Real World Experiences Using the New Guidelines 50% Rx****AC AG**

Heart Failure is a significant health issue affecting millions of Americans and is associated with high mortality and cost. The new 2022 ACC/AHA/HFSA Guideline for the Management of Heart Failure provides treatment approaches which can significantly improve outcomes, however, full implementation of these guidelines in real world patient scenarios can be challenging. Gain expertise in addressing these challenges in both primary care and cardiology specialty settings through a brief overview of the new guidelines and medication classes, utilizing a robust set of interactive actual patient cases and solutions.

Michael Horne, MBA, DNP, AGNP-BC; Aurora CO and PRN Nurse Practitioner, Optum; Denver CO

**Welcome Reception
Exhibit Hall****5:00pm - 6:30pm**

Buffet and cash bar. Complimentary admission for all Symposium registrants. Tickets for guests of Symposium registrants, adults (21 and over), available for purchase (\$25) with registration or on-site.



Friday, July 21, 2023

CE Hours Available:
Sessions E, F, G, H, J: 6.75 CE
for Sessions and Posters

Optional CE Hours:
Challenges In Care (CIC) 1.5 CE
Workshops (WS1–WS4) 2.5 CE, Dinner Session (L1) 1.5 CE

KEY

AC

Acute Care

AG

Adult/Geriatric

DM

Dermatology

PED

Pediatric

WH

Women's Health

PD

Professional Development



Enduring Materials
(Recorded Sessions)

Tracks are identified by the speaker, for indication purposes only.

WT 7:15 am – 7:45 am Non-Certified

“Walk & Talk” Around the Lake

Join fellow participants for a morning walk around Keystone Lake (approximately 1.2 mile). Your group leader will structure conversation to allow you to interact with peers that you may not normally have the opportunity to meet, to discuss professional issues and trends. Comfortable walking shoes and a light jacket are recommended.



Educational Sessions E1-E7 8:00 am - 9:30 am | 1.5 CE Hours

E1

Managing Post-Viral Syndromes and Related Comorbidities 25% Rx

AC AG

Healthcare professionals can intervene sooner in the Post-Acute Sequelae of COVID-19 (PASC), also known as Long COVID disease process with an increased understanding of post-viral syndromes and their multi-system presentation. Through implementation of effective/efficient workup and management guidance, providers will see increased disease manageability and improved patient outcomes. Gain a better understanding of orthostatic intolerance syndromes, post-exertional malaise (PEM), mast cell activation treatments, sympathetic overdrive management, cognitive complaints, pain management, gastrointestinal complaints, and considerations with hypermobility disorders and Cranio-cervical instability.

*Brayden Yellman, MD; Physician, Bateman Horne Center;
Salt Lake City UT*

E2

Does Inappropriate, Really Mean Inappropriate in the Older Adult? Redefining BEERS 100% Rx

AC AG

The American Geriatrics Society's Beers criteria have been developed to identify potentially inappropriate medications, however, this list is very extensive and not all medications identified carry a true clinical risk. There remains a critical need to identify which older patients are at the highest risk of adverse drug events and the medications which carry the greatest risk. Yet, this medication identification often must be done rapidly with easy to remember criteria to make recommendations actionable. Review which medications are of highest concern, safer alternative medications based on clinical condition, and how to ensure safer transitions of care in the older population.

*Jenny Koehl, PharmD, BCPS; Emergency Medicine Clinical Pharmacy
Specialist, Pharmacy, Massachusetts General Hospital; Boston MA*

E3

Development and Implementation of Behavioral Health in the Primary Care Setting 0% Rx

AG PED

Nationally, the dramatic increases in drug overdose deaths, age-adjusted suicide rates, and identified mental health issues in all age groups have clearly identified the need for improved systems of care delivery. Primary care providers, faced with an increased number of mental health issues in their patients, have expressed that they lack sufficient training and education to manage these problems with patient volume, complexity, and practice time constraints also contributing to the problem. Hear about the challenges, successes, and problems encountered in four nurse practitioner directed clinics in a medically underserved region, employing the Primary Care Behavioral Health Model of Integrated Care.

*Patricia Cullen, PhD, CPNP-PC; Assistant Dean for Graduate
Programs, Loretto Heights School of Nursing, Regis University;
Denver CO*

E4

Gynecologic Cancers:
Prevention and Early Detection 50% Rx

WH

Breast cancer is not the only women's cancer, and Pap tests for cervical disease are not the only preventive measure for pelvic cancer. Although less well recognized, ovarian, endometrial, and vulvar cancer also cause significant mortality and morbidity in females. Fortunately, much is known about the pathophysiology of gynecologic cancers, making primary care clinicians well-positioned to reduce rates of these cancers and even save women's lives. Focus on strategies for risk reduction, recognition and management of high-risk women, and current guidelines for early detection of gynecologic cancers.

Jan Shepherd, MD, FACOG; Medical Director, Women's Wellness Connection, Colorado Department of Public Health & Environment; Denver CO and Clinical Associate Professor, Obstetrics & Gynecology, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO

E5

Pediatric Cutaneous Infections 50% Rx

DM PED

Pediatric skin differs from adult skin in dermal thickness, as well as, body surface area to weight ratio. Pediatric skin has a higher rate for injury, transepidermal water loss, percutaneous absorption, and infection. Gain a better understanding of common and not-so-common pediatric cutaneous infections, including lesion description, differential diagnosis, treatment options, and appropriate referral options.

Peggy Vernon, RN, MA, C-PNP, DCNP, FAANP; Owner, Nurse Practitioner, Creekside Skin Care; Castle Rock CO and Affiliate Faculty, Dermatology Nurse Practitioner Fellowship, Loretto Heights School of Nursing, Regis University; Denver CO

E6

Advanced Cardiovascular Assessment 0% Rx

AC AG

Differentiating normal from abnormal heart sounds is important in daily clinical practice. Research, however, demonstrates that clinicians often miss abnormal heart sounds indicative of various clinical entities. From the recognition of chronic valvular heart disease to identifying life-threatening conditions, assessments are crucial to safe patient care. Review normal anatomy and physiology to understand the origin of various normal and abnormal heart sounds along with their associated clinical findings.

Kristine Anne Scordo, PhD, APRN, ACNP-BC, FAANP; Acute Care Nurse Practitioner, Infectious Diseases, TriHealth; Cincinnati OH

E7

Innovation Leadership:
Tips and Tricks to Advance Teamwork 0% Rx

PD

Leading change is often overlooked as a core competency for clinical leaders. Complexity leadership theory provides a framework for leaders to use to build interprofessional change ready teams. Hear practical ways for leaders to prepare themselves and teams to lead change.

Dan Weberg, RN, PhD, MHI, BSN, FAAN; Assistant Professor of Practice, College of Nursing, The Ohio State University; Columbus OH and Principle and Owner, DrNurseDan Consulting; Alameda CA

Educational Sessions F1-F7
10:00 am - 11:30 pm | 1.5 CE Hours

F1

New Drug Update:
Emerging Therapies for Changing Pathologies 100% Rx

AC AG PED

New medications are emerging every year. One aspect of new medication development is to optimize medical treatment for common and rare pathologies. Learn about the potential use of new agents for patients based on cost, availability, and healthcare accessibility. New guidelines for medications to treat adult and pediatric patients will be discussed, along with the benefits versus risks of newer drugs.

Elizabeth A. VandeWaa, PhD; Professor, Adult Health Nursing, College of Nursing, University of South Alabama; Mobile AL

F2

Cutaneous Carcinoma 50% Rx

AG

Cutaneous carcinoma can develop with advanced age, together with cumulative sun exposure, fair skin, prolonged immunosuppression, and previous skin cancer diagnoses. Using photos, learn to identify the various types of cutaneous carcinomas. Treatments including medical, surgical and radiation will be discussed, contrasting the treatment types for each cutaneous carcinoma.

Kathleen Haycraft, DNP, FNP/PNP-BC, DCNP®, FAANP, FSDNP; Owner, Kathleen Haycraft LLC; Hannibal MO and Adjunct Faculty, DNP Program, School of Nursing and Health Studies, University of Missouri - Kansas City; Kansas City MO

F3

Which Type of Diabetes Is It? Interactive Case Studies 0% Rx

AG PED

Over 10% of adults in the United States have diabetes (37.3 million) and nearly 100 million more have prediabetes. Among adults with type 1 diabetes, nearly 40% are initially diagnosed with type 2 diabetes, and accurately differentiating between gestational diabetes and existing type 2 diabetes is essential. Nurse Practitioners play a key role in the diagnosis and management of diabetes. Join this interactive, case study-based session to sharpen your diabetes screening, diagnostic, and management skills.

Anastasia Albanese-O'Neill, PhD, APRN/CPNP-PC, CDCES; Director, Community Screening and Clinical Trial Education, JDRF International; New York NY and Founder and Board Chair, Diabetes Toolkit; Gainesville FL

F4

Birth Controls Pills:
Modern Miracles or Harmful to Women 75% Rx

WH

Oral birth control pills modernized sexual health and provided women a much-needed resource in controlling their reproductive health. However, one must ask, did this miracle come with unintended consequences, as the manner in which they work indirectly harms women. All oral birth control pills cause 100% testosterone deficiency in women, and the wrong type of oral birth control pills can even cause estrogen deficiency mimicking the signs and symptoms of menopause. Providers and patients need to understand the hormonal shifts that occur while on these powerful pregnancy prevention tools.

Angela DeRosa, DO, MBA, CPE; Founder and President, Hormonal Health Institute; Scottsdale AZ and Medical Director, Belmar Pharma Solutions; Golden CO

F5

Pediatric Vaccines: A Warm Approach for Cold Feet 100% Rx

PED

Vaccine hesitancy is at a historical high. During 2021, an estimated 25 million infants missed scheduled doses of routinely recommended childhood vaccines. Following the COVID-19 pandemic and the introduction of the COVID vaccine, parents and families have more concerns than ever about vaccine safety and efficacy. Nurse Practitioners can provide credible information and effective counsel to parents and families engaging in effective decision making around vaccine hesitancy. Current updates in pediatric vaccination recommendations will be discussed.

Jessica Peck, DNP, APRN, CPNP-PC, CNE, CNL, FAANP, FAAN; Clinical Professor, Louise Herrington School of Nursing, Baylor University; Dallas TX

F6

Acute Liver Failure 25% Rx

AC AG

Common causes of acute liver failure and the complications that are seen will be discussed, highlighting the differences between acute and chronic liver failure. Appropriate treatment strategies for these patients will also be explained.

Lynn Kelso, DNP, APRN, FCCM, FAANP; Acute Care Nurse Practitioner, Department of Pulmonary, Critical Care and Sleep Medicine, University of Kentucky Healthcare; Lexington KY and Assistant Professor, College of Nursing, University of Kentucky; Lexington KY

F7

Legal Issues Facing Nurse Practitioners 0% Rx

PD

Hear about current legal issues faced by nurse practitioners related to prescribing, patient records, practicing in multiple states, and others. Using scenarios developed from actual cases, explore what kinds of legal concerns can arise within and outside of NP practice, and strategies for dealing with them. Please Note: The speaker cannot provide legal advice to individual participants.

Diana R. Maurer Schatz, JD; Attorney, Sheila H. Meer, P.C.; Denver CO

Bag Lunches

Exhibit Hall
11:30 am - 1:00pm



CHALLENGES IN CARE PANEL (CIC)**Optional, Pre-registration required, No additional fee****12:15 pm - 1:45 pm | 1.5 CE Hours****Medical Debt, Patients and the NP 0% Rx****PD**

Medical debt afflicts one in three adults in the United States, is the leading cause of personal bankruptcy, and weakens the healthcare sector. Almost one in five adults (18%) carries medical debt that had been turned over to a collection agency. Many of these patients are insured, but are straddled with bills for high deductibles, co-pays, and rejected claims. Medical debt from previous health care encounters has a profound effect on patient engagement and health. Join us for an exploration of the problem, the role of nurse practitioners and the institutions where we work, possible strategies to ease the burden of medical debt, and ethical considerations.

Nancy Rudner, DrPH, MPH, MSN, APRN; Associate Professor, University of Alabama at Birmingham; Birmingham AL and Nurse Practitioner, Shepherd's Hope Community Clinic; Orlando FL

Stephanie Arenales, BA; Consumer Assistance Program Director, Colorado Consumer Health Initiative; Denver CO

Andrea Rosenberry, JD; Attorney, Colorado Legal Services; Grand Junction CO

EDUCATIONAL SESSION G1**2:00 pm - 3:00 pm | 1.0 CE Hours****Restoring the Health of the Health Workforce 0% Rx****PD**

The nation's health workforce is in distress, limiting the capacity and well-being of clinicians of every stripe. There is a national movement to restore and promote the health of clinicians as a necessary step to restore the health of our country. Hear about collective and individual strategies, including tools for personal resiliency and well-being. The National Academy of Medicine's National Plan for Health Workforce Well-Being will be highlighted, as it aims to drive collective action to create and lead humane health care delivery systems which embody a culture of health.



Eileen T. O'Grady, PhD, RN, ANP-BC;
Nurse Practitioner and Wellness Coach,
Eileen O'Grady Wellness Coaching, LLC;
McLean VA and Founder, The School of
Wellness; McLean VA

WORKSHOP SESSIONS WS1 - WS4**3:15 pm - 6:15 pm (break 4:45 - 5:15)****2.5 CE Hours****Optional, Pre-registration required and a fee of \$110***Enrollment is limited in order to maintain quality of instruction.***WS1****Orthopedic Exam: Spine 0% Rx****AG PE**

Orthopedic spinal examination continues to be a weak area for many primary care providers. The incidence of lumbar and cervical pain continues to increase with each passing year, along with patients affected by spinal pathology. According to the NIH, low back pain (LBP) is the second most common cause of disability in U.S. adults, with an estimated 149 million days of work lost per year. Participants will work in small groups with preceptors, while at a master station the techniques for a specific examination will be discussed and demonstrated. Short didactic discussion and pearls will be provided prior to hands-on practice. Focus will be office based degenerative spine, not trauma based. Hands-on workshop, so please wear comfortable clothing.

Christopher Hemmer, DNP, ANP, ONP-C, FAANP; Adult Nurse Practitioner, Emergency Medicine, Progress West Emergency Department; Ofallon MO and Assistant Professor Nurse Practitioner Program, School of Nursing, Saint Louis University; Saint Louis MO

WS2**Radiology from Head to Toe, Old and New:
A High Yield Primer 0% Rx****AG PED**

Focus on the use and interpretation of imaging of the chest, abdomen and head. There have been many recent changes to Radiology and it is important for clinicians to keep up with jargon and recommendations. Foster your development of advanced skills needed to identify pathology with cutting edge imaging and interpretation. Using case studies, new imaging techniques and criteria will be reviewed to ensure everyone is up to date with current practices. Imaging across the life span will be reviewed, including unusual findings on plain radiographs, PET scans, CT scans, MRI, and Sonogram.

Premal Trivedi, MD MSc; Physician, Radiology, University of Colorado Hospital; Aurora CO

WS3

Advanced 12 Leads:
Clinical Pearls to Avoid Satisfaction of Search 0% Rx

AC AG

Reading a 12 Lead ECG in the clinical setting can be stressful. Even if one is confident in reading 12 Leads, there is a wealth of information that is often overlooked. In addition it is not always crystal clear if the patient is having an infarction, and the type of infarction they are having, and where the infarction is occurring. Individual leads can have subtle changes that look like an infarction, but really are not. Expand your assessment skills in ECG interpretation in order to make the proper diagnosis.

Joan King, PhD, ACNP-BC, ANP-BC, FAANP; Acute Care Nurse Practitioner, Preanesthesia Evaluation Clinic, Vanderbilt University Medical Center; Nashville TN and Professor Emeritus, School of Nursing, Vanderbilt University; Nashville TN

WS4

Minor Procedures Workshop 25% Rx

AG PED

Many primary care and urgent care complaints require a 'hands on' procedure that some clinicians may have not had previous experience performing. Learn the important components in the performance of minor procedures, including reduction of nursemaid's elbow, finger/toe dislocation reduction, subungual hematoma nail trephination, drainage of paronychia, ingrown toenail management, digital blocks - traditional & transthecal, olecranon bursitis drainage, incision and drainage of abscesses, foreign body removal of soft tissue, embedded earrings, tick removal, hair-thread tourniquet removal, fish hook removal, and ring removal. There will be a didactic presentation, followed by a 'hands on' time to practice some of these procedures.

Denise R. Ramponi, DNP, FNP-C, ENP-BC, FAANP, FAEN, CEN; Professor, School of Nursing, Education, & Human Studies, Robert Morris University; Moon Township PA and Nurse Practitioner, Urgent Care, Heritage Valley Health System Convenient Care Clinics; Sewickley PA

EDUCATIONAL SESSION H1

3:15 pm - 4:45 pm | 1.5 CE Hours

Moving the NP Profession Forward: Standards, LACE, FPA, APRN Compact, and More 0% Rx

Gain a better understanding how far your profession has come and how much further it needs to go. What results on educational accreditation have come from the American Association of Colleges of Nursing and National Organization of Nurse Practitioner Faculties' Standards? What are the pros/cons of transitioning to the LACE Consensus Model and its effect on care delivery? What is the definition and impact of Full Practice Authority and the current status of states? What has been the outcome of the APRN compact licensure, particularly as it relates to telehealth? As the Nurse Practitioner profession approaches its 60th year, the answers to these and other questions become more important than ever.



April N. Kapu, DNP, APRN, ACNP-BC, FAANP, FCCM, FAAN; Associate Dean for Clinical and Community Partnerships, Professor of Nursing, School of Nursing, Vanderbilt University; Nashville TN



Jennifer Rodgers, DNP, APRN, ACNP-BC, FAANP; Vice President Advanced Practice, Associate Chief Nursing Officer, UCHHealth; Aurora CO and Assistant Clinical Professor, Pulmonary/Critical Care Medicine, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO

Poster Sessions with Beverage Break

4:45 pm - 5:15 pm | 0.5 CE Hour

Educational Sessions J1-J5

5:30 pm – 6:15 pm | 0.75 CE Hour

J1

The Medical-Dental Interface and Improving Health for All 0% Rx

AG PED

With the recent release of the NIH report on Oral Health in America, there is acknowledgement of the strong connection between oral health and overall health. The American Dental Association is supporting and encouraging research, collaboration, and appropriate treatment discussions between dentists and other health care providers. There are also efforts to have CMS expand dental coverage for medically necessary oral and dental treatment. Over 50 systemic conditions have been reported to be associated with periodontal disease alone. Learn how to recognize some of the more common medical conditions that may have an association with poor oral health, and other factors presenting to determine if a dental referral is warranted.

Bruce A. Dye, DDS, MPH; Delta Dental of Colorado Foundation Chair in Oral Health Equ, University of Colorado Anschutz Medical Campus; Aurora CO and Professor and Chair, Department of Community Dentistry and Population Health, School of Dental Medicine; Aurora CO

J2

Baby Boomers and Medical Cannabis: Clinical Considerations in Primary Care 100% Rx

AG

The fastest growing group of cannabis users are adults over 65 years of age. More states have legalized cannabis for medicinal use, but due to U. S. federal laws, research on cannabis is severely restricted. Many healthcare providers have minimal knowledge of the risks and benefits associated with cannabis use. Hear about research from other countries which can provide guidance in caring for patients who choose to use cannabis, including potential drug interactions with other medications.

Debra Hunt, PhD, FNP-BC, GNP-BC, CNE; Associate Professor, Family Practice, Frontier Nursing University; Versailles KY

J3

Not All that Itches Is Yeast: Vulvar Dermatoses 25% Rx

WH

Vulvar and vaginal itching present bothersome symptoms for women, and are increasingly diagnosed/treated over the phone without clinical evaluation. When symptoms persist despite treatment, often vulvar dermatoses are to blame which require expert exam, accurate diagnosis, and appropriate treatment. Gain a better understanding of the lesser known causes of vulvar itching, scratching and discomfort, including lichen sclerosis, lichen simplex chronic, contact dermatitis, and neuropathic symptoms. Treatments for these conditions will be discussed, as well as, how to care for the patient with symptoms despite a normal exam.

Jessica Pettigrew, CNM DNP; Assistant Professor, Obstetrics and Gynecology, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO

J4

Confessions of a Food Allergist: Lessons Learned over Forty Years 0% Rx

PED

Review the advances in the field of food allergy over the past 40 years which have led to significant changes in management and advice provided to food allergic patients. Aspects that are well addressed in most practices will be discussed, in addition to areas needing further attention.

Dan Atkins, MD; Past Section Chief, Allergy and Immunology, Children's Hospital Colorado; Aurora CO

J5

Cognitive Bias in Clinical Decision Making: Avoiding these Pitfalls 0% Rx

PD

Cognitive bias is increasingly recognised as an important source of medical error, and is both ubiquitous across clinical practice, yet incompletely understood. The increasing awareness of bias has resulted in a surge of clinical and psychological research in the area and development of various 'debiasing strategies'. Learn about the potential origins of bias based on 'dual process thinking'. A number of the important biases that occur in clinical practice will be illustrated, along with potential strategies that might be used to mitigate their effect.

Laura Thomas, DNP, APRN-BC, WHNP-BC; Medical Commander, Colorado Army National Guard; Aurora CO

Educational Session L1

6:30 pm - 8:00 pm | 1.5 CE Hours | Dinner

Optional, Limited Enrollment
Pre-registration required and a fee of \$40



L1

Wake the Insomniac: But Also Help Them Sleep 100% Rx

AC AG

Insomnia is a risk factor for motor vehicle and workplace accidents, and also increases the risk for other disease states, but there are treatments for disease states which may cause insomnia. Providers must determine if a patient has primary insomnia, insomnia due to a disease state, insomnia due to treatments for a disease state, or a combination of any of them. Focus on effective treatment for insomnia, based on type of sleep deficit, as well as, other disease states, and other medications which must be evaluated.

Nancy Balch, PharmD, BCCCP; Emergency Medicine Pharmacist, In-patient Pharmacy, Massachusetts General Hospital; Boston MA

Saturday, July 22, 2023

CE Hours Available:
Session M, N, O, P: 6.5 CE
for Sessions and Posters

Optional CE Hours:
Workshops (WS5 – WS8) 2.5 CE

KEY

AC

Acute Care

AG

Adult/Geriatric

DM

Dermatology

PED

Pediatric

WH

Women's Health

PD

Professional Development



Enduring Materials
(Recorded Sessions)

Tracks are identified by the speaker, for indication purposes only.

WORKSHOP SESSIONS WS5 - WS8

7:30 am -10:30 am (Break 8:30 – 9:00)

2.5 CE Hours

Optional, Pre-registration required and a fee of \$110
Enrollment is limited in order to maintain quality of instruction.

WS6

Suturing Skills: Beginning to Advanced 0% Rx

AG PED

Gain an overview of the management of traumatic lacerations, followed by a hands-on workshop. Practice basic or advanced suture techniques on pig's skin, with guidance from a preceptor. Beginners with no experience will learn single-layer closure. Intermediate and advanced students will learn landmarks for peripheral nerve block, multi-layer and flap closure techniques.

Vincent Markovchick, MD; Staff Physician, Emergency Medical Services, Denver Health Medical Center; Denver CO and Professor Emeritus, Department of Emergency Medicine, School of Medicine, University of Colorado, Anschutz Medical Campus; Aurora CO

Maria Moreira, MD; Director of Professional Development & Wellbeing, Medical Director of Continuing Education & Simulation, Denver Health & Hospital Authority; Denver CO and Associate Professor, Department of Emergency Medicine, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO

WS5

Orthopedic Exam: Extremities 0% Rx

AG PED

Orthopedic examination continues to be a weak area for many primary care providers. However, musculoskeletal complaints, especially shoulder, wrist, hip, knee, and ankle pain are some of the most common reasons for primary care visits. Develop your comfort level and a better understanding of the techniques of examination and their meaning. Participants will work in small groups with preceptors, while at a master station the techniques for a specific examination will be discussed and demonstrated. Practice common office based orthopedic exams specific to ambulatory care diagnosis. Hands on workshop so please wear comfortable clothing.

Christopher Hemmer, DNP, ANP, ONP-C, FAANP; Adult Nurse Practitioner, Emergency Medicine, Progress West Emergency Department; Ofallon MO and Assistant Professor Nurse Practitioner Program, School of Nursing, Saint Louis University; Saint Louis MO

WS7

Eyes, Ears and Nose Procedures 25% Rx

AG PED

Some of the most common complaints in primary and urgent care involve eyes, ears and nose complaints. Review some of the most common procedures for eyes, ears and nose conditions. With eyes there will be discussion of intraocular pressure management, foreign body removal, eyelid eversion, fluorescein stain, eye irrigation, ph assessment, woods lamp, corneal abrasion, ulcer, and herpetic lesions. Ears presentation will include: cerumen removal, foreign body removal, ear wick insertion for otitis externa, and drainage of auricular hematoma. Nose topics covered will be epistaxis management, foreign body removal, blow technique, fogarty catheter, silver nitrate, nasal tampon, rhinorocket, vaseline gauze, and septal hematoma. A 'hands on' session for some of the most common complaints will be included.

Denise R. Ramponi, DNP, FNP-C, ENP-BC, FAANP, FAEN, CEN; Professor, School of Nursing, Education, & Human Studies, Robert Morris University; Moon Township PA and Nurse Practitioner, Urgent Care, Heritage Valley Health System Convenient Care Clinics; Sewickley PA

WS8

Long-Acting Reversible Contraception - IUD Insertion 100% Rx

WH

Increasing numbers of patients wish to use Long-Acting Reversible Contraception (LARC) to help with their contraceptive needs and other health conditions. Hear a comprehensive review of IUDs that both the novice and the expert nurse practitioner will appreciate. Correct insertion/removal techniques for various IUDs will be presented, including methods to handle challenging clinical situations, such as breakthrough bleeding, malposition, other adverse effects. Gain hands-on experience by practicing IUD placement and removal on plastic pelvic models.

Kristina Tocce, MD, MPH; Vice President and Medical Director, Planned Parenthood of the Rocky Mountains; Denver CO and Volunteer Faculty, Department of Obstetrics and Gynecology, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO

**Exhibit Hall Open**

9:00 am - 12:00 pm

Brunch 10:30 am - 12:00 pm

Educational Sessions M1-M3

9:00 am - 10:30 am | 1.5 CE Hours

M1

Updates on the Management of COPD and Other Chronic Lung Conditions in the Primary Care Setting 50% Rx

AC AG

Differentiating between COPD and other common chronic lung conditions can be challenging, particularly in the fast paced primary care setting. Hear updates on the latest treatment options, utilizing the 2023 GOLD Guidelines. Case studies will be utilized to differentiate between COPD and other chronic lung diseases. Pharmacologic and non-pharmacologic individualized treatment plans will be presented.

Jennifer Rodgers, DNP, APRN, ACNP-BC, FAANP; Vice President Advanced Practice, Associate Chief Nursing Officer, UCHHealth; Aurora CO and Assistant Clinical Professor, Pulmonary/Critical Care Medicine, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO

M2

Less is More: Meeting your Patient's Goals of Care 25% Rx

AC AG

Learn about the concept of "Less is More" and strategies for having conversations with patients and their families about their wishes for their goals of care. Strategies for the provider to use to start this conversation will be offered, along with a review of the purpose of Advanced Directives as POLST forms. This will be an interactive and low-stress session on a difficult topic.

Michelle Wade, MSN/Ed, APRN, NP-C, ACNPC-AG, FAANP; Hospitalist, Gifford Medical Center; Randolph VT and Adjunct Faculty, Vermont Technical College; Randolph Center VT

M3**Environmental Impacts on your Patients 0% Rx****AG PED**

Environmental health is central to our clinical work, as patients live, work, learn, and play in environments which help or harm their health. Air, water, soil, heat, and green space all affect health, and heat waves, fires, and hurricanes cause major upheavals in home and health. All have a role to play in creating healthy environments in which everyone can thrive. Hear about core issues in environmental health across lifespan, how to incorporate environmental concerns into your practice, and support sustainability.

Nancy Rudner, DrPH, MPH, MSN, APRN; Associate Professor, University of Alabama at Birmingham; Birmingham AL and Nurse Practitioner, Shepherd's Hope Community Clinic; Orlando FL

Educational Sessions N1-N7**12:00 pm - 1:00 pm | 1.0 CE Hour****N1****Benign Lesions and Rashes:
What to Do and When to Worry 50% Rx****AG DM PED**

Across the lifespan, there are lesions and/or rashes that are considered normal or benign. The pathophysiology, epidemiology, prognosis, appropriate workup, and differential diagnoses of benign lesions and rashes will be described, along with treatment options if desired. Learn the red flags to indicate a more serious lesion or rash.

Susan Voss, DNP, FNP-BC, DCNP, FAANP; Dermatology Nurse Practitioner, Riverside Dermatology; Hannibal MO

N2**Tired of Being Tired: The Ins and Outs of Narcolepsy for
Primary Care Providers 50% Rx****AG**

Narcolepsy is a rare but serious condition, the diagnosis of which is often delayed as alternative causes of fatigue are being explored. Primary care providers can be the first to detect narcolepsy and help patients attain effective therapy sooner. Review the signs and symptoms of narcolepsy, testing required for diagnosis, and treatment approaches. Scrutinize the differential diagnosis for narcolepsy and how else to help out with excessive daytime sleepiness.

Jessica Camacho, MD; Assistant Professor, Medicine, UCHealth Sleep Medicine Clinic; Aurora CO

N3**Understanding and Managing Patients' Inappropriate
Boundaries and Unrealistic Expectations of the Healthcare
System 0% Rx****AC AG**

Some of the most challenging interactions in healthcare involve patients with unrealistic demands on the provider. Common examples include a patient insisting on an unwarranted procedure or seeking inappropriate levels of inpatient care. Gain a better understanding of the underlying mental illnesses and complex dynamics which contribute to these caustic situations. Diagnoses covered will encompass delusional disorders, personality disorders, factitious disorders, somatic symptom disorders, malingering, and conditional suicidal ideation. Learn communication methods and documentation strategies to best engage patients with unrealistic demands and steer them towards sustainable solutions.

Joseph Lyon, MSN, RN, FNP-BC, PMHNP-BC; Psychiatric/Mental Health Nurse Practitioner, Division of Consult Liaison Psychiatry, Stanford Health Care; Palo Alto CA

N4**Innovations in Weight Loss: How to Utilize All the Tools in
the Tool Box 50% Rx****WH**

Most patients will attempt at home weight loss solutions or fad diets before turning to their healthcare providers to assist in their weight loss goals. Weight loss is not one size fits all! -- and pre-built kits and cleanses are not always the best approach. Understand what makes an ideal weight loss program, including different medical approaches to assist patients in achieving their goals.

Angela DeRosa, DO, MBA, CPE; Founder and President, Hormonal Health Institute; Scottsdale AZ and Medical Director, Belmar Pharma Solutions; Golden CO

N5**Pediatric Neurology Examination 0% Rx****PED**

The elements of a neurology exam are extensive and usually cannot be performed in the usual fashion with young children and infants. Review the different elements of a complete neurologic examination: mental status, cranial nerves, motor, sensory, coordination, and gait. Tips and tricks for performing these elements on younger infants and/or poorly cooperative children will be presented.

Benjamin Ross, MD; Physician, Rocky Mountain Pediatric Neurology & Sleep Medicine, HealthONE Rocky Mountain Hospital for Children; Denver CO

N6

Fluid Management:
What's New in Acute and Critical Care 50% Rx

AC

Intravenous fluid administration is a common intervention which has come under closer scrutiny in recent years. The choice of fluid type can influence multiple physiologic processes that could lead to adverse effects when caring for critically ill patients. Learn strategies on how to select the best intravenous fluids and understand the proper dosing. Evaluation of the fluid status of the patient will be discussed, as critically ill patients have dynamic fluid requirements.

Nancy Munro, RN, MN, CCRN, ACNP-BC, FAANP; Acute Care Nurse Practitioner, Contractor; Sterling VA

N7

Back to Basics: Coding & Documentation Compliance
Education 101 0% Rx

PD

Gain an overview of the recent 2023 Evaluation and Management coding changes. Billing modifier and risk-adjustment coding will be discussed, along with recent billing/coding regulatory updates, social determinants of health coding, and telehealth updates. Learn about correct reporting and documentation guidelines, as well as, recent enforcement activity related to billing/coding compliance to protect you and your practice.

Leslie Boles, CCS, CPC, CPMA, CHC, CPC-I; Co-Owner & CEO, Revu Healthcare ; Cary NC and Certified Coding Instructor, Rutgers University; New Brunswick NJ

Poster Sessions with Beverage Break
1:00 pm - 1:30 pm | 0.5 CE Hour



Educational Sessions 01-07
1:30 pm - 3:00 pm | 1.5 CE Hours

01

Evaluation and Management of Thyroid Disorders 50% Rx

AG

Thyroid disease is common in clinical practice, and accurate, cost-effective evaluation and personalized management is needed to eliminate wasteful testing and ineffective or dangerous treatment plans. Hypothyroidism in adults is almost always due to chronic lymphocytic thyroiditis, also known as Hashimoto's thyroiditis, and a personalized thyroid hormone replacement regimen is required. The key to effective therapy for hyperthyroidism is accurately identifying the cause of hyperthyroidism and the treatment program may consist of anti-thyroid medication, thyroid surgery, radioactive iodine therapy, steroids, or simple monitoring. Thyroid nodules must be carefully evaluated with serum TSH measurement, thyroid ultrasound, and fine needle aspiration biopsy to determine whether benign or malignant in order to develop an appropriate management plan.

Michael T. McDermott, MD; Director, Endocrinology and Diabetes Practice, University of Colorado Hospital; Aurora CO and Associate Division Head for Clinical Affairs, Endocrinology, Metabolism and Diabetes, University of Colorado, School of Medicine; Aurora CO

02

A Practical Approach to the Diagnosis and
Treatment of Anemia 50% Rx

AG

Anemia is a common condition seen in clinical practice. There is a broad differential diagnosis for anemia and the underlying cause may be easily reversible or it could be life threatening. It is important to develop a systematic and thorough approach in identifying the cause of a patient's anemia. Learn more about the etiology, diagnostic evaluation, and treatment of anemia in adults.

Laura Zitella, MS, RN, ACNP-BC, AOCN; Nurse Practitioner and Associate Clinical Professor, Hematology/Oncology, University of California San Francisco; San Francisco CA

03

Emerging and Re-emerging Infectious Diseases 25% Rx

AG PED

Part of the history of the field of Infectious Diseases is having a comeback with some well-known enemies like Polio and new challengers like Monkeypox. We need to be prepared for future possible pandemics by learning from our mistakes.

Martin L. Gnoni, MD; Physician, Infectious Diseases, TriHealth; Cincinnati OH

O4

STI Update 2023 50% Rx

AG PED

The cost of under- and untreated Sexually Transmitted Infections (STIs) is \$16 billion annually and they contribute to overall morbidity and mortality of patients. Hear about the current epidemiology, treatment, prevention, and patient education for STIs. The required components of a complete sexual history will be discussed, along with the different diagnostic tests available.

Alison Marshall, RN, MSN, FNP-C; Clinical Instructor, Connell College of Nursing Boston College, The Sylvie Ratelle STD/HIV Prevention Center of New England; Jamaica Plains MA and Family Nurse Practitioner, Internal Medicine and Pediatrics, South Boston Community Health Center; South Boston MA

O5

Pediatric Neurological Emergencies 0% Rx

PED

Gain a better understanding of common neurological emergencies in children. Seizures and status epilepticus will be discussed, as well as mimics like breath holding, reflux or sandifer syndrome. Learn how to identify non-accidental trauma/abusive head trauma, also known as shaken baby syndrome. Stroke and stroke mimics like migraine will also be discussed.

Benjamin Ross, MD; Physician, Rocky Mountain Pediatric Neurology & Sleep Medicine, HealthONE Rocky Mountain Hospital for Children; Denver CO

O6

Evolving Challenges of Infection in Cirrhosis 25% Rx

AC AG

Hear why patients with cirrhosis are at an increased risk for developing infections. The most common infections which need to be monitored in patients with cirrhosis will be discussed, along with the appropriate antimicrobial treatment strategies.

Lynn Kelso, DNP, APRN, FCCM, FAANP; Acute Care Nurse Practitioner, Department of Pulmonary, Critical Care and Sleep Medicine, University of Kentucky Healthcare; Lexington KY and Assistant Professor, College of Nursing, University of Kentucky; Lexington KY

O7

Coding & Documentation Compliance: Tips & Tricks to Make Your Program Great! 0% Rx

PD

Hear more about how to build an internal billing and coding

compliance program, along with the benefits of implementing the program. Developing goals for the program will be discussed, as well as, the use of internal data mining techniques, and how to utilize external audits and resources to identify high risk areas. Learn how to create tools and resources for an effective coding/billing compliance program, and demonstrate the impact an effective program has on the bottom line.

Leslie Boles, CCS, CPC, CPMA, CHC, CPC-I; Co-Owner & CEO, Revu Healthcare; Cary NC and Certified Coding Instructor, Rutgers University; New Brunswick NJ

Poster Sessions with Beverage Break

3:00 pm - 3:30 pm | 0.5 CE Hour

Educational Sessions P1-P7

3:30 pm - 5:00 pm | 1.5 CE Hours

P1

Dermatologic Emergencies: Pearls of Wisdom 50% Rx

AG DM PED

When it comes to the skin, there are few dermatologic emergencies. However, when those emergent conditions do occur, proper identification and treatment is crucial. Learn the signs and symptoms which indicate when the patient may need a higher level of workup and/or intervention. Presentation and identification of dermatologic emergencies will be presented, as well as the workup, treatment, and appropriate referral.

Susan Voss, DNP, FNP-BC, DCNP, FAANP; Dermatology Nurse Practitioner, Riverside Dermatology; Hannibal MO

P2

Ophthalmic Emergencies Across the Lifespan 0% Rx

AC AG PED

Sight-threatening eye and orbit diseases are, thankfully, not common. Review the basic tools and techniques of ophthalmic examination and diagnosis. Vision-threatening disease pathophysiology will be presented to assist in recognizing disorders needing timely and targeted referrals. The most common ophthalmic emergencies in different age groups, which warrant immediate referral for sub-specialty medical/surgical care will be discussed.

Jon M. Braverman, MD; Associate Medical Director, Center for Personalized Education for Physicians; Denver CO

P3

Let's Win the Race of Resistant Infections
Versus Antibiotics 100% Rx

AC AG PED

Antibiotic resistance continues to increase worldwide, and there are now infections resistant to all known antibiotics. Gain a better understanding of potential methods for decreasing antibiotic resistance, including when antibiotics may not be necessary. Different classes of antibiotics will be discussed, including the use of previous cultures to identify an appropriate therapy, and issues with potential cross-sensitivity in the event of allergies.

Nancy Balch, PharmD, BCCCP; Emergency Medicine Pharmacist, In-patient Pharmacy, Massachusetts General Hospital; Boston MA

P4

The Nuts and Bolts of Trauma-Informed Care 0% Rx

WH

Over 50% of patients have experienced a traumatic event in their lifetime. This experience can alter brain chemistry, bonding, interaction with healthcare systems, and is associated with increased risk for health risk behaviors and chronic disease. Learn about the widespread impact of traumatic experiences and tools to recognize and respond to these patients, with a focus on encounter level practices and behaviors that can be implemented immediately. Use of trauma-informed care has the potential to revolutionize the care of patients who are often considered "difficult", "noncompliant", or unengaged with their care, and can also be a powerful tool to prevent burnout among healthcare providers.

Jessica Pettigrew, CNM DNP; Assistant Professor, Obstetrics and Gynecology, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO

P5

Most Common "Trap and Errors" in the Diagnosis and Management of Constipation and other Colorectal Conditions 0% Rx

PED

Constipation is a very common gastrointestinal problem in children. The current and standard treatment is inadequate for many patients. Focus on a different proposed approach in the evaluation and treatment of constipated children to obtain a successful outcome and avoid complications.

Luis De la Torre, MD; Physician, International Center for Colorectal and Urogenital Care, Children's Hospital Colorado; Aurora CO and Associate Professor, Division of Pediatric Surgery, Department of Surgery, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO

P6

Anatomy of a Murmur: Recognizing and Management of Valvular Heart Disease 25% Rx

AC AG

Research shows that clinicians often miss various valvular heart diseases that can have a negative outcome on patient management. Degenerative lesions of the mitral and aortic valves that result in mitral regurgitation, aortic stenosis or aortic regurgitation constitute the most prevalent valvular heart disorders. Learn how to diagnose and treat patients with various valvular heart diseases, focusing on the latest guidelines, advanced assessment, echocardiographic, and other diagnostics.

Kristine Anne Scordo, PhD, APRN, ACNP-BC, FAANP; Acute Care Nurse Practitioner, Infectious Diseases, TriHealth; Cincinnati OH

P7

Engaging the NP Preceptor in Antiracism and DEIB Environments 0% Rx

PD

Nurse practitioner programs must ensure learning environment which are diverse, equitable, inclusive, and promote belonging (DEIB) for all student learners. With calls to diversify the nursing workforce, engaging clinical preceptors in DEIB initiatives is crucial for effective student-preceptor-faculty communication, productive learning environments, and unbiased evaluations of students. Exposure to racism and other biases in clinical settings places students from minoritized populations at risk for emotional trauma and potentially not completing the NP program. Hear about strategic methods including preceptor education, evaluation of the student and clinical site for evidence of racism and/or bias, and preparing faculty and preceptors to be upstanders when encountering microaggressions and racism are necessary to ensure NP student success.

Ragan Johnson, DNP, FNP-BC, CNE; Associate Professor, Duke University School of Nursing; Durham NC

Kristine Browning, PhD, APRN-CNP, FAANP; Assistant Dean for Graduate Clinical Programs, The Ohio State University College of Nursing; Columbus OH

Leonie DeClerk, DNP, PhD, FNP-BC; Practice Department Chair and Clinical Associate Professor, College of Nursing, University of Arkansas for Medical Sciences; Little Rock AR

Ricketta Clark, DNP, FNP-BC; Nurse Practitioner, Gastroenterology, Regional One Health; Cordova TN and Assistant Professor, College of Nursing, University of Tennessee Health Science Center; Memphis TN



TWILIGHT'S HIGHLIGHTS

Featuring:

**Don Watson and
the Vail Valley Band**

SATURDAY, JULY 22 • 6:00 pm+

**Keystone and local merchants will have
a plethora of offerings.**

This is your time to relax and enjoy the area
on your own terms.

Check website for exclusive offerings:

- Activities
- Entertainment
- Merchant deals
- Restaurant specials
- Tours

....and much more!



Sunday, July 23, 2023

CE Hours Available

2.5 hours for Educational Sessions R, S

4.0 hours for Educational Session Q

KEY

AC

Acute Care

AG

Adult/Geriatric

DM

Dermatology

PED

Pediatric

WH

Women's Health

PD

Professional Development



Enduring Materials
(Recorded Sessions)

Tracks are identified by the speaker, for indication purposes only.



"Home Stretch" Exercise Session 7:00 am – 7:30 am | optional non-CE

Educational Seminar Q1 8:00 am – 12:00 pm | 4.0 CE Hours

Q1

The Bridge:

A Comprehensive Headache Education Program 75% Rx

AG PED

Join us for an engaging headache seminar featuring didactic presentations and an interactive workshop.

The Bridge will review current pathophysiologic models, followed by acute and preventive treatment strategies for adult and pediatric populations. Learn key considerations for appropriate patient selection, administration (timing and route), and potential medication misuse and/or overuse concerns. Case studies will be utilized to illustrate addressing comorbidities and creating comprehensive treatment plans.

The workshop portion will incorporate behavioral strategies, acupuncture, neuromodulation devices, and procedure options (trigger point injections, nerve blocks, and botulinum toxin) for headache treatment.

The Bridge provides all the tools you need for your headache management toolkit!

The American Headache Society® (AHS) Nurse Practitioner / Physician Assistant (NP/PA) Special Interest Group developed this educational offering for Primary Care Nurse Practitioners and Physician Assistants. This comprehensive overview of migraine is delivered by Nurse Practitioner and Physician Assistant members of AHS.

Annika Ehrlich, MS, FNP-C, AQH, CNRN; Nurse Practitioner III, Neurology - Headache Center, UCSF Medical Center; San Francisco CA

Maureen Moriarty, DNP, ANP-BC, FAHS, FAANP; Director, DNP and RN/BSN Programs, Malek School of Health Professions, Marymount University; Arlington VA and Adult Nurse Practitioner/Owner, Moriarty Associates; Westminster MD

Karen Williams, DNP, FNP-BC; Deputy Director, Headache Center of Excellence, Neurology, Central Virginia VA Health Care System; Richmond VA and President, KDW Health Management; Richmond VA

Laura B. Xanders, FNP-BC; Family Nurse Practitioner, Neurology, Medstar Georgetown University Hospital; Washington DC

Educational Sessions R1-R4 8:00 am – 9:30 am | 1.5 CE Hours

R1

Management of Patients with
Pseudo-Endocrine Disorders 50% Rx

AG

Disorders of the endocrine system are common in clinical practice and generally have well validated diagnostic tests and evidence-based treatments which are proven to be safe and effective.

Largely due to the Internet, there has been a proliferation of proposed, but not validated, conditions involving the endocrine system with unproven diagnostic criteria and non-evidence-based and sometimes dangerous treatment recommendations. Highlighting some of the most prominent conditions and potentially dangerous treatments, discussion will include adrenal fatigue, Wilson's syndrome, reverse T3 syndrome, low testosterone in men and women without diagnostic testing, and low-dose naltrexone therapy. Other conditions that are commonly misdiagnosed as disorders of the endocrine system, such as pseudo-Cushing's syndrome, pseudo-pheochromocytoma, and Hashimoto's encephalopathy will also be presented.

Michael T. McDermott, MD; Director, Endocrinology and Diabetes Practice, University of Colorado Hospital; Aurora CO and Associate Division Head for Clinical Affairs, Endocrinology, Metabolism and Diabetes, University of Colorado, School of Medicine; Aurora CO

R2

Pubic Defender:
The Health Effects of Genital Hair Removal 0% Rx

AG DM PED

Between 85-98% of people under the age of 45 augment or remove their genital hair, and the majority will experience a related medical complication. This socially constructed practice is derived from norms of masculinity and femininity, the rise of individualized media, and the sexualization of American culture. Focus on the historical and sociological evolution of genital hair removal, along with the known adverse health effects, including the acquisition of sexually transmitted infections (STIs).

Alison Marshall, RN, MSN, FNP-C; Clinical Instructor, Connell College of Nursing Boston College, The Sylvie Ratelle STD/HIV Prevention Center of New England; Jamaica Plains MA and Family Nurse Practitioner, Internal Medicine and Pediatrics, South Boston Community Health Center; South Boston MA

R3

Treatment of Pediatric Obesity 0% Rx

PED

Childhood obesity is a serious health problem in the United States where 1 in 5 children and adolescents are affected. Learn the current state of the science on the treatment of pediatric obesity. Interventions which can be delivered at the patient, parent, and clinic levels will be discussed. Two clinical evaluation tools were developed by the group, and participants will role-play clinical scenarios.

K. Bridget Marshall, DNP APRN CPNP-PC PMHS; Associate Professor, Department of Health Sciences, Colorado Mesa University; Grand Junction CO

Jodi Miller, BSN RN; Adjunct Instructor, Certified Nurse Aide Program, Aims Community College; Greeley CO and Graduate

Student, Department of Health Sciences, Colorado Mesa University; Grand Junction CO

Natalie Smith, BSN, RN; Adjunct Nurse Educator, Nursing, Casper College; Casper WY and Graduate Student, Department of Health Sciences, Colorado Mesa University; Grand Junction CO

Stacie Schreiner, DNP MSN-Ed FNP-BC; Assistant Professor of Nursing, Department of Health Sciences, Colorado Mesa University; Grand Junction CO and Instructor, Department of Pediatrics, Section of Nutrition, University of Colorado School of Medicine; Aurora CO

Kathleen Hall, PhD, APRN, GNP-BC, AGPCNP-BC; Associate Professor, Department of Health Science, Colorado Mesa University; Grand Junction CO

R4

Oncologic Emergencies You Need to Know 50% Rx

AC

Oncologic emergencies can be complications from the malignancy or its treatment. Common oncologic emergencies are febrile neutropenia, tumor lysis syndrome, hypercalcemia, superior vena cava syndrome, cardiac tamponade, spinal cord compression, SIADH, and malignant bowel obstruction. Gain a better understanding of how to recognize and treat oncologic emergencies.

Laura Zitella, MS, RN, ACNP-BC, AOCN; Nurse Practitioner and Associate Clinical Professor, Hematology/Oncology, University of California San Francisco; San Francisco CA

Educational Sessions S1-S4
10:00 am – 11:00 am | 1.0 CE Hour

S1

End of Life Care: Tips and Tricks for Patients and Families 25% Rx

AG

End of Life Care is often a mystery, and providers are often unaware of all the available options in the communities or how to assist patients and their families. Receive guidance on what services may be in your community. The importance of open communication with patients and families will be discussed, along with ways to open and guide those conversations.

Michelle Wade, MSN/Ed, APRN, NP-C, ACNPC-AG, FAANP; Hospitalist, Gifford Medical Center; Randolph VT and Adjunct Faculty, Vermont Technical College; Randolph Center VT

S2

Breast Cancer: Heart Effects and Bone Health 75% Rx

WH

Advances in breast cancer management have led to increase in overall survival with an estimated five-year rate of 91%. However, these advances can come at a cost. A number of these therapies can have an impact to cardiac health, while some are short-lived effects, there are some that cause lifelong ill-effects. The therapies also may accelerate bone mineral density loss, increasing the risk for fractures. Gain a better understanding of how to assist patients with additional treatments for these conditions.

Pamela McCarthy, DNP, APRN, OncNP, AOCN, CBCN; Advanced Practice Provider, Breast Medical Oncology, MD Anderson Cancer Center, University of Texas; Houston TX

S3

Adolescent Substance Abuse:
Challenges and Opportunities 50% Rx

PED

Adolescence spans a period of great change across cognitive, physical, and social/emotional development. Adolescent substance-related attitudes and use patterns have evolved over time, informed by peer behaviors, public policy, media messaging, substance availability, and other variables. Substance use is typically initiated during adolescence, with Alcohol being the most used, followed by marijuana and cigarette use. Learn about some of the common substance abuse by adolescents, as well as, concurrent mental health and substance use disorders (such as depression and cannabis use) with associated negative outcomes.

Nancy Denke, DNP, ACNP-BC, FNP-BC, FAEN, CEN, CCRN; Nurse Practitioner, Toxicology Consultants of Arizona; Scottsdale AZ and Faculty, DNP Program, Edson College of Nursing and Health Innovation, Arizona State University; Phoenix AZ

S4

Multi-drug Resistance in Gram-negatives:
A Healthcare Threat 100% Rx

AC AG

Some pathogens like Carbapenem-resistant Enterobacteriaceae (CRE), Extended Spectrum beta-lactamases (ESBLs), Carbapenem-resistant Acinetobacter baumannii (CRAB), and Pseudomonas Aeruginosa are becoming a worldwide threat and are difficult to treat. They are associated with increased morbidity, mortality, and healthcare costs.

Martin L. Gnoni, MD; Physician, Infectious Diseases, TriHealth; Cincinnati OH

MARK YOUR CALENDARS!

National Nurse Practitioner Symposium

July 18-21, 2024 (pre-symposium day July 17)

Keystone Conference Center | Keystone, Colorado



Poster Sessions

0.5 CE Hour (per session with authors presenting)

Friday, July 21:
Authors Present Posters
4:45 pm - 5:15 pm

Saturday, July 22:
Authors Present Posters 1:00 pm - 1:30 pm & 3:00 pm - 3:30 pm

Gender-Affirming Education and its Effect on Health Outcomes in Transgender and Gender Diverse Populations

Casey Cash, RN, BSN; MS-FNP Student, University of Northern Colorado; Greeley CO

Impact of Preoperative Psychological Evaluation on Bariatric Surgery Outcomes

Melanie Caustrita, DNP, ACNP-BC; Surgery Nurse Practitioner, Acute Care Surgery/Trauma, Lexington Medical Center; West Columbia SC

Utilizing SPIKES Tool for Discussion of Goals of Care at End of Life

Sonya Choudhury, DNP; Senior Geriatric Nurse Practitioner, Medicine, Mt. Sinai Hospital; New York NY

Perspectives on Preceptorship from Nurse Practitioners Who Do and Do Not Precept

Leonie DeClerk, DNP, PhD, FNP-BC; Practice Department Chair and Clinical Associate Professor, College of Nursing, University of Arkansas for Medical Sciences; Little Rock AR

Steven Chasteen, MNsc, RN, CPHQ; Director, Security Risk Assessment, Practice Transformation Services, Arkansas Foundation for Medical Care; Little Rock AR

Cheryl Wells, BSN, RN; PhD Candidate, College of Nursing, University of Arkansas for Medical Sciences; Little Rock AR

Jessica Rios, ; Student, College of Nursing, University of Arkansas for Medical Sciences; Little Rock AR

Martha Rojo, RN, PHD; Assistant Professor, College of Nursing, University of Arkansas for Medical Sciences; Little Rock AR

Nurse Practitioners Fostering Collaborations with Community Partners to Create Opportunities for Nursing Students to Combat Health Inequities

Selena Gilles, DNP, ANP-BC, CNEcl, FNYAM; Associate Dean, Undergraduate Program, Rory Meyers College of Nursing, New York University; New York NY

Julius Johnson, DNP, APRN, FNP-BC, FAANP; Department Chair, School of Nursing, Long Island University-Brooklyn; Brooklyn NY

Dewi DeVeaux, DNP, BS, RN-ONC; Senior Director, Nursing, NYU Langone Health; Brooklyn NY

Improving Health Outcomes for Obese Patients with Hypertension through Lifestyle Modifications

Morgan Hasting, BSN, RN, CCRN; Registered Nurse, Intensive Care Unit, Memorial Hermann Katy Hospital; Katy TX

Everything Is Not a Hemangioma

Danielle Katz, DNP, FNP-c; Advanced Practice Provider, Pediatric Interventional Radiology, Children's Hospital Colorado; Aurora CO

Lauren Hill, MSN, APRN, CPNP-PC/AC; Assistant Professor, Division of Pediatric Surgery, University of Colorado Anschutz Medical Campus; Aurora CO

Utilizing Integrated Care to Improve Access to Mental Health Care

Brie LaJeret, DNP, PMHNP, AGPCNP; Nurse Practitioner and Clinical Instructor, Nurse Faculty clinics, Vanderbilt University Medical Center; Nashville TN

Diabetes Self-Management Program for American Indian/Alaskan Natives Population

Jessica Madrid-Warden, DNP, FNP-BC; Family Nurse Practitioner, San Carlos Apache Healthcare Corporation; Peridot AZ and Clinical Skills Instructor, Eastern Arizona College; Thatcher AZ

The Impact of an Educational Breastfeeding Webinar on Clinician Practice in Primary Care

Megan Owen, MSN, APRN, CPNP-PC, IBCLC, CNE; Clinical Assistant Professor, Eleanor Mann School of Nursing, University of Arkansas; Fayetteville AR

Allison Scott, DNP, CPNP-BC, IBCLC; Associate Professor, Eleanor Mann School of Nursing, University of Arkansas; Fayetteville AR

Practice Impacts of COVID Sick Calls: Building a New Back-up Call System

Sara Price, MSN, CNM, WHNP-BC; In-patient Lead, University Nurse Midwives, College of Nursing, University of Colorado Anschutz Medical Campus; Arvada CO

Leah Rashidyan, MSN, CNM, WHNP-BC; Faculty Clinical Instructor, College of Nursing, University of Colorado Anschutz Medical Campus; Aurora CO

Poster Sessions

0.5 CE Hour (per session with authors presenting)

Friday, July 21:
Authors Present Posters
4:45 pm - 5:15 pm

Saturday, July 22:
Authors Present Posters 1:00 pm - 1:30 pm & 3:00 pm - 3:30 pm

Movement Therapy in Eating Disorder Treatment

Avital Suissa, RN-MSN; MSN/DNP Student, School of Nursing, Columbia University; New York NY

Michelle Marchiano, MSN, RN; RN Care Coordinator, Institute for Family Health; New York NY

Implementation of Hospital-Acquired Pressure Injury Preventative Bundle In Critical/Intensive Care Environment: A Quality Improvement Project

Red East D Tumang, DNP, MSOL, MSN, RN, NEA-BC, CCRN; Professor, University of San Francisco; San Francisco CA

Jessica Grimm, DNP, APRN, ACNP-BC, CNE; Associate Professor, Nursing, Touro University Nevada; Henderson NV and Assistant Professor, Anesthesia and Perioperative Medicine, Oregon Health State University; Portland OR

Andrea Hill, DNP, APRN, FNP-BC; Assistant Professor, Touro University; Henderson NV

Reducing Antibiotic Overuse in Urgent Care for the Treatment of Acute Respiratory Infections

Holly Vali, DNP, APRN, FNP-BC; Assistant Professor, Family Nurse Practitioner Program, Loretto Heights School of Nursing, Regis University; Denver CO

Leveraging Professionalism in Nurse Practitioner Students: A Performance Assessment Tool

Holly Vali, DNP, APRN, FNP-BC; Assistant Professor, Family Nurse Practitioner Program, Loretto Heights School of Nursing, Regis University; Denver CO

Cecilia Benms, DNP, FNP-C; Assistant Professor, Loretto Heights School of Nursing, Regis University; Denver CO and Nurse Practitioner, TRU Community Hospice & Palliative Care; Lafayette CO

Robin Saiki, DNP, ACNP-BC; Assistant Professor, Loretto Heights School of Nursing, Regis University; Denver CO and Associate Professor, Neurosurgery, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO

Courtney Duggan, DNP, RN, FNP-C; Assistant Professor, Loretto Heights School of Nursing, Regis University; Denver CO and Nurse Practitioner, Regis University/Doctors Care; Littleton CO

LuAnne Hicks, MS, APRN, FNP-BC; Assistant Professor, Loretto Heights School of Nursing, Regis University; Denver CO and Per Diem APRN, Urgent Care, Carbon Health; Littleton CO

Addressing the Lack of Clinical Knowledge in Managing LGBT+ Patients in a Safety Net Primary Care Setting: A Quality Improvement Project

Kristina Vang, RN; Registered Nurse, ICU, Catholic Health Initiatives; Council Bluffs IA

Pediatric Autoimmune Neuropsychiatric Disorder Associated with Streptococcus (PANDAS): How to Recognize and Intervene

Blaine Winters, DNP, PMHNP-BC, ACNP-BC; Associate Professor, College of Nursing, Brigham Young University; Provo UT

Trevor Brackney, FNP; Family Nurse Practitioner, Prestige Wellness Institute; Sprinville UT

Ossification of the Posterior Longitudinal Ligament (OPLL): An Overview for Primary Care Providers

Eileen Woolwine, MSN RN CCRN-K; Assistant Professor of Nursing, Traditional BSN program, Colorado Mesa University; Grand Junction CO and Assistant Professor of Nursing, Health Sciences, Colorado Mesa University; Grand Junction CO

Kathleen Hall, PhD, APRN, GNP-BC, AGPCNP-BC; Associate Professor, Department of Health Science, Colorado Mesa University; Grand Junction CO



GENERAL INFORMATION

CATERED FUNCTIONS

The following catered events are available to registered participants for each of the day(s) registered. All catered events are complimentary to registered participants unless nominal fee is indicated:

Tuesday

- Morning and Afternoon Beverage Breaks if registered for optional Session Pre 1
- Lunch if registered for optional Session Pre 1

Wednesday

- Continental Breakfast if registered for optional Session Pre 1
- Morning Break if registered for optional Session Pre 1
- Dinner if registered for optional Session Pre 8 - \$40

Thursday

- Continental Breakfast
- Morning and Afternoon Beverage Breaks
- Lunch if registered for optional Session SS2, SS3 or SS4
- Welcome Reception Buffet in Exhibit Hall

Friday

- Continental Breakfast
- Morning Beverage Break
- Bag Lunch in Exhibit Hall
- Afternoon Beverage & Snack Break
- Dinner if registered for optional Session L1 - \$40

Saturday

- Brunch in Exhibit Hall
- Afternoon Beverage Breaks

Sunday

- Continental Breakfast
- Morning Beverage Break

TRAVEL INFORMATION

For all information regarding airline booking, lodging, car rentals, and shuttles please see our website www.npsymposium.com.

ADA

AKH Inc., Advancing Knowledge in Healthcare and the National Nurse Practitioner Symposium fully comply with the legal requirements of the ADA and the rules and regulations thereof. If any participant in this educational activity is in need of assistance, please contact info@npsymposium.com by June 21, 2023.



COLORADO TIPS

High Altitude: Keystone is at an elevation of 9,300 feet and the climate is dry. Even healthy individuals can experience symptoms of altitude sickness. It is suggested that you increase the amount of water you drink both before traveling to Keystone and while at Keystone. You should also limit your activity level on the first day, while your body adjusts to the higher elevation and lower oxygen levels. Be aware that the effects of alcohol are increased at higher elevations.

Weather: In July, Keystone temperatures are usually in the 80s in the daytime, dropping to the 40s in the evening, with late afternoon thunder storms. Bring a hat, sunglasses and plenty of sun-screen.

What to Wear: Dress is casual. Layer your clothing to accommodate temperature changes. Warm clothing is essential for evenings. Comfortable walking shoes are recommended.

GUEST POLICIES

All educational sessions, exhibits and special events will be limited to Symposium registrants with badges. The exception is the Thursday Welcome Reception, where a limited number of tickets for guests of Symposium registrants, adults (21 and over) will be available for purchase at a cost of \$25 per ticket.

TWILIGHT'S HIGHLIGHTS FEATURE (Back by Popular Demand!)

6:00 pm - 9:00 pm (Saturday, July 22)

As part of Twilight's Highlights, Don Watson and the Vail Valley Band will provide musical entertainment at the pavilion overlooking Keystone Lake. The Vail Valley Band delights audiences with an uncanny ability to segue from song to song and from one style or genre of music seamlessly into another. The band takes great pride in honoring guest requests.

You are encouraged to attend with your family, friends and/or symposium constituents. The entertainment is complimentary. If you would like to treat it as a picnic, the Adventure Center will be offering a limited menu for purchase, or you are welcome to pack in your own picnic. The pavilion has very limited table seating. You are welcome to bring a blanket and/or lawn chairs for seating surrounding the pavilion.

NNPS STORE

Take home a piece of the National Nurse Practitioner Symposium, with our logoed items, jewelry designs and metal arts. The NNPS Store will be conveniently located in the Shavano Foyer at the Keystone Conference Center.

Hours of operation:

Thursday, July 20:	9:00 am - 6:00 pm
Friday, July 21:	9:00 am - 6:00 pm
Saturday, July 22:	9:00 am - 6:00 pm
Sunday, July 23:	9:00 am - 1:00 pm



Symposium Registration Form

**REGISTER ONLINE
TO AVOID \$50
PROCESSING FEE**

PRE-SYMPOSIUM SESSIONS *(Standard sessions are free with any paid registration)*

Date	Session	Time	Code/Choice
Tuesday July 18	Rocky Mountain Retreat (\$300 fee)	9:00 am – 4:30 pm	☐ Pre 1 (\$300 fee)
Wednesday July 19	Rocky Mountain Retreat (continued)	8:30 am – 12:15 pm	(Included and required with Pre 1)
	Educational Session	10:30 am – 12:00 pm	☐ Pre 2
	Nexplanon® Training (Non-certified)	1:15 pm – 3:15 pm	☐ SS1* (Non-certified)
	Educational Sessions	1:30 pm – 3:30 pm	☐ Pre 3 ☐ Pre 4
	Educational Sessions	4:00 pm – 5:30 pm	☐ Pre 5 ☐ Pre 6 ☐ Pre 7
	Dinner Session (\$40 fee)	6:00 pm – 7:30 pm	☐ Pre 8 (\$40 fee)

SYMPOSIUM SESSIONS

Thursday July 20	Morning “Stretch” (Non-certified)	7:15 am – 7:45 am	☐ MS (Non-certified)
	Educational Sessions	8:00 am – 9:30 am	☐ A1 ☐ A2 ☐ A3 ☐ A4 ☐ A5 ☐ A6
	Keynote Address & Awards Ceremony	10:00 am – 11:15 am	☐ KN
	Luncheon Sessions (Non-certified)	11:30 am – 1:00 pm	☐ SS2* ☐ SS3* ☐ SS4* (Non-certified)
	Educational Seminar	1:30 pm – 5:00 pm	☐ B1
	Educational Sessions	1:30 pm – 3:00 pm	☐ C1 ☐ C2 ☐ C3 ☐ C4 ☐ C5
	Educational Sessions	3:30 pm – 5:00 pm	☐ D1 ☐ D2 ☐ D3 ☐ D4 ☐ D5
Friday July 21	“Walk & Talk” Around the Lake (Non-certified)	7:15 am – 7:45 am	☐ WT (Non-certified)
	Educational Sessions	8:00 am – 9:30 am	☐ E1 ☐ E2 ☐ E3 ☐ E4 ☐ E5 ☐ E6 ☐ E7
	Educational Sessions	10:00 am – 11:30 am	☐ F1 ☐ F2 ☐ F3 ☐ F4 ☐ F5 ☐ F6 ☐ F7
	Challenges in Care Panel	12:15 pm – 1:45 pm	☐ CIC
	Educational Session	2:00 pm – 3:00 pm	☐ G1
	Workshops (\$110 fee)	3:15 pm – 6:15 pm	Indicate 1st & 2nd choices if applicable. (\$110 fee per Workshop) ☐ WS1 ☐ WS2 ☐ WS3 ☐ WS4
	Educational Session	3:15 pm – 4:45 pm	☐ H1
	Intensive Educational Sessions	5:30 pm – 6:15 pm	☐ J1 ☐ J2 ☐ J3 ☐ J4 ☐ J5
	Dinner Session (\$40 fee)	6:30 pm – 8:00 pm	☐ L1 (\$40 fee)
	Workshops (\$110 fee)	7:30 am – 10:30 am	Indicate 1st & 2nd choices if applicable. (\$110 fee per Workshop) ☐ WS5 ☐ WS6 (beginner) ☐ WS6 (intermediate) ☐ WS6 (advanced) ☐ WS7 ☐ WS8
Saturday July 22	Educational Sessions	9:00 am – 10:30 am	☐ M1 ☐ M2 ☐ M3
	Educational Sessions	12:00 pm – 1:00 pm	☐ N1 ☐ N2 ☐ N3 ☐ N4 ☐ N5 ☐ N6 ☐ N7
	Educational Sessions	1:30 pm – 3:00 pm	☐ O1 ☐ O2 ☐ O3 ☐ O4 ☐ O5 ☐ O6 ☐ O7
	Educational Sessions	3:30 pm – 5:00 pm	☐ P1 ☐ P2 ☐ P3 ☐ P4 ☐ P5 ☐ P6 ☐ P7
	Home “Stretch” (Non-certified)	7:00 am – 7:30 am	☐ HS (Non-certified)
Sunday July 23	Educational Seminar	8:00 am – 12:00 pm	☐ Q1
	Educational Sessions	8:00 am – 9:30 am	☐ R1 ☐ R2 ☐ R3 ☐ R4
	Educational Sessions	10:00 am – 11:00 am	☐ S1 ☐ S2 ☐ S3 ☐ S4

* Verification of clinician's practice and eligibility information may be provided to sponsor for auditing purposes.

Symposium Registration Form

**REGISTER ONLINE
TO AVOID \$50
PROCESSING FEE**

Certain information will appear on your name badge. Please print clearly.

First Name: _____ Last Name: _____ Specialty: _____

E-mail: _____ Employer: _____

Preferred Postal Mailing Address: _____

City: _____ State/Province: _____ Zip/Postal Code: _____

Contact Phone or Cell: _____ Advanced Practice License # _____

From which School did you receive your Advanced Practice education? _____ Year graduated? _____

Is this the first time you have attended the National Nurse Practitioner Symposium? Yes _____ No _____

Please indicate if you have dietary restrictions*, a need for auxiliary aids or special assistance services (*notification required by June 21, 2023*)

**Dietary restrictions will be accommodated as best as possible for functions held at the Keystone Conference Center, however exceptions may apply. Please call 800-996-3233 in advance or inquire at the Symposium Help Desk onsite with questions or concerns.*

REGISTRATION FEES

FEES	Paid by Feb 15, 2023	Paid by April 15, 2023	Paid by June 15, 2023	Paid after June 15, 2023	Nursing MS Student*	TOTALS
Symposium: <i>Thurs–Sun</i>	\$590	\$650	\$710	\$785	\$450	
Weekend: <i>Fri–Sun</i>	\$540	\$600	\$675	\$730	\$395	
Two-Day: ☐ <i>Thurs & Fri</i> ☐ <i>Thurs & Sat</i> ☐ <i>Thurs & Sun</i> ☐ <i>Fri & Sat</i> ☐ <i>Fri & Sun</i> ☐ <i>Sat & Sun</i>	\$525	\$540	\$555	\$575	N/A	
One-Day: ☐ <i>Thurs</i> ☐ <i>Fri</i> ☐ <i>Sat</i> ☐ <i>Sun</i>	\$300	\$325	\$340	\$355	N/A	
Enduring Materials Session Package (<i>In lieu of live meeting in-person attendance</i>)	\$400	\$400	\$400	\$400	\$400	
Optional Items						
Dinner Session: ☐ <i>Wed</i> ☐ <i>Fri</i> \$40/dinner						
Handouts Thumb Drive Service (<i>All available handouts plus update service providing subsequent updates via e-mail</i>) \$15						
Hardcopy Syllabus (<i>Must pre-order by June 15, 2023, not sold on-site</i>) \$115						
Reception Pass for Guest (<i>Thurs</i>) \$25 (<i>Symposium registration automatically includes admission to the Reception for symposium registrant. Purchase pass ONLY FOR GUEST(S) if needed.</i>)						
Rocky Mountain Retreat (<i>Tues & Wed</i>) \$300						
Workshop ☐ <i>Fri</i> ☐ <i>Sat</i> \$110/workshop						
Processing Fee (<i>Applicable for registrations not submitted online</i>) \$50						\$50
TOTAL FEES						

**Spring or Summer 2023. Verification must be provided upon request.*

CREDIT CARD PAYMENTS (American Express, Discover, Mastercard, Visa accepted)

Card # _____

Expires _____ Security code _____

Cardholder's Name (please print) _____

Signature _____

Billing Address (if different than registration address) _____

CHECK PAYMENTS PAYABLE TO "National Nurse Practitioner Symposium"

Cancellations on or before June 15, 2023 are fully refundable less a \$75 cancellation fee.

Cancellations after June 15, 2023 are non-refundable, however substitutions are allowed.

Cancellations for optional registration items are non-refundable after July 15, 2023.

www.npsymposium.com

BENEFITS OF EARLY REGISTRATION

The earlier you register, the more you can save on registration rates (tiered pricing cutoff dates of Feb 15, April 15, June 15)

Early registration allows higher probability of receiving your desired sessions before they fill up

The sooner you register, the sooner you will start receiving announcements and/or special offers

RETURN TO:

National Nurse Practitioner Symposium
4255 S Buckley Rd #118
Aurora, CO 80013

or Fax: 888-996-3296

E-mail: info@npsymposium.com



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Aurora, CO 80013

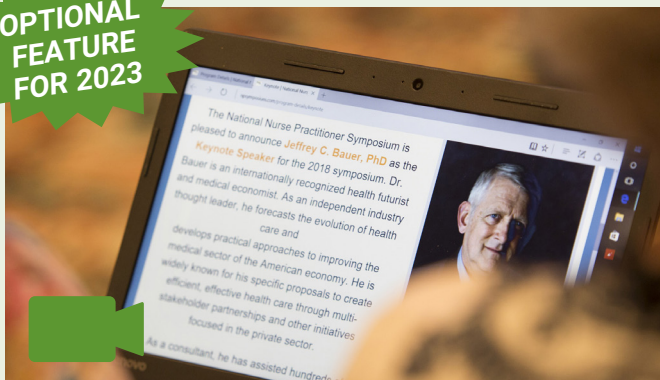


AWARDS, GRANTS & SCHOLARSHIPS

The National Nurse Practitioner Symposium is offering a limited number of grants and scholarships, based on varying criteria, as well as the Loretta C. Ford Lifetime Achievement Award. Deadline to submit applications and nominations is April 1, 2023.

For details and application/nomination forms please access www.npsymposium.com and click on the link for Awards, Grants & Scholarships, or call 800-996-3233.

OPTIONAL
FEATURE
FOR 2023



ENDURING MATERIALS SESSION PACKAGE

The Enduring Materials Session Package offers greater flexibility for individual circumstances. The Enduring Materials Session Package will consist of 20 accredited sessions offering up to 27.25 CE hours cumulatively, including up to 9.25 CE hours cumulatively of pharmacology (Rx). Take in the sessions 24/7 virtually from your workplace, comfort of your home or any other place of your choosing, starting August 15, 2023 and continuing through December 1, 2023.

You can register for the Enduring Materials Session Package without attending the live meeting in-person. The Enduring Materials Session Package is a pre-determined package and a substitution of sessions is not available.



Phone: 800-996-3233 or 303-690-3233

Fax: 888-996-3296 or 303-690-3278

E-mail: info@npsymposium.com

Web: www.npsymposium.com



Disclosure of Conflicts of Interest: AKH Inc., Advancing Knowledge in Healthcare requires instructors, planners, managers and other individuals who are in a position to control the content of this activity to disclose any real or apparent conflict of interest (COI) they may have as related to the content of this activity. All identified COI are thoroughly vetted and resolved according to AKH Inc., Advancing Knowledge in Healthcare policy. The existence or absence of COI for everyone in a position to control content will be disclosed to participants prior to the start of each activity.