



48th Annual Educational Conference Educational Agenda at-a-Glance

Please note that some presentations and times may be adjusted

Thursday, March 12

10AM – 5:30

Registration Open

2:00- 6:00

Expo Hall Open

1:15 – 2:30

Prescribing the Future: How GLP-1 Medications Are Reshaping Patient Care

(Family Practice) Speaker: Deanna D. Jung & Kristina Fortes

Is This a Skin Cancer? Diagnosis and Management of Common Benign and Malignant Skin Neoplasms

(Family Practice) Speaker: Wendy White Peterson

Pearls and Pitfalls in Managing Subdural Hematoma

(Acute Care) Speaker: Christi DeLemos, Brandi Chapman & Danise Seaters

Expanding Access to Intensive Mental Health Services for Youth by Leveraging PMHNPs in an Academic-Community Partnership (Mental Health) Speaker: Alexandra Sietsma, Kristin Snyder & Page Coleman

Contraceptive Counseling Reimagined: Moving Toward Reproductive Justice in Clinical Practice (Sexual Health)

Speaker: Simran Tagore

Owning a Psychiatric NP Practice in California: Opportunities, Risks, and Reality Checks (Leadership & Business) Speaker: Nicholas Webb

1:30-4:30

WORKSHOP: Relax Effectiveness: Resilient Leadership for Healthcare Professionals Speaker: Allison Miller

2:45 – 4:00

Keeping Up with Diabetes Pharmacology Guidelines: A Review of the ADA Standards of Diabetes Care 2026

(Family Practice) Speaker: Zyrene Marsh, Martha Benavides & Rupinderjit Kaur Samra

Beyond GLP-1 Receptors: How the Hypothalamus Controls Insulin Sensitivity and the Gut Microbiome to Orchestrate Healthy Metabolism (Family Practice) Speaker: Deborah Maragopoulos

Controlling Your Patients' Pain: Use of Equianalgesic Equations (Acute Care) Speaker: Kristina Fortes & Deanna Jung

Building Bravery for Powerful Purpose: Facing Fears to Help Individuals Heal through an Inspiring Schizophrenia Success Story (Mental Health) Speaker: Chayilee Inspira

Identifying and Managing Eating Disorders in Children and Adolescents (Pediatrics) Speaker: Anna Pasternak, Crystal Ross & Alexandra Siestema

Empowering Tomorrow's Providers: The Impact of Fellowship Programs (Leadership) Speaker: Rajashree Koppolu & Kelly Bugos

4:15 – 5:30:

Building Resilient Teams: Strategies for APP Staffing Stability and Retention (Leadership) Speakers: Brandi Chapman, Christi Delemos & Danise Seaters

Rapid Fire Session (Acute Care)

- **Optimizing DVT Prophylaxis: Weight-Based vs. Fixed-Dose Enoxaparin in Trauma Patients** Speaker: Irina Schhedrov
- **Sleep Tight: A Sleep Hygiene Bundle for Adults to Improve Sleep Quality in a Skilled Nursing Facility** Speaker: Meaghan Corbin
- **Global Deployment of Adult Acute/Critical Care Nurse Practitioners: A Scoping Review of Education, Credentialing, Outcomes, and Strategies for Integration** Speaker: Gillian Adynski

Rapid Fire Session (Family Practice)

- **Migraine in a Flash: What Every NP Needs to Know** Speaker: Lorelei Punsalan
- **"AF"ter all... Patient Education is at the Heart of Atrial Fibrillation Management** Speaker: Claudia Avelar-Rios
- **Personal Health Inventory (PHI) Questionnaires to Enhance Medication Adherence among Veterans Experiencing Homelessness** Speakers: Leila Ziad, Madeleine Chen & Bethany Dalger

Rapid Fire Session (Pediatrics & Mental Health)

- **Stigmatization of Persons with Opioid Use Disorder: Development of a Stigma Reduction Training Program** Speaker: John Bressan
- **Contextualizing Prescribing Decisions Through Data & Milestones: A Specialized Perinatal Mental Health Model** Speaker: Semira Senimo-Asaro
- **Improving Mental Health Diagnosis and Referral Rates in Vietnamese Adults Through Translated PHQ-9 and GAD-7 Screening Tools** Speaker: Vivienne Bui

Rapid Fire Session (Sexual Health & Pediatrics)

- **Managing Elevated Lead Levels in Middle Eastern Pediatric Refugee Populations** Speaker: Carrie Garland, Amber Ramage & Mary Gallagher
- **Before IVF: A Root Cause and Holistic Approach to Fertility** Speaker: Milan Chavarkar
- **Full Care, Full Families: Why Reproductive Health Is Child Health** Speaker: Mary Gallagher

6:00-8PM

Symposium – limited to 100 attendees

Friday, March 13

8AM – 5:30 PM –

Registration & Expo Hall Open

9AM – 10:15

Comprehensive Approach to Fatty Liver Disease for Nurse Practitioners: Diagnosis, Management, and Referral (Family Practice) Speaker: Sarah Yuan

So I've Got this Rash... Common (and Less-Common Pruritic Skin Rashes, Assess, Evaluate and Treat with Confidence (Family Practice) Speaker: Wendy Peterson

Addressing Survivorship Needs in Advanced and Metastatic Cancer: A Whole-Person, Metabolically-Focused Model of Care (Acute Care) Speaker: Kristie Howlett

Psychopharmacology: Past, Present, Future (Mental Health) Speakers: Liberty Olive Macias, Debbie Allen & Pedro Morante

Contraception: Beyond the Basics (Sexual Health) Speaker: Alicia Skibar

Journey towards implementation of AB890 (Leadership) Speakers: Ivette Cecerra-Ortiz, Christi Delemos & Lisa Erickson

10:30 -12:00:

Opening Ceremony and Keynote Speaker: Dr. Sandra Hernandez

12:30 – 1:45:

Expo Hall & Poster Presentations

12:30 – 1:45

Symposium (subject TBD) Limited to 100 participants

2:45 – 4PM:

New NP Practice Foundations for Creating Safe and Healing Spaces as a Compassionate Clinician (Family Practice) Speaker: Debra Palmer

Chronic Pain Management: Medication Selection and Practice Updates (Family Practice) Speakers: Elizabeth Gregg, Guadalupe Vega-Tiistola & Donovan Jenkins

Empowering Primary Care NPs in Prostate Cancer Detection, Decision-Making, and Follow-Up: Revisiting Prostate Cancer Management (Geriatrics) Speaker: Sagie De Guzman

Abusive Head Trauma in Young Children: Heads up for Nurse Practitioners (Pediatrics) Speakers: Kristi K. Westphaln & Kelly Deckard

From Asylums to Advocacy: A Historical Journey Through Ethical Challenges in Mental Health Care (Mental Health) Speaker: Stacey D. Green

Nurse Practitioner Professional Liability Update (Leadership) Speaker: Roxanne Filson

2:45 – 5:45

WORKSHOP Improving A1c levels through an Individualized Diabetes Education among Patients Living with Type 2 Diabetes Speaker: David Cardona

4:15 – 5:30:

Rapid Fire Session (Family Practice)

- **Optimizing Nutrition and Body Composition: Key Considerations for Patients on Anti-Obesity Medications** Speaker: Monica Reinagel
- **Cardiac Risk Factors: Alcohol, Marijuana and Coffee, Oh My!** Speaker: Tal Sraboyants & Daniel Gensler
- **The Beat Goes On: Evaluating QT/QTc with Wearling eWave Telemetry During Sotalol Initiation** Speaker: Sarah Nordman

Rapid Fire Session (Family Practice)

- **Improving Bystander CPR response in a Parish Community through an Evidence-Based Practice Project** Speakers: Jen Yee Lim & Suzanne Phillips
- **Chronic Pain Management: Concepts in Non-Pharmacological Multimodal Management** Speakers: Guadalupe Vega-Tiistola, Elizabeth Gregg & Donovan Jenkins
- **Text message delivery of pre-procedural recommendations prior to lip augmentation with hyaluronic acid filler: an evidence-based pilot project** Speaker: Jenna de Jonge

Rapid Fire Session (Acute Care)

- **Nurse Practitioners Serving as the Core of the Trauma Service** Speaker: Jordan Noble

- **From Admission to Stabilization: Navigating Acute Alcohol Withdrawal in the Hospital** Speaker: Jessica Nelson
- **Enhancing Safety and Accuracy of Bedside Nasogastric Tube Placement in Adult Intubated ICU Patients Using a Bedside CO₂/pH Verification Device** Speaker: Alexandra McGaha

Rapid Fire Session (Leadership)

- **Nurse Practitioner Leaders: Connecting Practice and Strategy**
Speaker: Lisa Cianfichi
- **Are interviews obsolete? Behavioral science perspectives on the art and science of hiring providers** Speaker: Lars Gjerde
- **At the Baseline: NP Practice, Work Environment, and Employment Intentions Prior to AB 890** Speaker: Rosalind de Lisser, Joanne Spetz & Ulrike Muench

Ethical Uses of Technology and Behavioral Health Treatment: To AI or Not to AI that is the Question (Mental Health) Speaker: Pete Nielsen

Gender-Affirming Care: Navigating Mental Health & Substance Use Disorders Working with Transgender, Genderfluid, Gender-Nonconforming Folks (Sexual Health) Speaker: Kristina Padilla

6:00- 7:15 –

DINNER SYMPOSIUMS

6:30 – 8:00

Sunset Cruise on the Bay (additional registration and fee required)

Saturday, March 14

6:00AM

Fun Run/Walk (additional registration and fee required)

8:00-9:15

Breakfast Symposiums (limited to 100 attendees. Subject TBD)

8:00 – 5:00

Expo Hall Open

9:15 – 10:30

Enhancing Care for Patients with Heart failure: A Workshop on Palliative and Hospice Approaches (Family Practice) Speaker: Maliheh Bakhshi

Functional Digestion: Healing That Starts From Within (Family Practice) Speaker: Jamie Hilbert

ECMO Essentials: Spotting the Right Patients and Navigating Complex Care (Acute Care) Speaker: Laura Starrh, Kristy Seeley & Tara McDermott

Cannabis Fallacies and Hidden Harms: Equipping Nurse Practitioners to Address Cannabis Use in Mental Health (Mental Health) Speaker: Joseph Lyon, Danielle Destefano & Katherine Huynh

	<p>HIV and Hep-C Prevention, Detection, and Treatment in Vulnerable Populations Using a Street Medicine Approach (Sexual Health) Speaker: Bryan Tune</p>
9:15 – 12:15	<p>WORKSHOP: Manual Uterine Aspiration for Early Pregnancy Loss and Abortion Speaker: Sarah Egan <i>There is no additional cost to attend this workshop</i></p>
10:45 – 12:00	<p>Skin Deep- pharmacology for skin lesions and wounds (Family Practice) Speaker Holly Kirkland-Kyhn, Ron Ordonia & Tiffany Nielsen</p> <p>Recognizing Esophageal Disorders in Primary Care: A Practical Guide to Diagnosis and Referral (Family Practice) Speaker: Mary Clarke</p> <p>Double Trouble: Parkinson's Disease & Alzheimer's Dementia in the Older Population (Geriatrics) Speaker: Velma D. Yep</p> <p>Autism Spectrum Disorder: Medication Management Strategies (Mental Health) Speakers: Crystal Ross & Anna Pasternak</p> <p>Not Just Bad Behavior: Uncovering Missed Developmental Needs in Post-Pandemic School-Aged Children (Pediatrics) Speaker: Loren Neiswender</p>
12:15 – 1:30	<p>LUNCH SYMPOSIUMS & Expo Hall Open</p>
2:00 – 3:15	<p>Beyond Pills: Introducing Neuromodulation to Expand Your Pain Toolbox (Family Practice) Speaker: Victoria Flower</p> <p>Navigating Polypharmacy and Deprescribing in Older Adults (Geriatrics) Speakers: Kristina Fortes and Deanna D. Jung</p> <p>Unmasking PAF: ILR Use and Echo Predictors in Cryptogenic Stroke Patients (Family Practice) Speaker: Pedro Alonso Colio</p> <p>Innovative Treatments in Psychiatry (Mental Health) Speaker: Alan M. Ooka</p> <p>An Overview of Key Takeaways from the CDC's 2024 Updates to the U.S. Medical Eligibility Criteria for Contraceptive Use (U.S. MEC) and the U.S. Selected Practice Recommendations for Contraceptive Use (U.S. SPR) (Sexual Health) Speakers: Amber Ramage & Mary Gallagher</p> <p>From Setback to Strength: Surviving Serious Medical Errors and Events (Leadership) Speaker: Surani Hayre-Kwan & Jacqueline Ross</p>
3:30 – 4:45	<p>Suicide Risk Assessment for APRNs (Mental Health) Speakers: Janet Meda, Stacey Green & Lynda Creighton-Wong</p>

From Compliance to Culture: Building a Psychologically Safe Health Center (Leadership) Speaker: Crystal Morris

Menopausal Weight Gain Speaker: Monica Reinagel

Rapid Fire Session (Family Practice)

- **Preconception Sickle Cell Trait Testing** Speakers: Lisa Roberts & Safiye Sahin
- **Integrating Point-of-Care Ultrasound (POCUS) in FNP Education: A Pilot Study** Speakers: Haesook Kim, Jane Perlas & Tal Vitaly Sraboyants
- **Fighting the Midlife Spread: Addressing the Root Causes of Menopausal Weight Gain** (Family Practice) Speaker: Monica Reinagel

Rapid Fire Session (Family Practice)

- **The Combined Role of Nurse Practitioner, Nurse Coach, and Lifestyle Medicine Professional Addresses Non-Communicable Chronic Disease in the United States** Speaker: Wendi M. Swanson
- **Oral Health=Overall Health: Placing the Mouth Back into the Body** Speaker: Linda Brookman
- **Tapping Our Supply: Expanding APP Training in Paracentesis for Oncology APPs** Speaker: Emily Carroll

Rapid Fire Session (Acute Care & Geriatrics)

- **Prescribing Rest: Focused Updates to the 2025 PADIS Guidelines** Speaker: Stephanie Kazerouni
- **The aging voice-What's normal vs abnormal?** Speaker: Jennifer Stein
- **Effectiveness of Group Music Therapy among Geriatrics with Dementia in a Nursing Home to Control Agitation** Speaker: Pedro Morante

Rapid Fire Session (Pediatrics & Leadership)

- **Pigeons and Funnels: Chest Wall for the Outpatient Provider** Speaker: Courtney Cherniak
- **Implementing an Educational Program on Culturally Appropriate care for Nursing Students** Speaker: Adekemi Adedipe
- **Empowering Conversations: Advancing NP Education Through AACN Essentials** Speaker: Amy Sorgent

5:30 – 6:45

DINNER SYMPOSIUMS

Sunday, March 15

8AM – 9:15 –

BREAKFAST SYMPOSIUMS

9:15 – 10:30

Clinical Pearls in the Management of Chronic Liver Disease in Primary Care and Beyond (Family Practice) Speaker: Amber Ramage

Just when you thought it was safe to go back in the water: Hazardous marine life of the California coast (Acute Care) Speaker: Gordon Worley

Strong Starts: Outcomes from a 1-year Postgraduate NP Clinical Fellowship (Mental Health) Speakers: Anna Pasternak, Crystal Ross & Alex Sietsma

Increasing Gonorrhea and Chlamydia Testing in Family Practice: A Quality Improvement Project (Sexual Health) Speaker: Helen Capehart

The Resilience Paradigm™: Empowering Nurse Practitioners to Thrive (Leadership) Speakers: Lyn McCright & Teresa Walding

Environmental Racism, Climate Change and Advocacy and the APRN (Family Practice) Speaker: Cynthia Sanchez

WORKSHOP: Improving Diabetes Outcomes Through Self-Care Education Among Patients With Chronic Pain Speaker: Gupreet Gill

10:45 – 12:00

Obesity Across the Lifespan: Pathophysiology, Progression, and Practice (Family Practice) Speakers: Rupinder Deol & Patricia Gurney

Intergenerational & Historical Trauma: Working with Native American Indians and Understanding the Trauma to Start the Wellness of Healing (Family Practice) Speaker: Kristine Padilla

Strength in Aging: How Nutrition Science Supports Health Outcomes (Geriatrics) Speakers: Connie Weaver & Marta Vuckovic

What the Face-to-Face? Optimizing home-based NP practice (Sexual Health) Speaker: Niamh van Meines

Developing a Three-Track Nurse Practitioner Residency in a Large Healthcare Organization: Geriatrics and Extended Care, Primary Care, and Psychiatric Mental Health (Mental Health) Speakers: Kristin Kopelson, Jane Luetchens

The Roots of Risk: Primary Drivers of NP Malpractice Claims (Leadership) Speaker: Surani Hayre-Kwan & Jacqueline Ross

12:15 – 1:30

A World Where Humankind Steps Into Its Potential (Mental Health) Speaker: Jacqueline Campbell

Learn the Basics of Injecting Neurotoxin (Botox, dysport, daxxify) (Family Practice) Speaker: Emma Bermudez

Rapid Fire Session (Leadership)

- **Nursing Faculty Careers: Perspectives Among Hispanic Nurses**
Speaker: Sandra Calderon
- **Item Writing for NP Exams** Speaker: Kevin Letz

- **Enhancing Clinical Judgment in NP Education through Real-World Video Simulations** Speakers: Rob Humbracht, David Spiro & Sanjana Sivakumar

Rapid Fire Session (Family Practice)

- **From Tequila to Turmeric: Navigating Liver Test Abnormalities** Speakers: Anu Pillai & Anna Gallagher
- **Valley Fever on the Move: What Every Provider Needs to Know** Speaker: Heidi He
- **Peanuts and Tree Nuts and Shellfish, Oh My!, The use of Epinephrine Auto-Injectors by Lay Rescuers in the Emergency Treatment of Anaphylaxis** Speaker: Gordon H. Worley

Rapid Fire Session (Family Practice)

- **Opioid Prescribing Workflow Protocol for a Nonprofit Clinic** Speaker: Truly Vang & Haesook Kim
- **HYPERLIPIDEMIA: Risks and Considerations of AGGRESSIVELY lowering LDL** Speaker: Gursimran Batth
- **The Long Game of Addressing Social Equity and Inclusion** Speaker: Alan M. Ooka

Rapid Fire Session (Acute Care)

- **Using Academic Detailing to Increase Food Insecurity Screening Among Geriatric Women Veterans in the Women's Health Clinic: A Quality Improvement Initiative** Speakers: Jayme Newberry & Tiffany N. Owens
- **Burnout to Balance: Redesigning Staffing Models for APRNs in Acute Care** Speaker: Stephanie Kazerouni
- **From Bypass to Bedside: Keeping Cardiac Surgery Patients HAPI and Healthy** Speaker: Jamie Hsin