

Collaborate. Educate. Advocate.



43RD ANNUAL
EDUCATIONAL
CONFERENCE

APRIL 22-24, 2021
VIRTUAL CONFERENCE

SUPPORTED BY 

CANP

CALIFORNIA ASSOCIATION
FOR NURSE PRACTITIONERS

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- Adult medical/primary care and family practice account for **53.7%** of all malpractice claims
- **\$4,441** is the average cost to defend your license in front of the state licensing board

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*Nurse Practitioner Claim Report, Fourth Edition 2017.

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Welcome



As president of the California Association for Nurse Practitioners (CANP), I am pleased to welcome you to the 43rd Annual Educational Conference. Although we have opted to hold the event virtually this year for the safety of all, it remains the place where the future of health care is addressed and defined.

Our theme – Collaborate. Educate. Advocate. – is a true reflection of CANP’s mission. Annually, we gather to share ideas and provide access to information that affects our industry. Throughout the year, we advocate on behalf of the more than 26,000 NPs in the state of California to help ensure the advancement and authority of our profession. This is what we do, and it is what we will continue to do.

Despite the change in format, this year’s conference offers abundant opportunities. You’ll hear from the experts and gain inspiration from a wealth of success stories. You’ll network and socialize for both professional and personal growth. You’ll have access to an interactive expo.

We at CANP look forward to sharing an edifying, engaging, and enlightening conference with you.

Patti Gurney, MSN, NP-BC
President, CANP Board of Directors



CHCF

The California Health Care Foundation Is Proud to Support the California Association for Nurse Practitioners' 43rd Annual Educational Conference

Read our research that explores how to address the state's shortages of primary care and behavioral health providers to maximize the role of nurse practitioners and to expand their practice authority.

View the collection at www.chcf.org/nursepractitioners

LOG IN AND PREPARE TO BE DAZZLED FROM A DISTANCE

Education and motivation await you at the CANP Annual Conference. To get started, click [here](#). Enter the email address you used to register (ignore the social media options), set your password, and create your profile.

If you're on the go, you can download the Socio Event mobile app [here](#).

- Once you've installed the app, enter the email address you used to register, set your password, and create your profile.
- Search for Nurse, tap the California Association for Nurse Practitioners, then tap JOIN.

CONTINUING EDUCATION CONTACT HOURS

This activity is approved for 50 contact hour(s) of continuing education (which includes 10.75 hours of pharmacology) by the American Association for Nurse Practitioners (AANP). Activity ID 21044863. This activity was planned in accordance with AANP CE Standards and Policies.

POST-TEST AND EVALUATIONS

To receive CE and Rx credit, it is necessary to complete and pass a post-test with a minimum score of 70%. Each post-test includes a session evaluation.

1. Go to [canpweb.org](#).
2. Click [Log In](#).
3. Click on [Events](#), then [Annual Educational Conference](#), then [Post-Test](#).
4. Complete the Post-Test for the sessions you attended and click [Submit](#).

ACCESSING YOUR CE CERTIFICATE

1. Go to [canpweb.org](#).
2. Click [Log In](#).
3. Click [My Account](#), then [My Continuing Education](#).
4. Click [Print](#) next to one of the sessions you attended.

Note: The certificate will print your total number of CE and Rx credits earned. You do not need to print a certificate for each session attended.

VIRTUAL NETWORKING LOUNGES

Friday, April 23 12:00 pm – 1:00 pm

Practice-specialty lounges afford an opportunity to chat with NPs about their areas of expertise. It's the perfect place to forge valuable connections and develop lasting friendships. Featured topics include:

- Acute Care
- Pediatrics
- Primary Care
- Psychiatry/Mental Health
- Women's Health

INTERACTIVE SAFE SPACES

Saturday, April 24 12:15 pm – 1:00 pm

BIPOC NP Networking – Exclusively for NPs who belong to Black, Indigenous, Latinx, Asian/Pacific Islander, and/or other communities of color, this is the place to discuss experiences, build connections, and develop strategies of support.

LGBTQIA+ NP Networking – Created to facilitate networking among NPs who belong to LGBTQIA+ communities, this space encourages the development of a support system through shared experiences and strategies.

NP Health Justice Networking – This networking lounge is for NPs who wish to engage in anti-oppressive health justice work — such as anti-racist, anti-transphobic, anti-ableist, anti-homophobic, and anti-classist — within CANP and the NP profession. NPs new to intersectional health equity work are welcome.



The CANP Political Action Committee (PAC) is a bipartisan effort dedicated to supporting state legislative candidates that are advocates for nurse practitioners. Aggregating contributions from numerous individuals into a single fund allows us to support candidates and issues that represent our best interests.

Your donation can make a difference that affects us all, so please show your support by clicking [here](#).

Donors will be entered into a raffle for fabulous prizes:

- \$500 Amazon Gift Card
- Designer Handbag
- One week stay at a beachfront condo in San Diego

Winners will be announced on May 28.



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“Our purpose is to better every life we touch through the way we care.”

Keynote Presentations



Friday, April 23 1:15 pm – 2:30 pm

The Business of Nursing

SPEAKER: Dr. Scharmaine Lawson, FNP, FAANP, FAAN

Dr. Scharmaine Lawson, a nationally recognized and award-winning nurse practitioner, is a Fellow of the American Academy of Nursing, Fellow of the American Association of Nurse Practitioners, and the winner of the 2013 Healthcare Hero award. She is the author of *Housecalls 101: The Only Book You Will Ever Need to Start Your Practice* and the creator of The Housecall Course, both of which teach clinicians how to develop and maintain a housecall practice to increase access to health care in their communities. She has also written the children's book series *Nola the Nurse*, which introduces four- to eight-year-olds to advanced practice nursing and fosters cultural sensitivity via multi-ethnic characters and their worldwide adventures. Her conference keynote address is entitled "The Business of Nursing."



Saturday, April 24 9:00 am – 10:15 am

Legislative Update

SPEAKER: Kristy Wiese, CANP Legislative Advocate

For more than a decade, Kristy Wiese has been a driving force in CANP's hard-fought battle for NPs to practice without physician supervision and to care more directly for patients. Wiese served as a catalyst for our collective efforts that paved the way to the most significant legislative win in CANP history. As the organization's longtime legislative advocate, she led the Close the Provider Gap coalition of more than 80 partner organizations in support of AB 890. Although AB 890 became law on January 1, 2021, there is more work to do. Wiese's presentation will discuss details of AB 852, goings-on at the Board of Registered Nursing, effects of a recall election on CANP's ongoing policy agenda, and the future of the health care industry.

Symposiums

Thursday, April 22 6:00 pm – 7:00 pm

SPONSORED BY 

Spotlight on XCOPRI® (cenobamate tablets) CV for the Treatment of Partial-Onset Seizures in Adult Patients

This program discusses the XCOPRI clinical development program, the efficacy and safety of XCOPRI, and considerations when initiating use.

SPEAKER: Bethany Thomas, CRNP Penn Epilepsy Center, Hospital of University of Pennsylvania

Friday, April 23 7:00 am – 8:00 am

SPONSORED BY 

Minimizing the Burden of Influenza: New and Emerging Strategies

Differentiating influenza from COVID-19 and other mimickers — and treating high-risk patients in a timely manner to avoid overburdening the health care system — has never been more relevant. This timely, expert-led CME program features case studies that cover current data and guideline recommendations on influenza testing, diagnosis, and antiviral treatment.

SPEAKER: Ruth M. Carrico, PhD, DNP, FNP-C, CIC, FSHEA, FNAP

Friday, April 23 5:00 pm – 6:00 pm

SPONSORED BY 

Hidden in Plain Sight: Recognizing Manageable Genetic Conditions

This session is an introduction to lysosomal storage disorders (LSDs) and an overview of five LSDs: Gaucher disease, acid sphingomyelinase deficiency (ASMD), Pompe disease, mucopolysaccharidosis type 1 (MPS I), and Fabry disease.

SPEAKERS: Jie Feng, MS, LCGC; Stefanie Uhrich, MS CGC

Saturday, April 24 7:45 am – 8:45 am

SPONSORED BY 

Progression of Chronic Kidney Disease: Opportunities for Prevention, Intervention, and Mitigation

Recognizing the health burden and prevalence of chronic kidney disease (CKD) is critical. This presentation explains CKD risk factors and the progressive nature of renal function decline. Topics discussed include identifying the risk of CKD in patients with T2D, screening and monitoring recommendations, and current approaches to the management of CKD.

SPEAKER: Holly Snyder, MSN, FNP-C

Poster Presentations

Before the Ball Drops: A DNP Student-Led, Evidence-Based Practice Project to Reduce Hospital Readmissions for Heart Failure Patients

PRESENTER: Shalaine Corbilla BSN, RN

College Health HPV Immunization Program: Increasing Human Papillomavirus Immunization in 19- to 26-year-olds through Social Media

PRESENTER: Catherine Tanner, DNP FNP

Creating Nurse Practitioner Leadership from the Ground Up

PRESENTERS: Wendy Miyares, MSN, NP-C; Kathryn Cronin, MSN, NP-BC

Efficacy of Telehealth Modalities in Medication Adherence for Older Adults

PRESENTER: Mitchell Adrian C. Siy, BSN, RN, PHN

Global Study on the Patient Perspective of the Quality of Care Provided by Walk-In Clinics

PRESENTER: Kimberly Navarro, NP-BC

Health Promotion Following a Lifestyle Program to Prevent the Progression of Prediabetes in Hispanic Adults: A Feasibility Study

PRESENTER: Tania Borja-Rodriguez, FNP, MSN, RN, PhD student

Implementation of the CDC Pre-Diabetes Risk Test in the Medical Weight-Loss Setting

PRESENTER: Gabriela Maria Miller, RN

Implementing PEARLS in a Federally Qualified Health Center

PRESENTER: Melody Albarran-Slovin, RN

Improving Identification of Adherence to Seniors-at-Risk Screening Tools to Identify Emergency Department Readmissions in Older Adults

PRESENTER: Joy Gao, RN

Increasing Physical Activity in Children and Adolescents During the COVID-19 Pandemic

PRESENTER: Alyssa Plisic, RN

Osteoporosis: Increasing Screening and Treatment for the Postmenopausal Woman

PRESENTER: Karen D. French, FNP-C, DNP

Perceived Provider Knowledge and Self-Efficacy in Screening College Students for Food Insecurity

PRESENTER: Julie Poepoe, DNP, FNP, RN

The Relationship of Metabolic Syndrome and Health Behaviors Among Hispanic Women

PRESENTER: Edna Esquer, NP-BC

Sunscreen Use and Screening: An Evidence-Based Pilot Project

PRESENTERS: Nicole Brustkern, BSN, RN, CPN, DNP-S; Dr. Sharon Kaye Boothe-Kepple, FNP, MSN, PhD

The Use of Teledermatology to Increase Access to Care in Rural Washington State

PRESENTER: Samantha Norris, DNP, FNP, NP-C, RN

Using a Multidisciplinary Evidence-Based Continuum Care Model to Re-Engage Young Adults Living with HIV

PRESENTER: Lisa Tran, DNP, MSN, FNP-C, RN

Weight-Reduction Education in Osteoarthritis Patients Through Nurse Practitioner-Driven Education and Follow-Up

PRESENTER: Caoilfhionn Mulvey, RN, OCN

THURSDAY, APRIL 22, 2021

12:00 pm – 1:15 pm **PRE-CONFERENCE SESSIONS**

Unfolding the Mysteries of Amyloidosis

Amyloidosis is a rare disease caused by the misfolding of amyloid protein fibers that deposit in various parts of the body. Without treatment, life expectancy is as low as six months. This session unfolds some of the mysteries of amyloidosis through a case-based approach – reviewing prevalence, types of the disease, diagnosis, and management. The intent is to enable nurse practitioners to promote early detection and prompt referral.

SPEAKERS: Elizabeth McGee, NP-BC; Desiree Covey, AGNP
CE: 1.25 **RX:** 0.50

Reversal of Anticoagulation in Major Bleeding: A Pharmacology Update

An urgent need exists for evidence-based strategies to reverse the effect of direct oral anticoagulants (DOAC) in cases of major bleeding. With the availability of a specific, but very expensive, reversal agent for dabigatran and rivaroxaban, health systems have to make important medical, ethical, and financial decisions regarding their strategies. This presentation provides important safety implications for acute-care providers and those who prescribe these anticoagulants in the outpatient setting.

SPEAKER: Lars Gjerde, MSN, NP-BC
CE: 1.25 **RX:** 1.25

Venous Ultrasound: Deep Venous Thrombosis Image Review and Interpretation for Nurse Practitioners

This lecture provides a basic review of ultrasound physics, instrumentation, relative anatomy, and technical examinations of lower extremities for evaluation for deep venous thrombosis. A review of ultrasound images and studies is conducted in a proctored environment. Participants will learn to recognize both normal and abnormal examination findings.

SPEAKER: Dr. Jeremy Flowers, DNP
CE: 1.25 **RX:** 0

Delirium Screening and Prevention in Older Adult Post-Acute-Care Patients

This session highlights the results of a quality improvement project designed to implement and evaluate an evidence-based, delirium-prevention protocol in a post-acute care facility in Northern California. The results suggest that implementation of the easy-to-use protocol can change the daily practice of nurses and certified nursing assistants and has the potential to decrease the incidence of new-onset delirium.

SPEAKER: Rebecca Spear, DNP, ARNP, AGPCNP-BC
CE: 1.25 **RX:** 0

Medication and Cognitive Behavioral Therapies for Children and Adults with ADHD

Although many nurse practitioners are familiar with the various medications used to treat attention deficit/hyperactivity disorder (ADHD), studies report that most are uncomfortable with prescribing stimulant therapies and are unaware of the importance of psychosocial treatments. This presentation reviews the latest scientific information and management interventions for ADHD in pediatric and adult populations. New understandings of ADHD, including the latest epidemiological data and review of pharmacology, are also addressed.

SPEAKER: Dr. Ryan J. Kennedy, DNP, NP-C
CE: 1.25 **RX:** 0.75

6:00 pm – 7:00 pm **Pre-Conference Symposium**

SPONSORED BY SK Life Science, Inc.

Spotlight on XCOPRI® (cenobamate tablets) CV for the Treatment of Partial-Onset Seizures in Adult Patients

This program discusses the XCOPRI clinical development program, the efficacy and safety of XCOPRI, and considerations when initiating use.

SPEAKER: Bethany Thomas, CRNP Penn Epilepsy Center, Hospital of University of Pennsylvania



FRIDAY, APRIL 23, 2021

7:00 am – 8:00 am

Breakfast Symposium

Minimizing the Burden of Influenza: New and Emerging Strategies

SPONSORED BY Paradigm Medical Communications, LLC

Differentiating influenza from COVID-19 and other mimickers — and treating high-risk patients in a timely manner to avoid overburdening the health care system — has never been more relevant. This timely, expert-led CME program features case studies that cover current data and guideline recommendations on influenza testing, diagnosis, and antiviral treatment.

SPEAKER: Ruth M. Carrico, PhD, DNP, FNP-C, CIC, FSHEA, FNAP

7:00 am – 8:00 am

Networking and Expo

8:15 am – 9:30 am

IN-TRACK SESSIONS

Pediatric Nutrition: Sorting through Hype, Fads, and Updated Best Practices for Real-World Application

Proper nutrition is essential for optimal growth and development in children, and nurse practitioners must help parents distinguish between over-hyped fads and science-based advice. In this presentation, a registered dietician and pediatric NP provide resources and diagnostic tools to help NPs provide sound nutritional advice. Specifics include recommendations for those on vegan, vegetarian, dairy-free, and gluten-free diets. Also addressed are recommendations for calcium, vitamin D, and iron, as well as information on rare diagnoses that require nutritional intervention.

SPEAKERS: Patricia Gurney, MSN, NP-BC; Marsha Martin Lewis, MPH, RDN, CDE, LD

CE: 1.25 RX: 0

Prevalence of Gynecologic Conditions Discovered During Well-Woman Examinations

This retrospective chart review of women aged 40-plus reveals that gynecologic conditions are often discovered during well-woman exams. The study took place at an urban, hospital-based clinic and comprised women who presented for routine exams. Most were Hispanic and underserved, and new gynecologic conditions were discovered in more than half of them. This session includes an analysis of 283 charts and emphasizes the role of nurse practitioners to promote health and well-being across the lifespan.

SPEAKER: Dr. Cynthia Sanchez, DNP, FNP-C

CE: 1.25 RX: 0

“Don't Bug Me!” Arthropod Bites, Stings, and Vector-Borne Diseases

Arthropods, the most numerous class of animals on the planet, are responsible for a significant burden of disease worldwide. This presentation reviews the range of medically significant species of insects, spiders, and other arthropods native to North America, as well as species that have been introduced or migrated from other parts of the world. It also examines the pathophysiology, evaluation, current evidence-based medical management, and pharmacologic treatment of bites and stings by these creatures.

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

CE: 1.25 RX: 0.25

Using Malpractice Claims Data to Identify Risks in NP Practice

Malpractice data can reveal clinical patterns that contribute to medical errors, enabling nurse practitioners to more accurately identify gaps in patient safety programs and make improvements to their practice. This presentation provides insights into liability exposure based on specialty, location of loss, allegation, and injury. It also includes claim scenarios and risk recommendations to help create a safe environment for NPs and their patients.

SPEAKER: Roxanne Filson, NSO; Lynn Pierce, CNA

CE: 1.25 RX: 0

AB 890: Peer Review and 805 Reporting

AB 890 has created a new requirement — the 805 report — for reporting nurse practitioners if a peer review determines that the licensee's competence or conduct is likely to be detrimental to patient safety or care. This session reviews the requirements for filing a report and explains what happens after it has been filed. The information provided is particularly important for anyone who is a supervisor or administrator over NPs, serves on an interdisciplinary practice committee, or is involved in an organized medical staff.

SPEAKERS: Dr. Garrett Chan, PhD, NP, CNS, FCNS, FAAN; Katherine M. Dru, Esq.

CE: 1.25 RX: 0

FRIDAY, APRIL 23, 2021 (continued)

9:30 am – 10:00 am **Break**

10:00 am – 11:15 am **IN-TRACK SESSIONS**

Where Do California NPs Go from Here? The Legal Implications of AB 890

The passage of AB 890 will undoubtedly change the landscape for nurse practitioners throughout the state. This presentation discusses the opportunities that lie ahead for NPs, outlining how to approach and integrate these potential benefits while protecting the NP license. Topics include the current effect AB 890 has on an NP practice and what the future holds.

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

CE: 1.25 RX: 0

2020 Update: Allergic Rhinitis Best-Practice Guidelines for Improved Health and Quality of Life

In new joint guidelines, the American Academy of Allergy, Asthma, and Immunology and American College of Asthma, Allergy, and Immunology report that 35 to 50 percent of individuals with allergic rhinitis (AR) express at least moderate effect on daily function due to symptoms. Using a case-based format, this session reviews the new 2020 best-practice guidelines for management of AR for improved health and quality of life.

SPEAKERS: Dr. Laura L. Van Auker, DNP, APRN, FNP-BC, SN-C; Amber Ramage, MSN, NP-CC;

Dr. Kathryn E Sexson, PhD, APRN, FNP-BC

CE: 1.25 RX: 1.0

Democratizing Knowledge in Diabetes Specialty Care in the Primary-Care Setting

Project ECHO Diabetes is an educational and outreach model created to empower primary care providers to administer best-practice diabetes care to their underserved patients. Those recruited for the project indicated greater confidence in their management of type 1 diabetes following implementation of the ECHO model, which is being expanded to include type 2 diabetes. This session highlights how participation in the project can improve outcomes for patients and increase knowledge and confidence among providers.

SPEAKERS: Nicolas Cuttriss, MPH; Magdalena Ford, FNP, MSN, RN

CE: 1.25 RX: 0

Creating Nurse Practitioner Leadership from the Ground Up

The Nurse Practitioner Advisory Council was created as part of an effort to restructure the organizational approach to advanced practice providers as a result of a 2019 study commissioned by Los Angeles County Department of Health Services. This presentation explains how a collaborative workgroup fosters professional and leadership opportunities for nurse practitioners by creating community, encouraging growth, and involving them in leadership at organizational and local levels.

SPEAKERS: Kathryn Cronin, MSN, NP-BC; Wendy Miyares, MSN, NP-BC

CE: 1.25 RX: 0

Life-Sustaining Treatment Decisions Initiative

The Life-Sustaining Treatment Decisions Initiative (LSTDI) is a national VHA project that promotes personalized, proactive, patient-driven care for veterans with serious illness. Its goal is to determine patient preferences and document individuals' values and goals as they approach end of life. This session examines how the LSTDI provides a platform for patients and clinicians to comfortably discuss, record, and honor the patient's chosen method of care in times of emergency.

SPEAKERS: Dr. Y. Michelle Fang, DNP, FNP-C, RN; Dr. Shelly De Peralta, DNP, MSN, NP-C, RN

CE: 1.25 RX: 0

11:15 am – 12:00 pm **Networking and Expo**

12:00 pm – 1:00 pm **Practice-Specialty Networking Lounges**



FRIDAY, APRIL 23, 2021 (continued)

1:15 pm – 2:30 pm **Opening General Session and Keynote
The Business of Nursing**

Join us for the Opening General Session featuring CANP President **Patti Gurney**, CANP President Elect **Cynthia Jovanov**, NSO Account Executive **Roxanne Filson**, and Heritage Provider Network's **Jennifer Dixon** and **Ashleigh Rodriguez** before we hear from Keynote Speaker **Dr. Scharmaine Lawson**.

We're thrilled that **Dr. Scharmaine Lawson**, a nationally recognized and award-winning nurse practitioner and entrepreneur from New Orleans, will be sharing her keys to success in "The Business of Nursing." **Dr. Lawson** is the author of *Housecalls 101: The Only Book You Will Ever Need to Start Your Practice* and the creator of The Housecall Course, both of which teach clinicians how to develop and maintain a housecall practice to increase access to health care in their communities. She also has written the children's book series *Nola the Nurse*, which introduces four- to eight-year-olds to the world of advanced practice nursing. The books foster cultural sensitivity via multi-ethnic characters and their adventures around the world. You'll be able to ask **Dr. Lawson** your most pressing questions during the Q&A!

SPEAKER: **Dr. Scharmaine Lawson**

2:30 pm – 3:00 pm **Break**

3:00 pm – 4:15 pm **IN-TRACK SESSIONS**

Pediatric Allergies and Respiratory Health

This presentation addresses pediatric allergic diseases and discusses the importance of the current state of respiratory health as it pertains to the COVID-19 era. National Institutes of Health asthma guidelines are reviewed – specifically pertaining to impairment, risk, and assessment – and treatment options are discussed.

SPEAKER: **Gabriel R. Ortiz, MPAS, PA-C, DFAAPA**

CE: 1.25 RX: 0

AB 890's Impact on NP Independent Practice in Health Care Systems, Agencies, Clinics, and Other Settings

With the passage of AB 890, two new categories of nurse practitioners were established. The category 103 NP allows NPs to work independently and within a defined scope of practice in specified clinical settings. This interactive session reviews the law, discusses the required governmental action to implement it, and addresses the implications for NPs and health care agencies.

SPEAKERS: **Dr. Garrett Chan, PhD, NP, CNS, FCNS, FAAN; Dr. Susanne J. Phillips, DNP, FNP**

CE: 1.25 RX: 0

EKG and Heart Rhythm Analysis

This course provides an overview of EKG interpretation, explaining how to differentiate between normal and abnormal readings. Attendees will learn how to identify lead misplacement, evaluate for ischemia, and recognize arrhythmias. Discussions include treatment for EKG abnormalities and when to consult cardiology. An added bonus offers quick tips and clinical cardiology pearls.

SPEAKER: **Kimberly A. Godsey, AGNP**

CE: 1.25 RX: 0.25

Reproductive Grief Care Provided by the Advanced Practice Professional

Approximately two million couples experience reproductive loss every year in the U.S. Although their grief often leads to chronic mental health issues, patients frequently report a lack of emotional validation by health care providers. This presentation helps equip advanced practice professionals with the skills necessary to assess reproductive grief and communicate more empathetically through supportive communicative modalities.

SPEAKER: **Kathryn R. Grauerholz, MSN, NP-C**

CE: 1.25 RX: 0

Wildfires: Short- and Long-Term Considerations in Health Care

Wildfires have become a normal part of California's environment, leading to poor air quality, increased acute medical visits, and potential long-term health consequences. In addition to a discussion of California wildfires, this presentation addresses the short- and long-term health implications of diminished air quality and the management of respiratory symptoms that are often the result.

SPEAKERS: **Dr. Lena Jesrani, DNP, FNP; Dr. Reena Haymond, DNP, FNP**

CE: 1.25 RX: 0



5:00 pm – 6:00 pm **Symposium**

SPONSORED BY Sanofi Genzyme

Hidden in Plain Sight: Recognizing Manageable Genetic Conditions

This session is an introduction to lysosomal storage disorders (LSDs) and an overview of five LSDs: Gaucher disease, acid sphingomyelinase deficiency (ASMD), Pompe disease, mucopolysaccharidosis type 1 (MPS I), and Fabry disease.

SPEAKERS: Jie Feng, MS, LCGC; Stefanie Uhrich, MS CGC

SATURDAY, APRIL 24, 2021

7:45 am – 8:45 am **Breakfast Symposium**

SPONSORED BY Astra Zeneca

Progression of Chronic Kidney Disease: Opportunities for Prevention, Intervention, and Mitigation

Recognizing the health burden and prevalence of chronic kidney disease (CKD) is critical. This presentation explains CKD risk factors and the progressive nature of renal function decline. Topics discussed include identifying the risk of CKD in patients with T2D, screening and monitoring recommendations, and current approaches to the management of CKD.

SPEAKER: Holly Snyder, MSN, FNP-C

9:00 am – 10:15 am **Closing General Session, NP of Distinction Award Presentation & Legislative Update**

Some might say we saved the best for last. Join us for the Closing General Session where CANP President Elect Cynthia Jovanov will present Dr. Garrett Chan with this year's NP of Distinction Award for his demonstrated excellence in furthering the nurse practitioner role through legislative efforts and clinical application.

You'll also hear from CANP's powerhouse Legislative Advocate, Kristy Wiese, regarding the latest details on AB 890 bill implementation, including the challenges, opportunities, and expectations that lie ahead. CANP is marching forward – focused both legislatively and through the regulatory process at the Board of Registered Nursing – to ensure that the full intent of AB 890 is achieved. Wiese will also provide an overview of other health care related developments in the State Capitol, and how those may impact us as nurse practitioners.

SPEAKER: Kristy Wiese, CANP Legislative Advocate

10:15 am – 10:45 am **Break**

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

AB 890's Impact on NP Entrepreneurs to Meet Health Care Access Needs

With the passage of AB 890, nurse practitioners were divided into two categories. The category 104 NP allows NPs to work independently and within a defined scope of practice in areas that are outside the settings listed for 103 NPs. This interactive session reviews the law, discusses the required governmental action to implement it, and addresses the implications for NP entrepreneurs to provide health care access.

SPEAKERS: Dr. Garrett Chan, PhD, NP, CNS, FCNS, FAAN; Dr. Susanne J. Phillips, DNP, FNP

CE: 1.25 RX: 0

The Ketogenic Diet: It's Not Just a Fad

While ketogenic diets may not be the cure-all touted on social media, research shows that ketones are linked to a broad spectrum of health benefits. This session summarizes the scientific evidence for, and practical use of, ketogenic diets. Topics include ketone terminology, ketone metabolism and function, and adaptations associated with ketogenic diets. Clinical evidence supporting the use of ketogenic diets in various clinical disorders – with an emphasis on metabolic conditions such as type 2 diabetes, obesity, and metabolic syndrome – is also presented.

SPEAKER: Emalee Corbera MSN, FNP-BC, ADM-BC, CKNS

CE: 1.25 RX: 0



SATURDAY, APRIL 24, 2021 (continued)

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

**Lessons from the U.S./Mexico Border During the COVID-19 Pandemic:
The ICU Nurse Practitioner Experience**

Scripps Mercy Hospital Chula Vista serves an underfunded and underrepresented community. When COVID-19 struck, the ICU was unprepared for the massive influx from the area. The system leaned heavily on its ICU nurse practitioners, who provided full care to their patients for nearly four months with little relief. This session discusses lessons learned regarding lab work, mechanical vent support, social challenges, the loss of the interdisciplinary team, and workers' mental health.

SPEAKER: Dr. Charlotte Thomas, DNP
CE: 1.25 RX: 0

12:15 pm – 1:00 pm **Interactive Safe Spaces**

1:15 pm – 2:30 pm **IN-TRACK SESSIONS**

"My Pill Can Do What?" Non-Contraceptive Benefits of Hormonal Contraception

Hormonal contraceptives serve as treatment for various common medical conditions. This presentation reviews the evidence for using combined hormonal contraceptives, progestin IUDs, implants, and injectables for the treatment of gynecological and endocrine disorders. Also considered are the cancer-risk-reduction properties of these medications. The focus is on pharmacology, with attention to dosing, contraindications, medication interactions, and side effects.

SPEAKERS: Michalle Ramirez, FNP, MSN, NP-C; Becca Neuwirth, NP-BC, NP-C
CE: 1.25 RX: 1.25

The Reliability and Efficacy of Telepsychiatry and Mobile Applications in the Treatment of Sexually Traumatized Females from Silent Cultures

Telepsychiatry brings quality health care directly to patients. Although it is particularly useful for those who live in rural areas, it is not a one-size-fits-all solution. This session educates, informs, and raises awareness regarding the use of mobile and web-based technology as adjunct treatment and monitoring tools for female patients with trauma from sexual molestation.

SPEAKER: Dr. Princess Stephanie Fumi Hancock, DNP, PMHNP-BC
CE: 1.25 RX: 0

AB 890 and Standardized Procedures

Nurse practitioners currently operate under standardized procedures that confer the legal authority to practice. With the passage of AB 890, two new categories of nurse practitioners have emerged. Informally called 103 NP and 104 NP, they created a legally defined scope of practice in law. This session reviews the three categories of NPs and the impact AB 890 has on standardized procedures and NP practice in California.

SPEAKERS: Dr. Garrett Chan, PhD, NP, CNS, FCNS, FAAN; Dr. Susanne J. Phillips, DNP, FNP
CE: 1.25 RX: 0

Transgender 101: Creating a Safe Space

It is essential to create a safe, comfortable, and inviting space for LGBTQ+ patients in the health care setting. This session is the first step toward developing the competency to meet the needs of this population. Topics reviewed include gender and sexuality, the importance of proper pronoun use, common terminology, and health risks of LGBTQ+ individuals.

SPEAKER: Jeffrey D. Vu, MS, RN, FNP-BC
CE: 1.25 RX: 0

2:30 pm – 3:00 pm **Break**



SATURDAY, APRIL 24, 2021 (continued)

3:00 pm – 4:15 pm **IN-TRACK SESSIONS**

Antibiotics Update 2021: Interventions and Treatments

Highly resistant bacteria are responsible for many hospital-acquired infections. It is vital for health care providers to understand the cellular mechanisms through which bacteria become resistant. This session provides research-based information on managing the use of antimicrobial agents and minimizing iatrogenic infections in the chronically ill, elderly, and general population. It also addresses responsible care for patients in an age of widespread bacterial and viral resistance.

SPEAKERS: Dr. Mary Wyckoff, PhD, RN, NNP-BC, FNP-BC, ACNP-BC, CCNS, CCRN, FAANP;
Dr. Rebecca Rogers, DNP, APRN, FNP-BC

CE: 1.25 RX: 1.25

Concussion: An Individualized Approach to Care

Mild traumatic brain injury, commonly called concussion, occurs when the impact of the brain against the skull causes functional damage. Concussion is a complex injury that can have far-reaching consequences and requires an individualized treatment plan. This session is designed to improve the professional's understanding of the concussive injury and describe how Nurse Practitioner's play a significant role in prevention, recognition, and recovery.

SPEAKER: Rebecca Pifer, MSN, BSN, NP-BC, RN-BC, RN-FA

CE: 1.25 RX: 0

Transgender 102: Medical Treatment of the Gender-Diverse Individual

It is a sad fact that more than 50 percent of transgender patients feel the need to educate clinicians on their health care needs. This presentation reviews clinical treatment of the gender-diverse patient, helping nurse practitioners appropriately address gender-affirming care. Topics discussed include taking sexual health history, PrEP and PEP treatment, hormone replacement therapy, puberty suppression treatment, and gender-affirming surgical options.

SPEAKER: Jeffrey D. Vu, MS, RN, FNP-BC

CE: 1.25 RX: 1.0

Optimizing Pediatric Cardiac Care in the Office and Emergency Department

In many instances, seemingly benign symptoms can indicate critical illness. The pediatric patients in the case studies presented here appeared relatively well and were considered for discharge from the emergency department. However, all ultimately required resuscitative measures, and some even needed ECMO support. This session includes a discussion of warning signs to look for that might indicate a higher probability of rapid deterioration.

SPEAKER: Dr. Vanessa Kalis, DNP

CE: 1.25 RX: 0.25



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COVID-19 and the Disenfranchised

During the pandemic, it has become clear that systemic racism and disparities in access to finances and health care are intertwined. Consequently, those who lack both are the most susceptible to the virus. This presentation evaluates the effects COVID-19 has on people of color, the economically disenfranchised, and high-risk communities. It also explores historical, social, and economic factors that contribute to the problem and offers ways to address them.

SPEAKER: Keith A. Montgomery, FNP, MSN, NP-BC, RN
CE: 1.25 **RX:** 0

Genital Mycoplasma: Unrecognized, Poorly Understood, and Morbid Sexually Transmitted Infections

Genital mycoplasma infections are a significant source of morbidity for both women and men. Although these organisms can cause a host of medical issues, they are rarely detected and poorly understood. Because recognizing and treating genital mycoplasma will relieve a significant amount of human suffering, this session presents case histories explaining how to identify, diagnose, and remedy these infections.

SPEAKER: Christine Betzold, MSN, NP
CE: 1.25 **RX:** 0.75

Oh, No! Can She Still Breastfeed on that Medication?

This presentation discusses the effects of medications on lactation in terms of their pharmacodynamics, excretion into milk, and absorption by the infant. Topics include legal and illegal substances, over-the-counter and prescription drugs, contraindicated medications, and those that may interfere with lactation. Attendees will be directed to resources that can guide them to caring for nursing dyads and managing breastfeeding and weaning with competence.

SPEAKER: Christine Betzold, MSN, NP
CE: 1.25 **RX:** 0.75

Osteoporosis: Time to Screen and Treat

One out of three women worldwide is at risk for osteoporotic fractures, yet fewer than 25 percent of postmenopausal women in the U.S. undergo screening. The importance of identifying high-risk women cannot be overstated, and education on prevention is essential for younger women. This session addresses the pathophysiology of the disease and offers a review of new medications and medical management. Behaviors and treatments to prolong bone strength and reduce morbidity and mortality are also presented.

SPEAKER: Dr. Karen D. French, DNP, FNP-C
CE: 1.25 **RX:** 0.75

Implementing Evidence-Based Secondary Stroke Prevention into Your Clinical Practice

Over 800,000 strokes occur annually in the U.S. Survivors require long-term, evidence-based care in a variety of health care specialties to prevent recurrence and other vascular disease. Nurse practitioners must be prepared to provide this

care for both optimization of patient health and medical-legal considerations. This workshop reviews the current evidence-based, secondary prevention care of both ischemic and hemorrhagic stroke patients for the clinical NP practice.

SPEAKER: Dawn M Meyer, FNP, PhD
CE: 1.25 **RX:** 0.5

Mobilizing Technology in Providing Virtual Heart-Failure Consultations: Essential Elements for a Successful Visit

COVID-19 has caused a shift in the treatment of chronic heart-failure patients, moving from face to face to virtual care. What was once familiar in building rapport is no longer considered safe. This presentation details how nurse practitioners at VA Greater Los Angeles Healthcare System turned to technology to provide successful heart-failure consultations, translating operational elements into an algorithm that continues to guide care.

SPEAKER: Dr. Shelly de Peralta, DNP, NP-BC, RN
CE: 1.25 **RX:** 0

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

This presentation examines the causes, assessment, and treatment of hyperthermia, focusing on the more serious etiologies that may be encountered by nurse practitioners in the primary care, perioperative, urgent care, and emergency department settings. Using evidence-based guidelines and practices, emphasis is placed on the rapid identification and appropriate treatment of life-threatening hyperthermia.

SPEAKER: Gordon H. Worley, MSN, RN, FNP-C, ENP-C, FAWM
CE: 1.25 **RX:** 0

Communication and Role Identity as a Nurse Practitioner

Advanced practice registered nurses (APRNs) must develop a professional role identity and be recognized as full partners on the inter-professional team. The recognition of what constitutes professionalism is a crucial underpinning of the modern nursing education framework. This session addresses the need to move beyond basic communication, challenging assumptions and paving the way for the development of a modern health care culture that views APRNs as clinical leaders and strategic partners.

SPEAKER: Dr. Jennifer Elad, DNP, NP-BC
CE: 1.25 **RX:** 0

Swimming Below the Surface: Go Low or Go Home in Lipid-Lowering Therapies

Cardiovascular disease remains the number one cause of death in the U.S. today, and identifying and mitigating risk factors has been the focus for decades. With repeated guideline modification over the years, LDL-C has been a moving target, representing an area of confusion for clinicians and patients alike. Using a case-study approach, this presentation reviews the current science of lipid metabolism, guidelines, and lipid-lowering therapies.

SPEAKER: Stacey Gross, MS, NP
CE: 1.25 **RX:** 0.75

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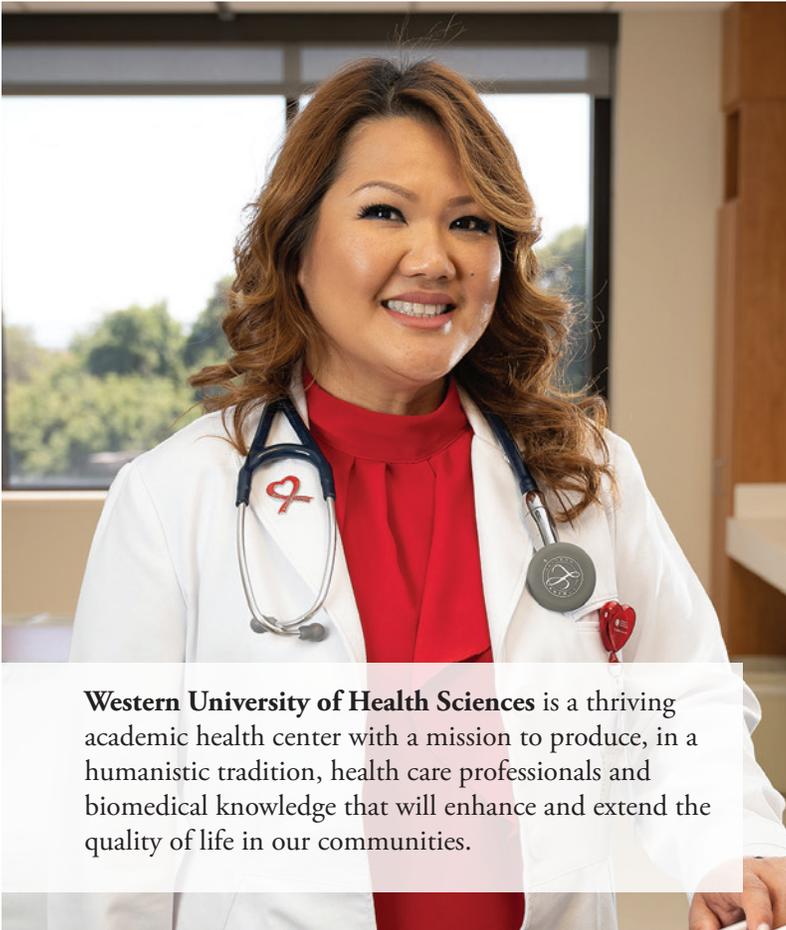


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Presented by:

Jie Feng, MS, LCGC
Medical Science Liaison
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Stefanie Uhrich, MS, CGC
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SUMMARY:

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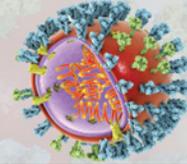
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