

P R O G R A M

WEDNESDAY, MARCH 6

10:00 AM - 5:00 PM

Conference Registration

12:30 - 4:30 PM

Pre-Conference Workshops

CONCURRENT WORKSHOPS

Workshop #1 (0.5 Non-Pharmacology credits / 3.0 Pharmacology credits)

**Lab Test With a Pharm Focus**

*Barb Bancroft, RN, MSN, PNP*

Barb will discuss common drug classes and their effect on important lab tests. Numerous drug cause electrolyte disturbances, influence platelet counts, cause neutropenia, and elevate liver enzymes. "Stacking" drugs can potentiate the problem.

Workshop #2 (3.5 Non-Pharmacology credits / 0.0 Pharmacology credits)

**Assessment & Differentiation of Musculo-Skeletal Pain: Would Physical Therapy Be Appropriate?**

*Michael Satterly, DPT*

In this workshop we hope to provide a quick screen for NPs to be able to assess the likelihood of a musculoskeletal patient needing an orthopedic referral vs a referral to physical therapy for intervention.

Workshop #3 (TBD Non-Pharmacology credits / TBD Pharmacology credits)

**Skills Workshop: Basic Suturing Plus**

*Rosie Taylor-Lewis, DNP, ANP-BC, GNP*

TBD

Workshop #4 (3.5 Non-Pharmacology credits / 0.0 Pharmacology credits)

**Traumatic Injuries of the Spine: Treatment Strategies and Options**

*Cindy Zerfoss, DNP, RN, ACNP-BC*

This program provides an overview of spine injury and treatment strategies and will focus on nonsurgical strategies for spine healing. Braces/collars will be available for the participant to become familiar with including patient instructions.

Workshop #5 (0.0 Non-Pharmacology credits / 0.0 Pharmacology credits)

**VCNP 101: New Leader Orientation (2:00 - 4:00 PM)**

*HoChong Gilles, DNP, FNP*

VCNP leadership invites anyone interested in becoming more involved at the local or state level, or anyone who is a current leader looking for a refresher, to attend this redesigned program to learn about the organization and meet other members.

2:15 - 2:30 PM

Break

5:00 - 7:00 PM

Board of Directors Meeting - Board Members Only

7:00 - 9:00 PM

Opening Reception/Posters/Exhibit Hall

THURSDAY, MARCH 7

7:00 AM - 5:30 PM

Conference Registration

7:00 - 8:00 AM

Continental Breakfast

8:00 - 9:15 AM

General Session (1.25 Non-Pharmacology credits / 0.0 Pharmacology credits)

**Nurse Practitioner Reimbursement Landscape**

*Frank Harrington, Director of Reimbursement & Regulatory Affairs, AANP*

This session will provide an overview of the national reimbursement landscape and the role that nurse practitioners will play moving forward.

9:15 - 10:30 AM

General Session (0.25 Non-Pharmacology credits / 1.0 Pharmacology credits)

**It's Not Just "arn-poor" Blood**

*Barb Bancroft, RN, MSN, PNP*

Focuses on the practical application of using various lab tests for diagnosing anemias. Do you really need to do the MCH, MCHC with the MCV? What does the RDW tell you? When would you order a hemoglobin electrophoresis? What drugs cause anemia? What B vitamin deficiency is the number one cause of nutritional deficiency associated with a megaloblastic anemia? What role does diet play in anemias in kids versus anemias in adults...

10:30 - 11:00 AM

Exhibit Hall/Break

Conference participants will have the opportunity to earn up to 21 credits. (pending approval)

11:00 AM - 12:15 PM

CONCURRENT  
BREAKOUT SESSIONS

### BREAKOUT SESSIONS

#### ACUTE CARE

(1.0 Non-Pharmacology credits / 0.25 Pharmacology credits)

#### Angiodema: Is this ACEI induced or Allergic Reaction

*Kimberly Marshall, AG-ANCP, BC*

This presentation will discuss, with a case example, the cause of Angioedema related to ACE-I induced or allergy. Participants will learn how to identify the difference of the two by understanding the pathophysiology, physical exam findings, treatment options, and the pharmacology related to the treatment options.

#### GENERALIST

(1.25 Non-Pharmacology credits / 0.0 Pharmacology credits)

#### Group Visits in Primary Care

*Reagan Thompson, DNP, FNP-C*

The who, what, why and where of developing group visits in a primary care setting.

#### MENTAL HEALTH

(1.25 Non-Pharmacology credits / 0.0 Pharmacology credits)

#### Add 7.5 Years to Brainspan with MIND Diet and SAGE Cognition

*Patricia Carter, J.D., BSME*

Alzheimer's pathology begins in most everyone after age 40. Prevention is the new treatment. Use SAGE to detect MCI due to ANY condition; then MIND diet to reduce AD 53% and delay cognitive decline 7.5 years.

#### PEDIATRIC

(1.0 Non-Pharmacology credits / 0.25 Pharmacology credits)

#### Concussions in Primary Care

*Suzan Shibla, DNP, CNP, FNP-BC, CIC*

NPs are at the front line of primary care. Knowledge of signs and symptoms of concussions is essential. Knowing which injuries need to be referred to a concussion clinic is necessary to prevent prolonged recoveries.

#### WOMEN'S HEALTH

(0.25 Non-Pharmacology credits / 1.0 Pharmacology credits)

#### Psychotropics During Pregnancy and Lactation

*Lyons Hardy, CNS, NP; Olivia Reichenbacher, DNP, PMHNP*

This presentation will focus on the use of psychotropic medications to treat psychiatric disorders during pregnancy and lactation. Medication classes to be explored include antidepressants, antipsychotics, mood stabilizers, hypnotics and anxiolytics, and other miscellaneous medications.

12:30 - 2:00 PM

General Session

#### Lunch Session: Janssen Pharmaceuticals

TBD

2:00 - 2:30 PM

#### Exhibit Hall/Break

2:30 - 3:45 PM

General Session

(0.75 Non-Pharmacology credits / 0.5 Pharmacology credits)

#### The Microbiome in Health and Chronic Disease

*Christine Kessler, MN, ANP-C, CNS, BC-ADM, FAANP*

This session will explore the remarkable interaction of the microbiome, immunologic responses, gut incretins (hormones), and bidirectional gut-brain neuropeptide influences on ALL body systems and contribution to the development of chronic disease and psychological disorders. Armed with an understanding of the gut's vital impact, attendees will learn reality-based strategies to help mitigate disease risk and promote health & well-being that will be relevant for both personal and patient benefit.

4:00 - 5:15 PM

### BREAKOUT SESSIONS

#### ACUTE CARE

(0.75 Non-Pharmacology credits / 0.5 Pharmacology credits)

#### Identifying and Treating Sepsis

*Chris Daley, RN, MSN, FNP-C*

This session will provide an update to the current identification and treatment of sepsis. We will focus on identification and treatment of sepsis, causes of sepsis and SIRS, morbidity and mortality. Case studies will be presented and discussion of patient management will be presented.

#### GENERALIST

(0.75 Non-Pharmacology credits / 0.5 Pharmacology credits)

#### Cardio-Oncology: The New Frontier

*Linda Hart, ACNP-BC, AACC*

Cancer and heart disease are the two leading causes of death in the US. Of the more than 14.5 million cancer survivors in the US, at least twenty percent will develop cardiovascular disease in their lifetime. This session will increase knowledge around the diagnosis, management and treatment strategies for patients who are newly diagnosed with cancer and those who have undergone past treatments to reduce cardiovascular disease.

#### MENTAL HEALTH

(0.5 Non-Pharmacology credits / 0.75 Pharmacology credits)

#### Substance Abuse Disorders: Neuroscience and the Nursing Process

*Michelle Tsai, PMHNP-BC*

Substance use disorders are characterized by stages of binge/intoxication, withdrawal/negative affect, and preoccupation/anticipation. The nursing process can translate neuroscience into evidence-based practice. Learn how pharmacology targets the neuroscience of substance use disorders.

#### PEDIATRIC

(1.25 Non-Pharmacology credits / 0.0 Pharmacology credits)

#### Diagnosis, Evaluation & Management of UTIs in Children

*Susie Leroy, CPNP-PC; Bethany Coyne, PhD, CPNP, RN*

This talk will discuss the current guidelines for diagnosis of urinary tract infection in pediatric patients including the distinction between acute cystitis and pyelonephritis, appropriate laboratory studies (and collection methods), evaluation by radiologic studies, and development of a treatment plan for pediatric patients of different ages. It will differentiate the patients that are appropriate for further evaluation and treatment or may be appropriate for referral to a specialist.

#### WOMEN'S HEALTH

(1.0 Non-Pharmacology credits / 0.25 Pharmacology credits)

#### Osteoporosis: Preventing, Screening, & Treatment

*Kathleen Putnam, PhD*

This session will define osteopenia and osteoporosis, and review bone remodeling. It will also describe the prevalence of osteoporosis, screening recommendations, risk factors for development of osteoporosis, prevention strategies, and pharmacological treatment.

*Conference participants will have the opportunity to earn up to 21 credits. (pending approval)*

CONCURRENT  
BREAKOUT SESSIONS

## THURSDAY, MARCH 7 (cont'd.)

5:00 - 7:00 PM	<b>Radford University Alumni &amp; Preceptor Reception</b> <i>The Quarter, Roanoke, VA; RSVP Gini Weisz (vweisz@radford.edu)</i>
5:30 - 7:00 PM	Topics in Professionalism (1.5 Non-Pharmacology credits / 0.0 Pharmacology credits) <b>Navigating the Mentoring Odyssey</b> <i>Rebecca Bates, DNP, APRN, FNP-C</i> Mentoring is a challenging journey for the mentor and mentee and is a bi-directional relationship that supports the needs of both. This presentation explores the bi-directional relationship and potential applications to practice.
6:30 - 7:00 PM	<b>Optional Dinner Symposium Registration</b>
7:00 - 8:00 PM	<b>Optional Dinner Symposium (3)</b>
7:00 - 8:00 PM	<b>Government Relations Committee Dinner - GR Committee Only</b>

## FRIDAY, MARCH 8

7:00 AM - 5:00 PM	<b>Conference Registration</b>
7:00 - 8:00 AM	<b>Continental Breakfast</b>
8:00 - 9:30 AM	General Session (1.5 Non-Pharmacology credits / 0.0 Pharmacology credits) <b>Leslie Herdegen Rohrer Memorial: Nurse Practitioner Regulatory Update</b> <i>Robin Hills, DNP, WHNP-BC, CNE; Jay Douglas, MSM, RN, CSAC, FRE</i> An update to Virginia law and regulations related to NP practice will be presented with an emphasis on NP autonomous practice resulting from the passage of HB 793. The status of regulatory actions will also be provided.
9:45 - 10:45 AM	Keynote Speaker (1.0 Non-Pharmacology credits / 0.0 Pharmacology credits) <b>Changing Minds and Changing Policy to Improve Access to Primary Care in Virginia</b> <i>Peter Buerhaus, PhD, RN, FAAN, FAANP</i> Dr. Buerhaus will review studies of the contributions of the primary care nurse practitioner workforce, offer suggestions to overcome restrictive state SoP laws affecting nurse practitioners, and outline strategies NPs can undertake to inform public policymakers.
10:45 - 11:45 AM	<b>Final Exhibit Hall</b>
11:45 AM - 1:00 PM	General Session <b>General Membership Lunch: State of the Union &amp; Business Meeting</b> <i>HoChong Gilles, DNP, FNP</i>
1:00 - 2:00 PM	Professional Issues Session (1.0 Non-Pharmacology credits / 0.0 Pharmacology credits) <b>Futuristic Healthcare</b> <i>Judy Jenks, DNP, FNP-BC</i> From rural to worldwide implications, an introduction to blockchain internet, medical coins, artificial intelligence, robotics, virtual reality and other dynamic innovations which may prove to be the most important developments in the history of medicine.
2:00 - 2:15 PM	<b>Break</b>
2:15 - 3:30 PM	<b>BREAKOUT SESSIONS</b>
CONCURRENT BREAKOUT SESSIONS	<b>ACUTE CARE</b> (1.0 Non-Pharmacology credits / 0.25 Pharmacology credits) <b>Updates on ARDS through Case Presentations</b> <i>Charlotte Thomas, DNP-DNES, RN, AGACNP-BC, CCRN</i> Latest updates on guidelines regarding ARDS management and using case studies.
	<b>GENERALIST</b> (1.0 Non-Pharmacology credits / 0.25 Pharmacology credits) <b>Obesity &amp; Weight Management</b> <i>Carole Everhart, CSOWM, DNP, FNP-BC</i> This program addresses the scope of obesity in the US, reviews various treatment options and suggests methods to incorporate these concepts in a primary health care practice.
	<b>MENTAL HEALTH</b> (0.25 Non-Pharmacology credits / 1.0 Pharmacology credits) <b>Using Psychotropics in Primary Care</b> <i>Lyons Hardy, CNS, NP; Allison Gregory, MS, RN, FNP-BC</i> This session is a primer on psychotropic medications for novice NPs in primary care settings who feel unprepared for the amount of mental health care they are expected to provide.
	<b>PEDIATRIC</b> (1.25 Non-Pharmacology credits / 0.0 Pharmacology credits) <b>Pediatric Orthopedics</b> <i>Shannon Nicholson, DNP, FNP-BC</i> This will be a review of pediatric skeletal development and injuries. Current evidence on assessment and management of primary care and orthopedic specialty care will be reviewed.
	<b>WOMEN'S HEALTH</b> (1.0 Non-Pharmacology credits / 0.25 Pharmacology credits) <b>Cervical Cancer: The Goldilocks Guide to Prevention and Screening</b> <i>Rhonda Arthur, DNP, CNM, WHNP-BC, FNP-BC</i> This session will review HPV prevention and the use of evidence-based guidelines in the appropriate screening and management of cervical cancer.

Conference participants will have the opportunity to earn up to 21 credits. (pending approval)

## FRIDAY, MARCH 8 (cont'd.)

3:45 - 5:00 PM

### BREAKOUT SESSIONS

CONCURRENT  
BREAKOUT SESSIONS

#### ACUTE CARE

(0.75 Non-Pharmacology credits / 0.5 Pharmacology credits)

#### Non-Diabetic Endocrine Emergencies

*Christine Kessler, MN, ANP-C, CNS, BC-ADM, FAANP*

They are common, confusing, and often mimic other acute disorders---they are acute endocrinopathies. A delay in treatment aimed at the precise hormonal disorder is almost always lethal. Using case studies, of selected non-diabetic endocrine emergencies such as thyroid storm, myxedema coma, pheochromocytoma, acute hypopituitarism, and hyper- & hypocalcemia.

#### GENERALIST

(1.0 Non-Pharmacology credits / 0.25 Pharmacology credits)

#### Not All That Shakes is Parkinson's: PD vs ET & More Than Caffeine for Brain Simulations (RAPID FIRE)

*Debra Dellinger, MS, BSN, RN, ACNP-BC; Vince Mertz, DNP, FNP*

Medications are not always effective or may have side effects. There are surgical options for treatment of tremors from Parkinson's Disease and Benign Essential Tremors.

#### MENTAL HEALTH

(0.75 Non-Pharmacology credits / 0.5 Pharmacology credits)

#### Role of IR in Pain Management & Palliative Care (RAPID FIRE)

*Clareen Wiencek PhD, RN, ACNP, ACHPN; Allison Beasley, AGACNP-BC*

This session will focus on the delivery of primary palliative care by all advanced practice nurses. The setting focus will be in the acute care setting. Primary level pharmacologic interventions will be discussed.

#### PEDIATRIC

(1.0 Non-Pharmacology credits / 0.25 Pharmacology credits)

#### Diagnosing Asthma in Children Less Than Five Years Old

*Grace Thapa, DNP, FNP-BC, AE-C*

The purpose of this session is to have a discussion on diagnosing asthma among children less than 5 years old. To explore barriers to diagnosis and tools to help with diagnosis.

#### WOMEN'S HEALTH

(0.5 Non-Pharmacology credits / 0.75 Pharmacology credits)

#### Midlife Women's Forecast: Dry With High Heat

*Beth Uzzle, MSN, CNM*

The perimenopause is called "the change" for a reason. Women experience hormonal changes that impact sexual and general health. We review information to assist patients, and actions and indications for hormonal/pharmacological interventions.

5:00 - 5:30 PM

Optional Dinner Symposium Registration

5:30 - 6:30 PM

Optional Dinner Symposium

7:00 - 9:00 PM

45th Anniversary Gala Reception & Awards Ceremony

## SATURDAY, MARCH 9

7:00 - 8:30 AM

Conference Registration

7:00 - 8:00 AM

Continental Breakfast

8:00 - 9:15 AM

General Session

(0.75 Non-Pharmacology credits / 0.5 Pharmacology credits)

#### Opioid Epidemic

*Shelley Smith, DNP, APRN-BC*

The Opioid Epidemic is a complex national challenge. This presentation reviews current management guidelines but also addresses curtailing the epidemic through a public policy approach, thereby allowing nurse practitioners to serve as advocates.

9:15 - 9:30 AM

Final Break

9:30 - 10:45 AM

General Session

(1.0 Non-Pharmacology credits / 0.25 Pharmacology credits)

#### Fatty Liver Disease

*Wendy Biddle, PhD, MSN, FNP-BC*

Overview of fatty liver disease (FLD) spectrum including nonalcoholic steatohepatitis (NASH). Included: relationship to the metabolic syndrome, causes, complications, treatment (pharmacologic and non pharmacologic), assessment and diagnosis, referral indications, management, and current & future research.

10:45 AM - 12:00 PM

General Session

(1.0 Non-Pharmacology credits / 0.25 Pharmacology credits)

#### Electronic Cigarettes: Trends and Risks

*Deborah Murren, FNP-BC*

The use of electronic cigarettes and nicotine devices has rapidly increased among teens, young adults and tobacco smokers seeking to quit. This presentation will review the latest electronic devices, the risks, regulations and the NP's role counseling patients.

Conference participants will have the opportunity to earn up to 21 credits. (pending approval)