



# 44<sup>TH</sup> ANNUAL EDUCATIONAL CONFERENCE

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March 31-April 3, 2022 • Pasadena Convention Center



## AGENDA

(Subject to change)

Thursday, March 31, 2022

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

### Post-Menopausal Osteoporosis: Diagnosing in Primary Care

As primary care providers, nurse practitioners are expected to be well-versed in all medical issues. However, many are minimally prepared regarding bone diseases. This presentation imparts the knowledge needed for effective diagnoses and treatment.

**SPEAKER:** Elaine R. Henson, DNP, ANP, BC, CCD

### 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

### 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.

**SPEAKER:** 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. Working as a mentor and content creator, Duke advocates owning your truth and growing through your "Bad Decisions" (the name of her podcast). She is a leader in the nurse empowerment and entrepreneurship realm.

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.

Thursday, March 31, 2022 (continued)

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

**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:** July 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

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, MSN, NP; 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, MPH; Alicia Macklin, 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.

**SPEAKERS:** Roxanne Filson, Assistant Vice President, AON Affinity, Healthcare Division; Lynn Pierce, NP, CAN

**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

**Pharmacology Simplified: An Update on Osteoporosis Treatments**

New advances in treatment can now put osteoporosis in remission, restoring active lifestyles. This presentation addresses the disease process and discusses medications and side effects, empowering NPs to provide patients with current evidence-based knowledge to help facilitate informed decisions about treatment plans for restoring normal bone mass.

**SPEAKER:** Elaine R. Henson, 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

## Friday, April 1, 2022 (continued)

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

### **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 Evening Event**

Our Friday Evening Event is always the most festive item on the conference agenda. This year's plans are no exception, but we're going to keep you in suspense just a bit longer while we work on the finishing touches. Check your email for details soon. You'll definitely want to be a part of this.

## Saturday, April 2, 2022

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**

### **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

### **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

Saturday, April 2, 2022 (continued)

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.

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 – 6:15 pm **PAC Reception and Raffle**

A fan favorite each year, the Health Policy & Practice Committee invite you to an evening reception of fun, networking, and raffle prizes while raising important awareness and support for CANP's Political Action Committee (PAC). Our PAC is a bipartisan effort dedicated to supporting state legislative candidates. It's also a vital component of CANP's 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, 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.