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.

S P E A K E R: 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.

S P E A K E R: Asma Ahmed, DNP, MSN, NP, RN

How Can I Help?: The Role of the Nurse Practitioner in Disaster Preparedness and Response
This presentation discusses the role of the advanced practice registered nurse in disaster preparedness and response. Particular attention will be paid to providing information on how to become involved in disaster response.

S P E A K E R: Gordon H. Worley, MSN, RN, FNP-C, ENP-C, FAWM

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.

S P E A K E R S: 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.

S P E A K E R S: 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

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.

S P E A K E R : 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.

S P E A K E R S : 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.

S P E A K E R S : Kamala Gipson-McElroy, DNP; Jennifer Pugh, 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.

S P E A K E R : 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.

S P E A K E R : 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.

S P E A K E R : 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.

S P E A K E R S : 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.

S P E A K E R S : 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 Yap Sayaseng, 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

**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 Raffle**
The Health Policy & Practice Committee invites you to an evening replete with live music, dancing, hors d’oeuvres, raffle 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 latrogenic infections.

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