



CALIFORNIA ASSOCIATION FOR NURSE PRACTITIONERS

EDUCATIONAL CONFERENCE

41ST ANNUAL

Agenda & Day Planner

WEDNESDAY, MARCH 21

4:00 - 6:30 PM **CANP REGISTRATION OPEN**

5:30 - 6:30 PM **CANP WELCOME RECEPTION**

THURSDAY, MARCH 22

7:15 - 8:15 AM **CANP BREAKFAST**

8:30 - 10:15 AM **WELCOME AND KEYNOTE** | Amalie Hollier, DNP

Amalie Holier is a nationally certified family nurse practitioner, CEO and co-owner of Advanced Practice Education Associates (APEA), a Fellow in the American Association of Nurse Practitioners and serves on the editorial board of the Journal for Nurse Practitioners. She is an expert on nurse practitioner practice issues, travels extensively throughout the U.S. presenting on-site certification exam review courses, and lectures on advanced pharmacology and primary care topics.

10:15 - 10:30 AM **CANP BREAK AND POSTER PRESENTATIONS**

10:30 - 11:45 AM **IN-TRACK SESSIONS A1 - A4**

A1 **CARDIAC DEVICE THERAPY 2018** | Vanessa Kalis, DNP, APRN, CNS, ACNP-BC, PNP-AC

Review of cardiac device therapy, specifically pacemakers and defibrillators with examination of state of the art technologies now available, including leadless pacemakers and subcutaneous defibrillators.

A2 **OSTEOPOROSIS THE OTHER SILENT KILLER** | Ms. Elaine Ruth Henson, RNC MSN ANP B/C

Osteoporotic fracture of the hip risk is greater than the combined risks of heart attack, stroke and breast cancer, yet continues until the inevitable.

A3 **BLEEDING TO DEATH: TREATMENT MODALITIES FOR TRAUMA PATIENTS**

Samantha Gambles Farr, MSN, RN, FNP-C CCRN, RNFA

The appropriate management of trauma patients with massive bleeding includes early identification of bleeding sources, utilization of laboratory resources, pharmacological treatments and insertion of devices.

A4 **FIND, LINK AND CURE: LESSONS FROM VA MULTIDISCIPLINARY TEAMS FOR HEPATITIS C**

Jacquelyn M. Recendez, MSN, FNP-BC, CEN

Finding, linking and curing Hepatitis C in the veteran population, using multidisciplinary teams will be presented. Hepatitis C lab and pharmacology will be reviewed.

12 - 1:15 PM **CANP LUNCH**

1:30 - 2:45 PM **IN-TRACK SESSIONS B1 - B3**

B1 **CARDIAC TESTING** | Lynda Stoodley, NP

This presentation will discuss the most common cardiac tests, using case studies to illustrate their use and how to interpret them as applicable.

B2 **HEMATURIA EVALUATION IN PRIMARY CARE** | Steven Bereta, MS, RN, FNP-C and Arielle Bivas, MS, AGNP-BC

Tips for the primary care provider for managing the patient with hematuria.

B3 **THE DERMATOLOGIC DETECTIVE PRIMARY CARE SETTING** | Susan Zappas, DNP, FNP-BC

Dermatology can be a challenging field for NPs, common rashes are easily mistaken for look-alike conditions. This lecture will help the NP distinguish dermatologic disorders from one another.



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1 - 4 PM

WORKSHOPS 1 - 2 

- WS1** **MUSCULOSKELETAL INJECTIONS IN PRIMARY CARE: LOWER EXTREMITY**
Kathleen Geier, DNP, FNP-C, MSN, ONC and AJ Benham, DNP, MSN, FNP
This workshop will review the most common musculoskeletal hip and knee conditions encountered in primary care which can be addressed by corticosteroid injections.
- WS2** **NAIL PROCEDURES OF THE DIGITS** | Dr. Karen Hoyt, PhD, FNP-BC, ENP-C, CEN. FAEN, FAANP, FAAN
During this workshop, participants will perform digital/metacarpal head blocks, partial nail removal, nailbed laceration repair, nail trephination, and fish hook removal from a digit.

2:45 - 3:45 PM **CANP EXPO AND POSTER PRESENTATIONS** 4 - 5:15 PM **IN-TRACK SESSIONS C1 - C4**

- C1** **PRACTICAL LIPID MANAGEMENT: NOTES FROM THE FRONT LINES OF THE LIPID CLINIC**
Brenda F. Rodi, Vanessa Adair, MSN and Sheila Jeschke, MSN
Lipid Clinic NPs present a 3 step plan for determining who to treat, how to measure lipids accurately and effective treatments to lower cholesterol.
- C2** **MANAGEMENT OF BPH IN PRIMARY CARE** | K. Chenin Kenig, RN, MSN, NP
BPH affects the daily life of older men and accounts for numerous PCP visits. Learn about appropriate diagnosis and medical & surgical management of BPH.
- C3** **STRATEGY FOR SUCCESS: DEVELOPING YOUR NURSE PRACTITIONER TEAM**
Surani Hayre-Kwan, RN, MSN, NP-C, MBA
This presentation will share valuable lessons to stabilize an NP workforce, proactively seek leadership opportunities and develop relationships with schools to strengthen your applicant pool.
- C4** **PRIMARY CARE OF THE NICU GRAD: KINDERGARTEN AND BEYOND** | Martha Grant Fuller, PhD, PNP-BC
Children born preterm are at risk for adverse outcomes in the absence of severe impairment. The NP will learn to manage care of this population.

5:30 - 6:30 PM **CANP WELCOME RECEPTION**6:30 PM **SYMPOSIUM A (TBD)****FRIDAY, MARCH 23**6 - 7 AM **YOGA WITH CANP**7:15 - 8:15 AM **CANP BREAKFAST, EXPO HALL AND POSTER PRESENTATIONS** 8:30 - 9 AM **CANP WELCOME AND AWARDS**

- 9 - 10:15 AM **KEYNOTE** | Kristy Wiese, Capitol Advocacy
This presentation will identify key issues/challenges and discuss implications for nurse practitioner practice within the policy arena.

10:15 - 10:45 AM **EXPO HALL AND POSTER PRESENTATIONS**11 AM - 12:15 PM **IN-TRACK SESSIONS A1 - A4**

- A1** **DON'T MISS A BEAT: SUCCESSFULLY MANAGING ATRIAL FIBRILLATION IN PRIMARY CARE** | Dr. Jennifer Ballard-Hernandez, DNP
This presentation reviews management strategies for atrial fibrillation in primary care setting in accordance with national guideline recommendations.
- A2** **WEIGHT HOMEOSTASIS EXPLAINS WHY DIETS OFTEN FAIL TO PREVENT METABOLIC DISEASE** | Lauren Outland
Many women experience depression. This longitudinal case-based interactive training for depression screening tools and management will enhance skills for depression identification throughout the female lifespan.
- A3** **LOOKIN' FOR EIGHT... THE MECHANISMS OF RODEO, EQUESTRIAN AND OTHER LARGE HERBIVORE CAUSED INJURIES** | Gordon H. Worley, MSN, FNP
This presentation will examine the mechanisms of injury and management considerations for injuries resulting from rodeo events, equestrian activities, and other interactions with large animals.
- A4** **THE IMPORTANT ROLE OF THE MICROBIOME AND GUT HEALTH** | Kathryn Gesto, RN, MSN, CRNP
Understanding the role of the microbiome and our intestinal integrity in preventing and treating disease is key for providers.

12:15 - 1:30 PM **CANP LUNCH**

1 - 4 PM

WORKSHOPS 3 - 4 

- WS3** **TELEHEALTH WORKSHOP - UTILIZING TELEMED TECHNOLOGIES TO EXPEND YOUR PRACTICE** | Sigi Marmorstein, NP
This workshop will prepare the NP to assess, implement and conduct tele-visits in his/her practice. A review of current platforms, digital accessories and latest technologies will be provided as well.
- WS4** **MANAGEMENT OF CARDIAC DYSRHYTHMIAS** | Vanessa Kalis, DNP, APRN, CNS, ACNP-BC, PNP-AC
This workshop will incorporate the latest in cardiac dysrhythmia management, with an emphasis placed on hands-on EKG review for the identification of common dysrhythmias.

1:45 - 3 PM

IN-TRACK SESSIONS B1 - B4

- B1** **THE CONTINUUM OF STROKE MANAGEMENT: PERSPECTIVES FROM A NEUROCRITICAL CARE NURSE PRACTITIONER** | Melissa Dofredo MSN, ACNP, Kimberly Alva, MSN, ACNP and Travis Bradley, MSN, ACNP
Review ischemic and hemorrhagic stroke research and management, with implications for primary and acute care nurse practitioners. Includes discussion of NP role opportunities and challenges.
- B2** **INCONTINENCE HAPPENS** | Lori Guelman, MSN, RN, FNP-BC
The presentation is an overview of OAB and will review treatment options for different populations including neurogenic and geriatric populations.
- B3** **PHARMACOLOGY UPDATE WHAT IS NEW IN THE TREATMENT FOR OSTEOPOROSIS?** | Ms. Elaine Ruth Henson, RNC, MSN, ANP B/C
The metabolic process of bone loss robs retirement joy from millions of people, through its consequences of osteoporotic hip and spinal fractures. This year another significant pharmaceutical treatment option has gained FDA approval and is now available.
- B4** **OPIOID PART 1**
Certification session, must attend Part 1 AND Part 2 to receive certification.

3-6 PM

WORKSHOPS 5- 6

- WS5** **EKG** | TBA
- WS6** **BECOMING THE EXPERT: PHYSICAL EXAM OF THE SPINE AND SPINE-RELATED COMPLAINTS IN THE AMBULATORY CARE SETTING** | Ms. Hattie Clark Grundland, RN, MS, NP
This workshop helps you become the expert: learn, practice and perfect your physical exam of the patient with LBP and/or sciatica.

3:15 - 4:30 PM

IN-TRACKS C1 - C4

- C1** **PRIMARY CARE GUIDELINES TO MANAGE HYPERTENSION** | Dr. Valerie Ann Madaffari, DNP
Hypertension can be difficult to manage and treat. Attend this session to learn more about this diagnosis.
- C2** **GENES AND DRUGS** | Pam Tarlow, PharmD
Pharmacogenomics is the exciting, new science of how a person's genes can determine their response to medications. What does the NP need to know?
- C3** **OVERCOMING LEGISLATIVE ROADBLOCKS: NURSE PRACTITIONERS AS POLICY CHANGE AGENTS** | Kristi Westphal, PhD(c) RN CPNP
Here we transform nurse practitioners into health policy change agents, from grassroots to beyond: Navigating streams, circumventing barriers, and forging new pathways!
- C4** **OPIOID PART 2**
Certification session, must attend Part 1 AND Part 2 to receive certification.

4:30 - 5 PM

CANP EXPO HALL 

5 - 6:15 PM

IN-TRACK SESSIONS D1 - D4

- D1** **IMPROVING CARE FOR ONE IN FIVE WOMEN: EVALUATING AND MANAGING DYSpareunia**
Trudy S. Egan, BSN RN and Donna Scemons, Dr., PhD FNP-C CNS
One in five women will suffer from dyspareunia at some time. A simple practice change greatly impacts women's health: assessing for dyspareunia at every visit.
- D2** **TREATING PAIN IN THE ACUTE CARE SETTING: ROLE OF THE NURSE PRACTITIONERS**
Theresa Mallick-Searle, MS, NP
This timely lecture will focus on the importance of managing pain in the acute care setting, exploration of treatment options uniquely available to the hospitalized patient and present the evidence behind using multimodal analgesia in the acute care setting.

- D3** **TEST YOUR LIABILITY IQ: TOP REASONS NPS GET SUED** | Roxanne Filson
A review of NSO's recently published NP Claim Report including current California NP claim data contrasted with data for NPs from across the country. This session includes claim scenarios as a risk education tool.
- D4** **CHAPTER LEADERSHIP SESSION**
This session is for Chapter Leaders and those interested in Chapter leadership. We will have a panel to discuss innovations in Chapter leadership.

7 - 10 PM **HARBOR CRUISE** | Supported by NSO
There are few vistas quite as spectacular as San Diego at sunset, and adding a perspective from the water enhances the drama. Join us for a Hornblower Cruise that takes off from the Sheraton's own marina and explores the city's majestic views from the vantage point of San Diego Bay. Boarding begins at 6:15 p.m., and the cruise runs from 7-10 PM. The tour will be narrated by the captain and music will set the mood. The festivities include hors d'oeuvres and two drink tickets, which are included in the price. The ship's occupancy is limited to 200, so we recommend signing up early. Be sure to prepare for the cool evening breezes by bringing a jacket or sweater. Bon voyage!

SATURDAY, MARCH 24

6:30 - 7:30 AM **CANP FUN RUN** | Supported by Planned Parenthood

7:30 - 8:30 AM **CANP BREAKFAST AND POSTER PRESENTATIONS**

8:45 - 10 AM **IN-TRACK SESSION A1 - A4**

- A1** **ANTIARRHYTHMIA DRUGS AND ANTICOAGULATION**
Stephanie Yoakum RN, MSN, ACNP and Mary Huntsinger RN, MSN, CNS, NP
This presentation will focus on commonly use antiarrhythmic medications and anticoagulation including discussion of direct oral anticoagulants.
- A2** **EDUCATING PARENTS OF OBESE CHILDREN** | Dr. Karla Parsons, DNP, FNP-BC, CCSN
Parents and caregivers are instrumental for imprinting healthy lifestyles to children. Promoting healthy home habits to parents of obese children is shown with this education.
- A3** **OUT OF THE WOODS - APPLYING WILDERNESS MEDICINE TO RURAL HEALTH CARE**
Gordon H. Worley, MSN, FNP, FAWM
This presentation will explore the value of wilderness medicine training, protocols, and skills to rural and other advanced practice nurses.
- A4** **SOLUTIONS TO LEGAL ISSUES IN SETTING UP A PRACTICE: YOU DON'T KNOW WHAT YOU DON'T KNOW** | Melanie Balestra and Deborah Maragopoulos, MN FNP-C
This presentation will discuss the types of business entities, legal pitfalls, contract issues, profitability and compliance with the boards to start a business.

10 AM - 1 PM **WORKSHOPS 7 - 8** 

- WS7** **BASIC ORTHOPEDIC SKILLS** | Tara Kelly, DNP, ANP-BC
Basic orthopedic skills for the nurse practitioner including interpretation of radiographs, joint aspiration/injection and splinting basics.
- WS8** **POLICY ANALYSIS/MAKE YOURSELF HEARD** | Donna Emanuele, DNP

10:15 - 11:30 AM **IN-TRACK SESSIONS B1 - B3**

- B1** **HEART FAILURE PREVENTION: TRICKS AND TOOLS FOR RISK REDUCTION IN PRIMARY CARE** | Ms. Maria Fe White, NP, MSN, FHFA, CHFN
This session will review risk factors, risk reduction strategies and the management of heart failure in the primary care setting.
- B2** **MEN'S HEALTH CONCERNS: ERECTILE DYSFUNCTION & TESTOSTERONE REPLACEMENT THERAPY** | Arielle Bivas, MS, AGNP-BC and Steven Bereta, MS, RN, FNP-C
Talking about men's health concerns: Addressing erectile dysfunction and testosterone deficiency for the primary care clinician.
- B3** **DEATH AND DYING** | Carl Wherry, MSN, ACNP-bc and Dale Perry
This topic takes on final decisions one can make. Palliative care, hospice, and aid-in-dying are all options the nurse practitioner should be able to address.

11:45 AM - 1 PM **IN-TRACKS C1 - C3**

- C1** **FACT, FOLKLORE OR FICTION: DEMYSTIFYING PRESCRIBING CONUNDRUMS IN HEART FAILURE** | Stacey B. Gross, MS, RN, ACNP, CHFNP
This session will provide an overview of novel pharmacologic agents as well as guideline driven therapies for management of patients with heart failure.
- C2** **POLYPHARMACY AND DEPRESCRIBING FOR THE ELDERLY**
Dr. Nancy Cornelius Trego, DNP, CNL, GNP-C
The process of deprescribing will be demonstrated using evidenced-based tools and a case study to identify unnecessary and inappropriate medications in elderly patients.
- C3** **RUNNING FOR ELECTED OFFICE: PEARLS FOR SUCCESS** | Dr. Beth Haney DNP, FNP-C, FAANP
Nurses belong in politics! This presentation will provide information on running for elected office and give the NP pearls to help run a successful campaign.

1 - 2:15 PM **CANP LUNCH AND RAFFLE**2 - 5 PM **WORKSHOPS 9 - 10**

- WS9** **STUDENT WORKSHOP** | Camille Fitzpatrick, MSN, AGPCNP-BC
An interactive discussion on regulatory and professional issues pertaining to NP practice in California. Highlights include a graduate NP panel and past BRN president. This workshop is free to all registered student conference attendees.
- WS10** **MANAGEMENT OF TYPE 2 DIABETES: NUTRITION AND PHARMACOLOGICAL THERAPY STRATEGIES FOR IMPROVING PATIENT OUTCOMES WITH INSULIN THERAPY**
Dr. Zarmine Naccashian, PhD, FNP/GNP, RN, CDE
Current clinical guidelines of nutrition therapy, pattern management, pharmaceutical options to treat T2DM and to achieve target glucose management with insulin will be discussed.

2:30 - 3:45 PM **IN-TRACK SESSIONS D1 - D3**

- D1** **ABNORMAL UTERINE BLEEDING - SORTING IT ALL OUT** | Patricia Geraghty MSN, FNP-BC, WHNP
Discusses variation in normal uterine bleeding, the approach to acute bleeding, and the PALM-COEIN approach to diagnosis and ongoing management of AUB with case presentations.
- D2** **THE PAINFUL HIP PART I: EVALUATION** | Kathleen Geier, DNP, FNP-C, MSN, ONC
The Painful Hip Part I: Clinical Evaluation presents hip anatomy and physical examination and how they relate to common causes of hip pain.
- D3** **HOW TO PRACTICE MULTIDISCIPLINARY PAIN MANAGEMENT IN A COMMUNITY SETTING**
Theresa Mallick-Searle, MS, NP
This lecture will explore the importance of multidisciplinary pain management, provide easy access to resources and empower the community provider to practice comprehensive.

4 - 5:15 PM **IN-TRACK SESSIONS E1 - E4**

- E1** **PEDIATRIC STROKE - LITTLE PATIENT BIG PROBLEM** | Gordon H. Worley, MSN, FNP CNS
This presentation will provide an overview of the current state of knowledge and best evidence-based practices for the recognition, diagnosis, and treatment of pediatric stroke.
- E2** **THE PAINFUL HIP PART II: COMMON ACUTE & CHRONIC DISORDERS**
Kathleen Geier, DNP, FNP-C, MSN, ONC
The Painful Hip Part II: Common Acute & Chronic Disorders presents hip conditions seen in primary care and their imaging, treatment, and referral options.
- E3** **THIS COULD BE YOU: PANEL OF 3 NPS WILL DISCUSS THEIR CASES WITH THE BRN**
Melanie Balestra
Innocent actions can cause a complaint to be filed against a NP. A moderator and three NPs will discuss actual cases, outcomes and prevention.
- E4** **WHAT? MY PPD IS POSITIVE!: TUBERCULOSIS TESTING AND TREATMENT IN PRIMARY CARE** | Sheri Rickman Patrick, DNP, APRN, FNP-BC
This session is designed for beginner and immediate NPs on the incidence, testing, treatment, education and community resources when treating tuberculosis.

5:30 - 6:30 PM **CANP RECEPTION**6:30 - 7:30 PM **CANP ALUMNI RECEPTION**6- 7 PM **SYMPOSIUM B (TBD)**

SUNDAY, MARCH 25

7:30 - 8:30 AM **CANP BREAKFAST**

8:45 - 10 AM **IN-TRACK SESSION A1 - A4**

- A1** **CHILDHOOD ANXIETY AND THE ROLE OF TRAUMA** | Elizabeth Rice, PhD and Ms. Deborah Johnson, BSN, MSN
This presentation will provide the most up to date research on childhood anxiety and the role of trauma.
- A2** **TAKING CARE OF YOUR GREATEST ASSET - YOU!** | Dr. Beth Haney, DNP, FNP-C, FAANP
Caregivers must care for themselves before they can offer care to others. Inner speech, exercise, diet, stress, and sleep play integral roles in well-being.
- A3** **INTEGRATED BEHAVIORAL HEALTH IN PRIMARY CARE: INTERPROFESSIONAL STRATEGIES FOR THE MANAGEMENT OF CHRONIC PAIN** | Alexa Curtis PhD, FNP-BC and Nicolas Mills, MA
This presentation explores interprofessional strategies for the management of chronic pain within primary care to improve patient outcomes and provide therapeutic alternatives.
- A4** **THE PAINFUL KNEE, PART I: CLINICAL EVALUATION** | AJ Benham, DNP
The Painful Knee Part I: Clinical Evaluation: Review the most helpful historical clues, anatomical underpinnings, and specialized exam techniques for evaluating painful knees in primary care.

10:15 - 11:30 AM **IN-TRACK SESSIONS B1 - B4**

- B1** **ASSESSING, TREATING AND DOCUMENTING ON WOUNDS IN A LOW RESOURCE SETTING**
Dr. Linda C. Goldman DNP, MSN, FNP-BC, WHNP-BC
Review common gender related health conditions of the male patient. Basic H&P through treatment of testicular, scrotal, & prostate complaints – including sexually transmitted.
- B2** **REFUGEE HEALTH: ADDRESSING THE EMOTIONAL IMPACT OF RESETTLEMENT AMONG AFGHAN & IRAQI REFUGEES** | Dr. Virginia McCoy Hass, DNP, MSN, FNP-C, PA-C and Hayatullah Niazi, NP, RN, MD, ADN
California is the top resettlement state for refugees entering the US. This presentation reviews culturally relevant mental health care for Afghan and Iraqi refugees.
- B3** **MALE/GENDER RELATED HEALTH CONCERNS** | Holly Kirkland-Kyhn, PhD, FNP
Presentation on wound assessment using the pneumatic TIME to identify tissue, infection/inflammation, moisture content, and edges of the wound. This will act as a framework.
- B4** **THE PAINFUL KNEE, PART 2: COMMON ACUTE & CHRONIC CONDITIONS** | AJ Benham, DNP
The Painful Knee Part II: Common Acute & Chronic Disorders: An exploration of some common perpetrators of knee pain, including mechanisms of injury, common signs and symptoms, physical findings, and treatment and rehabilitation guidelines.

11:45 AM - 1 PM **IN-TRACK SESSIONS C1 - C4**

- C1** **MENOPAUSE 2017 GUIDELINES: LOOKING AT SPECIAL POPULATIONS AND BUILDING ON EXISTING PRACTICE** | Patricia Geraghty MSN, FNP-BC, WHNP
Updated menopause management, including early or prolonged symptoms, women not using estrogen, and those with bone, dementia, breast and uterine cancer, and cardiovascular disease concerns.
- C2** **REVERSING COGNITIVE IMPAIRMENT IN ASYMPTOMATIC ALZHEIMER'S DISEASE: THE VALUE OF EARLY DETECTION** | Leslie M. Powell, MS, RN, CPNP, AGPCNP-BC
A community case study of Alzheimer's disease will be explored that will demonstrate the value of early detection in the prevention of cognitive impairment.
- C3** **ROLE OF THE NP IN RECOGNIZING HEALTH DISPARITIES: A POP-UP CLINIC EXPERIENCE**
Melanie Keiffer, DNP, ANP-BC, CCRN
Using case exemplar, this session critically analyzes the NP role in relation to socially just care in an era of health care inequity.
- C4** **PAIN MANAGEMENT IN PREGNANCY, IT'S NOT THAT COMPLICATED**
Theresa Mallick-Searle, MS, NP
This lecture will explore the effects of unmanaged pain on the pregnant female as well as fetus, it will also provide the audience with a sound, evidenced based approach to safely manage chronic pain in the pregnant female with and without an opioid-abuse.

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



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