



# 43<sup>RD</sup> ANNUAL EDUCATIONAL CONFERENCE

MARCH 18-22, 2020  
RIVERSIDE CONVENTION CENTER

SUPPORTED BY 



CALIFORNIA ASSOCIATION  
FOR NURSE PRACTITIONERS

## AGENDA

*(Subject to change.)*

### WEDNESDAY, MARCH 18, 2020

2:30 pm – 3:45 pm

#### PRE-CONFERENCE SESSIONS

##### **Nurse Practitioners Activate! Strategies for Improving the Management of Chronic Disease in Patient Care**

This in-track presentation will present evidence-based strategies and vignettes to empower attendees to inspire and sustain their patients as active partners in the management of their chronic medical conditions.

SPEAKER: Demetra Bastas-Bratkic, DNP, MPH, FNP-BC

LEVEL: Basic

##### **Osteoporosis: Time to Screen and Treat**

Osteoporosis is a primary care issue. Women lose 40% of bone mass within four to five years after menopause, making it unacceptable to wait until age 65 to screen and treat.

SPEAKER: Karen Delight French, DNP, FNP-C

LEVEL: Intermediate

##### **It's Not Just Skin Deep: Skin and Soft-Tissue Infections in the ED**

Skin and soft-tissue infections are among the most common complaints in primary, urgent, and emergency settings. Understanding these disorders is an essential part of a nurse practitioner practice.

SPEAKER: Nicole Martinez, MSN, FNP-BC, ENP-C, PHN

LEVEL: Basic

4:00 pm – 5:15 pm

#### PRE-CONFERENCE SESSIONS

##### **Fitting Fitness into Your Life**

Most people who don't exercise cite the excuse of not having time. This session offers ways to incorporate "exercise snacks" into daily life.

SPEAKERS: Mary Schoenbaum, MSN, APRN and Craig Schoenbaum, BSc, CSCS

LEVEL: Basic

##### **Providing Care After Burn Trauma: A Toolkit for Primary Care**

This interactive presentation provides information for providers on preventing burns, assessing and classifying burn injury, treating and managing, and when to refer.

SPEAKERS: Jo Loomis, DNP and Whitney Weyhing, BSN, RN, CWCN

LEVEL: Basic

5:30 pm – 6:30 pm

#### **Welcome Reception**

SPONSORED BY: Heritage Provider Network

## THURSDAY, MARCH 19, 2020

7:00 am – 8:15 am

### Break and Expo

7:00 am – 8:15 am

### Breakfast Symposium (*\*Separate registration required*)

SPONSORED BY: Thermo Fisher Scientific, ImmunoDiagnostics

#### Evidence-Based Asthma Care Update for the Primary Care Team: The Importance of Allergen Identification and Targeted Exposure Reduction

Focused on the importance of identifying triggers in pediatric asthma, this presentation addresses the impact of targeted exposure reduction in children with this condition. The information provided is essential to those who treat and manage patients with upper and lower respiratory diseases, as well as other allergic presentations.

SPEAKER: Henry A. Wojtczak, MD, Pediatric Pulmonologist, Naval Medical Center, San Diego

7:45 am – 8:15 am

### Poster Presentations

8:30 am – 10:15 am

### Welcome and Keynote Presentation

Susan B. Hassmiller, RN, PhD, FAANP, Senior Adviser for Nursing, Robert Wood Johnson Foundation

#### Advanced Practice Nursing: Leading to Build a Culture of Health and Well-Being

Dr. Susan B. Hassmiller will discuss the importance of advanced practice nurses being able to practice to the full extent of their education and training in order for more Americans to have better access to high-quality, affordable health care when and where they need it. She will also offer inspiring examples of how nurse practitioners are giving everyone in America a fair and just opportunity for health and well-being.

10:15 am – 11:15 am

### Poster Presentations

10:15 am – 11:15 am

### Coffee and Expo

10:30 am – 1:30 pm

### WORKSHOPS (*\*Separate registration required - \$100*)

#### No Bones About It: Osteoporosis in Primary Care – Diagnosis and Treatment

Osteoporosis is a debilitating disease that occurs silently, robbing individuals of their independence. Primary care providers are obligated to screen and treat this disease. This session addresses the basics, including accurate diagnosis and treatment options.

SPEAKER: Elaine Ruth Henson, RNC, MSN, ANP-BC, CCD

LEVEL: Intermediate

#### Lifestyle Approaches to Obesity Treatment

This workshop introduces the key components of the treatment of obesity: a prescribed eating plan, aerobic and anaerobic physical activity, and behavioral intervention. The multidisciplinary team will discuss various methodologies for implementing all three factors, and will also demonstrate how to integrate them into a clinical practice.

SPEAKERS: Angela Golden, DNP, FNP-C, FAANP and Carol Tiernan, BS

LEVEL: Beginner

#### Using a Continuous Glucose Monitor (CGM) to Empower Patients with Diabetes

This two-part workshop begins with an overview of the workings of a CGM. A hands-on demonstration features the most common models on the market and covers the use of free, web-based tools to interpret the data. The second half presents cases that demonstrate how the continuous blood glucose graph offers an understanding of the physiology of diabetes and helps guide treatment.

SPEAKERS: Bjorn Hansell, MD and Calvin Wu, MD

LEVEL: Beginner

## THURSDAY, MARCH 19, 2020 (continued)

10:30 am – 12:15 pm

### IN-TRACK SESSIONS

#### **The Heat Is On: Causes, Assessment, and Treatment of Hyperthermia**

This presentation will discuss the pathophysiology, recognition, assessment, and evidence-based treatment of hyperthermia from a range of causes and syndromes, including drug-induced hyperthermia.

SPEAKER: Gordon H. Worley, MSN, RN, FNP-C, ENP-C, FAWM

LEVEL: Intermediate

#### **Planning for Enhanced Recovery after Surgery (ERAS) for Cardiac Surgery Implementation**

This session presents recent guidelines for ERAS in cardiac surgery to help teams develop and implement standardized protocols within their facilities to improve patient outcomes.

SPEAKERS: Carol Huntsinger, RN, MSN, ACNP-AG-BC and Jennifer Kirk, RN, MSN, NP, PhD

LEVEL: Intermediate

#### **Metabolic Syndrome: Prevention and Management in Vulnerable Populations**

Metabolic syndrome is an epidemic, and higher rates are seen in vulnerable populations. This session explains how nurse practitioners can assist in preventing, recognizing, and managing this disorder in their patients.

SPEAKER: Patti McCluskey-Andrea, DNP, AGACNP-BC, FNP-BC

LEVEL: Basic

#### **Primary Headaches: Updates in Diagnosis and Treatment**

This presentation focuses on distinguishing between primary and secondary headaches, providing updates on diagnostic guidelines and the latest in current treatments.

SPEAKER: Theresa Mallick-Searle, MS, NP

LEVEL: Intermediate

1:00 pm – 2:00 pm

### Lunch

1:00 pm – 3:30 pm

### Expo

3:45 pm – 5:00 pm

### IN-TRACK SESSIONS

#### **Don't Bug Me! – Arthropod Bites, Stings, and Vector-Borne Diseases**

This presentation will review the pathophysiology and management of bites, stings, and vector-borne diseases of the medically significant species of arthropods in North America.

SPEAKER: Gordon H. Worley, MSN, RN, FNP-C, ENP-C, FAWN

LEVEL: Intermediate

#### **Primary Care Management of Unhealthy Alcohol Use**

This session addresses the significance of unhealthy alcohol use, including definitions, screening tools, and treatments from a primary care perspective.

SPEAKER: Karen Ayers, MS, ACNP

LEVEL: Basic

#### **From Hospital to Long-Term Care to Home**

This session explains how to transition patients from a hospital to a long-term care/skilled nursing facility for medical, nursing, and rehabilitative care with the goal to be discharged to home.

SPEAKER: Charlotte A. Gullap-Moore, MSN, ANP-BC

LEVEL: Advanced

#### **Habits of Highly Effective APRNs**

This session will explain how to identify and build upon current habits and behaviors – or develop new ones – to help attain individual goals, make essential contributions to health care, and work to overcome barriers.

SPEAKER: Kristin Kopelson, MS, ACNP-BC, FNP-BC

LEVEL: Intermediate

## FRIDAY, MARCH 20, 2020

6:00 am – 7:00 am **Yoga with CANP**  
7:00 am – 8:15 am **Breakfast and Expo**

7:30 am – 8:15 am **Poster Presentations**  
8:30 am – 9:45 am **IN-TRACK SESSIONS**

### **Advanced Heart Failure: An Update on Novel, Evidence-Based Treatment Strategies**

This presentation provides an overview of the clinical presentation, incidence, and prevalence of heart failure. It also offers current evidenced-based, pharmacological, and non-pharmacological treatment options.

**SPEAKERS:** Frances De Leon, MSN, ACNP-BC, Gina Jamero, MSN, ACNP-BC, and Chona B. Pedjara, MSN, ACNP-BC

**LEVEL:** Intermediate

### **Diabetes Pharmacology Update**

Nurse practitioners are at the forefront to provide patients with Type 2 diabetes with the proper combination of medications to decrease morbidity and mortality. This session reviews the available pharmacologic treatment options, presenting indications and contra indications of each classification of drug. Glycemic control, weight effects, and side effects will also be addressed, utilizing case studies to reinforce the information.

**SPEAKERS:** Janet A. Hildebrand, PhD, FNP-C, CDE and Theresa Ullrich, APRN, FNP-C

**LEVEL:** Intermediate

### **Breaking News: Updated PAP Management Guidelines**

This session discusses how the new ASCCP Guidelines are the best tools for detecting pre-cancer (CIN 3) in time for cancer-preventing treatment.

**SPEAKER:** Rebecca Norwick, DNP

**LEVEL:** Basic

### **Reducing Risk: Insights into Malpractice Risks for Nurse Practitioners**

This presentation will include claim scenarios and risk recommendations to help create a safe environment for nurse practitioners and their patients.

**SPEAKERS:** Roxanne Filson, (NSO) and Lynn Pierce, MSN, NP, RN (CNA)

**LEVEL:** Basic

10:00 am – 11:00 am **Break and Expo**  
10:30 am – 11:15 am **Poster Presentations**  
11:15 am – 12:45 pm **Legislative Update**

AB 890 overwhelmingly passed the California State Assembly on January 27 – a game-changing major step toward full practice authority for California nurse practitioners. This session will deliver a presentation that will shed light on AB 890, illuminate the strides it represents for the NP profession, and discuss next steps for getting the bill to the Governor's desk.

**SPEAKER:** Kristy Wiese, CANP Legislative Advocate

1:00 pm – 2:15 pm **Lunch and Expo**

## FRIDAY, MARCH 20, 2020 (continued)

1:45 pm – 4:45 pm

### **WORKSHOPS** (\*Separate registration required - \$100)

#### **Perinatal Mental Health: Essentials of Diagnosis and Treatment**

Recent California law requires providers to screen for maternal mental health disorders. This session will arm the practitioner with the skills to treat these conditions.

**SPEAKER:** Carolain Peregrino, MSN, APRN, PMHNP-BC

**LEVEL:** Basic

#### **Creating Advocacy Engagement through Social Media**

No one can tell the story of an advance-practice registered nurse better than we can. It is therefore imperative that we educate the public and increase their perception of who we are, the impact we make, and how we deliver health care.

**SPEAKERS:** Charlotte Gullap-Moore, MSN, ANP-BC and

Donna Emanuele, DNP, RN, CNS, FNP-BC, FAANP

**LEVEL:** Basic

2:30 pm – 3:45 pm

### **IN-TRACK SESSIONS**

#### **Opening the Window: Recent Developments in Acute Stroke Management**

The management of acute stroke patients has rapidly changed in the past ten years. This session will review and discuss current strategies.

**SPEAKERS:** Kimberly Alva, MSN, ACNP and Travis Bradley, MSN, ACNP

**LEVEL:** Basic

#### **Recent Outbreaks of Hepatitis A: Causes, Management, and Prevention of Future Outbreaks**

Recent global outbreaks of hepatitis A (HAV) are challenging the medical community. This session explains how to examine the causes, recognize the symptoms, and provide treatment and prevention.

**SPEAKER:** Jean O'Neil, DNP, RN, FNP-BC

**LEVEL:** Intermediate

#### **Menopause and Chronic Disease: Managing the Meet-Up**

Life stage, disease risk, and disease all interact. In this session, the endocrinological impact of menopause on multiple systems and the pharmacokinetics of menopause symptom-management options are discussed.

**SPEAKER:** Patricia Geraghty, MSN, FNP-BC, WHNP

**LEVEL:** Intermediate

#### **How to Get Published**

A seasoned NP editor will review avoidable mistakes made by authors when attempting to get published, and will demonstrate how to submit a winning article for publication.

**SPEAKER:** Karen Sue Hoyt, PhD, FNP-BC, FAEN, FAANP, FAAN

**LEVEL:** Intermediate

4:00 pm – 5:15 pm

### **IN-TRACK SESSIONS**

#### **Across the Lifespan: NP Management and Advocacy in Work/School Settings for Patients with Chronic Disorders and Disabilities**

Patients with disabilities are common in primary care. This session will provide guidelines, tips, tools, and documentation criteria for disability, accommodations, and release/return to work or school.

**SPEAKERS:** Kaitlin E. Van Auken, BS, SHRM-CP and Laura L. Van Auken, DNP, MSN, FNP-BC

**LEVEL:** Intermediate

#### **Fatty Liver and Type II Diabetes: A New Paradigm**

This session helps increase awareness of the connection between Type 2 diabetes and fatty liver disease, offering a new model for assessment and treatment options.

**SPEAKERS:** Janet Hildebrand, PhD, FNP-C, CDE and Theresa Ullrich, APRN, FNP-C

**LEVEL:** Intermediate

## FRIDAY, MARCH 20, 2020 (continued)

4:00 pm – 5:15 pm **IN-TRACK SESSIONS** (continued)

### **Update and Modernization of the California Nurse Practitioner Regulations**

This session will review the changes to Title 16 of the California Code of Regulations as it relates to nurse practitioners.

**SPEAKERS:** Garrett Chan, PhD, NP, CNS, FCNS, FAAN and Susanne Phillips, PhD, FNP

**LEVEL:** Basic

### **Precepting 202: Maximizing the Experience for You and Your Students**

This session presents precepting best practices, educational techniques, and clinical wisdom to enhance your efficiency in patient care while providing optimal learning experiences for your students.

**SPEAKERS:** Tiffany Nielsen, DNP, APRN, FNP-C and Susan Tiso, DNP, APRN, FNP-BC

**LEVEL:** Intermediate

6:00 pm – 9:00 pm **Friday Night Event** (\*Separate registration required - \$40)

**SPONSORED BY:** NSO

Mystery, murder, and mayhem are all on the agenda at the masquerade ball, and you can be a part of it. Help solve the evening's crime by trading clues with fellow guests. Get into the spirit by dressing in formal attire and a mask — if you dare — and make sure your sleuthing skills are finely honed. Enjoy cocktails, dinner, and a great opportunity to mingle.

Mission Inn Hotel & Spa  
Grand Parisian Ballroom

## SATURDAY, MARCH 21, 2020

6:15 am – 7:15 am **Fun Run** (\*Separate registration required - \$15)

Lace up your sneakers, do a few stretches, grab your water bottle, and get ready to go.

This easy 5K course offers fun and socializing with every step. Run, jog, or walk the 3.1-mile distance with your conference buddies old and new. Registration includes a T-Shirt.

7:30 am – 8:30 am

### **Breakfast**

7:30 am – 8:30 am

### **Breakfast Symposium** (\*Separate registration required)

**SPONSORED BY:** Neurocrine Biosciences

### **A Patient-Centered Approach to the Treatment of Tardive Dyskinesia**

This presentation examines an approved treatment for tardive dyskinesia (TD) in adult patients treated with dopamine receptor blocking agents. The discussion includes the identification of patients with TD and a review of the efficacy, safety profile, access, and administration of this therapy.

**SPEAKER:** Dr. Linda Trinh, DNP, FNP-C, PMHNP- BC, MPH

8:00 am – 8:30 am

### **Poster Presentations**

8:45 am – 10:00 am

### **IN-TRACK SESSIONS**

### **Treating and Streeting the Homeless and Rough Sleeper Population**

Enacted in July of 2019, a new law in California requires that all patients who are homeless must have certain needs met before they are discharged. This session discusses the specifics.

**SPEAKER:** Holly Kirkland-Kyhn, PhD, FNP

**LEVEL:** Intermediate

### **Liver Pearls: Tips and Essentials for the Non-Specialist**

This session provides information and answers for the general practitioner who is faced with questions about liver disease on a daily basis.

**SPEAKER:** Jacquelyne Recendez, MSN, BA, FNP-BC

**LEVEL:** Intermediate

## SATURDAY, MARCH 21, 2020 (continued)

8:45 am – 10:00 am **IN-TRACK SESSIONS** (continued)

### **Neurological Complications in Pregnancy**

Neurological complications in pregnancy are common and can be life-threatening. This session helps providers recognize the early signs of deterioration.

**SPEAKERS:** Peony Bragg, ACNP and Troy Don, ACNP

**LEVEL:** Intermediate

### **Defuse Burnout Among New Nurse Practitioners**

This session explains how the intervention of professional mentorship can decrease burnout among new nurse practitioners, improving the transition to practice and decreasing turnover in the first year.

**SPEAKER:** Surani Hayre-Kwan, DNP, MBA, NP-C, FAANP, FACHE

**LEVEL:** Intermediate

10:00 am – 10:15 am **Break**

10:15 am – 1:15 pm **WORKSHOPS** (\*Separate registration required - \$100)

### **Nurse Practitioners on the Frontline of HIV Care**

This workshop provides an overview of HIV, its treatment and prevention, and the challenges faced in working with specific subpopulations in the HIV care continuum.

**SPEAKER:** My Hanh Nguyen, PMHP-BC, APRN

**LEVEL:** Basic

### **2020 Coding Updates and Opportunities**

Health care is a rapidly changing environment, making it essential for clinicians to remain up to date with evolving information. This session provides an overview of the new 2020 ICD-10CM and CPT coding guidelines, including new CMS code changes. In addition, significant changes planned for 2021 will be highlighted.

**SPEAKER:** Jill Olmstead, MSN, ANP-BC, FAANP

**LEVEL:** Intermediate

10:15 am – 11:30 am **IN-TRACK SESSIONS**

### **HIV Prevention Part 1: Understanding HIV in 2019**

Offering an in-depth look at the current epidemiologic and political landscape of HIV in the U.S., this session provides practical training in evidence-based prevention strategies.

**SPEAKERS:** Elizabeth Gregg, MSN, FNP-C and Emma Nace, MSN, FNP-C

**LEVEL:** Intermediate

### **Making Informed Decisions About Your NP Practice**

This presentation includes responses to the most common questions asked about jobs, starting a practice, and how to avoid investigations by the Board of Registered Nursing.

**SPEAKER:** Melanie Balestra, JD, NP, MN

**LEVEL:** Intermediate

### **Reproductive Health Care: Conversations for Clinicians and Their Patients**

Reproductive health is an important element of full-spectrum care. The current health care environment in the United States has created fear and anxiety for women and their clinicians, prompted by uncertainty about the availability of services, coverage for care, and access to clinicians. This session addresses the education and training that build solutions for reproductive health care to help alleviate some of that uncertainty.

**SPEAKER:** Shannon Connolly, MD

**LEVEL:** Intermediate

*Accreditation Statement: This session is jointly provided by the Nurse Practitioner Healthcare Foundation and the California Academy of Family Physicians and is supported by a grant from the California Academy of Family Physicians Foundation. The Nurse Practitioner Healthcare Foundation is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. 1.25 contact hours and .5 hours of pharmacology credit will be awarded on-site upon completion of the program evaluation.*

## SATURDAY, MARCH 21, 2020 (continued)

10:15 am – 11:30 am **IN-TRACK SESSIONS** (continued)

### **Delirium in the Traumatic Brain Injury Patient**

This presentation reviews delirium assessment tools as applicable to the post-traumatic brain injury patient, and also provides management strategies for both non-pharmacologic and pharmacologic delirium.

**SPEAKER:** Carl Wherry, ACNP-BC

**LEVEL:** Intermediate

11:45 am – 1:00 pm **IN-TRACK SESSIONS**

### **HIV Prevention Part 2: Advancing Prevention as a Pre-Exposure Prophylaxis Champion**

This interactive learning session offers nurse practitioners the skills to confidently prescribe HIV pre-exposure prophylaxis. It also provides the tools to help nurse practitioners become champions for HIV prevention.

**SPEAKERS:** Elizabeth Gregg, MSN, FNP-C and Emma Nace, MSN, FNP-C

**LEVEL:** Intermediate

### **Advance Care Planning for Your Patients and You**

This presentation reviews the Advance Care Planning (ACP) process, including logistics and how-tos for your patients.

**SPEAKER:** Karen Ayers, ACNP, MS

**LEVEL:** Basic

### **Chronic Pelvic Pain in Women: Part of the Chronic Pain World**

Chronic pelvic pain in women is closely linked to general chronic pain populations. This session examines gynecologic and multidisciplinary management, addressing risk factors and neuroplasticity.

**SPEAKER:** Patricia Geraghty, MSN, FNP-BC, WHNP

**LEVEL:** Intermediate

### **Pain Management and Opioids: Balancing Risks and Benefits – Update 2019-20 – Part 1**

Sponsored by the Nurse Practitioner Healthcare Foundation (NPHF), this session focuses on the nature and pathophysiology of pain, assessment of patients, creation of a treatment plan, non-pharmacologic treatment strategies, initiation and management of opioid therapy, education of patients and caregivers, and understanding opioid use disorder.

**SPEAKER:** Tereasa Keane, MSN, APRN-BC

**LEVEL:** Basic

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1:15 pm – 2:15 pm **Lunch**

1:15 pm – 2:15 pm **Lunch Symposium** (\*Separate registration required)

**SPONSORED BY:** Lilly USA, LLC

### **BAQSIMI™ (glucagon) nasal powder Product Theater**

This program is sponsored by and the speaker is presenting on behalf of Lilly USA, LLC. It is being presented consistent with FDA guidelines and is not approved for continuing education credit. Join us for a discussion on the efficacy, safety profile, usability data, and administration of BAQSIMI. Attendees will have the opportunity to ask the faculty questions about the data presented. Refreshments will be provided.

**SPEAKER:** KC ARNOLD, ACNP-BC, ADM-BC, Adult Nurse Practitioner & Owner, Diabetes Center, PLLC, Ocean Springs, Mississippi



## SATURDAY, MARCH 21, 2020 (continued)

2:00 pm – 5:00 pm      **WORKSHOPS** (\*Separate registration required - \$100)

### **Understanding Board Regulation, Implications, and Issues for Practice and Professional Roles in Health Care Delivery (Student Workshop)**

This session is an interactive discussion on regulatory and professional issues pertaining to nurse practitioner practice in California. Highlights include a graduate nurse practitioner panel and past BRN president. This workshop is free to all registered student conference attendees.

**SPEAKERS:** Donna Emanuele, DNP, RN, CNS, FNP-BC, FAANP

**LEVEL:** Basic

### **Management of Type 2 DM**

This session will discuss clinical management guidelines of T2DM based on 2018 consensus reports of the American Diabetes Association and the European Association for Study of Diabetes.

**SPEAKER:** Zarmine Naccashian, PhD, FNP, GNP, RN, CDE, BC-ADM

**LEVEL:** Intermediate

2:30 pm – 3:45 pm

## **IN-TRACK SESSIONS**

### **Hidden Disabilities: Management and Advocacy for Patients Living with Non-Apparent Physical Disabilities**

Individuals living with hidden disabilities are affected both physically and emotionally. This session helps nurse practitioners educate their patients in self-management and self-advocacy – providing a solid understanding of available resources for school/work accommodations, support programs, and patient rights – to optimize quality of life.

**SPEAKERS:** Kathryn E. Sexson, PhD, APRN, FNP-BC and Laura L. Van Auker, DNP, FNP-BC

**LEVEL:** Basic

### **Long-Active Reversible Contraception (LARC) Use in Primary Care: Removing the Barriers**

This session provides practice tools and recommendations to increase NP competence in comprehensive contraception counseling covering LARC.

**SPEAKERS:** Jessamyn Philips, DNP, PCCN-C and Prabjot Sandhu, DNP, FNP-C, PA-C

**LEVEL:** Intermediate

### **Providing Culturally and Linguistically Appropriate Care in a Multicultural Society**

According to a 2015 US Census Bureau report, non-white Californians make up 61% of the state's 39 million people. This makes California the second largest minority-majority state behind Hawaii. Latinx make up the largest minority group at approximately 15 million compared with the 14.9 million white population. Other diverse groups, such as the lesbian, gay, bisexual, and transgender (LGBT) community, have a significant presence in California. This session will discuss the opportunities and challenges in providing culturally and linguistically appropriate care with various racial, ethnic, and other diverse populations. The presenters will identify resources and strategies to facilitate culturally and linguistically appropriate care to diverse populations.

**SPEAKER:** Garrett Chan PhD, RN, APRN, FAEN, FPCN, FCNS, FNAP, FAAN

**LEVEL:** Basic

### **Pain Management and Opioids: Balancing Risks and Benefits – Update 2019-20 – Part 2**

Sponsored by the Nurse Practitioner Healthcare Foundation (NPHF), this session focuses on the nature and pathophysiology of pain, assessment of patients, creation of a treatment plan, non-pharmacologic treatment strategies, initiation and management of opioid therapy, education of patients and caregivers, and understanding opioid use disorder.

**SPEAKER:** Teresa Keane, MSN, APRN-BC

**LEVEL:** Basic

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## SATURDAY, MARCH 21, 2020 (continued)

4:00 pm – 5:15 pm

### IN-TRACK SESSIONS

#### Impact of Chronic Care Management on Heart Failure Readmissions

This session discusses the results of a pilot study evaluating the impact of a nurse practitioner-led chronic care management program on heart failure readmissions and quality of life pre- and post-enrollment.

**SPEAKERS:** Simran Grewal, MSN, AGACNP-BC and Jennifer Nguyen, RN, MSN, NP, PhD  
**LEVEL:** Advanced

#### The Vagina Hour: Healing and Critical Health Promotion

Decreased health-screening frequency may lead to worsened vaginal health. This session discusses the importance of the identification and treatment of infection, dermatological conditions, pain syndromes, and hormonal alterations.

**SPEAKER:** Patricia Geraghty, MSN, FNP-BC, WHNP  
**LEVEL:** Intermediate

#### Transforming Stoma Care Practices in Pediatric Outpatient Settings

This session addresses the robust management techniques needed to troubleshoot issues in stoma care for pediatric patients, resulting in improved health outcomes and quality of life.

**SPEAKERS:** Deanna Garza, MSN, RN and Jo Loomis, DNP, FNP-C  
**LEVEL:** Basic

#### Can You Spot That Rash? – Diagnosis and Management of Common and a Few Not-So-Common Rashes in Primary Care Pediatrics

This presentation provides an opportunity to test pediatric dermatology skills. The emphasis is on common pediatric dermatologic conditions in primary care, including diagnosis and management.

**SPEAKERS:** Alexa Curtis, PhD, MPH, FNP-BC and Michael Curtis, MD  
**LEVEL:** Intermediate

#### Nurse Practitioners' Guide for Clinical Leadership

Nurse practitioners have a high level of clinical knowledge and skills, demonstrating professional efficacy, enhanced autonomy, and strong advocacy for their patients. This session focuses on leadership strategies, such as developing roles based on patient and community needs, engaging stakeholders, ensuring utilization of all dimensions of the nurse practitioner role, creating networks, and facilitating mentorship for other nurse practitioners.

**SPEAKER:** Ricky Norwood, DNP, MSBH, RN, FNP-BC  
**LEVEL:** Advanced

5:30 pm – 6:30 pm

### Reception and PAC Raffle

6:30 pm – 8:00 pm

### Alumni Receptions

- Western University of Health Science
- University of California, Los Angeles (UCLA)

## SUNDAY, MARCH 22, 2020

7:30 am – 8:30 am

### Breakfast

8:45 am – 10:00 am

### IN-TRACK SESSIONS

#### Nutrition and Pressure Ulcers in Persons with Spinal Cord Injury

Spinal cord injury is a devastating burden that often leads to a pressure ulcer. Is nutritional intake the cause? This session provides the answers.

**SPEAKER:** Arnetta Finney-Beverly, PhD, APRN, FNP-C  
**LEVEL:** Intermediate

#### Optimizing Medication Treatments for ADHD

This session provides an updated review of the medications available for the treatment of ADHD and explains how to initiate, titrate, and augment treatment using a systematic method.

**SPEAKER:** Ryan Kennedy, DNP, NP-C  
**LEVEL:** Advanced

## SUNDAY, MARCH 22, 2020 (continued)

8:45 am – 10:00 am

### IN-TRACK SESSIONS (continued)

#### **Optimizing Secondary Prevention Therapies for Individuals with Diabetes: A Cardiology Nurse Practitioner Program**

In this session, cardiology nurse practitioners translate evidence-based guidelines into practice for secondary prevention with a protocol to advance diabetes therapies utilizing a shared-decision model.

**SPEAKERS:** Eryn Bryant, MSN, NP-C, Katherine Janaszek, MSN, NP-BC, and Mary Nejedky, MS, NP-BC

**LEVEL:** Intermediate

#### **The Efficacy of Tele-Psychiatry and Mobile Applications to Assess the Treatment of Silent-Culture Female Patients with Sexual Trauma**

This session seeks to educate, inform, and raise awareness regarding the use of mobile and web-based technology as adjunct treatment/monitoring tools for female patients with trauma from sexual molestation.

**SPEAKER:** Princess Stephanie Fumi Hancock, DNP

**LEVEL:** Basic

10:15 am – 11:30 am

### IN-TRACK SESSIONS

#### **New and Emerging Research on Vestibular Migraine: One of the Most Common Causes of Episodic Vertigo**

Vestibular migraine is a common condition that can be challenging to diagnosis and treat. This session offers newly published research to help providers manage this condition.

**SPEAKER:** Rosanne Krauter, RN, NP

**LEVEL:** Intermediate

#### **Medical Malpractice Claims from the Perspective of an NP and a JD**

A seasoned NP and JD review cases that have been litigated, providing the clinical and legal advice that will help prevent medical malpractice in the workplace.

**SPEAKERS:** Karen Hoyt, PhD, FNP-BC, FAEN, FAANP, FAAN and Kenneth C. Hoyt, JD

**LEVEL:** Intermediate

#### **Lemierre Syndrome: Often Overlooked**

Lemierre Syndrome is characterized by suppurative thrombophlebitis of the internal jugular vein following an oropharyngeal infection. A case presentation and clinical analysis will be discussed.

**SPEAKER:** Cinthya V. Sotelo, DNP, FNP-C

**LEVEL:** Intermediate