



46TH ANNUAL
EDUCATIONAL
CONFERENCE

MARCH 19-21, 2024
DISNEYLAND HOTEL

SUPPORTED BY



Agenda

(Subject to change)

Tuesday, March 19, 2024

7:30 am – 9:00 am **Breakfast Symposium**
SPONSORED BY UC Irvine School of Nursing

8:00 am – 6:00 pm **Registration Open**

8:00 am – 11:00 am **Exhibitor Move-In** (continued)

9:15 am – 10:30 am **IN-TRACK SESSIONS**

- **Transition to Practice Programs: Overview and Outcomes**

Transition to practice programs, which help ease the shift from student to healthcare professional, are designed to increase confidence, strengthen competence, and encourage retention. Such programs are increasing in numbers across the nation, and this lecture provides an overview of their development and outcomes.

SPEAKER: Danise Seaters, ACNP; Lars Gjerde, NP-BC

- **Sexuality Beyond the Reproductive Years**

Several factors negatively affect sexual health in older adults. This presentation explores treatment options and applies the practical PIE mnemonic to assess and address sexual health.

SPEAKERS: Cynthia Sanchez, DNP; Michelle Zappas, DNP, NP-BC

- **Diabetes Management with Insulin**

Through the use of case studies, this session discusses current clinical guidelines of pharmaceutical options to treat T2DM with the goal of achieving target glucose management with insulin.

SPEAKER: Zarmine Naccashian, PhD

9:15 am – 12:15 pm **WORKSHOP** (separate fee required)

- **A Stitch in Time: Basic Wound Care and Suture Techniques**

This workshop explains wound types and imparts fundamental knowledge and hands-on skills to address and treat common wounds effectively, leading to greater confidence in repairing acute lacerations.

SPEAKERS: Scott McKenney; Penny Lee Miller, FNP, MSN

10:45 am – 12:00 pm **IN-TRACK SESSIONS**

- **Use of the Prefix “Dr.” and Other Legal Issues for NPs**

This presentation updates NPs on the various legal and liability issues affecting their practices as they continue to evolve as mainstream healthcare providers.

SPEAKER: Melanie Balestra, Esq.

- **Polypharmacy and Deprescribing Medications in Older Patients in the Ambulatory Setting**

This session explores how deprescribing – done with shared decision-making – can be an effective intervention to reduce the risk of medication errors in the older population.

SPEAKER: Velma Yep, DNP

- **Nurse Practitioner-Led Mobile and Street Medicine**

This presentation explains the role, challenges, and wins for NPs in providing care to the unhoused population.

SPEAKER: Holly Kirkland-Kyhn, FNP, PhD

Tuesday, March 19, 2024

10:45 am – 12:00 pm **RAPID FIRE SESSIONS**

- **Novel, Conservative Interventional Therapies for Low-Back Pain**

Chronic low-back pain can be age-related or the result of an injury. This session discusses novel interventional therapies to treat it.

SPEAKER: Victoria Flower, NP-C

- **Beyond Tension, Migraine, and Cluster Headaches: The "Other" Primary Headaches**

This presentation addresses the pathophysiology, presenting signs and symptoms, diagnostics, and treatment plan for the category of "other" primary headache disorders.

SPEAKER: Christina Campbell, DNP, NP-BC, RN

- **Practicing Beyond the Surface: The Role of Nurse Practitioners in Addressing Human Trafficking**

Nurse practitioners are uniquely positioned to strategically impact the short- and long-term consequences caused by the human trafficking public health crisis. This session explains how NPs can make a significant difference.

SPEAKER: Shelitha Campbell, DNP, MSN, NP-BC

12:00 pm – 1:15 pm **Lunch and Expo**

After a morning of educational and motivational sessions, enjoy a networking lunch and get a healthy dose of information and inspiration at the amazing Expo.

1:30 pm – 3:00 pm **General Session**

- **Keynote: The Power of Storytelling on Mental Health**

SPEAKER: Laurel Braitman

3:00 pm – 3:30 pm **Poster Session and Expo**

- **Increasing Compliance with Advance Directive Completion in a Primary Care Setting among Filipino-Americans**

SPEAKER: Genalin A. Paglingayen, RN

- **Improving Adherence Rates for Postpartum Screening of Diabetes in Women with Gestational Diabetes Mellitus: An Evidence-Based Project**

SPEAKER: Alicia Hernandez Punsalan, FNP, MSN

- **Improving Military Mental Health by Exercising Mindfulness**

SPEAKER: Eve Poteet, DNP, NP-BC, RN

- **Homeopathy: A State-of-the-Science Review with Recommendations for Practical Therapies in Midwifery Practice**

SPEAKER: Amy Tinney, FNP-C, LM

3:15 pm – 6:15 pm **WORKSHOP** (space limited to licensed NPs)

- **Clinical Training Program for NEXPLANON®**

The training is suited both for providers who have never placed IUDs, as well as those who have experience with IUD insertions and removals, but who want to fine-tune their skills. The agenda for the training includes information about patient method selection, counseling and consent, techniques for the use of instruments during IUD placement, and instruction in the insertion of each type of IUD currently available in the U.S.

The training includes hands-on practice with pelvic models and computer simulators and proctoring by family planning experts. Advanced topics include management of side effects, tips for managing difficult placements, pain management principles for office procedures, and prevention and management of complications. Participants will learn how to establish a clinic flow conducive to the same-day insertion of IUDs.

The training is presented in collaboration with Bayer (Mirena, Kyleena, and Skyla), Medicines360 (Liletta), and CooperSurgical (Paragard).

SPEAKER: Rebecca Norwick, DNP

Tuesday, March 19, 2024

3:45 pm – 5:00 pm **IN-TRACK SESSIONS**

- **NPs Leading the Way in Digital Health and Healthcare Start-Ups**

This presentation, given from the perspective of an NP Chief Clinical Officer, offers insights and practical tips for becoming an NP entrepreneur/leader.

SPEAKER: Joseph Harrison, FNP, MSN

- **Don't Become a Case Study: NP Malpractice Data, Claim Scenarios, and Recommendations**

This session dives into the most frequent and financially severe claims against NPs. Claim scenarios and risk recommendations are offered to help create a safe environment.

SPEAKER: Roxanne Filson, Nurses Services Organization

- **Bariatric Surgery Care in the Primary Care Setting**

This presentation reviews bariatric surgery as a treatment modality for obesity and discusses the role of primary care in improving patient outcomes.

SPEAKER: Lori Wenz, MSN, NP-C

3:45 pm – 5:00 pm **RAPID FIRE SESSIONS**

- **Diagnostic Challenges of Two Types of Rare Orthopedic Lower-Leg Injuries**

Lower-leg injuries, such as a Maisonneuve or Lisfranc, can be commonly missed. This session explains how, if left untreated, these injuries can cause chronic pain and permanent disability.

SPEAKER: Jean O'Neil, DNP, FNP

- **Clinical Updates in Digital Diabetes and Weight-Loss Management**

This presentation addresses the current research and evidence-based practice in innovations in diabetes and weight management, discussing the clinical implications.

SPEAKER: Razel Bacuetes Milo, DNP, FNP, PhD

- **Atrial Fibrillation Management in Hispanic Adults**

This session explores the SDOH, select sociodemographic, and symptom burden in Hispanic adults compared to non-Hispanic adults with AFib who seek treatment.

SPEAKER: Tania Borja-Rodriguez, FNP, PhD

5:00 pm – 6:30 pm **Welcome Reception and Expo**

Greet old friends, make new connections, and take another spin through the Expo. It's a great way to celebrate the opening day of the conference.

6:00 pm – 7:30 pm **DEI AT WORK**

Health Justice Group Gatherings

With a focus on diversity, equity, and inclusion, CANP is pleased to host three affinity lounges designed to give NPs an opportunity to gather informally with colleagues in interactive safe spaces.

BIPOC – Created to address the specific challenges and concerns of people of color, this is the place to discuss experiences, build connections, and foster advocacy.

LGBTQIA+ – This space encourages the development of a support system through experiences, observations, ideas, and strategies.

Health Justice – An all-inclusive gathering, this is the place for productive conversations about equity in healthcare and anti-oppressive health justice work.

The lounges are open to all who wish to learn, contribute, network, and/or make friends. Join one or visit any group that is meaningful to you.

6:30 pm – 8:00 pm **Dinner Symposium**

SPONSORED BY AvionRx

Wednesday, March 20, 2024

7:30 am – 4:30 pm **Registration Open**

8:00 am – 9:00 am **Breakfast and Expo**

Start your day with a healthy combination of nourishment and enlightenment. Cultivate valuable connections at breakfast and explore all the vision the Expo has to offer.

9:15 am – 10:45 am **General Session**

- **Legislative Update**

SPEAKER: Kristy Wiese, CANP Legislative Advocate, Partner Capitol Advocacy

11:00 am – 11:30 am **Poster Session and Expo**

- **Lightening the Load: Identifying Opportunities to Improve Post Atrial Fibrillation Ablation Outcomes in Patients at Risk for Fluid Overload**

SPEAKER: Faith Halbert, AGNP

- **Improving Diabetes Care of Older Adults through Community Health Workers and a Telemedicine Access Model**

SPEAKER: Zyrene Marsh, DNP, FNP

- **Metabolic Profiles of Patients with Reduced vs. Preserved Ejection Fraction**

SPEAKER: Julie Graham, PhD, RN; Emlyn Mann, RN

- **Systematic Review of Apixaban for Atrial Fibrillation or Venous Thromboembolism in Patients with Obesity**

SPEAKER: Diem Chow, PharmD, CDCES

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

- **Exploring the Effect of Communication Issues on Diagnostic Failure through NP Malpractice Claims**

This presentation explains how to recognize contributing factors related to communication and illustrates where they occur in the diagnosis-related process-of-care framework.

SPEAKERS: Surani Hayre-Kwan, DNP, FNP; Jacqueline Ross, PhD, RN

- **Mindful Approaches to Delirium: Prudent Use of Antipsychotics and Consideration of Alternatives**

Addressing acute-care challenges, this session empowers NPs with delirium insights. The emphasis is on nonpharmacologic approaches and the balance of medication usage.

SPEAKER: Joseph Lyon, FNP, MSN, PMNP, RN

- **The "H" Word: A Hospice Primer for NPs**

This presentation outlines hospice-eligibility information and delineation of the hospice NP role, including how to have tough conversations and provide basic comfort care.

SPEAKER: Karen Ayers, ACNP

11:45 am – 1:00 pm **RAPID FIRE SESSIONS**

- **The Write Way: An Innovative Process-Improvement Project to Enhance the Quality of Progress Notes**

This session focuses on the use of novel templates and comprehensive note-writing guides to improve the quality of progress notes – a process that is enhanced by the added benefit of saving time.

SPEAKER: Hanz DeLeon, MSN

- **Novel "Fishy" Options for Enhancing Nurse Practitioner Skill and Confidence in Dermatologic Procedures and Suturing**

Designed to boost skills and increase confidence in both novice and experienced NPs, this presentation describes the use of scaleless catfish as a high-fidelity biologic tissue simulator for dermatologic procedures.

SPEAKER: Laura L Van Auker, DNP, FNP, MSN, NP-BC

- **Spotlight on Hidradenitis Suppurativa: Recognition, Treatment, and Emerging Therapies for a Challenging Inflammatory Skin Disease**

Hidradenitis suppurativa is an immune-mediated inflammatory disease of the skin that is often unrecognized or misdiagnosed. This session provides an overview of symptoms, signs, diagnostic criteria, epidemiology, and treatment.

SPEAKER: Wendy Peterson, FNP, NP-BC

Wednesday, March 20, 2024

1:00 pm – 3:00 pm Offsite Lunch

This is your time to take a break and do whatever you choose. Take advantage of the opportunity to explore the Downtown Disney District, offering fabulous food, shopping, and entertainment.

1:15 - 2:30 pm Lunch Symposium

SPONSORED BY AvionRx

3:15 pm – 4:30 pm IN-TRACK SESSIONS

- **Utilization of Common Dietary Supplements in Chronic Disease Management**

This presentation discusses the utilization of dietary supplements to manage common chronic conditions. The safety issues of the interaction of some supplements with known medications will also be reviewed.

SPEAKER: Glenmore Hendricks, DNP, NP-C

- **Breaking the Cycle: Deprescribing/Prescribing Best Practices and Geriatric Behavioral Health**

Geared to primary care providers, this session offers clinical pearls in medication selection, titration schedules, and target dose. It also addresses deprescribing dangerous medications in the geriatric population.

SPEAKER: Joseph Harrison, FNP, MSN

3:15 pm – 4:30 pm RAPID FIRE SESSIONS

- **Impressionable Dissemination of Clinical Tools**

This presentation provides analytical perspectives on how the manner in which clinical tools are conveyed ultimately strengthens their utilization in practice or misses the mark.

SPEAKER: Cesar Lecaros, AGACNP, MSN

- **Improving Patient Access to Care by Understanding Regulations Related to Scope of Practice**

Understanding current regulatory barriers at both the state and federal level – and advocating for change – will help NPs provide timely access to high-quality care, particularly as NP104 unfolds. This session takes a closer look.

SPEAKERS: Ron Billano Ordon, DNP, FNP, NP-BC; Deborah Wolff Baker, MSN, NP-BC

- **The Path to Clinician Educator: How to Get There and Why You Want to Be There**

This presentation describes the role and benefits of being a clinician educator, providing a pathway for clinicians to follow.

SPEAKER: Elizabeth Gatewood, DNP, FNP

3:15 pm – 6:15 pm WORKSHOP (separate fee required)

- **Cutting through the Smoke: Clearing the Air about Medicinal Cannabis**

This session provides a fundamental understanding of the use of cannabis in medicine, offering information on safety and utility in practice.

SPEAKER: Theresa Mallick-Searle, NP-BC; Eloise Theisen, NP

4:30 pm – 5:00 pm Poster Session and Expo

- **Improving the Mental Well-Being of Parents of Children with Developmental Disabilities: An Integrative Review**

SPEAKER: Claire B. Lazaro, MSN, NP-C, RN

- **Shoes Enthused: The Application of an Evidence-Based Practice Podiatry Consultation and Footwear Education in Older Adults Living with Diabetes**

SPEAKER: Alissa Gray, RN

- **Love Your Heart Passport**

SPEAKER: Evelyn G. Kelley, DNP, NP-C

Wednesday, March 20, 2024

5:15 pm – 6:30 pm IN-TRACK SESSIONS

- **Facilitating Inclusivity and Connection: Using a Restorative Mindset to Transform APRN Practice and Education**

This presentation highlights the foundational principles of restorative justice, explaining how they contribute to APRN practice and well-being while fostering an inclusive APRN community.

SPEAKERS: Kara Birch, DNP, FNP, NP-BC; Juri Sanchez

- **Functional Psychiatry: Getting to the Root Cause of Depression and Anxiety**

This session explores the meaning of functional psychiatry and its role in holistically addressing the root causes of depression and anxiety.

SPEAKER: Everest Goldstein, NP-BC

5:15 pm – 6:30 pm RAPID FIRE SESSIONS

- **The Green Conversation Continues: California Cannabis Policies and the NP**

Created for APRNs on the frontline caring for patients who use cannabis, this session provides a detailed explanation and understanding of cannabis legislation.

SPEAKER: Kim King, FNP

- **Eosinophilic Esophagitis: Identifying and Treating This Esophageal Disorder in the Primary Care Setting**

Eosinophilic esophagitis (EoE) is an allergic disorder, often misdiagnosed and resulting in treatment delays. This presentation includes a discussion of diagnosing and treatment options.

SPEAKER: Mary Clarke, NP-C

- **Fix Your Work and Fix Your Kids: Four Easy Steps to Increase Success through Gratitude**

This fun, interactive workshop teaches why and how four easy steps to express gratitude make work and home life more enjoyable and more successful.

SPEAKER: Megan G. Mayer

7:00 pm – 10:00 pm Evening Event

Held on the verdant and spacious Disneyland Hotel Adventure Lawn, this is the social event of the conference. A deejay will be on hand to spin tunes, so make sure to bring your dancing shoes. Food, drinks, and fun are definitely the order of the evening. The cost is \$50 per person, and a guest pass is \$75.

Thursday, March 21, 2024

6:15 am – 7:30 am Fun Run

We all know the power of endorphins, and there's no better way to get them pumping than with a bit of exercise with friends and colleagues. We'll gather in the lobby of the hotel and run or walk – your choice – 5k through the Downtown Disney District. Besides enjoying great company, you'll be dazzled by the absolute charm and whimsy of the area.

7:30 am – 5:00 pm Registration Open

8:00 am – 9:15 am Breakfast Symposium

SPONSORED BY Regeneron

8:30 am – 9:30 am Breakfast and Expo

Feed your body and your mind. Mingle with friends and colleagues over breakfast, and cruise through the spectacular Expo to discover new ways to enrich your practice and elevate patient care.

9:45 am – 10:00 am Poster Session and Expo

- **Implementation of Controlled Substance Agreements in an Outpatient Psychiatry Clinic**

SPEAKER: Bryana Weimer

- **Early Impact of Implementing an interdisciplinary Chronic Care Model for the Management of Type 2 Diabetes among Underserved Populations in the Primary Care Setting**

SPEAKERS: Nisa Patel, Vanessa Rodriguez, FNP

- **An Unexpected Cause of GERD in Infants**

SPEAKER: Marcia Harris-Luna

Thursday, March 21, 2024

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

- **Integrating Structural Competency into Advanced Practice Nursing Care**

Using case studies, this presentation discusses the integration of structural competency into APRN practice to improve understanding and response to structural inequities in patient care.

SPEAKERS: Kara Birch, DNP, FNP, NP-BC; Katerina Melino, MSN, PMNP

- **Skin Signs: The Dermatologic Manifestations of Systemic Diseases Every NP Should Know**

This session presents case reviews with photos of skin findings that signify underlying systemic diseases. The information provided will help foster recognition of clinical conditions that are an indication of the need for further action by the NP.

SPEAKER: Wendy Peterson, FNP, NP-BC

10:15 am – 11:30 am **RAPID FIRE SESSION**

- **Endometriosis Education Toolkit for Nurse Practitioners**

This presentation offers the endometriosis education toolkit, providing accessible resources for screening, diagnosis, treatment, and patient-education information in a convenient form to strengthen the provider/patient partnership.

SPEAKER: Rachel Hasbun, RN; Jo Loomis, DNP, FNP

- **Beyond the Basics: Culturally Responsive and Inclusive Menopause Care**

This session discusses evidence-based knowledge to identify and correct common misinformation about managing the menopause transition in daily practice.

SPEAKER: Nisha Nair, DNP, NP-BC

10:15 am – 1:15 pm **WORKSHOP** (separate fee required)

- **Conservative Sharp (Surgical) Debridement Procedure in Wound Care for the Primary Care Provider**

This presentation focuses on eligible wounds for debridement, explaining the use of different tools and sharp debridement techniques.

SPEAKER: Daniel Hallman, DPM, CWS, MS; Yen Le Phan, MSN, NP-BC

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

- **Delayed, Wrong, or Missed: Diagnostic Process Failure in NP Practice**

Diagnostic failure can lead to serious patient injury. This presentation focuses on the fact that NPs must reconcile relevant signs and symptoms and order appropriate tests, since these are the top drivers in diagnostic claims. Test selection is a key vulnerability.

SPEAKERS: Surani Hayre-Kwan, DNP, FNP; Jacqueline Ross, PhD, RN

- **Bendy Bodies: Ehlers-Danlos Syndrome Unmasked**

Ehlers-Danlos syndrome remains a mystery to even specialty clinicians. Much of this lecture will focus on the diagnostic criteria, comorbidities, and current treatment options.

SPEAKER: Theresa Mallick-Searle, NP-BC

- **Fatty Liver 101: What a Primary Care Provider Needs to Know**

This session is designed to help clinicians understand the implications of fatty liver disease, how to properly assess patients, and when to refer them to specialists.

SPEAKER: Lucy Mathew, ACNP, MSN

1:00 pm – 2:30 pm **Lunch and Expo**

This is your final opportunity to network over lunch, compare notes on the information you've gleaned, and take one last excursion through the dazzling Expo. (Don't be sad. It'll all happen again next year.)

Thursday, March 21, 2024

2:45 pm – 4:00 pm **IN TRACK SESSIONS**

- **Empowering APRN Students to Successfully Navigate Their Academic Journeys**
A panel of experienced academic nurse practitioners discusses competencies for graduate student success and management of external demands while navigating transition to practice.
SPEAKERS: Sarah Campbell, DNP, APRN, FNP-C; Deanna Jung, AGNP, DNP, NP-BC; Candice Whealon, DNP, NP-C
- **Child Abuse in a Post-Pandemic Context: Implications for NP Practice**
This dynamic and interactive presentation empowers nurse practitioners to better identify, care for, and advocate for children who are at risk or experiencing abuse.
SPEAKERS: Caroline Sandler, MSN, NP, RN; Kristi Westphaln, PhD, RN
- **Hypothalamus Dysfunction and Metabolic Disorders: Assessment and Treatment**
This session addresses how to assess and treat hypothalamus dysfunction to better improve health outcomes in type 2 diabetes, metabolic syndrome, and obesity.
SPEAKER: Deborah Maragopoulos, FNP
- **Aortic Disease: Evaluation, Management, and Long-Term Follow-Up in an APP-Led Clinic**
Effective aortic disease evaluation, management, and long-term follow-up are vital for patient well-being. This presentation reviews the importance of combining medical expertise, monitoring, and patient engagement for best outcomes.
SPEAKER: Michelle Lozada, NP-BC

4:15 pm – 5:30 pm **IN TRACK SESSIONS**

- **The Concussed Student Athlete: Prevention, Assessment, and Treatment**
Primary and acute care nurse practitioners need a strong working knowledge of concussions due to their urgent nature and threat to cognition. This session provides the tools needed to deal effectively with the concussed student athlete.
SPEAKERS: Genesis Callejas-Mir, FNP, MSN; Rebecca Norwick, DNP, FNP
- **Improving Obesity-Related Chronic Disease Outcomes: Developing Mastery of Nurse Practitioner Motivational Interviewing**
This presentation focuses on describing obesity care through the utilization of MI, EBP design, results, and implications for practice. Additionally, simple MI techniques will be discussed.
SPEAKERS: Razel Mio, DNP, FNP, PhD; Jodi Wilson, MSN, FNP-C, CEN, RRT
- **Reversal of Anticoagulation in Major Bleeding: A Review of Guidelines, Controversies, and Implications for the NP Practice**
Reversal of anticoagulants in major bleeding remains controversial. This session explains what the guidelines say and what should be done.
SPEAKER: Lars Gjerde, AGACNP, MSN

4:15 pm – 5:30 pm **RAPID FIRE SESSIONS**

- **Self-Care Practices for Advanced Practice Nurses: Burnout and Fatigue Prevention**
The presentation addresses the current research on burnout, compassion fatigue, and compassion satisfaction, discussing self-care strategies and organization resources available to providers.
SPEAKERS: Elvira Dominguez-Gomez, PhD, RN; Razel Bacuetes Milo, DNP, FNP, PhD
- **How to Help Patients Reset After an Unsuccessful Attempt at a Lifestyle Behavior Change**
This session presents the use of a straightforward repeatable process to help patients learn from each change attempt and enhance the successful integration of new healthful behaviors.
SPEAKER: RaShaye Freeman, DNP, FNP, NP-BC
- **Opportunity for NP104: Transition of Care in Chronic Wound Management**
This presentation highlights the collaborative efforts of an NP-led wound management team in an acute-care setting for an effective transition into community-based care.
SPEAKERS: Holly Kirkland-Kyhn, FNP, PhD; Ron Billano Ordon, DNP, FNP, NP-BC

5:30 pm **Conference Adjourns**

This activity is pending approval for up to 52.75 contact hours of continuing education (which includes 10 hours of pharmacology) by the American Association of Nurse Practitioners® (AANP). Activity ID# 8420416936. This activity was planned in accordance with AANP Accreditation Standards and Policies.