

Agenda & Day Planner

Wednesday, March 16

4 - 6:30 pm Open Registration 5:30 - 6:30 pm Welcome Reception

Thursday, March 17

7:15 - 8:15 am Breakfast

8:30 - 10:15 am ☐ **Welcome and Keynote: Nurse Practitioners and the Future of Healthcare** | MICAH WEINBERG
Dr. Weinberg will deliver a talk on the state of health reform in California and the nation with a particular focus on the role of the nurse practitioner in ensuring high-quality coordinated care.

10:15 - 10:30 am Break & Poster Presentations

- 10:30 - 11:45 am ☐ **Ownership of Practice Settings for NPs: The Good, the Bad, and the Ugly** | MELANIE BALESTRA
This presentation is for any NP who has considered starting his/her own practice. It presents the different entities and how to start the practice within legal requirements. Whether the NP is thinking about starting a practice in the near or distant future, the presentation will explain what is involved in starting a practice and how to protect their financial investment.
- ☐ **Therapeutic Justice for the Mentally Ill: An Interagency Collaborative Approach**
SUSAN L. ADAMS
Jails and prisons have become default mental health institutions. Collaborative inter-agency planning and creative therapeutic-justice approaches offer alternatives for mentally ill offenders.
- ☐ **Noninvasive Cardiac Stress Testing: Choosing the Most Appropriate Test to Get the Most Diagnostic Benefit for Your Patient** | JENNIFER BALLARD-HERNANDEZ
This presentation will provide participants with an enhanced understanding of appropriate cardiac stress test selection, patient preparation for each test, and the knowledge to interpret results.
- ☐ **Case Studies in the Medical Management of Obesity** | ANGELA GOLDEN
Obesity affects greater than 30 percent of the adult population and is a chronic disease that nurse practitioners must be at the forefront of treating. Using case studies will allow NPs to understand the process of treating the disease in their own practices.

12 - 1:15 pm Lunch

1 - 4 pm ☐ **Introduction to 12-Lead EKG Interpretation** | KIM NEWLIN & VIRGINIA MCCOY HASS
Practitioners will learn when to do a 12-lead ECG and will learn normal and abnormal characteristics of an ECG.

 ☐ **Joint Injections in Primary Care** | KATHLEEN A. GEIER & AJ BENHAM
This workshop will review the most common acute and chronic musculoskeletal conditions encountered in primary care that can be addressed by intra-articular injections.

- 1:30 - 2:45 pm ☐ **National Trends in APRN Practice Authority** | SUSANNE J. PHILLIPS
Healthcare access continues to grow in the US as APRNs work to enact and amend statutes and regulations supporting full practice authority in individual states.
- ☐ **Beyond Botox: What are the Newest Treatments in Aesthetics?** | BETH HANEY
This presentation will cover the newest FDA-approved treatments in aesthetics with a focus on non-surgical face and body procedures.
- ☐ **Child Maltreatment in Primary Care** | SHERI RICKMAN PATRICK
This presentation will help the primary care provider recognize signs and symptoms of child maltreatment, and will also address mandating reporting laws and community resources.
- ☐ **Identifying How and When to Refer a Patient to General Surgery from the Primary Care Setting**
MARY KIRK
This lecture will focus on evaluating patients in the primary care setting for common surgical conditions such as gallbladder disease, GERD, obesity, and ventral hernias.

Thursday (cont.)

2:45 - 3:45 pm	Exhibit Hall & Poster Presentations	EXPO
4 - 5:15 pm	<div><div><input type="checkbox"/></div><div>What a Pain! Pain Medications across the Spectrum LORI GUELMAN An overall review of pain medications, their indications, and side effects, with an in-depth look at opioids and their MOA and pharmacodynamics.</div></div> <div><div><input type="checkbox"/></div><div>Breaking Down "Arthritis" TINA ESCOBEDO This course is designed to look at the common features and categories of arthritis, including targeted therapies designed to impact the immune response.</div></div> <div><div><input type="checkbox"/></div><div>Defending PSA: Re-Thinking the USPSTF Recommendations for Prostate Cancer Screening STEVEN BERETA This presentation will address the fact that new methods and approaches for detecting and treating prostate cancer necessitate re-thinking the USPSTF recommendations for prostate cancer screening.</div></div> <div><div><input type="checkbox"/></div><div>What Do Genes Have to Do with It? Breast Cancer Risk Assessment and Risk Reduction in 2016 KAREN HEROLD This workshop will educate nurse practitioners about hereditary cancer risk assessment and will present risk-reduction strategies for women with increased risk of breast cancer.</div></div>	
5:30 - 6:30 pm	Reception	EXPO
6 pm	Symposium A	

Friday, March 18

6 - 7 am	<div><div><input type="checkbox"/></div><div>Yoga With CANP FE WHITE Whether you're a master at Warrior III or most comfortable in Mountain Pose, Yoga with CANP is geared to all ability levels. This early-morning practice will get you off to an energizing start, bringing balance to your mind, body, and spirit before you plunge into a busy conference day.</div></div>	
7:15 - 8:15 am	Breakfast, Exhibit Hall & Poster Presentations	
8:30 - 10:15 am	<div><div><input type="checkbox"/></div><div>Welcome & Keynote: Legislative Session KRISTY WIESE, CAPITOL ADVOCACY This panel presentation will identify key issues/challenges, discuss implications for nurse practitioner practice within the policy arena, and review lessons learned from SB 323 legislation.</div></div>	
10:15 - 10:45 am	Exhibit Hall & Poster Presentations	EXPO
11am - 12:15 pm	<div><div><input type="checkbox"/></div><div>Rescue Me: Management of Common Pediatric Emergencies! KRISTI WESTPHALN From office to emergency, this session will present the "billboard top hits" of pediatric emergency management identification, case presentation, ED referral tips, and musical integration.</div></div> <div><div><input type="checkbox"/></div><div>Sex Trafficking: Are Nurse Practitioners Ready? SHERI RICKMAN PATRICK This presentation will provide information for NPs working in primary care, pediatrics, women's health, and emergency medicine to help screen patients for commercial sexual exploitation.</div></div> <div><div><input type="checkbox"/></div><div>Diagnosing and Treating Non-Traumatic, Non-Arthritic Knee Pain in Primary Care Settings A.J. BENHAM & KATHLEEN GEIER This exploration of eight causes of non-traumatic, non-arthritic knee pain includes eliciting a pertinent history, interpreting exam and diagnostic findings, and providing appropriate treatment and referrals.</div></div> <div><div><input type="checkbox"/></div><div>Opioid Prescribing: Safe Practice, Changing Lives Part 1 ALAN P. AGINS & JODY F. AGINS Addresses safe practices for patient selection, risk assessment, initiation and modification, ongoing monitoring, and patient and caregiver education associated with prescribing opioids for chronic pain management. *If you select this session from 11 am - 12:15 pm, you must attend Part II from 1:45 - 3 pm to receive 2.5 hours of ANCC and pharmacology credit from the Nurse Practitioner Healthcare Foundation. Partial credit will not be given.</div></div>	
12:15 - 1:30 pm	Lunch & Exhibit Hall	EXPO
1 - 4 pm	<div><div><div>WORKSHOPS</div><div><input type="checkbox"/></div><div>Long Acting Reversible Contraception (LARC) and Sexually Transmitted Infections (STIs): Counseling and Risk Assessment for Adolescents CLAIRE FELDMAN As medical communities endorse the effectiveness of long-acting reversible contraception (LARC) for adolescent populations, the need to assess and address risk of STIs is essential.</div></div></div> <div><div><input type="checkbox"/></div><div>Make Yourself Heard! DONNA EMANUELE, VIRGINIA MCCOY HASS AND VANESSA PARKER This presentation encourages you to have fun with your peers as you learn and practice effective public-speaking skills.</div></div>	

In-Track sessions = 1.25 CEUs. Workshops = 3 CEUs. Additional fees apply to workshops. *Preliminary agenda, subject to change

1:45 - 3 pm	<ul style="list-style-type: none"> <input type="checkbox"/> Modern Management of Hypothyroidism and Hyperthyroidism DANIEL A NADEAU History of hypo and hyperthyroidism goals in management of hypothyroidism age/disease specific management goals in hyperthyroidism medications, radioactive iodine. <input type="checkbox"/> Update on the Management of Atrial Fibrillation CHRISTINA LIGHT CRAIGO Atrial fibrillation is the most common cardiac arrhythmia and has a large impact on a patient's quality of life. Guidelines for the initiation of anticoagulation, novel anticoagulants, and referral for radiofrequency ablation will be reviewed. <input type="checkbox"/> Worms, Wheezes, & Weird Diseases: Deciphering the Complexities of Eosinophilia KEVIN LETZ This topic presents an approach to determining the underlying cause of unexplained peripheral blood eosinophilia. As noted, eosinophilia can be caused by a number of conditions. <input type="checkbox"/> Opioid Prescribing: Safe Practice, Changing Lives Part 2 ALAN P AGINS & JODY F AGINS Addresses safe practices for patient selection, risk assessment, initiation and modification, ongoing monitoring, and patient and caregiver education associated with prescribing opioids for chronic pain management. *If you select this session from 1:45 - 3 pm, you must attend Part I from 11 am - 12:15 pm to receive 2.5 hours of ANCC and pharmacology credit from the Nurse Practitioner Healthcare Foundation. Partial credit will not be given.
3 - 6 pm 	<ul style="list-style-type: none"> <input type="checkbox"/> Advanced 12-Lead EKG Workshop KIM NEWLIN & VIRGINIA MCCOY HASS During this interactive and dynamic intermediate-level session, practitioners will learn quick tricks to identify critical abnormalities on the ECG. <input type="checkbox"/> Diabetes Management with Insulin ZARMINE NACCASHIAN Due to the progressive nature of diabetes, insulin therapy will eventually be indicated for appropriate control of hyperglycemia. Calculation of total daily dose and insulin sensitivity factor to match anticipatory/prandial insulin dosage to carbohydrate count/portions will be demonstrated.
3:15 - 4:30 pm	<ul style="list-style-type: none"> <input type="checkbox"/> Nurse Practitioners and Social Media: What's Your Networking IQ? MELANIE KEIFFER This presentation will describe how social media tools can be used by nurse practitioners to connect meaningfully with patients and other professionals. <input type="checkbox"/> Neurotoxins: Can a Medication Can Be the Fountain of Youth? BETH HANEY This workshop will give the attendee an overview of how neurotoxins work and when to use them. In addition, the hands-on component will ease the transition into practice. <input type="checkbox"/> Convenient Care Clinic Nurse Practitioner Impact Analysis DEBRA WALLACE & ELLEN DAROSZEWSKI Nurse practitioners (NPs) are a large part of the solution to accessible healthcare into the community. This study used a mixed-methods survey design to examine the impact of care provided at CCCs ("drugstore clinics") from the perspective of (NP) providers. Fifty-nine CCC NPs responding to the survey described their practice, roles, and the provision of healthcare at a CCC. <input type="checkbox"/> Esophageal Disorders Requiring Surgical Intervention MARY KIRK Esophageal disorders affect over 20 million Americans. Causes can vary significantly. This lecture will focus on GERD, achalasia, hiatal and paraesophageal hernias, and esophageal cancer.
4:30 - 5 pm	Exhibit Hall & Poster Presentations 
5 - 6:15 pm	<ul style="list-style-type: none"> <input type="checkbox"/> Improving Pediatric Oral-Systemic Health through Inter-Professional Training and Practice ALEXA COLGROVE CURTIS, THERESA SULIT AND A. JEFFREY WOOD This presentation will review key principles in the performance of an inter-professional oral-systemic health assessment and community-based dental prevention practices for pediatric patients. <input type="checkbox"/> Updates in Antiarrhythmics & Anticoagulation MARY ENG HUNTSINGER & STEPHANIE HOYT YOAKUM As the population ages, more patients will be on antiarrhythmics and anticoagulation agents. This presentation reviews indications and monitoring mechanisms for these medications. <input type="checkbox"/> Postpartum Depression in Working Women: Creation of a National Policy NANCY SELIX This presentation outlines the professional skills that must be utilized by NPs to shape health policy for patients, communities, and the profession at local, state, and national levels. <input type="checkbox"/> Traumatic Spinal Cord Injury CARL WHERRY & AMANDA SEVERSON This talk covers traumatic spinal cord injury. We will provide current guidelines and rationale for the acute management, including the data against high-dose steroids.
7 - 10 pm	<ul style="list-style-type: none"> <input type="checkbox"/> Evening Event SPONSORED BY NURSES SERVICE ORGANIZATION Dinner, entertainment, and unparalleled camaraderie are on tap for the annual Evening Event, and it all takes place in an atmosphere that conjures up images of summer nights at the beach. Think fire pits, a classic clambake, s'mores, and music that will make you want to paddle out on the nearest surfboard. Who knows? There might even be a fireworks display to add to the festivities. The Evening Event is a great opportunity to network, share ideas and feedback, and simply relax among friends and colleagues. Be sure to pack your flop-flops!

Saturday, March 19

6:30 - 7:30 am	<input type="checkbox"/> CANP 5K Fun Run/Walk SPONSORED BY PLANNED PARENTHOOD Lace up your sneakers, grab your water bottle, and prepare to be invigorated. The crisp seaside air provides the ideal atmosphere for an easy 5K (3.1 miles) course. Run, jog, or walk with your conference buddies old and new to get your day off to a rousing start. Registration is \$15 per person, and includes a T-shirt, water, and a post-race snack
7:30 - 8:30 am	Breakfast, Exhibit Hall & Poster Presentations 
8:45 - 10 am	<input type="checkbox"/> Pregnancy Related Complications: Predictors of Cardiovascular Risk CHRISTINA LIGHT CRAIGO Pregnancy should be considered a woman's first metabolic and physiological cardiovascular challenge. Women who develop pregnancy-induced hypertension, preeclampsia, gestational diabetes, or abnormal placentation are at risk for development of cardiovascular disease and should undergo early risk assessment.
	<input type="checkbox"/> Duloxetine and ERT Successful Treatment Option in Perimenopausal Women ELAINE HENSON If you're searching for a new solution to the age-old problems associated with perimenopause, consider a new approach that combines hormone replacement therapy and SSRI. Learn from a women's health care and primary care provider experienced with this highly successful therapy option.
	<input type="checkbox"/> Errors Happen! Malpractice Case Studies LYNN PIERCE NSO & CNA released a claim study looking at the last five years of nurse practitioner malpractice claims. This presentation will provide an update to the most recently published claim report and give specific data for California nurse practitioners. In addition, we will discuss results from a survey to NSO nurse practitioners with claims and without in order to gain insight into possible conditions and factors that led to an incident. Lastly, we will provide risk management recommendations to help nurse practitioner professionals improve patient safety and reduce risk.
	<input type="checkbox"/> Disorders of the Lumbar Spine: Assessment, Diagnosis, and Treatment KATHLEEN A. GEIER & AJ BENHAM Mastery of lumbar spine evaluation and treatment can lead to improved clinical management and better outcomes for patients with spine conditions.
10 am - 1 pm	<div>  <input type="checkbox"/> Compassionate Person-Centered Care of the Dying BONNIE FREEMAN This session provides an in-depth exploration of the unique needs of the terminally ill and dying with an emphasis on pain management, communication, and self-care. </div> <div> <input type="checkbox"/> Warm Water Immersion and Water Birth: What is the Evidence and How to Implement a Program BJ SNELL Warm water immersion and water birth provide enhanced satisfaction, and evidence demonstrates safety for the risk-appropriate patient and cost advantages to the health system. </div>
10:15 - 11:30 am	<input type="checkbox"/> How Low Can We Go? An Interactive Case-Based Update of Hypertension Treatment Guidelines VIRGINIA MCCOY HASS & MICHELLE O'ROURKE Sort out the latest guidelines for hypertension treatment as you collaborate with your colleagues in small groups to advance clinical reasoning skills.
	<input type="checkbox"/> Skin and Wound Care Update DARCIE PETERSON This is an overview of skin and wound issues that would benefit NPs in the proper identification of wounds, pressure ulcers, and other skin issues. It will include some treatment suggestions and offer guidance as to when referral is necessary.
	<input type="checkbox"/> Orthorexia Nervosa - Is It an Eating Disorder or a Form of Obsessive Compulsive Disorder? CHRISTINE COSTA Review the current psychiatric understanding of orthorexia nervosa related to the psychology of this pathology and the medical and behavioral complications that patients may experience.
	<input type="checkbox"/> Safe Opioid Prescribing - How, When, and When Not THERESA MALLICK-SEARLE This lecture will focus on the skills and information you will need to safely prescribe opioids to your patient for acute or chronic pain.
11:45 am - 1 pm	<input type="checkbox"/> An Introduction to Hereditary Breast and Ovarian Cancer (HBOC) Syndrome for the Primary Care Practitioner: Understanding BRCA I/II Testing and Management EVA A. MEYERS HBOC Syndrome should not wait for a diagnosis of cancer to be found. The astute clinician will learn how to identify and manage genetic risk in the primary care setting, drawing upon the impact of HBOC in one Los Angeles family.

Saturday (cont.)

11:45 am - 1 pm	<p><input type="checkbox"/> The Effectiveness of Bedside Education and a Standardized Assessment Tool on the Developmental Positioning Proficiency of NICU Nurses ARLENE SPILKER Current evidence regarding the benefits of developmental positioning will be discussed. Additionally, problem solving and practical strategies for implementation of developmental positioning will be presented.</p> <p><input type="checkbox"/> Practical Pearls in Optimizing Guideline-Directed Therapies in Outpatient Care MARIA FE WHITE & TRACY FINEGAN This session is designed to enhance the nurse practitioner's knowledge and skills in optimizing the use of guideline-directed medical therapies for heart failure in the outpatient setting. Creative, practical, yet evidence-based approaches will be discussed.</p> <p><input type="checkbox"/> Orthopedic Primary Care: Top 25 Treatments for Arthritis Hip & Knee Pain AJ BENHAM & KATHLEEN GEIER This presentation will review the evidence base for 25 (mostly non-operative) arthritis treatments, and will present the recommendations about them found in several sets of clinical guidelines.</p>
1 - 2:15 pm	<p>Lunch & Raffle  (Exhibitor break-down 2:15 - 5 pm)</p>
2 - 5 pm	<p> <input type="checkbox"/> EKG Boot Camp: Intermediate EKG Interpretation CHRISTINA LIGHT CRAIGO & EMILY H. CALDWELL Designed for nurse practitioners with an interest in advancing their knowledge of 12-lead EKGs, this workshop will provide dynamic, customized EKG interpretation for practical application.</p> <p><input type="checkbox"/> Professional Practice Issues for New Graduates CAMILLE FITZPATRICK & SUSANNE PHILLIPS This session is designed for nurse practitioner students, recent graduates, and those new or returning to nurse practitioner practice, but any registered conference participant may attend. The session helps the novice prepare for professional nurse practitioner practice. The session consists of three one-hour sessions. Participants may attend sessions individually.</p>
2:30 - 3:45 pm	<p><input type="checkbox"/> Improving Pediatric Oral-Systemic Health through Inter-Professional Training and Practice ALEXA COLGROVE CURTIS, KARTRINA RAMIREZ AND SHERRIE LADD This presentation will review key principles in the performance of an inter-professional oral-systemic health assessment and community-based dental prevention practices for pediatric patients.</p> <p><input type="checkbox"/> Parkinson's Disease: An Update on Emerging Theories and Treatment Options LYNDA MACKIN Parkinson's disease is a complex neurodegenerative disorder that impairs physical and psychological function. Optimal care requires up-to-date pathophysiological, assessment, and management knowledge.</p> <p><input type="checkbox"/> Anemia LAURA ZITELLA Anemia is the most common hematologic disorder. This presentation will review the diagnostic and treatment approach to anemias due to nutritional deficiency and chronic disease.</p>
4 - 5:15 pm	<p><input type="checkbox"/> Tourette: What Is it Really? KRISTIN & GRANT KOPELSON Tourette Syndrome and tic disorders occur in up to one in 100 people in the U.S. NPs need to learn to diagnose, manage, and support TS.</p> <p><input type="checkbox"/> Rural NP Practice: 25 Years of Review ELAINE HENSON Rural health care is a unique setting for practice that poses many challenges for the people in its region as well as for the NP provider. Attend this presentation to learn firsthand how one nurse practitioner successfully provided this service to a rural desert community, gaining a wealth of knowledge and lasting friendships as she used creativity to establish a health care center.</p> <p><input type="checkbox"/> Dysuria - The Burning Dilemma LORI GUELMAN Dysuria is defined as burning with urination and is very common in both men and women. It is responsible for up to 15 percent of all primary care visits.</p> <p><input type="checkbox"/> Restructuring Long-Term Care: Changing Patterns and Policy Implications DONNA EMANUELE This presentation will address and offer recommendations and solutions to the changing patterns, policy issues, and challenges associated with providing long-term care in the twenty-first century.</p>
5:30 - 6:30 pm	<p>Reception 6:30 pm Alumni Receptions 6 pm Symposium B</p>

*In-Track sessions = 1.25 CEUs. Workshops = 3 CEUs. Additional fees apply to workshops. *Preliminary agenda, subject to change*

CANP Conference Sponsors



Sunday, March 20

7:30 - 8:30 am Breakfast

- 8:45 - 10 am
- ☐ **Paying It Forward: What Every NP Preceptor Needs to Know** | **TINA ESCOBEDO**
This presentation focuses on the clinical education for the NP student as an equal triad: the student, the academic representative, and the community-based NP partner.
 - ☐ **Evidenced-Based Approach to Prevent Burnout** | **MADISON MANSY**
Every NP will learn how to prevent burnout using a drug-free, evidence-based approach. The NP will be ready to implement his/her self-care toolbox immediately.
 - ☐ **Tummy Trauma: Evaluation and Management of the Injured Child**
CATHERINE J. GOODHUE
The session will utilize case study presentations as well as a review of the literature highlighting recent changes in practice for pediatric blunt abdominal trauma.
 - ☐ **Evaluation and Management of Syncope** | **CHRISTINA LIGHT CRAIGO**
Syncope is a clinical problem characterized by a brief loss of consciousness and postural tone with complete and prompt recovery. It is a common and debilitating condition for patients with risks for injury or sudden death.
- 10:15 - 11:30 am
- ☐ **Valvular Heart Disease: What are the Latest Guidelines for Medical and Surgical Management?** | **LYNDA STOODLEY & ELIZABETH KELLER**
This presentation will be a discussion of valvular heart disease (VHD) and will use two case studies to provide an overview of the latest practice guidelines for patients with VHD.
 - ☐ **Who Ya Gonna Call? - Transfer of the Patient from Primary to Emergency Care**
GORDON H. WORLEY
NPs may encounter patients who require transfer to the emergency department. This presentation will discuss the decision-making process and the different methods of transport.
 - ☐ **Social Determinants of Health - Looking Upstream for Answers** | **JANET HILDEBRAND**
NP must be aware of the gaps in social circumstances and environmental factors that place minority groups at a disadvantage in health and disease.
 - ☐ **A New Paradigm in Surgical Advanced Practice: Expanding the Scope of Nurse Practitioners to Assist at Surgery as an RN First Assistant** | **ROBERT SALSAMEDA**
The role of the NP/RNFA role has developed in response to social, legal, political, and professional factors derived from a rapidly evolving surgical health care environment. The NP/RNFA role has emerged as one of the most exciting opportunities for nurses who wish to practice in all aspects of perioperative nursing.
- 11:45 am - 1 pm
- ☐ **Assessing Pregnancy Intention as a Vital Sign in Primary Care**
ANDRIA HANCOCK-CREAR & DENISE LEWIS
This session presents strategies for care teams in diverse settings to integrate pregnancy intention assessment into routine practice to improve chronic disease management and overall patient health.
 - ☐ **Patient-Centered Medical Homes and Diabetes Outcomes: An integrated Literature Review** | **GLENMORE HENDRICKS**
This presentation provides an integrated literature review examining the efficacy of diabetes care in a patient-centered medical home model.
 - ☐ **Time to Get Moving: An Interactive Case-Based Presentation of Parkinson Disease**
VIRGINIA MCCOY HASS & MICHELLE O'ROURKE
Get the latest on management of Parkinson Disease and its comorbidities as you collaborate with your colleagues in small groups to advance clinical reasoning skills.



CALIFORNIA ASSOCIATION
FOR NURSE PRACTITIONERS

California Association for Nurse Practitioners
1415 L Street, Suite 1000
Sacramento CA 95814
916 441-1361 | canpweb.org

Connect with us

 [/CaliforniaNP](https://www.facebook.com/CaliforniaNP)

 [@CaliforniaNP](https://twitter.com/CaliforniaNP)

 [/company/canp](https://www.linkedin.com/company/canp)

 [@CaliforniaNPs](https://www.instagram.com/CaliforniaNPs)

[#CANP39th](https://twitter.com/CANP39th)