“Any time I have called I have spoken to someone who is knowledgeable and can address my issues right away. That is a huge peace of mind.”

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We’ve missed your faces. It’s good to be back.

Life has been a challenging whirlwind for the past two years, and we know that you, as nurse practitioners, have been at the very heart of it all. To be sure, our gratitude and admiration for everything you’ve done is boundless.

We sincerely hope that the valuable content of this year’s conference helps express how committed we are to ensuring your recognition as extraordinary health care professionals.

It’s a delight to be with you again in person. It’s been far too long.

44TH ANNUAL EDUCATIONAL CONFERENCE
March 31-April 3, 2022
Pasadena Convention Center

KEYNOTE SPEAKER
Katie Duke, MSN ACNP-BC

Katie Duke is a public figure with more than 17 years’ experience in nursing, most recently as a board certified acute care nurse practitioner. Currently, she serves as a mentor, podcast host, and content creator, and she is the sole NP on the advisory board of the Association for Healthcare Social Media.

Duke is dedicated to providing a venue that enables medical providers to share knowledge, promote advocacy, and impart inspiration by tapping into the power of social media. Her Instagram platform reaches 2.5 million people per week, and she is considered one of the most authentic influencers within the health care arena.

She is renowned for her focus on mentoring and career guidance, with an emphasis on how to learn and grow through “Bad Decisions,” the name of her top-rated philosophy podcast. She is dedicated to empowering nurses and health care providers to pursue their passions and create careers that are on a nontraditional path, resulting in a more positive work/life balance. We are honored to spotlight her at our conference.
CONFERENCE OVERVIEW

LOCATION
Pasadena Convention Center
visitpasadena.com/convention-center
Strategically positioned in Pasadena’s Civic Center District – and just ten miles from downtown Los Angeles – this is the area’s premier meeting and events venue.

ACCOMMODATIONS
Sheraton Pasadena Hotel
marriott.com/hotels/travel/laxsp-sheraton-pasadena-hotel
Adjacent to the Pasadena Convention Center, the hotel is just minutes from the vibrant, bustling charm of Old Town – home to shops, restaurants, galleries, and all the spirit of this historic area. To reserve your room, visit Book Your Group Rate | Marriott International. Reservations must be made by 5:00 pm on February 28, 2022.

PLAY TIME
The CANP Conference balances abundant education with a healthy dose of rejuvenation and invigoration.

YOGA WITH CANP
Friday, April 1  |  6:00 am - 7:00 am
Start your day by feeding your body, mind, and spirit. Geared to all ability levels, this rise-and-shine practice provides a non-competitive experience that’s a great way to socialize.

CANP 5K FUN RUN/WALK
Saturday, April 2  |  6:30 am - 7:30 am
Lace up your running shoes, grab your water bottle, and fall in step with your conference buddies on this easy 5K course. Registration is $20 per person, and includes a complimentary T-shirt.

EASY ONLINE RESERVATIONS
To register for the conference online, visit the CANP website https://canpweb.org/events/annual-educational-conference/. Simply log into your account and follow the prompts.

THE FINE PRINT
CONTINUING EDUCATION CONTACT HOURS
This program will be submitted to the American Association of Nurse Practitioners (AANP) for continuing education credit. The final number of contact hours will be determined prior to the conference. For more information about contact hours, contact Erin Meyer, Events and Education Director: erin@canpweb.org.

CANCELLATION POLICY
Cancellation requests must be submitted in writing to CANP:
• By email: admin@canpweb.org
• By regular mail: CANP, 1415 L Street, Suite 1000, Sacramento, CA 95814
Cancellations received by February 17, 2022 will receive a full refund, minus a $30 administration fee. No refunds will be issued for cancellations received after February 17, 2022.

ADA COMPLIANCE
The site of this year’s conference is in compliance with the Americans with Disabilities Act (ADA). If you require additional assistance, please contact CANP before the conference.

STANDING BY TO HELP
CANP’s conference staff is available during normal business hours to answer any questions and assist with registration. To learn more, contact Erin Meyer at (916) 441-1361, ext. 1, or erin@canpweb.org.
THURSDAY, MARCH 31, 2022

10:30 am – 11:45 am  **IN-TRACK SESSIONS**

**Diagnostic Imaging of the Foot and Ankle**
This course provides guidance for ordering and reviewing imaging of the foot and ankle to address common clinical concerns.

**Speaker:** Jeremy Flowers, DNP, NP-BC

**Implementation of a Modified Sepsis Care Pathway and Bundle to Reduce Transfers from a Skilled Nursing Facility back to the Hospital**
Sepsis disproportionately affects skilled nursing facility residents. According to a study by Ginde, Moss, Shapiro & Schwartz, they experience extended hospital stays, higher intensive care unit admissions, and greater mortality rates. This session presents a care plan to ameliorate this problem.

**Speaker:** Asma Ahmed, DNP, MSN, NP, RN

12:00 pm – 1:15 pm  **Lunch and Expo**
When you’re not being inspired at our many motivating sessions, there’s plenty of time to eat, drink, and be social. Network to your heart’s content, connecting with colleagues old and new. Explore the rousing expo and meet vendors who are on site for the sole purpose of giving you the information you want and need.

1:30 pm – 2:45 pm  **Opening General Session and Keynote**
We are pleased to announce **Katie Duke**, board certified acute care nurse practitioner and TV personality, as the conference headliner.

3:00 pm – 3:30 pm  **Poster Presentations**
Gather for a collective of seven poster presentations on practice-related research and how it affects the NP practice.

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

**What California Nurse Practitioners Should Know About Vector-Borne Diseases**
Learn about the risk of contracting vector-borne diseases in California, and gather information on the symptoms, patient management, and crucial communication with patients on disease avoidance.

**Speakers:** Libby Carver, DNP, FNP, CNE; Mustapha Debboun, PhD

**Acute Stroke: ICU Management and Beyond**
This session features an updated discussion on managing strokes and preventing secondary brain injury. It will also explore the vital role of advanced practice nurses in optimizing management.

**Speakers:** Kimberly Alva, NP-BC; Melissa Dodson, NP-BC
THURSDAY, MARCH 31, 2022 (continued)

3:45 pm – 5:00 pm  IN-TRACK SESSIONS (continued)

Wound Assessment, Treatment, and Documentation in a Low-Resource Setting
This presentation examines the assessment, treatment, and documentation of wounds in a low-resource setting. Emphasis will be placed on treating un-housed individuals.

SPEAKER: Holly Kirkland-Kyhn, AGNP, FNP

Clinical Documentation and Risk Adjustment for Primary Care
Plan for a lively discussion on how the clinical side and the business side of primary care can affect your practice.

SPEAKER: Judy Yi, AGNP

5:15 pm – 6:30 pm  Welcome Reception and Expo
This is your opportunity to meet and greet, reconnecting with old friends and making new ones. It’s also the time to investigate the content-rich expo and discover what the many vendors have to offer. With so much information all in one place, it promises to be a dazzling experience.

FRIDAY, APRIL 1, 2022

6:00 am – 7:00 am  Yoga with CANP
Whether you can hold a tree pose for hours or topple over after a few seconds, Yoga with CANP gets you off to a great start. This no-pressure/no-judgment class will give you the energy you need to help you feel more inspired, relaxed, and focused throughout the day.

7:00 am – 8:15 am  Breakfast Symposium
Sponsored by Alkermes, Inc.

Learn More: An Oral Treatment Option for Adults with Schizophrenia or Bipolar I Disorder
SPEAKER: Deb York, MSN, PMHNP-BC, APRN, CCRA

7:00 am – 8:15 am  Breakfast and Expo
More food, fun, and fact-gathering are in store with a socializing breakfast and another jaunt through the expo. You just might find inspiration in an 8' x 10' booth.

8:15 am – 9:30 am  IN-TRACK SESSIONS

An Overview of Key Takeaways from the CDC's 2021 STI Treatment Guidelines Update
This presentation addresses key changes issued by the CDC in 2021 regarding evidence-based prevention, diagnostics, and treatment recommendations for sexually transmitted infections.

SPEAKERS: Amber L. Ramage, MSN, EdM, FNP-BC; Jill Saberman, RN, MSN, WHNP-BC; Kathryn E. Sexson, PhD, APRN, FNP-BC

What NPs Need to Know about Peer Review and Reporting
Learn what has – and hasn’t – changed in the world of peer review reporting requirements and hearing rights for nurse practitioners.

SPEAKERS: Garrett Chan, PhD, NP, CNS, FCNS, FAANP; Andrea Frey, Esq., MPH; Alicia Macklin, Esq., MPH

The Musculoskeletal System and Menopause: Promoting Healthy Change
Bones, muscles, and joints are all affected by menopause. This presentation reviews the intricacies of menopausal musculoskeletal changes and provides multidisciplinary treatment options for women.

SPEAKERS: AJ Benham, DNP, FNP; Kathleen Geier, DNP, FNP

9:45 am – 10:15 am  Poster Presentations
Gather for a collective of seven poster presentations on practice-related research and how it affects the NP practice.
FRIDAY, APRIL 1, 2022  (continued)

10:30 am – 11:45 am IN-TRACK SESSIONS

**Malpractice Insights: Top NP Liability Concerns**
This talk delivers a review of NSO’s NP claim metrics, including a comparison of current claim data between California NPs and those in other parts of the country. Claim scenarios will be used as a risk education tool.

**Speaker:** Lynn Pierce, NP, CNA

**Advanced Heart Failure: An Update on Novel, Evidence-Based Treatment Strategies**
This session provides an overview of the clinical presentation, incidence, and prevalence of heart failure. It also addresses current evidenced-based pharmacological and non-pharmacological treatment options.

**Speakers:** Frances De Leon, MSN, ACNP-BC; Gina Jamero, MSN, ACNP-BC; Chona B. Pedraja, MSN

**Initiating APP Practice Modeling and Redesign: A Strategy for Optimizing Clinical Practice**
This presentation focuses on the initial steps being taken by APP leadership to create practice models for the redesign of a practice in a sub-specialty ambulatory care setting.

**Speakers:** Kamala Gibson-McElroy, DNP; Jennifer Pug, DNP

12:00 pm – 1:15 pm Lunch and Expo
Seize the opportunity to balance inspiring educational sessions with some pleasant socializing and networking. Enjoy lunch with friends and make new acquaintances. Stroll through the expo, where you’ll find vendors whose mission is to ensure that you have access to the latest information to take your practice to new heights.

1:30 pm – 2:45 pm General Session – Legislative Update
This presentation identifies key issues and challenges and discusses implications for the nurse practitioner practice within the policy arena.

**Speaker:** Kristy Wiese, CANP Legislative Advocate

3:00 pm – 3:30 pm Poster Presentations
Gather for a collective of seven poster presentations on practice-related research and how it affects the NP practice.

3:45 pm – 5:00 pm IN-TRACK SESSIONS

**Genital Mycoplasma: Unrecognized, Poorly Understood, and Morbid Sexually Transmitted Infections**
Genital mycoplasma infections significantly affect sexual health. In this session, their recognition, diagnosis, and treatment – as well as pertinent case histories – are presented.

**Speaker:** Christine Betzold, MSN, NP

**The Finesse of Treating Heart Failure**
This presentation discusses types of heart failure, pathophysiology, and etiology. It also reviews AHA/ACC guideline-based therapy treatments, including medications, device placement, lifestyle modifications, and collaborative referrals.

**Speaker:** Kimberly Godsey, AGNP

**Innovations in Precepting and Clinical Teaching**
Discover precepting best practices, innovative educational techniques, and clinical pearls to enhance efficiency in a clinical practice while providing optimal learning experiences for NP students.

**Speakers:** Sarah Campbell, DNP, FNP; Tiffany Nielsen, DNP, APRN, FNP-C, ENP-C; Candice Whealon, DNP, FNP

**Trauma-Informed Care, ACEs, and Resilience: An Educational Approach for Nurse Practitioners**
This presentation provides nurse practitioners with the necessary tools to promote resilience and highlight trauma-based care.

**Speakers:** Mary Gallagher, MSNNP; Elizabeth Rice, PhD

5:30 pm – 7:30 pm Friday Night Mixer
Our Friday Evening Event is always the most festive item on the conference agenda, and this year’s mixer is no exception. Enjoy an assortment of appetizers and selections from the bar, and take advantage of unparalleled networking opportunities.
SATURDAY, APRIL 2, 2022

6:30 am – 7:30 am  **Fun Run**
*Separate registration required - $15*
Lace up your sneakers, do a few stretches, grab your water bottle, and get ready to go. This easy 5K course offers fun and socializing with every step. Run, jog, or walk the 3.1-mile distance with your conference buddies old and new. Registration includes a T-Shirt.

9:00 am – 10:15 am  **IN-TRACK SESSIONS**
**Breastfeeding Support Tips and Clinical Pearls for Primary Care Providers**
Human milk is for human babies and cow milk is for cow babies. This session shows how primary care providers can help promote, protect, and sustain exclusive breastfeeding.
**Speaker:** Kammi YapSayaseng, DNP, RN, PNP-BC, IBCLC

**Screening Inpatient, Postpartum Mothers for Birth Related Trauma (BRT)**
The literature supports screening postpartum mothers for birth-related trauma. Learn how such screenings can facilitate the offering of mental health resources to help prevent postpartum PTSD.
**Speaker:** Meredith Kazato, RN

9:00 am – 12:00 pm  **WORKSHOPS**
**Efficient Cognitive Behavioral Therapy (CBT) for Mental Health Problems in Primary Care: A Practical Approach for Busy Clinicians**
This presentation is designed to teach a basic technique of CBT and cognitive restructuring, adapted for busy clinic settings. The approach is appropriate for depression, anxiety, and many other mental health problems.
**Speaker:** Chelsea Landolin, MSN, NP

**Ins and Outs of Legally Starting a Practice**
This presentation addresses the types of entities in which NPs can start a business, as well as the legal documents that need to be in place in order to do so.
**Speakers:** Melanie Balestra, Esq, NP; Katherine Mason, Esq

**Management of Type 2 Diabetes: Based the Consensus Report of the American Diabetes Association (ADA) and the European Association for the Study of Diabetes (EASD)**
This session discusses clinical management guidelines of Type 2 diabetes as outlined in the consensus statement of the ADA and the EASD.
**Speaker:** Zarmine Naccashian, PhD, FNP, GNO, RN, CDE, BC-ADM

10:30 am – 11:00 am  **Poster Presentations**
Gather for a collective of seven poster presentations on practice-related research and how it affects the NP practice.

11:15 am – 12:30 pm  **IN-TRACK SESSIONS**
**Medications during Lactation**
When medications are necessary during lactation, it can be a challenge to weigh the risks. This presentation outlines the information and tools needed to do so with competence and confidence.
**Speaker:** Christine Betzold, MSN

**Loud and Clear: Understanding Audism and Hearing Loss in the Pediatric Population**
This presentation reviews early identification, prevention, culturally competent management, and the impact of hearing loss in the pediatric population.
**Speaker:** Michelle P. Zappas, DNP, FNP-BC

12:30 pm – 2:00 pm  **Lunch: Taste of Pasadena**
For the first time ever, we’re offering a unique opportunity for conference attendees to independently explore their surroundings. Pasadena is a fascinating city, and Colorado Boulevard alone offers a world of dining options for lunch with colleagues. Choose Japanese, Mexican, Italian, Thai, Venezuelan, Chinese, or good ol’ American. And if you’re a fan of creative, health-conscious fare, eco-chic chain restaurant True Food Kitchen is an absolute must.
SATURDAY, APRIL 2, 2022  (continued)

2:15 pm – 3:30 pm  IN-TRACK SESSIONS

The Painful Foot and Ankle, Part I: Clinical Evaluation
This talk offers comprehensive assessment and diagnostic tools for evaluating commonly encountered foot and ankle conditions.

Speakers: AJ Benham, DNP, FNP; Kathleen Geier, DNP, FNP

Vaccine Hesitancy at a Hispanic-Serving Institution of Higher Education
Vaccine hesitancy in a diverse student population at a community college can be addressed with culturally informed outreach. This session explains how to do so successfully.

Speaker: Rebecca Norwick, DNP

Psychedelics and Pain Management: An Answer in Search of a Question
Historic evidence suggests a role for nurses in both pain management and psychedelic medicine. This presentation explores the use of psychedelics in the management of pain.

Speaker: Maria Mangini, FNP, PhD

Nurse Practitioners Can Help Kids in Cars: Booster Seats, Impaired Drivers, and Intervention
Learn why children require booster seats up to ages 10-12, and explore the risks imposed by impaired drivers who take children along. Armed with the facts, nurse practitioners can intervene.

Speaker: Stephanie M. Tombrello, LCSW, CPSTI

3:45 pm – 5:00 pm  IN-TRACK SESSIONS

The Painful Foot and Ankle, Part II: Treatment
This presentation reviews foot and ankle conditions commonly seen in primary care. It also discusses multidisciplinary management options to help NPs better treat these conditions.

Speakers: AJ Benham, DNP, FNP; Kathleen Geier, DNP, FNP

Evolution of a DNP Program during a National Crisis
Diffusion of Innovation (DOI) is a theory developed by E.M. Rogers in 1962. One of the oldest social science theories, it explains how new ideas spread via communication channels over time. This session explores the concept and its impact on a DNP practice, particularly during times of crisis.

Speakers: Rebecca Rogers, DNP, APRN, FNP-BC; Mary Wyckoff, PhD, RN, NNP-BC, FNP-BC, ACNP-BC

Nutrition for the Young Athlete: Updates, Best Practices, and Red Flags
This presentation explores updated, evidence-based nutrition information – including supplements, hydration, and sports drinks – to help guide the young athlete. It also exposes red flags that could indicate the development of an eating disorder.

Speakers: Patricia Gurney, MSN, NP-BC, RN; Marsha Lewis, MPH

5:15 pm – 7:00 pm  PAC Reception and Fundraiser
The Health Policy & Practice Committee invites you to an evening replete with live music, dancing, hors d’oeuvres, prizes, and networking. A fan favorite each year, this reception helps raise awareness and support for CANP’s Political Action Committee (PAC) – a bipartisan effort dedicated to supporting state legislative candidates. Our PAC is also a vital component of our legislative advocacy efforts.
SUNDAY, APRIL 3, 2022

8:15 am – 9:30 am  
**IN-TRACK SESSIONS**

**Medication for Addiction Treatment (MAT) in the Emergency Department**
This course covers MAT for opioid-use disorder, specifically buprenorphine. It also explains how and why to initiate treatment in the ED, as well as how to obtain an X waiver.

*Speakers:* John Bressan, MSN, BC-RN; K. Chenin Kenig, MSN, NP-C, RN

**Memory Loss: Normal Aging or Something More**
This session addresses the evaluation and management of cognitive impairment in the primary care office. It reviews common causes of memory loss and uses a case study to guide the evaluation of patients with memory difficulties.

*Speaker:* Alison McManus, DNP, FNP

**Antibiotics Update 2022: Interventions and Treatments**
According to the World Health Organization, a high percentage of hospital-acquired infections are caused by highly resistant bacteria. When antimicrobial medicines are used inappropriately, these resistant microorganisms can emerge, spread, and persist. This session enables health care providers to better understand the cellular mechanisms that cause bacteria to become resistant. It includes research-based information and recommendations on managing the use of antimicrobial agents and minimizing iatrogenic infections.

*Speakers:* Rebecca Rogers, DNP, APRN, FNP-BC; Mary Wyckoff, PhD, RN, NNPC-BC, ACNP, BC, CCNS, CCRN, FAANP

9:45 am – 11:00 am  
**IN-TRACK SESSIONS**

**Fatty Liver Disease: What Primary Care Needs to Know**
This presentation includes information on the management of fatty liver disease, as well as a comprehensive review of the epidemiology, risk factors, and relevant clinical tests required.

*Speaker:* Lucy Mathew, NP

**EKG and Heart Rhythm Analysis**
The EKG and Heart Rhythm Analysis helps differentiate between normal and abnormal EKGs, identify lead misplacement, and advise when to consult cardiology. This session discusses the progression of ischemia, and reviews, analyzes, and differentiates between narrow versus wide complex and tachy vs. brady arrhythmias. It also addresses atrial fibrillation treatment and when to anticoagulate, and offers quick cardiac pearls and medication tips.

*Speaker:* Kimberly Godsey, AGNP

**Neurologic Emergency Management in a Community Hospital Setting**
This lecture will provide a basic foundation for the management of neurologic emergencies in a setting where neurosurgical services are not immediately available. Topics include pharmacologic ICP crisis management, various methods of cerebral perfusion augmentation, and nursing interventions.

*Speaker:* Sarah Norton, AGNP, MSN

11:00 am  
**Conference Adjourns**
Thank you in advance for joining us for this long-awaited conference. It is always a pleasure to plan and implement an event that serves the NP community. You can always count on us to provide a venue that addresses critical issues, imparts practice-enhancing strategies, and encourages teamwork to promote the vital contributions of nurse practitioners.
POSTER PRESENTATIONS

THURSDAY, MARCH 31, 2022 | 3:00 pm - 3:30 pm

Race-Based Adjustments in Patients with Chronic Kidney Disease
PRESENTERS: Karla Chen, FNP; Kanani Dreibus, FNP; Marielle Tavares, FNP

Mindfulness and Mediation in a Nursing Practice
Claudia Martial, DNP, NP-BC

The Appropriateness of Medications for Ages 65+ in the Outpatient Setting
PRESENTER: Velma Yep, DNP, NP-BC

Implementation of the Edinburgh Screening Tool for Mothers with Postpartum Depression
PRESENTER: Vera Nikolaychuk, BSN, RN

Idiopathic Granulomatous Mastitis in East LA Women: A Descriptive Study
PRESENTERS: Eva Meyers, FNP, MSN, NP-C; Byron Williams, MD

Treatment Evaluation of Iron Deficiency Anemia in Women from Underserved Communities
PRESENTER: Bukola Olusanya, FNP, NP-C

FRIDAY, APRIL 1, 2022 | 9:45 am - 10:15 am

Freedom of Movement: Are Antipsychotics Friend or Foe?
PRESENTER: Liberty Olive Macias, DNP

Lifestyle Modification Interventions on HbA1c Levels in Patients from Underserved Communities with Type II Diabetes
PRESENTER: Anniesatu Newland, FNP, NP-C

National Emergency Department Overcrowding Score and Its Impact on Ambulance Diversion
PRESENTER: Tiffany Nielsen, DNP

A Comprehensive Fall-Risk Screening Protocol for Older Adults in the Primary Care Setting: A Quality Improvement Project
PRESENTER: Mamie Mandela, DNP

National APRN Practice and Pandemic Survey: California Results
PRESENTERS: Nelly Aghili, DNP; Ty Williams, DNP

Feasibility of Universal Screening for Childbirth-Related PTSD Using the City Birth-Related Trauma Scale on a Postpartum Unit
PRESENTER: Meredith Kazato, RN

FRIDAY, APRIL 1, 2022 | 3:00 pm - 3:30 pm

Educating College Students about Human Papillomavirus
PRESENTER: Pamela Bryant, DNP

Fall Risk Assessment and Intervention to Reduce Fall-Related Injuries and Hospitalization in Older Adults
PRESENTER: Pittawat Emerson, AGNP, MSN, NP-BC

Forestalling: Decreasing Super-utilizers in the ED using Case Management Strategies
PRESENTERS: Megan Gilmartin, RN; Martha Narasimhan-Narayanan, RN

A Pilot Program to Increase the Rigor of NP Masters Projects
PRESENTER: Lynn Jakobs, FNP

An Outcome Evaluation of an Emergency Advanced Practice Provider in Triage
PRESENTER: Candice Whealon, DNP

Self-Measured Home Blood Pressure Monitoring: A Patient-Empowerment Project
PRESENTER: Alison Cusmano, FNP, NP-BC

SATURDAY, APRIL 2, 2022 | 10:30 am - 11:00 am

Effects of Self-Management Education in the Primary Care Setting on Self-Efficacy and Glycosylated Hemoglobin Levels among Adults with Type 2 Diabetes
PRESENTER: Colleen Harris, RN

Smiling Mind: A Mobile-Based Application to Reduce Workplace Stress
PRESENTER: Agnes Rodrigues, RN

What Matters: Improving Geriatric Ambulatory Care
PRESENTERS: Victoria Jackson, MSN, NP-C; Eileen Partridge, DNP