

**SYMPOSIUM PROGRAM**



*National*  
**NURSE  
PRACTITIONER**  
*Symposium*

*Excellence in Continuing  
Education and Professional  
Development*

**TAKING HEALTHCARE EDUCATION TO NEW HEIGHTS**



*Earn up to 45.0 CE/CME hours  
(24.125 maximum pharmacology  
hours), plus additional participant  
benefit of 10.0 enduring material  
CE/CME hours*

**JULY 9 – 12, 2020**

(pre-symposium day July 8)  
(Rocky Mountain Retreat July 7-8)

**Keystone Conference Center  
Keystone, Colorado**

*“The best symposium I have ever  
attended, that is why I come back  
year after year.” – 2019 NNPS attendee*

*“This was an outstanding conference. Truly lived  
up to reputation. Almost everyone to whom I  
spoke, had been to previous symposiums. I can  
see why they return annually.” – 2019 NNPS attendee*

**800-996-3233 • [www.npsymposium.com](http://www.npsymposium.com) • [info@npsymposium.com](mailto:info@npsymposium.com)**

*This educational activity is jointly provided by AKH Inc.,  
Advancing Knowledge in Healthcare and National Nurse Practitioner Symposium*

## DEAR COLLEAGUES:

Thank you for considering the 2020 National Nurse Practitioner Symposium (NNPS) to enrich your professional education. We understand there are many opportunities available to you and take great pride in offering what we believe to be the most comprehensive, high-quality, economical, and accredited program available to Advanced Practice Clinicians anywhere in the country. The NNPS is a unique opportunity to interact with peers from across the country, while enhancing your professional growth, all within the magnificent setting of the Rocky Mountains of Colorado.

The NNPS offers a vast range of content suitable for Nurse Practitioners, Nurse Midwives and Physician Assistants in acute and primary care roles. We are pleased to be able to offer over 40 CE/CME hours through ACCME, ANCC and AANP, with acceptance of pertinent content by ACNM, AAPA and NAPNAP. NNPS content consists of topics in adult, dermatology, geriatric, women's health, pediatrics and acute care, as well as workshops and sessions to enhance professional development. Due to its popularity, we will be repeating the Rocky Mountain Retreat, a self-care retreat to reflect, regroup and re-charge. Led by Certified Nurse Practitioner and Wellness Coach, Eileen O'Grady, the Rocky Mountain Retreat has quickly become a crowd favorite. We are also pleased to offer you the opportunity to participate in satellite symposia, which consist of programs planned and conducted by the corporate community in conjunction with NNPS.

It is with great pleasure that we are able to present Nancy Norton, BSN, as the 2020 Keynote speaker, covering the physiology and many benefits of humor in the workplace, resulting in better health. The Challenges in Care Panel will take a look at advance directives (yours and theirs). The Legislative Update will elaborate on the current status of the Medicare Access and CHIP Reauthorization Act (MACRA).

Poster presentations offer an opportunity to learn about research projects and innovative programs. The exhibit hall will be available during dedicated hours to provide you with the opportunity to network with representatives from the healthcare industry, professional organizations, government agencies, colleges, and schools. Learn about new products, services, clinical findings, research findings, and opportunities for Advanced Practice Clinicians. Plan to attend the Awards Ceremony to recognize and honor your peers and their profession.

We strive to offer you an enjoyable and rewarding continuing education and professional development experience. We hope you will join us in Keystone.



## THE PROGRAM COMMITTEE, National Nurse Practitioner Symposium

Dorothy Caputo, MA, BSN, RN  
AKH Inc., Advancing Knowledge in Healthcare

Mary Anne Egelston, BSN, MSN, WHCNP, NCMP  
Private Consultant

Loretta C. Ford, RN, EdD, PNP, FAAN, FAANP  
(Honorary Committee Member)  
Private Consultant

Ellen Lemberg, RN, MSN, WHNP  
(Emeritus Committee Member)  
Private Consultant

Kathy Magdic, DNP, ACNP-BC, FAANP  
University of Pittsburgh School of Nursing

Bernadette Marie Makar, MSN, NP-C, APRN-C  
AKH Inc., Advancing Knowledge in Healthcare

Theresa Mallick-Searle, MS, RN-BC, ANP-BC  
Stanford Health Care, Division Pain Medicine

Shirley B. McKenzie, PPCNP-BC  
Department of Defense

Nancy Munro, RN, MN, CCRN, ACNP-BC, FAANP  
Private Consultant

Shirley M. Pfister, RN, MS, ANP/GNP  
Private Consultant

Conrad Rios, FNP-BC, PA, MS  
Saint Agnes Medical Providers

Nancy Rudner, DrPH, MPH, MSN, APRN  
George Washington University School of Nursing

Jefferson Spicher DNP, FNP-C  
University of Colorado Colorado Springs  
Helen and Arthur E. Johnson Beth-El College of Nursing & Health  
Sciences

Laura A. Thomas, DNP, WHNP-BC  
Heidi Oster, MD, PC

Peggy Vernon, RN, MA, C-PNP, DCNP, FAANP  
Creekside Skin Care

Deborah Vincent, PhD, FAANP  
Nurse Consultant Associates

Mary Wagner, RN, MSN, ANP  
(Emeritus Committee Member)  
Private Consultant

Cheryl A. Walker, MSN, MSBA, APRN  
Humanitas, Inc.

## DAILY SYMPOSIUM SCHEDULE

### TUESDAY, JULY 7 & ONGOING

Play for Free - Play for Free at Keystone is valid for reservations of 2 nights or more booked through Keystone Resort Property Management (KRPM). All activities are subject to availability, weather, restrictions and change.

Play for FREE Activities include:

- Free golf on day of arrival
- Free 1 hour tennis court rental
- Free yoga class at Studio K
- Free guided hike
- Free scenic lift ticket for kids 12 and under
- Kids Swing Free every afternoon at Keystone golf courses (with a paying adult)

### TUESDAY, JULY 7 • ROCKY MOUNTAIN RETREAT

8:00 am – 8:30 am	Rocky Mountain Retreat Registration
8:30 am	Shuttle Departure from Keystone Conference Center to Keystone Ranch
9:00 am – 4:30 pm	Rocky Mountain Retreat (optional)
4:30 pm	Shuttle Departure from Keystone Ranch to Keystone Conference Center

### WEDNESDAY, JULY 8 • PRE-SYMPOSIUM DAY & ROCKY MOUNTAIN RETREAT

8:00 am – 7:00 pm	Symposium Registration
8:30 am – 12:15 pm	Rocky Mountain Retreat (required if attended Rocky Mountain Retreat on Tuesday)
10:30 am – 12:00 pm	Pre-Symposium Sessions (optional)
12:00 pm – 1:30 pm	Lunch on Your Own
1:30 pm – 3:30 pm	Pre-Symposium Session (optional – non-certified)
1:30 pm – 3:30 pm	Pre-Symposium Sessions (optional)
3:45 pm – 4:45 pm	Pre-Symposium Sessions (optional)
5:00 pm – 6:00 pm	Pre-Symposium Sessions (optional)
6:15 pm – 7:45 pm	Pre-Symposium Dinner Session (optional)

### THURSDAY, JULY 9 • DAY 1

7:00 am – 7:00 pm	Symposium Registration
7:30 am – 8:00 am	Continental Breakfast (complimentary)
8:00 am – 9:30 am	Educational Sessions
9:00 am – 6:00 pm	NNPS Store
9:30 am – 10:00 am	Beverage Break (complimentary)
10:00 am – 11:15 am	Keynote Address & Awards Ceremony
11:30 am – 1:00 pm	Luncheon Sessions (optional – non-certified)
12:00 pm – 6:30 pm	Book Displays & Sales
1:30 pm – 3:00 pm	Educational Sessions
3:00 pm – 3:30 pm	Beverage Break (complimentary)
3:30 pm – 5:00 pm	Educational Sessions
5:00 pm – 6:30 pm	Opening of Exhibits/Reception (complimentary buffet)

### FRIDAY, JULY 10 • DAY 2

7:00 am – 7:00 pm	Symposium Registration
7:00 am – 7:00 pm	Posters on Display
7:15 am – 7:45 am	“Walk & Talk” Around the Lake (optional – non-certified)
7:30 am – 8:00 am	Continental Breakfast (complimentary)
8:00 am – 9:30 am	Educational Sessions
9:00 am – 6:00 pm	NNPS Store
9:00 am – 4:00 pm	Book Displays & Sales
9:00 am – 1:00 pm	Exhibits Open
9:30 am – 10:00 am	Beverage Break (complimentary)
10:00 am – 11:30 am	Educational Sessions
11:30 am – 1:00 pm	Bag Lunch Served in Exhibit Hall (complimentary)
12:15 pm – 1:45 pm	Challenges in Care Panel (optional)
2:00 pm – 3:00 pm	Educational Session
3:00 pm – 3:15 pm	Beverage & Snack Break (complimentary)
3:15 pm – 6:15 pm	Workshops (optional)
3:15 pm – 4:45 pm	Educational Session
4:45 pm – 5:15 pm	Authors Present Posters (complimentary beverages)
5:30 pm – 6:15 pm	Educational Sessions
6:30 pm – 8:00 pm	Dinner Session (optional)

### SATURDAY, JULY 11 • DAY 3

7:00 am – 5:00 pm	Symposium Registration
7:00 am – 5:00 pm	Posters on Display
7:30 am – 10:30 am	Workshops (optional)
9:00 am – 6:00 pm	NNPS Store
9:00 am – 12:00 pm	Exhibits Open / Book Displays & Sales
9:00 am – 10:30 am	Educational Sessions
10:30 am – 12:00 pm	Brunch Served in Exhibit Hall (complimentary)
12:00 pm – 1:00 pm	Educational Sessions
1:00 pm – 1:30 pm	Authors Present Posters (complimentary beverages)
1:30 pm – 3:00 pm	Educational Sessions
3:00 pm – 3:30 pm	Authors Present Posters (complimentary beverages)
3:30 pm – 5:00 pm	Educational Sessions
5:15 pm – 6:15 pm	Special Feature Session (optional)
6:30 pm+	Twilight’s Highlights (free time to enjoy the area)

### SUNDAY, JULY 12 • DAY 4

7:00 am – 12:00 pm	Symposium Registration
7:00 am – 10:00 am	Posters on Display
7:00 am – 7:30 am	Home “Stretch” (optional – non-certified)
7:30 am – 8:00 am	Authors Present Posters (complimentary continental breakfast)
8:00 am – 9:30 am	Educational Sessions
9:00 am – 1:00 pm	NNPS Store
9:30 am – 9:45 am	Beverage Break (complimentary)
9:45 am – 2:30 pm	Educational Seminar
9:45 am – 10:45 am	Educational Sessions

## CE/CME HOUR CREDIT INFORMATION

A maximum of **45.0** CE/CME hours can be earned by attending the standard AND optional sessions. Final CE/CME hours to be awarded are determined based on final schedule and sessions attended. These hours will be reflected on your individualized certificate of completion, which is available online after completion of evaluations for all sessions attended. One CE/CME hour is equivalent to 60 minutes of educational instruction.

Educational sessions designated with Rx contain pharmacology content. A maximum of **24.125** CE/CME hours can be earned in sessions with pharmacology content by attending the applicable standard AND optional sessions.

### Standard Session CE/CME Hours:

- **Thursday:** 5.5 hours for Educational Sessions A, KN (Keynote), B, C
- **Friday:** 6.25 hours for Educational Sessions D, E, F, G, H and .5 hour for Poster Session for a total of 6.75 hours
- **Saturday:** 5.5 hours for Educational Sessions L, M, N, O and .5 hour for each Poster Session for a total of 6.5 hours
- **Sunday:** 2.5 hours for Educational Sessions P, Q, 4.0 hours for Educational Seminar R and .5 hour for Poster Session for a maximum total of 6.0 hours



### Optional CE/CME Hours:

- **Tuesday/Wednesday:** 9.5 hours for Rocky Mountain Retreat Pre 1 (attendance required both days)
- **Wednesday:** 1.5 hours for Pre-Symposium Session Pre 2 or Pre 3, 2.0 hours for Pre-Symposium Session Pre 4\* or Pre 5, 1.0 hour for Pre-Symposium Session Pre 6, Pre 7 or Pre 8, 1.0 hour for Pre-Symposium Session Pre 9, Pre 10 or Pre 11 and 1.5 hours for Pre-Symposium Dinner Session Pre 12  
\*ANCC provided by Nurse Practitioner Healthcare Foundation for Pre 4
- **Friday:** 1.5 hours for CIC (Challenges in Care Panel), 2.5 hours for Workshops, and 1.5 hours for Dinner Session J1
- **Saturday:** 2.5 hours for Workshops and 1.0 hour for Special Feature Session SF2

### ADDITIONAL PARTICIPANT BENEFIT – Optional Enduring Materials CE/CME Hours:

- Up to **10.0** CE/CME hours will be offered online post-symposium, complimentary to all registrants. Enduring Materials CE/CME hours are in addition to the **45.0** CE/CME hours offered by attending the standard AND optional sessions in person. Registrants will be notified after the symposium, when online access to Enduring Materials is available. A separate CE Certificate of Completion will be issued for the Enduring Materials portion of CE/CME hours.

### CONTINUING EDUCATION CERTIFICATES OF COMPLETION

Participants must complete an electronic overall symposium evaluation (one time only) and individual session evaluations (for each session attended) in order to receive your certificate. Evaluations will be available online following the conclusion of each session and until August 1, 2020. You may print your certificate on-site using the Symposium-provided print station, or at a later point in time in the convenience of your home or workplace. ANCC, AANP or AMA PRA Category 1 Credit(s)<sup>™</sup> certificates will be issued depending upon your profession requirements. Once a certificate has been issued, it can be reprinted for a period of up to 5 years.

## CONTINUING EDUCATION

### Accreditation Statements



CE/CME Credit provided by AKH, Inc., Advancing Knowledge in Healthcare

### AANP Credit



This activity has been planned and implemented in accordance with the accreditation Standards of the American Association of Nurse Practitioners (AANP) through the joint providership of AKH Inc., Advancing Knowledge in Healthcare and National Nurse Practitioner Symposium. AKH Inc., Advancing Knowledge in Healthcare is accredited by the American Association of Nurse Practitioners as an approved provider of nurse practitioner continuing education. Provider number: 030803

AKH Inc., Advancing Knowledge in Healthcare designates this live activity for a maximum of **45.00** contact hours. This live activity is for **45.00** contact hour(s) which includes **24.125** hour(s) of pharmacology. Activity ID # 22024 This activity was planned in accordance with AANP CE Standards and Policies and AANP Commercial Support.

### ANCC Credit



AKH Inc., Advancing Knowledge in Healthcare is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. AKH Inc., Advancing Knowledge in Healthcare designates this live activity for a maximum of **45.00** contact hours. The activity is awarded **45.00** contact hours. This activity is jointly provided by AKH Inc., Advancing Knowledge in Healthcare and National Nurse Practitioner Symposium.

### ACCME Credit

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of AKH Inc., Advancing Knowledge in Healthcare and National Nurse Practitioner Symposium. AKH Inc., Advancing Knowledge in Healthcare is accredited by the ACCME to provide continuing medical education for physicians.

AKH Inc., Advancing Knowledge in Healthcare designates this live activity for a maximum of **45.0 AMA PRA Category 1 Credits<sup>™</sup>**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### AAPA Credit

AAPA accepts **AMA PRA Category 1 Credits<sup>™</sup>** from organizations accredited by ACCME.



### ACNM Credit

**AMA PRA Category 1 Credits<sup>™</sup>** are accepted by the Continuing Competency Assessment Program of the American College of Nurse-Midwives for programs relevant to nurse midwifery. Nurse Midwives should only claim credit commensurate with the extent of their participation in the activity. Final CE/CME hours to be awarded are determined based on final schedule and sessions attended.



### NAPNAP Credit

This program has been approved by the National Association of Pediatric Nurse Practitioners (NAPNAP) for NAPNAP CE/CME hours. A listing of NAPNAP approved sessions with Pediatric relevant content will be provided at the symposium information desk on-site.



## NURSE PRACTITIONER WELLNESS: A ROCKY MOUNTAIN SELF-CARE RETREAT TO REFLECT, REGROUP AND RE-CHARGE

July 7–8, 2020 • Keystone Ranch & Keystone Conference Center

Optional, Limited Enrollment, Pre-registration required and a fee of \$275



### AGENDA

#### TUESDAY, JULY 7

8:00 am – 8:30 am	Registration ( <i>located at Keystone Conference Center</i> )
8:30 am	Shuttle Departure from Keystone Conference Center to Keystone Ranch
9:00 am – 12:00 pm	Extreme Self Care
10:30 am – 10:45 am	Beverage Break ( <i>complimentary</i> )
12:00 pm – 1:00 pm	Lunch ( <i>complimentary</i> )
1:00 pm – 4:30 pm	How Adults Change
2:30 pm – 2:45 pm	Beverage Break ( <i>complimentary</i> )
3:30 pm – 3:45 pm	Movement Break
4:30 pm	Shuttle from Keystone Ranch to Keystone Conference Center
Overnight	You will have a small overnight assignment

#### WEDNESDAY, JULY 8

8:00 am – 8:30 am	Continental Breakfast ( <i>complimentary—located at Keystone Conference Center</i> )
8:30 am – 12:15 pm	Making it Happen
10:30 am – 10:45 am	Beverage Break ( <i>complimentary</i> )
12:15 pm	Adjourn

**WHO:** Nurse Practitioners by nature are very giving people, but are you giving so much that you have little left when it comes time to take care of yourself? Are you looking for ways to confront a lifestyle or job that is not serving you? Do you need to learn when and how to say no, step out of the state of being overwhelmed and not feel guilty about it?

**If you answered yes to any of these questions, then this retreat is for you!**

**WHAT:** This day and a half retreat that will teach you to:

- Discover the science of human flourishing
- Gather motivation and set goals to make changes that serve YOU
- Build on your core strengths
- Interrupt the patterns that add stress to your life
- Set boundaries and create your own personal policies
- Master habit formation
- Learn the art of self-care ... *and so much more!*

**WHY:** You and your patients are best served when you also take the time to do what's right for you. This retreat will help you reflect, regroup, take charge to create the kind of life and work you deserve.

We are all in the business of health: promoting it, helping others find it, teaching it and showing it. This retreat will help you:

- Master the art of self-care without feeling selfish, because you can't give away what you don't have.
- Help keep you in compliance with the ANA Code of Ethics, Provision 5, which states: The nurse owes the same duties to self as to others, including: – responsibility to promote health and safety – preserve wholeness of character and integrity – maintain competence – continue personal and professional growth.

The purpose of the retreat is to singularly focus on the personal and professional growth in caring for the self, which will allow each attendee to build a plan that reflects their most important values. Each person will leave with a sense of duty to make their own health, wellness and wholeness, not only possible, but a priority.

**WHERE:** Tuesday's program will take place at Keystone Ranch, an original 1930's Ranch homestead of rustic elegance, overlooking Keystone Ranch Golf Course, with spectacular views of Swan Mountain and the Ten Mile Range. Wednesday's program will take place at the Keystone Conference Center, a state-of-the-art facility nestled in a mountain valley in central Colorado's high country, with the magnificent Rocky Mountains serving as the surrounding backdrop.

It is approximately 3.6 miles from the Keystone Conference Center to Keystone Ranch. A complimentary symposium shuttle will transport you between Keystone Conference Center and Keystone Ranch (*see agenda*), however you are welcome to drive yourself if you would like to take a scenic ride at your leisure, before or after Tuesday's program.

**RETREAT LEADER: Eileen O'Grady PhD, RN, NP**



*Dr. Eileen O'Grady is certified Nurse Practitioner and Wellness Coach who uses an evidence-based approach to practice extreme self-care to reverse or entirely prevent disease. She is an expert on intentional change in humans—with an emphasis on the importance of identifying and getting unstuck from lifestyles that do not support wellness. She is the Founder of the School of Wellness. and has been featured on Good Morning Washington and on NPR's Talk of The Nation as an expert on battling obesity and empowering patients to make permanent lifestyle changes. Her newest books, "Advanced Practice Nursing: An Integrative Approach", 7th edition (Elsevier) will be published in 2022 and "Using the Self as a Therapeutic Tool" (DEStech Publications) in late 2020. Her most personal book, a collection of essays, "Choosing Wellness" will be out in late 2020.*

**ACCREDITATION:** 9.5 CE/CME hours will be awarded to those that attend the entire retreat (partial credit is not available) and complete the required evaluations. Certificates of completion will be offered by ACCME, ANCC and AANP, with acceptance of pertinent content by ACNM, AAPA and NAPNAP.



### SYMPOSIUM DESCRIPTION

This multi-day Symposium provides a forum for discussing common matters related to the care of all age groups in a variety of healthcare settings. This year's Symposium will address current trends and issues confronting providers across the country.

#### THE OBJECTIVES OF THE SYMPOSIUM ARE TO:

- Measure self-reported knowledge gained on selected clinical topics in primary and acute care
- Identify current approaches to client care management which affect your patient population
- Reflect upon ideas and experiences gained from other professionals involved in the delivery of patient care, healthcare policy, entrepreneurial ventures, research activities, and the future of healthcare
- Evaluate possible changes to your current practice methods and barriers to achieving those changes



*"Love the atmosphere, the amount of vendors and the helpfulness of the symposium staff. Excellent Conference!"*

*— 2019 NNPS attendee*

**TUESDAY, JULY 7, 2020 • 9:00 am – 4:30 pm (Keystone Conference Center)**  
**WEDNESDAY JULY 8, 2020 • 8:00 am – 12:15 pm (Keystone Conference Center)**

Optional 9.5 CE/CME Hours

Optional, Limited Enrollment, Pre-registration required and a fee of \$275

**KEY**      **AC** = Acute Care      **AG** = Adult/Geriatric      **DM** = Dermatology      **PED** = Pediatric      **PD** = Professional Development      **WH** = Women's Health

Tracks are identified by the speaker, for indication purposes only.

### Pre 1

#### Rocky Mountain Retreat: Self Care for the Busy Nurse Practitioner 0% Rx

**PD**

Nurse Practitioners by nature are very giving people, but are you giving so much that you have little left when it comes time to take care of yourself? Learn how to master the art of self-care without feeling selfish, because you can't give away what you don't have. Are you looking for ways to confront a lifestyle or job that is not serving you? Do you need to learn when and how to say no, step out of the state of being overwhelmed and not feel guilty about it? Reflect, regroup, take charge of this critical component, and create the kind of life and work you deserve! Focus on the personal and professional growth in caring for the self. Each attendee will build a plan that reflects their most

important values, and leave with a sense of duty to make their own health, wellness and wholeness a priority.

*Eileen O'Grady, PhD, RN, ANP-BC; Nurse Practitioner and Wellness Coach, Eileen O'Grady Wellness Coaching, LLC; McLean VA and Founder, The School of Wellness; McLean VA*



### WEDNESDAY, JULY 8, 2020 • PRE-SYMPOSIUM DAY

Optional CE/CME Hours

Pre 2 or Pre 3: 1.5  
Pre 4 or Pre 5: 2.0

Pre 6, Pre 7 or Pre 8: 1.0  
Pre 9, Pre 10 or Pre 11: 1.0

Dinner Session Pre 12: 1.5

#### Pre 2 10:30 am – 12:00 pm: 1.5 CE/CME Hours Bugs & Drugs: The Antibiotic Review for Nurse Practitioners 100% Rx

**AC AG PED**

Antibiotics are one of the most common modern modalities used to treat patients, and when utilized correctly are effective and life-saving. Unfortunately, clinicians may struggle with appropriate antibiotic selection, antibiotic bacterial coverage, and indications for antibiotic use. Focus on a review of the most common drug classes, spectrum of activity, and prescribing indications to improve patient and system outcomes and to aid with antibiotic resistance.

*E. Monee' Reed, DNP, RN, ACNP-BC; Associate Chair, Advanced Practice Nursing and Assistant Professor, AG-ACNP and DNP Programs, College of Nursing and Health Innovation, University of Texas at Arlington; Arlington TX and Acute Care Nurse Practitioner, Pulmonary Critical Care/Intensivist-Inpatient, Dallas Pulmonary & Critical Care PA, Methodist Hospital System; Dallas TX*

#### Pre 3 10:30 am – 12:00 pm: 1.5 CE/CME Hours Promoting Resilience by Recognizing and Treating Frailty 25% Rx

**AG**

Frailty is not based on the age of person, but on physical and functional ability. Hear about the current research and best practices for identifying and treating reversible causes of frailty. As people age, they can lose their resilience and ability to adapt in the face of multiple disease processes, decreased physical strength, and/or cognitive decline. NPs play an important role in identification of frailty so that appropriate interventions can be put in place to decrease the likelihood or slow the consequences through the use of simple screening tools,

rapid geriatric assessments and evidence-based interventions.

*Michal Boyd; NP, ND, FAANP, FCNA; Associate Professor and Nurse Practitioner, School of Nursing, University of Auckland; Auckland, New Zealand*

#### SS1 1:30 pm – 3:30 pm (Non-Certified) NEXPLANON® (etonogestrel implant) 68mg Radiopaque Clinical Training Program

You are invited to join your colleagues at a Clinical Training Program for NEXPLANON (etonogestrel implant) 68 mg Radiopaque. During the Clinical Training Program for NEXPLANON, you will receive hands-on training for insertion and removal procedures, as well as implant localization techniques. Completion of this course will allow you to order the product from authorized distributor(s). Space is limited to 39 participants; please register early for the session.

This session, which is sponsored by Merck, is not accredited for continuing education credit. The training is open only to MD/DO, NP, PA or CNM's, and Residents authorized to perform the procedures entailed in the insertion and removal of NEXPLANON in the jurisdiction where they practice. And, for NP, PA or CNM's attest that there are specific state requirements and have met all appropriate state conditions including but not limited to collaborative or signing agreement with an MD/DO.

Residents must understand that they can only administer NEXPLANON under the supervision of an attending physician who has also been trained on the procedures to insert and remove NEXPLANON.

It is Merck's policy to verify all clinicians' practice, license, and eligibility information in advance of the training. Merck will contact you directly if there is a problem. Attendees are expected to attend the entire training which is approximately 3 hours in duration. Certificates of attendance will not be issued to those who arrive late or leave early.

**Pre 4** 1:30 pm - 3:30 pm: 2.0 CE/CME Hours  
Pain Management and Opioids: Balancing Risks and Benefits – Update 2019–20 100% Rx

AG

This newly updated session addresses: nature and pathophysiology of pain; assessing patients in pain and creating a treatment plan; non-pharmacologic pain treatment strategies; initiating and managing patients on opioid therapy; educating patients and caregivers; and understanding opioid use disorder. Fully compliant with the September 2018 FDA Blueprint for Opioid REMS Education, this session meets many states' requirements for controlled substances CE.

This session is supported by the Nurse Practitioner Healthcare Foundation, with curriculum developed by the Collaborative for REMS Education (CO\*RE) [www.core-rems.org](http://www.core-rems.org).

*Theresa Mallick-Searle, RN, MS, ANP-BC; Nurse Practitioner, Pain Management, Stanford Health Care; Stanford CA and Independent Contractor, Medical Expert Witness on Pain Management and Treatment; Stanford CA*

**Pre 5** 1:30 pm - 3:30 pm: 2.0 CE/CME Hours  
Publishing: Tips, Tricks & Techniques 0% Rx

PD

Publishing is a professional expectation, but often practicing nurse practitioners report difficulty in writing and submitting manuscripts for publication. Writing for publication can be successfully accomplished with ease. Gain an overview of the various aspects of writing for publication, promote interest in writing, and improve your understanding of issues related to the publication process. Specific areas to be addressed include: formulating a writing project, writing a query, manuscript specifications, overcoming barriers to publishing, ethics in journalism, dealing with manuscript rejection, and manuscript revision and resubmission.

*Ruth Kleinpell, PhD, AG-ACNP, FAANP; Assistant Dean for Clinical Scholarship and Professor, School of Nursing, Vanderbilt University Medical Center; Nashville TN, Professor, College of Nursing, Rush University; Chicago IL and Nurse Practitioner, Urgent Care Lincoln Park Clinic, Rush University Medical Center; Chicago IL*

**Pre 6** 3:45 pm – 4:45 pm 1.0 CE/CME Hour  
Managing Pulmonary Issues in the Primary Care Setting: COPD and Community Acquired Pneumonia 50% Rx

AG

COPD is the 3rd leading cause of death and the #1 reason for hospitalization in the world. Improve your expertise in the management of COPD, by utilizing case studies and the application of the GOLD 2020 guidelines. Community Acquired Pneumonia remains one of the leading causes of death, and differentiating how to balance antibiotic stewardship with appropriate microscopic samples can be challenging. Utilize case studies and the application of ATS/IDSA 2019 guidelines to learn about management of CAP in primary care setting. Be better equipped with the evidenced based tools necessary to manage complex pulmonary patients.

*Jennifer Rodgers, DNP, APRN, ACNP-BC; VP Advanced Practice/ACNO Ambulatory Nursing, Office of Advanced Practice, University of Colorado Hospital; Aurora CO*

**Pre 7** 3:45 pm – 4:45 pm: 1.0 CE/CME Hour  
Hereditary Cancer Risk Assessment and Testing: Evolving Guidelines, Updates and Resources to Support Identification and Management of Patients at Risk 0% Rx

AG PED

Every primary care practice includes patients with a personal or family history of breast, ovarian, or colon cancer. Identifying patients at risk for a hereditary cancer syndrome during the annual wellness visit is critical to prevention and early detection of cancer for high-risk patients. With diagnostic and management recommendations for hereditary cancer syndromes in constant flux, staying current may be difficult. Learn some of the emerging trends in hereditary cancer risk assessment and testing, through an update on recent changes to the National Comprehensive Cancer Network® Guidelines. Case studies will be utilized to encourage attendees to think critically about enhancements to their current genetic risk assessment and testing approach. Incorporate the evolving guidelines into your current practice and prepare for changes that may be seen in the future.

*Amy Cronister, MS; Director, Genetic Counseling Services, Integrated Genetics; Phoenix AZ*

**Pre 8** 3:45 pm – 4:45 pm: 1.0 CE/CME Hour  
Applications of EBP and Psychiatric Medication Management for Anxiety in the Primary Care Setting 50% Rx

AG PED

Hear the current evidence-based practice in the management of anxiety disorders across the lifespan within the primary care setting. Focus will include pharmacologic and non-pharmacologic management strategies used for the treatment of anxiety in the child and adolescent population, adult population including pregnancy and breastfeeding considerations for women of child-bearing age, and the geriatric population. Additionally, current trends and concerns related to prescribing practices of benzodiazepines, benzodiazepine withdrawal, and titration and tapering recommendations for this class of medications will be discussed.

*Margaret Emerson, DNP, APRN, PMHNP-BC; Assistant Professor, Graduate Psychiatric and Mental Health, College of Nursing, University of Nebraska Medical Center; Omaha NE*

**Pre 9** 5:00 pm - 6:00 pm: 1.0 CE/CME Hour  
Salicylate and Acetaminophen Poisonings: It's Easy to Miss! 100% Rx

AC AG PED

Salicylate and acetaminophen are found in many over-the-counter medications, alternative medication products, as well as numerous prescription medications. Acute and chronic toxicity of each of these "drugs" can easily be missed. Understand the clinical cues that can be found with each of these toxicities, and design a clinical and therapeutic approach to managing these patients.

*Nancy Denke, DNP, ACNP-BC, FNP-BC, FAEN; Nurse Practitioner, Toxicology Consultants of Arizona; Scottsdale AZ and Associate Faculty, DNP Program, College of Nursing and Health Innovation, Arizona State University; Phoenix AZ*



**Pre 10** 5:00 pm – 6:00 pm: 1.0 CE/CME Hour  
Update: The Latest Research & Guidelines for Dietary Interventions to Prevent Food Allergy 0% Rx

AG PED

As many as 6–8% of children and up to 10.8% of adults report having a food allergy, making food allergy prevention an important public health issue. Food allergies have significant impacts on physical health, quality of life, increased financial burden, and lost opportunities for the allergic individual and family. However, the latest guidelines for early introduction of peanut and other potential allergens has the potential to reduce future cases of food allergies and their associated burden significantly. Gain an update on the latest science, review of the newest guidelines, and tools to help parents confidently feed infants with an eye toward food allergy prevention.

This session is supported by the National Peanut Board.

Sherry Coleman Collins; MS, RDN, LD; President and Registered Dietitian Nutritionist, Southern Fried Nutrition Services, LLC; Atlanta GA

**Pre 11** 5:00 pm – 6:00 pm: 1.0 CE/CME Hour  
Diabetes Technology - Meters, CGM, Insulin Pumps 0% Rx

AG PED

Diabetes care is not just in the hands of Endocrinologists, as more and more care for patients with diabetes is left to the family practice provider, especially in more rural settings. Diabetic patients are looking for ways to manage their diabetes more efficiently, as well as ways that take some of the burden of care from them. Learn practical

information about the basics of blood glucose meters, continuous glucose monitoring, and insulin pumps, including reports and insurance coverage in order to advise your patients more effectively.

Lora Page; FNP-BC, CDE; Family Nurse Practitioner, Family Physicians of Western Colorado; Grand Junction CO

**DINNER EDUCATIONAL SESSION**

**6:15 pm – 7:45 pm**

**1.5 CE/CME Hours**

**Optional, Limited Enrollment,  
Pre-registration required and a fee of \$30**

**Pre 12** Psychodermatoses 50% Rx

AG DM PED

Patients may present with skin lesions, which they believe were caused by external agents, such as insects, mites, fungus, or other living organisms -- whether real or imagined. Gain a better understanding of psychodermatoses, caused by perceived insects and other living organisms, as well as those self-induced conditions, such as trichotillomania and body dysmorphic disorder. Treatment strategies and appropriate referral will be discussed, along with how to avoid provider schedule delays for the rest of the day.

Peggy Vernon, RN, MA, C-PNP, DCNP, FAANP; Owner/Dermatology Nurse Practitioner, Creekside Skin Care; Greenwood Village CO

THURSDAY, JULY 9, 2020 • DAY 1

SESSIONS A, Keynote (KN), B, C • CE/CME Hours Available: 5.5

LUNCH SESSIONS SS2, SS3, SS4 Non-Certified

<b>KEY</b>	<b>AC</b> = Acute Care	<b>AG</b> = Adult/Geriatric	<b>DM</b> = Dermatology	<b>PED</b> = Pediatric	<b>PD</b> = Professional Development	<b>WH</b> = Women's Health
	Tracks are identified by the speaker, for indication purposes only.					

**EDUCATIONAL SESSIONS A1 – A7**

**8:00 am – 9:30 am**

**1.5 CE/CME Hours**

**A1**

Contact Dermatitis and Sherlock Holmes 25% Rx

AG DM PED

Allergic, irritant and systemic contact dermatitis are some of the most difficult cases to diagnosis and manage. Over use of prednisone is rampant and riddled with untended consequences that can put patient and providers at undue risk. Misdiagnosis and contact dermatitis mimickers often leave patient and providers equally frustrated. Learn the basic Sherlock Holmes techniques to better understand and manage contact dermatitis.

Diane Hanna, APRN, DNP, FNP-C; Dermatology Nurse Practitioner, Modern Dermatology; Shawnee KS and Guest Clinical Faculty, School of Nursing, University of Kansas; Lawrence KS

**A2**

Cardio-Oncology: What Do Nurse Practitioners Need to Know about the Cardiovascular Complications of Cancer Treatment? 100% Rx

AC AG

Cancer and cardiovascular disease are the leading causes of morbidity and mortality in the U.S., and they share common risk factors which predispose patients to both cancer and cardiac disease. The last decade has seen an explosion of effective cancer treatments with 17,000,000 Americans currently living as cancer survivors. However, many cancer treatments have a deleterious effect on cardiac health and clinicians need to be able to recognize and manage the cardiovascular complications of their patients current or prior cancer therapy.

Laura Zitella; MS, RN, ACNP-BC, AOCN; Nurse Practitioner and Associate Clinical Professor, Hematology/Oncology, University of California San Francisco; San Francisco CA

**A3**

**Practical Tips for Addressing Our Patient’s Weight Concerns: Changing the Conversation for Lasting Wellness 0% Rx**

AG PED

Whether you are working with adults, children, or families, conversations around nutrition and weight concerns are likely a daily occurrence. Learn to navigate the tough conversations around nutritional trends and dieting strategies, while arming yourself with tools to support lasting behavior changes. Our patients are swimming through a sea of nutritional misinformation, but with the knowledge of these simple, family-oriented, and evidence-based strategies, we can empower them to make changes that can positively impact their health and wellbeing for a lifetime.

This session is supported by the Colorado Beef Council.

*Leslie P. Schilling; MA, RDN, CSSD, CEDRD-S, CSCS; Owner and Nutrition Therapist, Schilling Nutrition, LLC; Henderson NV*

**A4**

**Sneak Peak: The 2020 CDC STI Guidelines 50% Rx**

WH

The Centers for Disease Control (CDC) has released the latest version of the STI Treatment Guidelines. Review the major changes made since 2015, with a focus on differences needed for special populations and how to help patients understand how to prevent the transmission of STIs. The differences in management for special populations, including pregnant women, incarcerated persons, and LGBTQ+ persons will be discussed.

*Alison Marshall, RN, MSN, FNP-C; Faculty, Sylvie Ratele STD/HIV Prevention Training Center of New England, Massachusetts Department of Health; Jamaica Plain MA and Assistant Director and Clinical Instructor, FNP Program, William F. Connell School of Nursing, Boston College; Chestnut Hill MA*

**A5**

**Pediatric Sleep Apnea & Narcolepsy: Hiding Behind Common Medical Diagnosis 0% Rx**

PED

Sleep apnea (officially now known as sleep disordered breathing) and narcolepsy can be challenging to identify. Each child does not manifest the same signs and symptoms. Common symptoms can be vague, such as uncontrolled asthma, hyperactivity, or falling asleep in class. With untreated sleep apnea, medical conditions can become aggravated and difficult to control. With narcolepsy, this condition often manifests in teenage years and is commonly shuffled off to poor sleep habits. Left untreated, narcolepsy leads to poor grades and unemployment due to the child’s inability to stay awake to be successful. Learn how to recognize and treatment options for these under-diagnosed medical conditions.

*Stacy Whitehead, DNP, APRN, FNP-C; Family Nurse Practitioner, Cardiology Center of Dalton; Dalton GA*

**A6**

**Genetics and Genomics: Back to the Basics 0% Rx**

AC AG

Nurse Practitioners (NPs) need to be able to understand and apply fundamental genetic and genomic knowledge to comprehend and implement treatment regimens, as well as providing education to patients and their caregivers. Review the basics of genetics and genomics in a non-threatening and fun style, incorporating all five senses.

Basic cell biology, inheritance patterns, genetic testing, and informed consent will be discussed. Learn more about how the human genome can assist to diagnose, treat, and prevent common and rare diseases, along with strategies and resources to share with staff and patients. No prior genetic or genomic knowledge is required.

*Georgie Cusack, MS, RN, AOCNS®; Director, Education and Patient Safety, NHLBI, National Institutes of Health; Bethesda, MD*

*Sharon Flynn; MS, RN, ANP-BC, AOCNS®, BMTCN; Nurse Practitioner, Nursing Research and Translational Science, National Institutes of Health, Clinical Center; Bethesda MD*

**A7**

**Six Legal Things All NP Preceptors Need to Know 0% Rx**

PD

A NP who understands the risks and responsibilities of precepting students will be more comfortable taking on the job of preceptor, and will be less likely to make a privacy or billing mistakes. Learn what you need to know about HIPAA to balance a student’s need for information about a patient and the patient’s need for privacy, and how FERPA controls a preceptor’s discussion of a student’s performance.

*Carolyn Buppert, MSN, JD; Attorney, Private Practice; Portland, OR*

**AWARDS CEREMONY & KEYNOTE ADDRESS  
10:00 am - 11:15 am  
1.0 CE/CME Hour**

**KN**

**The Power of Humor: Find Your Ahahaha Moments! 0% Rx**

PD

Standup comedian and former Registered Nurse, Nancy Norton brings her hilarious, educational, and memorable presentation about the many benefits of humor to you. Laugh and Learn – explore the concept that humor is a basic human need that helps us stay healthy, de-stress, cope with trauma, and enhances creative problem solving. Hear Nancy’s insight on how humor has been proven to benefit businesses, families, relationships, and individuals by reducing stress and trauma triggers, while simultaneously increasing creative problem solving, team building, bonding, conflict resolution, resilience, job retention, overall joy, immunity, and good health. One of her passions is helping people remember the joy and empowerment one gets from being in the present moment. Key points in this Keynote presentation are:

- How many laughs per day are needed to maintain health
- How humor reduces anxiety, fear, triggers, stress and stress hormones and boosts the immune system and overall health
- How to recognize signs of stress when humor is most needed
- What role humor plays on moods
- The memory, mental acuity and problem solving benefits of humor
- How humor impacts social needs and facilitates bonding
- The role humor plays in leadership, resilience and job retention.

*Nancy Norton, BSN, is the winner of the 2018 Boston Comedy Festival. She has appeared in Evening at the Improv on A & E, as well as Amazon Prime Video and PBS, plus has been featured on Nickmom Out on Nickelodeon. In addition to her comedian background, Nancy has held healthcare related positions at Professional Pediatric Home Care, Personal Assistance Services of Colorado (PASCO), Queen’s Medical Center, and Mercy Hospital.*





**SATELLITE SYMPOSIA  
LUNCHEON SESSIONS SS2 – SS4**

**11:45 am – 1:00 pm**

**Non-Certified**

**Optional, Limited Enrollment,  
Pre-registration required, No Additional Fee**

**Please check website for updates on session topics.  
Verification of clinician's practice and eligibility information may  
be provided to sponsor for auditing purposes.**

**SS2**

**The Truth about Hormones and Breast Cancer**

*Mandy Donovitz Cotten, DNP, APRN, FNP-C; Family Nurse Practitioner,  
Institute for Hormonal Balance; Irving TX*

This is a promotional medical education presentation. It will not be certified for continuing medical education credit. This program is supported by BioTE Medical.

**EDUCATIONAL SESSIONS B1 – B7**

**1:30 pm – 3:00 pm**

**1.5 CE/CME Hours**

**B1**

**Integrative Approach to Chronic Disease Management 50% Rx**

**AG**

As increasing numbers of patients seek an integrative approach to their health care, clinicians need training in integrative therapies in order to provide evidence-based counseling to those patients. Hear an in depth review of common chronic diseases, and compare and contrast integrative medicine approaches with traditional western medical approaches. The underlying pathophysiology and clinical presentations of common chronic diseases will be discussed, as patient case scenarios are presented and integrative self-management plans are developed.

*Paula Marchionda, MD, MPH, BSN; Medical Director, Marchionda  
Imaginative Medicine Institute; Grand Junction CO*

*Kathleen Hall, PhD, APRN, GNP-BC, AGPCNP-BC; Assistant Professor,  
Health Sciences, Colorado Mesa University; Grand Junction CO*

**B2**

**Gas Station Drugs: Your Starter Kit 100% Rx**

**AC AG PED**

National studies and published reports indicate that the abuse of over-the-counter (OTC) drugs to get high is a growing concern—particularly among teens. Each and every gas station in the U.S. sells the same arsenal of exotic and occasionally, life-threatening drugs. Many of these drugs are vague in their instructions, ingredients, and mortality rate. Teens view abusing OTC and prescription drugs as safer than using street drugs. Understand how to identify some of the pharmacologic and toxicologic properties of some of the common drugs that can be purchased at your local gas station, along with steps in the management of the common toxicities seen with these medications.

*Nancy Denke, DNP, ACNP-BC, FNP-BC, FAEN; Nurse Practitioner,  
Toxicology Consultants of Arizona; Scottsdale AZ and Associate Faculty,  
DNP Program, College of Nursing and Health Innovation, Arizona State  
University; Phoenix AZ*

**B3**

**What Has Changed in Early Detection of Kidney Disease?  
25% Rx**

**AG**

In the Global Burden of Disease study, chronic kidney disease (CKD) incidence, prevalence, mortality, and disability-adjusted life years have each risen by at least 20% from 2007 to 2017. Despite clinical guidelines created by global kidney organizations, adherence to recommendations remains suboptimal. In a recent United States cross-sectional study of adults with CKD, high prevalence of uncontrolled hypertension and diabetes and low use of statins were observed, and there was little improvement in the quality of CKD care over time – despite clear guidelines. Learn early detection and intervention strategies for CKD with considerations of patient factors, health economics, and resource availability.

*Barbara Malone, DNP, C-FNP, FNKF; Assistant Professor, College of  
Nursing, University of Colorado Anschutz Medical Campus; Aurora CO*



**B4**

**Pregnancy Induced Cardiomyopathy: A Case Study of Heart Failure Over 20+ Years 50% Rx**

AC WH

Pregnancy induced cardiomyopathy or post-partum cardiomyopathy (PPC) is a rare occurrence; however, it has a high risk for adverse maternal outcomes. Gain a better understanding of the statics for PPC, diagnostic testing, and treatment plans for women in their child bearing years, which could have life-long implications. A case study of a woman diagnosed with PPC and treatment over the last 20 years will be presented. Post Partum Cardiomyopathy needs to be included in differential diagnosis of any pregnant female, who presents with complaints of shortness of breath, chest pain, or palpitations.

*Teresa B. Durden, MSN, RN, APRN-BC, ACNP; Acute Care Nurse Practitioner, Palmetto Heart - Palmetto Health USC Medical Group; Lexington SC*

**B5**

**Outpatient Treatment of Pediatric Minor Burns 0% Rx**

AG PED

Each year in the U.S., nearly 500,000 patients seek medical treatment for burn injuries and 40,000 need inpatient hospitalization. To leave blisters or not leave blisters, that is the question. Gain the tools and knowledge needed to manage minor burns in the outpatient setting through a presentation with vivid photos and case studies. The initial evaluation of the burn, including determination of wound depth, proper wound care and scarring, will be discussed. Examine the various causes of burns and the identification of non-accidental burns in children.

*Debbie Harrell, RN, MSN, NE-BC; Director, Professional Relations, Shriners Hospital for Children; Cincinnati OH*

**B6**

**The Immunocompromised Patient and Antimicrobial Therapy 75% Rx**

AC

Infections in the acute care setting today are becoming more complicated to recognize, diagnose and treat. Bacterial, viral and fungal infections have become challenging to treat due to increasing resistance to standard treatment. Understand the categories of infections that have distinguishing features, which can help in developing a diagnosis. A synthesis of information needed to recognize and differentiate between the various types of infections in the immunocompromised patient will be presented.

*Nancy Munro, RN, MN, CCRN, ACNP-BC, FAANP; Senior Acute Care Nurse Practitioner, Critical Care Medicine Department and Pulmonary Consult Service, National Institutes of Health; Bethesda MD and Faculty Associate, Graduate School of Nursing, Georgetown University; Washington DC*

**B7**

**Dealing with Difficult People in the Workplace: When to Call an Attorney 0% Rx**

PD

Using case studies, explore and define illegal workplace behaviors including harassment and discrimination from other health care team members or administrators. Learn a triage system to help identify the type of difficult person one is confronting, and evidence-based strategies to mitigate the stress effect. Remedies to both prevent and stop toxic workplace behavior will be discussed, along with an outline of the evidence needed if there is a legal remedy. Accurately identifying the type of difficult others is a key initial step in knowing how to best handle these challenges, so that the workers are protected and the toxic interaction is de-escalated.

*Eileen O'Grady, PhD, RN, NP, PCC; Nurse Practitioner and Wellness Coach, Eileen O'Grady Wellness Coaching, LLC; McLean VA and Founder, The School of Wellness; McLean VA*

*Carolyn Buppert, MSN, JD; Attorney, Private Practice; Portland OR*

**EDUCATIONAL SESSIONS C1 - C7**

**3:30 pm - 5:00 pm**

**1.5 CE/CME Hours**

**C1**

**Abuse Prevention vs Abuse Potential: Suboxone, Methadone, and More 100% Rx**

AC AG

Suboxone, methadone, and other such medications allow patients to remain clean from substances of abuse. However, patients have found ways to abuse all of these medications. Hear how they are abused, and how to decrease the risk of such abuse. Naloxone, especially nasal naloxone, is another tool to potentially prevent death in these patients, while they become clean. Providers must be aware of what patients already know; this will help in the battle against addiction.

*Nancy Balch, PharmD, BCCCP; Emergency Medicine Pharmacist, In-patient Pharmacy, Massachusetts General Hospital; Boston MA*

**C2**

**Primary Headaches: Updates in Diagnosis & Treatment 50% Rx**

AG

There continues to be a lack of education on headaches in primary clinical training and an under appreciation for the difference between primary and secondary headaches. This under appreciation and lack of appropriate management of primary headaches, results in years of suffering for the patients and a burden to the healthcare system. Focus on distinguishing between primary and secondary headaches, along with updates on diagnostic guidelines and the latest in current treatments.

*Theresa Mallick-Searle, RN, MS, ANP-BC; Nurse Practitioner, Pain Management, Stanford Health Care; Stanford CA and Independent Contractor, Medical Expert Witness on Pain Management and Treatment; Stanford CA*



**C3**

**Discussing Advance Directives: Purely Practical Pearls 0% Rx**

AC AG

Discussing advance directives is one of the most important conversations that clinicians will ever have with their patients. It is a myth that advance directive discussions are only for the elderly. Quality advance directive discussions can benefit all patients, but particularly those in long term care or with multiple and complex illnesses. However, the discussion is often avoided because of barriers to broaching the subject. Clinicians should also be sensitive to diverse cultural values that influence patients' decisions and feelings about this subject. When given the opportunity, many patients will choose having care provided at the right place at the right time for them. Learn about the many tools available to help facilitate these discussions with patients.

*Martha Money Penny, MS, FNP, ANP, GNP, HPNA-C; Clinical Educator, Complex Care Management, Optum; Phoenix AZ*

**C4**

**Managing LARC Side Effects 100% Rx**

WH

Learn about identification and management strategies for the most common side effects associated with long acting reversible contraception (LARC). Discussion will include women in special contraceptive populations: women with migraine, women with fertility differences, and women with cardiovascular disease. How to differentiate between "red flag" side effects and more benign side effects will be presented, along with ways to effectively manage common and frequent side effects of LARC.

*Alison Marshall, RN, MSN, FNP-C; Faculty, Sylvie Ratele STD/HIV Prevention Training Center of New England, Massachusetts Department of Health; Jamaica Plain MA and Assistant Director and Clinical Instructor, FNP Program, William F. Connell School of Nursing, Boston College; Chestnut Hill MA*

**C5**

**Pediatric Hematology Primer 25% Rx**

PED

Hematology complaints are not common in pediatric primary care; however, when they do occur, it is important to be aware of what can be managed in the primary care setting and what needs to be referred to a Hematologist. Hear about common issues: lymphadenopathy, Idiopathic Transient Purpura and Iron Deficiency Anemia, which can be managed in primary care. Normal and abnormal hematology laboratory values will be discussed, along with when to refer to hematology.

*Paige Johnson, RN, DNP, MPH, APRN; Pediatric Nurse Practitioner, Hematology/ Oncology Department, Children's Mercy Hospital; Kansas City MO*

**C6**

**Atrial Fibrillation: From Primary to Acute Care 50% Rx**

AC AG

Atrial fibrillation (AF) remains the most common heart arrhythmia in the general population and is associated with significant morbidity and mortality. Appropriate identification and treatment is critical to prevent potential devastating short- and long-term outcomes. NPs in all areas of practice will encounter patients with various stages of AF, and therefore must be able to identify, classify and treat this common arrhythmia. Focus on risk factors associated with AF, the classification

of AF, along with various treatment options and guideline updates.

*Kristine Scordo, PhD, RN, ACNP-BC, FAANP; Director and Professor, Acute Care Nurse Practitioner Program, College of Nursing & Health, Wright State University – Miami Valley; Dayton OH and Acute Care Nurse Practitioner, Schuster and Associates Cardiology; Dayton OH*

**C7**

**Practicing Playful Presence 0% Rx**

PD

Experience first-hand the joy of being in the present moment. Learn skills to help you stay connected to yourself and others, how to be an active listener and invite humor forward. Remember how to be playful, trust your humor instincts, and have more fun and overall joy in life.

*Nancy Norton, BSN; Standup Comedian and former Registered Nurse; Lafayette CO*

**WELCOME RECEPTION**

**(Exhibit Hall)**

**5:00 pm – 6:30 pm**

**Buffet and cash bar.**

**Complimentary admission for all Symposium registrants. Tickets for guests of Symposium registrants, adults (21 and over), available for purchase (\$20) with registration or on-site.**



<b>KEY</b>	<b>AC</b> = Acute Care	<b>AG</b> = Adult/Geriatric	<b>DM</b> = Dermatology	<b>PED</b> = Pediatric	<b>PD</b> = Professional Development	<b>WH</b> = Women's Health
<i>Tracks are identified by the speaker, for indication purposes only.</i>						

## WT "Walk & Talk" Around the Lake

7:15 am – 7:45 am

Non-Certified

Join fellow participants for a morning walk around  
Keystone Lake (approximately 1.2 mile).

Your group leader will structure conversation to allow you to interact with peers that you may not normally have the opportunity to meet, to discuss professional issues and trends. Comfortable walking shoes and a light jacket are recommended.



## EDUCATIONAL SESSIONS D1 – D7

8:00 am – 9:30 am

1.5 CE/CME Hours

### D1

#### How to Manage Care for Complex Transgender Patients in Primary Care 25% Rx

**AG**

Care of transgender patients with additional issues, such as the need for contraception, bipolar disorder, clotting issues, cardiovascular disease, and liver problems, makes safely prescribing hormones more difficult for the primary care provider. With more people feeling comfortable seeking help with their gender transition, we are finding that provider resources are lacking for this more complex set of patients. Understand how to address these issues and how to manage care for these complex transgender patients.

*Deborah Tuffield, DNP, APRN, FNP-C; Lead NP and Family NP, UCCS Health Circle Primary Care; Colorado Springs CO and Assistant Professor, Helen and Arthur E. Johnson Beth-El College of Nursing and Health Sciences, University of Colorado Colorado Springs; Colorado Springs CO*

*Patricia Bursnall, MA, MSN, FNP-C; Family Nurse Practitioner, UCCS, Health Circle, Primary Care Clinic; Colorado Springs CO and Family Nurse Practitioner, Peak Vista Community Health Center; Colorado Springs CO and Family Nurse Practitioner, Pueblo Community Health Center; Pueblo CO*

### D2

#### Cardiobetes: The New Focus on Effective Type 2 Diabetes Management 100% Rx

**AG**

Diabetes continues to be a growing U.S. and global health threat, as well as the greatest contributor to cardiovascular disease, earning the nickname—CARDIOBETES. There have been significant changes in terms of treatment focus and drug options leading to patient and provider confusion. Yet, there is great optimism as newer anti-diabetes drugs have been shown to positively impact diabetes-related cardiovascular disease and kidney disease. Utilizing real patient case studies and providing endocrinology expertise, the speaker will offer clarity to the topic with useful tips on how to individualize and effectively prescribe current diabetes medications to reduce both hyperglycemia and cardiac dysmetabolism.

*Christine Kessler, MN, CNS, ANP, BC-ADM, CDTC, FAANP; Founder and Nurse Practitioner, Metabolic Medicine Associates; King George VA*

### D3

#### Immunology and Pharmacology in Dermatology 100% Rx

**AG DM**

Targeted immunology discovery and therapeutic advancements are coming to the dermatology market at a breakneck speed. There is natural educational delay that occurs with the time it takes to bring text books and other teaching platforms in alignment with scientific discovery and therapeutic approval. The gap increases risk for a decrease in utilization with more complex therapies, even when warranted. Hear how to bridge this gap with reviewing drug and biologic package inserts, post marketing data, basic immunology, appropriate use, and management of adverse events. The basics of this lecture can applied to any specialty.

*Diane Hanna, APRN, DNP, FNP-C; Dermatology Nurse Practitioner, Modern Dermatology; Shawnee KS and Guest Clinical Faculty, School of Nursing, University of Kansas; Lawrence KS*

### D4

#### Herpes: Current Research, Diagnosis and Management 50% Rx

**WH**

Herpes continues to be a sexually transmitted infection that is easily missed or misdiagnosed by even seasoned practitioners. Learn the most up to date research, diagnostic tools, treatment regimens, and prevention messages to deliver the best evidenced-based care. Diagnostic tools for discovering herpes simplex virus 1 (HSV1) and herpes simplex virus 2 (HSV2) will be discussed, along with how to accurately identify atypical physical presentations of HSV1 and HSV2.

*Alison Marshall, RN, MSN, FNP-C; Faculty, Sylvie Ratele STD/HIV Prevention Training Center of New England, Massachusetts Department of Health; Jamaica Plain MA and Assistant Director and Clinical Instructor, FNP Program, William F. Connell School of Nursing, Boston College; Chestnut Hill MA*

**D5****Pediatric Oncology for the Primary Care Provider: Assessment, Diagnosis, and Co-Management 0% Rx**

PED

Research advances and national clinical trials in pediatric oncology have resulted in dramatic improvements in the outcomes for these children with the overall long-term survival rate now exceeding 80%. Proper assessment, diagnosis, and referral for these patients requires accurate knowledge at the primary care entry point and collaboration with care providers at tertiary care regional centers. Focus on the most common diagnostic categories, initial presentations, as well as history, assessment, and diagnostic procedures. General treatment modalities, new developments in targeted and individualized therapies, and complications of treatment will be discussed, as well as long-term follow-up requirements and potential sequelae.

*Patricia Cullen, PhD, CPNP-PC; Assistant Dean, Graduate Programs, Loretto Heights School of Nursing, Rueckert-Hartman College for Health Professions, Regis University; Denver CO*

**D6****Pharmacogenomics: What Is Your Patient Telling You? 100% Rx**

AC AG

Pharmacogenomic testing is now standard of care in the community, yet many clinicians struggle to interpret the results, know when and how to adjust medication doses, and answer patient questions. Gain an overview of pharmacogenomic laboratory findings, strategies for prescribing medications, and resources for patient, caregiver and staff education. Topics covered will include metabolizer phenotypes, gender and race considerations for safe prescribing, and a review of the cytochrome P450 genes. Case-based scenarios will highlight prescribing strategies for common primary care diagnoses such as hypertension, upper respiratory tract infections, diabetes, depression, and back pain. Basic genetic or genomic knowledge is required.

*Georgie Cusack, MS, RN, AOCNS®; Director, Education and Patient Safety, NHLBI, National Institutes of Health; Bethesda, MD*

*Sharon Flynn; MS, RN, ANP-BC, AOCNS®, BMTCN; Nurse Practitioner, Nursing Research and Translational Science, National Institutes of Health, Clinical Center; Bethesda MD*

**D7****Practice Management: Legal, Risk Management and Financial Basics 0% Rx**

PD

It is important to understand practice management, whether you are a hospital/clinic employee or someone who owns/wants to own a business. Clinicians are expected to comply with changes in scope of practice and new federal/state regulations governing clinical practice, along with assuring that their billing information is used appropriately. Civil penalties, fines, criminal prosecution, or loss of license can be the consequences of not keeping informed. Gain practical and legal advice from an attorney/NP on information related to risk management, malpractice, billing/coding, and financial management.

*Carolyn Buppert, MSN, JD; Attorney, Private Practice; Portland OR*

**EDUCATIONAL SESSIONS E1 – E7****10:00 am – 11:30 am****1.5 CE/CME Hours****E1****It's Not a Spider Bite, it's MRSA! 75% Rx**

AC AG DM PED

Skin and soft tissue infections caused by hospital acquired methicillin-resistant *Staphylococcus aureus* (HA-MRSA) continue to be a problem. In recent years, however, infections caused by a newer isolate termed community-acquired MRSA (CA-MRSA) have been increasing in incidence. Outbreaks of CA-MRSA have been identified in other settings, including athletic teams and prisons. CA-MRSA infections are often incorrectly identified in emergency departments as spider bites, which often leads to readmissions and severe infections. Learn the identification of and differences in treatment of CA-MRSA versus HA-MRSA.

*Kristine Scordo, PhD, RN, ACNP-BC, FAANP; Director and Professor, Acute Care Nurse Practitioner Program, College of Nursing & Health, Wright State University – Miami Valley; Dayton OH and Acute Care Nurse Practitioner, Schuster and Associates Cardiology; Dayton OH*

**E2****Need to Know: Nutrition Basics for Busy Providers 0% Rx**

AG PED

Healthcare education does not prepare providers to educate patients about the benefits of adequate and complete nutrition in relation to disease states. Improve your knowledge surrounding basic nutrition, nutrition's role in the disease process, the provision of nutrition counseling, and specific nutritional deficiencies related to common dietary practices in the U.S diet. Understand what deficits might be encountered with dieting and/or bariatric surgery patients, which diets are best for specific disease states, and how best to screen/assess nutritional status.

*Melissa Davis, DNP, CNM, FNP; Clinical Director, Nurse-Midwifery & Primary Care Faculty Practice, School of Nursing, Vanderbilt University; Nashville TN and Assistant Professor, School of Nursing, Vanderbilt University; Nashville TN*

**E3****Killer or Filler: What Happens to Patients when Illicit Substances Are Cut for Profit? 100% Rx**

AC AG PED

Health care providers are aware of abuse of illicit substances, but little information is provided regarding what the illicit substances are cut with, to increase profit. For this reason, potential harm from these substances is not thought about when patients present for care. Learn about additional risk to patients, what substances are used, why they are used, and what happens to patients when they use illicit substances with fillers in them.

*Nancy Balch, PharmD, BCCCP; Emergency Medicine Pharmacist, In-patient Pharmacy, Massachusetts General Hospital; Boston MA*

**E4**

**Colposcopic Examination of the Lower Genital Track 2.0 25% Rx**

**WH**

For clinicians who have experience with providing colposcopy, gain a higher level understanding of colposcopic examination of the lower genital track. Approaches to completing challenging colposcopies will be presented, including difficulty with visualization or working with patients who are anticoagulated, have anxiety, or are pregnant. Appropriate use of endocervical curettage techniques will be covered. Learn how to create a systematic approach to vaginal and vulvar colposcopy.

*Kristina M. Tocce, MD, MPH; Vice President and Medical Director, Planned Parenthood of the Rocky Mountains; CO, NM, NV, WY and Volunteer Clinical Faculty Member, Department of OB/GYN, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO*

**E5**

**Clinical Assessment and Management of Youth on the Autism Spectrum 50% Rx**

**PED**

Nurse practitioners often encounter children and adolescents, who present with signs of an autistic spectrum disorder. Is there a brief screening tool, what further assessments and services are needed, and should the medication regime/management be initiated? These questions and more are reviewed to expand the provider's competence in making sound clinical judgements for youth who present with neuroatypical features. NPs are in a strategic position to make the diagnosis of "rule out autism." Delays in proper diagnosis and initiation of a treatment plan should be minimized in this potentially disabling developmental disorder.

*Sonya Montgomery, FNP-BC, PMHCS-BC; Pediatric Psychiatric Nurse Practitioner, Focus Behavioral Health; Asheville NC*

**E6**

**Cancer Immunotherapy: What Do Non-Oncology Nurse Practitioners Need to Know? 100% Rx**

**AC AG**

Immune checkpoint inhibitors are a new class of cancer treatments that help the body's own immune system recognize and destroy cancer cells. However, activating the immune system may cause a form of autoimmune reaction that can affect any organ or tissue. Most immune-related adverse events (irAE) are mild to moderate and reversible, if detected early and addressed appropriately. These irAE most commonly affect the skin, colon, lungs, liver and endocrine organs, and some can be permanent (hypothyroidism) or life threatening (myocarditis). Non-oncology NPs play an integral role in the care of cancer patients and survivors and NPs in specialties such as dermatology, GI, and endocrinology may be consulted regarding the management of an immune-related adverse event. Equip yourself with knowledge about immunotherapy and immune-related adverse events, so you can communicate with the oncology team and work together to address all the patient's medical needs.

*Laura Zitella MS, RN, ACNP-BC, AOCN; Nurse Practitioner and Associate Clinical Professor, Hematology/Oncology, University of California San Francisco; San Francisco CA*

**E7**

**Telehealth Solutions: The Practitioners' Guide to Best Practices and Positive Outcomes 0% Rx (Repeated as N7 on Saturday)**

**PD**

Telehealth is a value-based electronic solution that brings cost-effective, high-quality care to the masses, improves access to specialists, expedites the coordination of care, and improves outcomes. Programs have been implemented nationwide, but many of these initiatives are discarded due to poor planning and improper deployment. Gain a clear understanding of what can be accomplished with telehealth for both the providers and the patients. Learn how to utilize sound practices to develop programs that deliver patient-centered care, while factoring in the challenges that are unique to this mode of practice. Leveraging the expertise of NPs to care for patients in this new and improved manner will widen our reach and serve more patients in need.

*Pamela Ograbisz, DNP, FNP-BC; Director of Telehealth, Locumtenens.com; Alpharetta, GA*

**BAG LUNCHES (Exhibit Hall)**  
**11:30 am – 1:00 pm**

**CHALLENGES IN CARE PANEL (CIC)**

**12:15 pm – 1:45 pm**

**1.5 CE/CME Hours**

**Optional, Pre-registration required, No additional fee**

**CIC**  
**Challenges in Care: Advance Directives – Yours and Theirs 0% Rx**

**PD**



What matters most to you? Who do you want to make decisions for you if you cannot? What are the best practices for incorporating advance planning into your practice? Explore these critical issues, through discussion, cases, and interactivities.

*Jean Abbott, MD, MH; Faculty, Center for Bioethics & Humanities, University of Colorado Anschutz Medical Campus; Aurora CO*

*Martha Moneyppenny, MS, FNP, ANP, GNP, HPNA-C; Clinical Educator, Complex Care Management, Optum; Phoenix AZ*

*Nancy Rudner, DrPH, MPH, MSN, APRN; Health Coach and Consultant, Health Action; Maitland FL and Graduate Faculty, School of Nursing, George Washington University; Washington DC*





**EDUCATIONAL SESSION  
F1**

**2:00 pm – 3:00 pm  
1.0 CE/CME Hour**



**F1**  
**What Makes a Good Leader GREAT! Applying Evidence Based Principles in NP Leadership 0% Rx**

PD

Have you ever experienced conflict with an individual, team, or group? Review the mechanics of crucial conversations, along with team and partnership building. Have you wanted to advocate for your patients, your clinic, or your profession to achieve a noble goal? Learn the key steps to building equity, credibility, and influence within your network of stakeholders. Have you had a great solution to a major problem, but struggle to be heard? Understand the give and take of negotiations to create mutual solutions and strong partnerships.

*April Kapu, DNP, APRN, ACNP-BC; Associate Chief Nursing Officer and Director for Advanced Practice, Center for Nursing Excellence, Vanderbilt University Medical Center; Nashville TN, Assistant in Critical Care, Department of Anesthesiology, School of Medicine and Associate Professor, School of Nursing, Vanderbilt University; Nashville TN*

*Pam Jones, DNP, RN, NEA-BC; Senior Associate Dean, Clinical and Community Partnerships, School of Nursing, Vanderbilt University; Nashville TN*

**WORKSHOP SESSIONS WS1 – WS3**

**3:15 pm – 6:15 pm (break 4:45 pm – 5:15 pm)**

**2.5 CE/CME Hours**

**Optional, Limited Enrollment,**

**Pre-registration required and a fee of \$95.**

**Enrollment is limited in order to maintain quality of instruction.**

**WS1**  
**Orthopedic Exam: Spine 0% Rx**

AG PED

Orthopedic spinal examination continues to be a weak area for many primary care providers. The incidence of lumbar and cervical pain continues to increase with each passing year, along with patients affected by spinal pathology. According to the NIH, low back pain (LBP) is the second most common cause of disability in U.S. adults, with an estimated 149 million days of work lost per year. Participants will work in small groups with preceptors, while at a master station the techniques for a specific examination will be discussed and demonstrated. Short didactic discussion and pearls will be provided prior to hands-on practice. Focus will be office based degenerative spine, not trauma based. Hands-on workshop, so please wear comfortable clothing.

*Christopher R. Hemmer, DNP, ANP; Vice President and Adult Nurse Practitioner, Orthopedic Spine Surgery, Piper Spine Care; St. Peters MO, Assistant Professor, School of Nursing, Saint Louis University; St. Louis MO*

**WS2**  
**Dermatology Procedures for Primary Care 50% Rx**

AG DM PED

Nurse Practitioners working in primary care are often the first health care provider to diagnose a worrisome lesion. The wait time for a dermatology appointment could delay treatment of cancerous lesions. Appropriate diagnostic procedures will hasten the treatment choices and outcome for the patients. Gain a better understanding of which lesions are appropriate for liquid nitrogen application. Practice proper techniques for shave biopsy and punch biopsy, while identifying which lesions require which procedure.

*Peggy Vernon, RN, MA, C-PNP, DCNP, FAANP; Owner/Dermatology Nurse Practitioner, Creekside Skin Care; Greenwood Village CO*

**WS3**  
**New Imaging, New Criteria, Radiology Changes 0% Rx**

AG PED

Focus on the use and interpretation of advanced imaging of chest, abdomen and neurology cases. There have been many recent changes to radiology and it is important for nurse practitioners to keep up with jargon and recommendations. Foster your development of advanced skills needed to identify pathology with cutting edge imaging and interpretation. Using case studies, new imaging techniques and criteria will be reviewed to ensure everyone is up to date with current practices. Imaging across the life span will be reviewed including unusual findings on plain radiographs, PET scans, CT scans, MRI, and Sonogram.

*Rustain L. Morgan, MD, MS; Director, Diagnostic Radiology Residency, Associate Program Director, Interventional Radiology Residency, Assistant Director, Basic to Advanced Radiology Lab, and Assistant Professor, Radiology Associate Program, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO*





**EDUCATIONAL SESSION G1**

**3:15 pm – 4:45 pm**

**1.5 CE/CME Hours**

**G1**

**Legislative Update: MACRA – How MIPS and APMs Affect NPs, Your Practice and Your Patients 0% Rx**

**PD**

The Medicare Access and CHIP Reauthorization Act of 2015 created the Quality Payment Program which includes numerous changes to clinician practice. The Sustainable Growth Rate (SGR) formula was repealed and Medicare now rewards clinicians for value over volume. Multiple quality programs were streamlined under the new Merit Based Incentive Payments System (MIPS). Clinicians can receive bonus payments for participation in eligible alternative payment models (APMs). Measures for consideration include: patient reported outcome and functional status measures, patient experience measures, care coordination measures, and measures of appropriate use of services. Find out what this all means to you, your practice, your patients, and building a value-based healthcare system.

*Ashby Wolfe, MD, MPP, MPH, Chief Medical Officer, Centers for Medicare & Medicaid Services; San Francisco CA*

**AUTHORS PRESENT POSTERS**

**4:45 pm – 5:15 pm**

**.5 CE/CME Hour**

**INTENSIVES H1 – H5**

**5:30 pm – 6:15 pm**

**.75 CE/CME Hour**

**H1**

**Treating Chronic Pain in the Opioid Epidemic: An Integrated Primary Care Model 25% Rx**

**AG**

Recognize the needs for effective pain management, while limiting and identifying risks of opioid misuse. Hear about an integrated primary care model for holistic chronic pain management, which has been used in an urban, underserved primary care clinic. Methods for using a comprehensive care approach and best practices in medication management for chronic pain will be discussed. Prescribed, complementary and alternative practices will be presented, as well as behavioral health services, which can improve outcomes for your clients.

*Tanya R. Sorrell, PhD, PMHNP-BC; Associate Professor, College of Nursing, University of Colorado Anschutz Medical Campus; Aurora CO*  
*Mary Weber, PhD, PMHNP, BC; Professor, College of Nursing, University of Colorado Anschutz Medical Campus; Aurora CO*

**H2**

**Nurse Practitioner-led Healthcare Model for Curbside Care 25% Rx**

**AG PED**

Evidence suggests that housing instability and lack of access to primary and mental health services lead to high utilization of emergency departments and hospitalization. Chronic conditions such as cancer and heart disease fueled by tobacco use in approximately three-quarters of the homeless population represent significant causes of death. Infections, injuries, and other acute conditions fester, and communicable diseases such as tuberculosis, AIDS, and viral hepatitis readily spread. Patient-centered and community health models can mitigate poor health outcomes for this population. Learn about a nurse practitioner-led health model utilizing evidence-based practices for curbside care to provide access to primary care, mental health, and social services.

*Michael Sanchez, DNP, CRNP, FNP-BC, AAHIVS; Assistant Professor, School of Nursing, Johns Hopkins University; Baltimore MD*

*Adrian Mesa, DNP, APRN, FNP-BC, PMHNP-BC; Lecturer, School of Nursing and Health Studies, University of Miami; Coral Gables FL*

**H3**

**Vulvar Itching 0% Rx**

**WH**

Not all that itches is yeast. Causes of vaginal irritation, pain and itching are many. While most advanced practice providers are familiar with common vaginal dermatoses such as yeast, bacterial vaginosis, and common STIs, many are unfamiliar with less known causes of vaginal complaints. Understand how to diagnose and treat lichen sclerosus, lichen simplex chronicus, erosive lichen planus, vulvar dermatitis, genitourinary syndrome of menopause/vulvovaginal atrophy, and vulvar graft versus host disease, and when to refer.

*Jessica Pettigrew, RN, MSN, CNM; Co-director Women's Sexual Health Consultation Service, Lead Advanced Practice Provider, University Women's Care and Senior Instructor, Department of OB GYN, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO*

**H4**

**Trauma Leaves a Trace: The ACE Study and Beyond 0% Rx**

**AG PED**

Hear how repeated childhood stress of abuse, neglect, poverty, parents with mental health or substance abuse issues has a biological, tangible effect on early brain development. The ACE study (Adverse Childhood Events) uncovered a stunning link between childhood trauma and the chronic disease/disability people develop as adults, in addition to high risks for psychiatric and substance abuse disorders. In an era of tightening budgets and bottom-line focus, it is imperative to not only be informed on why our patients behave as they do, but understand the far reaching implications for organizations, environments, and a culture that are trauma engendered.

*Sonya Montgomery, FNP-BC, PMHCS-BC; Pediatric Psychiatric Nurse Practitioner, Focus Behavioral Health; Asheville NC*

**H5**

**Making an Impact: Creating and Maintaining a Pre-surgical Prehabilitation and Optimization Clinic for High Risk Elective Surgery Patients 0% Rx**

AC AG PD

The Perioperative Surgical Home Model is a novel approach which provides an opportunity to help patients “optimize” their chronic medical conditions and “prehabilitate” by making meaningful lifestyle changes prior to elective surgery. By identifying high risk individuals, and helping them optimize chronic medical conditions, increase physical activity, and improve nutrition, we can decrease the rate of adverse outcomes. Review the most up to date recommendations for pre-op diagnostics and management, along with a discussion of the planning, design, and implementation of an NP driven pre-op clinic.

*Laura Hildebrand, ANP-C, Nurse Practitioner, Preprocedure Services, Impact Clinic, UCHealth Poudre Valley Hospital; Fort Collins CO*

*Julie Deters, RN, MSN, FNP-BC; Family Nurse Practitioner, PeriOperative Services, UCHealth – North; Loveland CO*

**DINNER EDUCATIONAL SESSION J1**

**6:30 pm – 8:00 pm**

**1.5 CE/CME Hours**

**Optional, Limited Enrollment,**

**Pre-registration required and a fee of \$30**

**J1**

**Menopause: Dilemmas and Options 100% Rx**

WH

Menopausal Hormone Therapy (MHT) is the most effective way to manage symptoms of menopause, but many patients and their clinicians have concerns about its safety. Awareness of current evidence on the risks and benefits of hormone therapy can increase comfort with helping patients make informed decisions about MHT. For those women who can't or choose not to take hormone therapy, it is also important to be knowledgeable about non-hormonal options that can help alleviate menopausal symptoms. Hear about pharmacologic and non-pharmacologic modalities for treating menopausal symptoms.

*Jan Shepherd, MD, FACOG; Medical Director, Women's Wellness Connection, Colorado Department of Public Health & Environment; Denver CO, Consultant, Boulder Valley Women's Health Center; Boulder, CO, and Clinical Associate Professor, Obstetrics & Gynecology, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO*



*“This was my sixth time attending this conference, always have had a good experience and will definitely attend again in the future.” – 2019 NNPS attendee*



## SATURDAY, JULY 11, 2020 • DAY 3

SESSIONS L, M, N, O • CE/CME Hours Available: 6.5 for Sessions and Posters  
Optional CE/CME Hours: Workshops (WS4 – WS7) 2.5 • Special Feature Session (SF2) 1.0

<b>KEY</b>	<b>AC</b> = Acute Care	<b>AG</b> = Adult/Geriatric	<b>DM</b> = Dermatology	<b>PED</b> = Pediatric	<b>PD</b> = Professional Development	<b>WH</b> = Women's Health
------------	---------------------------	--------------------------------	----------------------------	---------------------------	---	-------------------------------

Tracks are identified by the speaker, for indication purposes only.



### WORKSHOP SESSIONS WS4-WS7

7:30 am – 10:30 am (break 8:30 am – 9:00 am)

2.5 CE/CME Hours

Optional, Limited Enrollment,

Pre-registration required and a fee of \$95.

Enrollment is limited in order to maintain quality of instruction.

#### WS4

Orthopedic Exam: Extremities 0% Rx

**AG** **PED**

Orthopedic examination continues to be a weak area for many primary care providers. However, musculoskeletal complaints, especially shoulder, wrist, hip, knee and ankle pain are some of the most common reasons for primary care visits. Develop your comfort level and a better understanding of the techniques of examination and their meaning. Participants will work in small groups with preceptors, while at a master station the techniques for a specific examination will be discussed and demonstrated. Practice common office based orthopedic exams specific to ambulatory care diagnosis. Hands-on workshop so please wear comfortable clothing.

*Christopher R. Hemmer, DNP, ANP; Vice President and Adult Nurse Practitioner, Orthopedic Spine Surgery, Piper Spine Care; St. Peters MO, Assistant Professor, School of Nursing, Saint Louis University; St. Louis MO*

#### WS5

Suturing Skills: Beginning to Advanced 0% Rx

**AC** **AG** **PED**

Gain an overview of the management of traumatic lacerations, followed by a hands-on workshop. Practice basic or advanced suture techniques on pig's skin, with guidance from a preceptor. Beginners with no experience will learn single-layer closure. Intermediate and advanced students will learn landmarks for peripheral nerve block, multi-layer and flap closure techniques.

*Vincent Markovchick, MD, FAAEM, FACEP; Staff Physician, Emergency Medical Services, Denver Health Medical Center; Denver CO and Professor Emeritus, Emergency Medicine, University of Colorado Anschutz Medical Campus; Aurora CO*

*Maria Moreira, MD; Physician and Medical Director of Continuing Education and Simulation, Emergency Medical Services, Denver Health Medical Center; Denver CO*

#### WS6

COPD and Asthma: What Is the Difference and Does It Matter? 50% Rx

**AG** **PED**

Providers are sometimes unsure of how best to determine if a patient has asthma or COPD, which then can alter the inhaler selected. Another factor that helps providers select a certain inhaler for treatment is the familiarity of the providers themselves with the actual device. Review how to differentiate asthma vs COPD, or whether a patient has a combination of both conditions. Hear how clinical history, lung physiologic testing, and radiographic findings help to differentiate the processes. An overview of how management differs, with examples of patient cases will be used to highlight these points. The hands-on portion of the workshop will educate attendees about the different inhalers, devices, and potential patient issues and side effects. Attendees will have different inhaler delivery systems available for demonstration to help increase comfort with these devices and how to educate patients in use.

*Steven E. Lommatzsch, MD; Physician Clinic Manager and Assistant Professor of Medicine, Division of Pulmonary and Critical Care Medicine; National Jewish Health; Denver CO and Assistant Professor, Pulmonary/Critical Care, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO*

*Deborah Fending, RN, BSN, AE-C; Staff Development Nurse, Nursing Education; National Jewish Health; Denver CO*

#### WS7

IUDs Are Not Just for Birth Control: A Review of Indications, Insertion, Management and Removal 100% Rx

**WH**

Increasing numbers of patients wish to use Long-Acting Reversible Contraception (LARC) to help with their contraceptive needs and other health conditions. Hear a comprehensive review of IUDs that both the novice and the expert nurse practitioner will appreciate. Correct insertion/removal techniques for various IUDs will be presented, including methods to handle challenging clinical situations, such as breakthrough bleeding, malposition, other adverse effects. Gain hands-on experience by practicing IUD placement and removal on plastic pelvic models.

*Kristina M. Tocce, MD, MPH; Vice President and Medical Director, Planned Parenthood of the Rocky Mountains; CO, NM, NV, WY and Volunteer Clinical Faculty Member, Department of OB/GYN, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO*

*Jennifer S. Hyer, MD; Physician, Department of Obstetrics and Gynecology, Denver Health Medical Center; Denver CO and Assistant Professor, Department of OB/GYN, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO*

## EDUCATIONAL SESSIONS L1 – L3

9:00 am – 10:30 am

1.5 CE/CME Hours

## L1

## Metabolic Syndrome 2020: What Do We Know &amp; How Do We Intervene 50% Rx

AG

After more than a decade, there is renewed interest in Metabolic Syndrome – a disastrous clustering of abnormalities that may include obesity, hyperglycemia, visceral adiposity, high blood pressure, and atherogenic dyslipidemia. New insights have emerged with regard to risk, pathology and related biomarkers, as well as new management strategies. Gain insights into the cause of this deadly metabolic disruption, evidence-based and novel interventions, risk assessment, and diagnostic pearls.

*Christine Kessler, MN, CNS, ANP, BC-ADM, CDTC, FAANP; Founder and Nurse Practitioner, Metabolic Medicine Associates; King George VA*

## L2

## Pulmonary Hypertension – Beyond the Basics 50% Rx

AC AG

Pulmonary hypertension is a chronic and progressive disease of the pulmonary vasculature, which is under-recognized, underdiagnosed and undertreated. Due to the non-specific presenting symptoms of the disease, referral of patients by primary care providers for formal evaluation and subsequent treatment is often delayed, which greatly increases both the morbidity and mortality of the disease. Hear about treatment options, which are dependent on the etiology of the underlying disease process, and how to find experts to manage this challenging disease to obtain optimal results for the patient.

*Keith Volk, ACNPC-AG; Acute Care Nurse Practitioner, Cardiology, Banner Health-Cardiovascular Institute of Northern Colorado; Greeley CO*

*Carla Hall, RN, MSN, FNP-C; Nurse Practitioner, CardioVascular Institute, Banner Health; Greeley CO*

## L3

## Fathers Matter: Preconception Health Counseling 25% Rx

AG PED

Maternal influence on fetal development and health outcomes of her offspring is widely accepted – but, how about the fathers? Little emphasis has been placed on the crucial role of preconception health counseling for expecting fathers in primary care practice or family planning clinics. There is an increasing body of evidence that paternal preconception diet, stress, fitness, chemical and environmental exposure, and his overall health, contributes to the infant's health outcome and plays a role in the prevention of non-communicable disease in adulthood. There is a need to shift the paradigm from solely focusing on maternal preconception exposures and embrace the paternal influence of fetal programming and infant health outcomes. Focus on modifiable lifestyle factors and risk reduction strategies that can be incorporated into preconception health counseling at primary care or family planning clinics.

*Sylvia Metzger, MPH, MSN, FNP-C; Family Nurse Practitioner, El Paso Health County Family Planning Clinic; Monument CO*

## EDUCATIONAL SESSIONS M1 – M7

12:00 pm – 1:00 pm

1.0 CE/CME Hour

## M1

## Skin Cancers: Recognition and Management for the Primary Care Provider 25% Rx

AG DM PED

In the U.S., skin cancer is the most prevalent form of cancer. The primary care provider is often the first to recognize and diagnose skin cancers. Gain an overview of the clinical presentation of Basal Cell Carcinomas (BCC), Squamous Cell Carcinoma (SCC) and cutaneous melanoma skin cancers. Clinical guidelines for management and treatment of skin cancers will also be covered, according to the updated guidelines from the American Academy of Dermatology. Learn about treatment guidelines to educate and prepare your patients for treatment, and know when to refer.

*Emily Reynolds, RN, MSN, FNP-BC, DCNP; Dermatology Nurse Practitioner, Vanguard Skin Specialists; Colorado Springs CO*

## M2

## ACE: Access, Care Coordination, and Evidence-Based Practice to Enhance Integration of Behavioral Health in Primary Care 0% Rx

AG PED

There has been an influx of patients seeking mental health care from primary care practices across the country. Individuals with low socioeconomic status are associated with increased risk factors for complex medical and psychiatric co-morbidities, and often have limited access to the healthcare system. Collaborative care, a form of integrated care, is considered an evidence-based approach to better identify, engage, and treat patients with multiple mental health and substance issues in primary care. The collaborative model is patient centered, multidisciplinary, and offers access in integrated care settings to improve overall health outcomes. Hear how the ACE program improved patient outcomes, and the steps for implementing this model in your own practice setting.

*Sarah Stalder MSN, PMHNP-BC; Psychiatric Nurse Practitioner, Behavioral Health Department, Sheridan Health Services; Denver CO and Instructor, College of Nursing, University of Colorado Anschutz Medical Campus; Aurora CO*

*Mary Weber, PhD, PMHNP, BC; Professor, College of Nursing, University of Colorado Anschutz Medical Campus; Aurora CO*



**M3****Eating Patterns and Diabetes Prevention: Recommendations, Research and Real World 0% Rx**

AG PED

Despite the large body of research discussing nutrition management and diabetes, there is still remaining confusion surrounding the impact of dairy in the diet and its impact on inflammation and disease management. Gain an awareness on the role of dairy foods in improving lifelong cardiovascular risk of insulin resistance and hyperlipidemia. A NIH funded study looking at metabolic pathways of increased cardiovascular risk in type 2 diabetes will be discussed, along with another trial looking at the effect of consumption of dairy products on body weight and cardiovascular risk factors in patients with type 2 diabetes. Explore the use of Medical Nutrition Therapy for diabetes management and prevention.

This session is supported by Dairy MAX.

*Joanna Mitri, MD, MS; Staff Physician/Research Associate, Joslin Diabetes Center and Clinical Instructor, Harvard Medical School; Boston MA*

**M4****Early Diagnosis and Management for Better Long-term Outcomes: Endometriosis, Hypothyroidism and PCOS 25% Rx**

WH

Endometriosis, Hypothyroidism and Polycystic Ovarian Syndrome commonly present in adult women. Learn how to diagnose patients sooner and therefore minimize long term issues including, but not limited to, infertility, depression, insulin resistance, obesity, and hyperlipidemia. Diagnostic criteria for each condition will be reviewed through a case-study approach, along with a look at the latest evidence for early management to improve the long-term outcomes.

*Kristin Demmert, RN, MSN, WHNP, Nurse Practitioner, Heidi Oster, MD, PC; Lone Tree CO*

*Laura Thomas, DNP, APRN-BC, WHNP-BC, Nurse Practitioner, Heidi Oster, MD, PC; Lone Tree, CO*

**M5****Human Trafficking: Identifying and Treating Victims in the Clinical Setting 0% Rx**

AG PED

More than any time in history, currently there are 30 million people entrapped in human trafficking -- 27% of victims are children, with the average age of entry at 14 years old. Potential victims may present in any clinical setting, but 87% of trafficking victims have encountered a healthcare professional up to nine times during their captivity without being identified. As the most trusted health care providers, APRNs should be equipped to identify and treat victims, and implement organizational protocols to maximize health outcomes. Hear about the APRN role in prevention, treatment, advocacy, and aftercare.

*Jessica Peck, DNP, APRN, CPNP-PC, CNE, CNL, FAANP; Associate Professor, College of Nursing and Health Sciences, Texas A&M University - Corpus Christi; Corpus Christi TX and Professor, Louise Herrington School of Nursing, Baylor University; Friendswood TX*

**M6****Interstitial Lung Disease: Understanding the Word Salad of ILD 50% Rx**

AC AG

Interstitial lung disease (ILD) seems to be a black box for many health practitioners as it is a heterogeneous group of disorders. It is characterized by inflammation and/or fibrosis of the lungs. It may be caused by exposure to hazardous chemicals or smoking, medications or other medical therapies, occupational/environmental exposures, autoimmune diseases, and in some cases the cause is never found. Learn more about ILD, how it is diagnosed, evaluated, and treated to slow the progression of the disease.

*Amen Sergew, MD; Assistant Professor, Division of Pulmonary and Critical Care Medicine, National Jewish Health; Denver CO*

**M7****Mitigating Workplace Violence and De-Escalation Techniques 0% Rx**

AC PD

Workplace violence is an increasing situation affecting over 2 million American workers yearly. Healthcare workers are at an increased risk of falling victim to workplace violence because of the nature of the profession. Hear about the definition and prevalence of workplace violence, along with different de-escalation techniques to use when faced with violence in the workplace. The Emergency Nurses Association (ENA) position statements on violence in the workplace will be reviewed, but content can be applied to outpatient clinic and inpatient hospital situations.

*Nycole Oliver, DNP, APRN, RN, FNP-C, ACNPC-AG, CEN; Nurse Practitioner, Sparks Plaza Family Practice, Sparks Health System; Fort Smith AR and Advanced Practice Registered Nurse, Emergency Department, Sparks Health System; Van Buren AR*

**AUTHORS PRESENT POSTERS****1:00 pm – 1:30 pm****.5 CE/CME Hour**

## EDUCATIONAL SESSIONS N1 – N7

1:30 pm – 3:00 pm

1.5 CE/CME Hours

## N1

## Thyroid Function Disorders: Hyperthyroidism and Hypothyroidism 50% Rx

AG

Hyperthyroidism and Hypothyroidism are common disorders in the general population, but many providers do not have a clear understanding of the best diagnostic tests and most appropriate treatment approaches and goals. Hyperthyroidism causes include Graves' disease, toxic multinodular goiter and toxic thyroid adenomas, various forms of thyroiditis, iodine excess, medication effects, and exogenous thyroid hormone use. Thyrotoxicosis can vary in severity from thyroid storm, a life-threatening form of extreme decompensated thyrotoxicosis, to a mild, asymptomatic form that shows up only as a laboratory abnormality. Hypothyroidism can result from diseases of the thyroid gland itself (primary hypothyroidism) or it can result from disorders of the hypothalamus and pituitary gland (secondary or central hypothyroidism). Learn about the use of testing options for the differential diagnosis of thyroid dysfunction, treatment of hyperthyroidism and hypothyroidism, with additional attention to special circumstances in the elderly.

*Michael T. McDermott, MD; Director, Endocrinology and Diabetes Practice, University of Colorado Hospital and Professor of Medicine and Clinical Pharmacy, Division of Endocrinology, Metabolism and Diabetes, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO*

## N2

The Neurological Exam: From Theory to Practice 0% Rx  
(Repeated as P1 on Sunday)

AG

Diagnosing patients with neurological conditions requires both an understanding how the nervous system works, and having a meaningful and easily performed neurological exam. The examination becomes an optimally powerful tool, when a logical and easily performed examination is combined with an understanding of nervous system functioning and how the examination itself works. Gain an intellectual understanding of the nervous system, and instruction on the examination through a hands-on, step-by-step practical training on the exam, which you will practice in the audience.

*Bruce Morgenstern, MD; Neurologist, Blue Sky Neurology; Lone Tree CO*

## N3

## Vaping: Better than Tobacco Smoking? 0% Rx

AG

Vaping was proposed as a possible transition strategy to help smokers discontinue smoking, but lately it has been heavily marketed as a smoking alternative. It is an industry that has been completely unregulated as far as additives and nicotine content. Several deaths have been reported related to use of vaping devices. Review the nature of vaping devices, the various potential harmful components, and current knowledge of types and mechanisms. Little is known about the epidemiology to pathophysiology of vaping related lung injury, and there likely remains under-recognition of this entity from the primary care office to the intensive care unit.

*Ronald Balkissoon, MD, MSc, DIH, FRCPC; Pulmonologist, Division of Pulmonary, Critical Care and Sleep Medicine, National Jewish Health; Denver CO*

## N4

## Postpartum Depression 25% Rx

WH

Perinatal depression includes depression during pregnancy and up to 12 months postpartum. Rates of perinatal depression range from 12-15% of women, and incidence is known to be higher for vulnerable populations. Women with untreated depression during pregnancy are at risk of developing postpartum depression and suicidality. Postpartum depression interferes with infant attachment and bonding, and can lead to developmental disorders that last into adolescence. Additionally, important caregiving activities such as breastfeeding, sleep, keeping up with well-child visits and vaccine schedules can be compromised in depressed mothers. Understand which women are at risk for postpartum depression, screening methods, and treatment options to optimize outcomes for moms and babies.

*Jennifer S. Hyer, MD; Physician, Department of Obstetrics and Gynecology, Denver Health Medical Center; Denver CO and Assistant Professor, Department of OB/GYN, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO*

## N5

## Holistic Health Impacts of Social Media Use on Children: Emerging Care Trends in an iGen World 0% Rx

PED

While social media can be a useful tool for connecting people and maintaining friendships, it can take advantage of children and teens' youth, inexperience and developmental thinking abilities to potentially put them in dangerous situations. Learn about social media as a health issue by exploring through a developmental lens, considering cognitive development of abstract thinking and its relation to readiness for social media use. The latest technology and digital trends will be reviewed, including privacy settings for safety, cyberbullying, mental and physical health impacts, sexting, pornography access, and recruiting into trafficking. Apps considered to be potentially dangerous will be discussed, along with basic safety measures enabling pediatric providers, parents, guardians and mentors to be equipped to discuss these with patients and their families.

*Jessica Peck, DNP, APRN, CPNP-PC, CNE, CNL, FAANP; Associate Professor, College of Nursing and Health Sciences, Texas A&M University - Corpus Christi; Corpus Christi TX and Professor, Louise Herrington School of Nursing, Baylor University; Friendswood TX*



"As always –Great Conference– Well done! Always a great variety of topics and excellent speakers.

Awesome location as well, love the mountains this time of the year!"

– 2019 NNPS attendee



**N6****Delirium in the ICU and Post-ICU Syndrome 50% Rx****AC**

Advances in critical-care medicine have led to increased survival in critically-ill patients. However, survivors often suffer from a host of issues related to their physical and cognitive functioning well after completion of ICU treatment, a syndrome which is now recognized as post intensive care syndrome (PICS). Learn about ICU Delirium as a highly prevalent and major risk factor associated with development of PICS. Signs and symptoms of PICS will be explained, along with recommended treatment approaches. Early interventions targeted at prevention of PICS will be discussed, as well as the long term impact of PICS on survivor's quality of life, their families and caregivers.

*Kasey Bowden, MSN, FNP, AG-ACNP; Director, Extended Recovery Service, Assistant Director of Clinical Operations and Lead APP, Division of Hospital Medicine, University of Colorado Hospital; Aurora CO and Assistant Professor, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO*

*Robin Saiki, DNP, ACNP; Assistant Professor, Department of Neurosurgery, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO and Assistant Professor, Loretto Heights School of Nursing, Rueckert-Hartman College for Health Professions, Regis University; Denver CO*

**N7****Telehealth Solutions: The Practitioners' Guide to Best Practices and Positive Outcomes 0% Rx (Repeat of Friday E7)****PD**

Telehealth is a value-based electronic solution that brings cost-effective, high-quality care to the masses, improves access to specialists, expedites the coordination of care, and improves outcomes. Programs have been implemented nationwide, but many of these initiatives are discarded due to poor planning and improper deployment. Gain a clear understanding of what can be accomplished with telehealth for both the providers and the patients. Learn how to utilize sound practices to develop programs that deliver patient-centered care, while factoring in the challenges that are unique to this mode of practice. Leveraging the expertise of NPs to care for patients in this new and improved manner will widen our reach and serve more patients in need.

*Pamela Ograbisz, DNP, FNP-BC; Director of Telehealth, Locumtenens.com; Alpharetta, GA*

**AUTHORS PRESENT POSTERS****3:00 pm – 3:30 pm****.5 CE/CME Hour****EDUCATIONAL SESSIONS O1 – O7****3:30 pm – 5:00 pm****1.5 CE/CME Hours****O1****Pituitary Disorders: Evaluation and Management 50% Rx****AG**

Providers need to have knowledge regarding evaluation and management of common and sometimes life-threatening pituitary disorders. The most common causes of hypopituitarism, defined as deficient secretion of one or more pituitary hormones, are medications, such as steroids, opioids, and sex hormones, and conditions such as sleep apnea, depression, and traumatic brain injury. Pituitary tumors can secrete excess pituitary hormones and/or cause mass-effects with compression of surrounding structures, such as the nerves that control vision and eye movement. Because pituitary disorders can be life-threatening and/or significantly impact quality of life, it is critical for providers to recognize the typical situations, signs and symptoms. Hear about the most appropriate tests to accurately assess pituitary function, and the medical and/or surgical management of these disorders.

*Michael T. McDermott, MD; Director, Endocrinology and Diabetes Practice, University of Colorado Hospital and Professor of Medicine and Clinical Pharmacy, Division of Endocrinology, Metabolism and Diabetes, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO*

**O2****Neurology Cornucopia! Practical Approaches to the Five Most Common Neurological Conditions 25% Rx****AG**

Diagnosing and treating neurological conditions can be challenging. The first step to success is a logical approach. Gain practical and common sense approaches to the diagnosis and management of five neurological conditions commonly encountered in primary care practices. Conditions discussed will include Seizures, Headaches, Dementias, Parkinson's Disease, and Neuropathies. Learn how to treat your patients with these conditions and when a referral to a specialist is needed.

*Bruce Morgenstern, MD; Neurologist, Blue Sky Neurology; Lone Tree CO*

**O3****Dermatology Pearls for the Primary Care Provider 50% Rx****AG DM PED**

For many advanced practice providers, there was little opportunity during training to receive in-depth, focused teaching on dermatology, however dermatology related complaints can make up a significant portion of patient visits. Hear a review of the management of ultra-common dermatology topics, including acne, perioral dermatitis, rosacea, eczema, psoriasis, and tinea. It is also important to be able to recognize and manage effectively less common disorders, such as venous stasis dermatitis, hidradenitis suppurativa, lichen sclerosus et atrophicus, cutaneous lupus, and bullous pemphigoid. Learn time-saving, evidence-based, and practical information for dermatology conditions.

*Emily Reynolds, RN, MSN, FNP-BC, DCNP; Dermatology Nurse Practitioner, Vanguard Skin Specialists; Colorado Springs CO*



**04**

**Everything You Ever Wanted to Know About Polycystic Ovary Syndrome 50% Rx**

WH

Because it is the most common female endocrinopathy, clinicians who care for women are bound to encounter PCOS. As a multi-system disorder, it involves issues from cosmetic concerns and infertility to cardiovascular health and cancer prevention. Review the pathophysiology of the condition, as a springboard to understanding current management options for all aspects of this complex syndrome. Practical advice on managing hirsutism, oligomenorrhea, infertility, insulin resistance, and general health risks will then be presented

*Jan Shepherd, MD, FACOG; Medical Director, Women's Wellness Connection, Colorado Department of Public Health & Environment; Denver CO, Consultant, Boulder Valley Women's Health Center; Boulder, CO, and Clinical Associate Professor, Obstetrics & Gynecology, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO*

**05**

**What Would You Do? Pediatric Case Studies 0% Rx**

PED

Pediatric case studies will be presented to encourage attendees to critically think about how to evaluate and/or treat an assortment of patient presentations. Review and discuss actual clinical cases to include current and pertinent clinical recommendations and guidelines in this highly interactive session. Learn when and how to best use a combination of history taking, physical exam, laboratory, and imaging information, through comparing and contrasting clinical approaches to the question: What would you do?

*James Harrington, MD; Pediatrician, Greenwood Pediatrics; Littleton CO*

**06**

**Complex 12 Lead ECG's: Avoiding Satisfaction of Search 25% Rx**

AC AG

Interpretation of a 12 Lead ECG is challenging. While most nurse practitioners have a general understanding of 12 Lead ECG interpretation, very few patients present with only one problem. Focus on avoiding "satisfaction of search" with a better understanding of how to integrate complex findings and consider more than one problem to develop a more appropriate plan of care.

*Joan King, PhD, ACNP-BC, ANP-BC, FAANP; Acute Care NP, Pre-anesthesia Evaluation Clinic, Vanderbilt University Medical Center; Nashville TN and Professor Emeritus, School of Nursing, Vanderbilt University; Nashville TN*

**07**

**The Lived Experience of a Successful Inter-Professional Team Improving Diabetes Patient Outcomes 0% Rx**

AG PD

Many health care professionals were socialized to function within their professional silos, which leads to inter-professional disrespect, turf battles, and less than optimal patient outcomes. With the increasing incidence of diabetes, research evidence suggests improved patient outcomes through the use of inter-professional teams, as well as increased job satisfaction for the providers. Hear the lessons learned from an inter-professional team which improved diabetes outcomes in a Federally Qualified Healthcare Clinic. Discussion will include case

studies to demonstrate patient successes, along with encouraging other health care providers to actualize these practices in their unique settings to further enhance best patient outcomes.

*Christine K. Finn, PhD, NP, FACFEI, CFC, RN; Professor, Loretto Heights School of Nursing, Rueckert-Hartman College for Health Professions, Regis University; Denver CO*

*Rebecca S. Johnson, FNPc, MS, RN, CFN, CPN; Primary Care Provider, Clinica Family Health; Lafayette CO*

**SPECIAL FEATURE SESSION SF2**

**5:15 pm - 6:15 pm**

**1.0 CE/CME Hour**

**Optional, Pre-registration required, No additional fee**

**SF2**

**COVID-19: Update for Healthcare Providers 25% Rx**

AC AG PED WH

As the COVID-19 pandemic spread across the world, there was a barrage of news stories and sometimes conflicting information, leading to further confusion and anxiety. Hear the most recent updates from the National Institutes of Health (NIH) and a discussion of the recently updated guidelines from the U.S. Department of Health and Human Services (HHS). Learn about the actions implemented to contain the spread of the virus, develop therapeutics and vaccines, and make proper protective equipment and medical supplies available. Gain a better understanding of the progress made and barriers yet to be overcome in the response to the COVID-19 pandemic.

*Henry Masur MD; Chief, Critical Care Medicine Department, National Institutes of Health; Bethesda MD*

**TWILIGHT'S HIGHLIGHTS**

**SATURDAY, JULY 11 • 6:30 pm+**

**Keystone and local merchants will have a plethora of offerings.**

**This is your time to relax and enjoy the area on your own terms.**

**Check website for exclusive offerings:**

- Activities • Entertainment • Merchant deals
- Restaurant specials • Tours

**...and much more!**



<b>KEY</b>	<b>AC</b> = Acute Care	<b>AG</b> = Adult/Geriatric	<b>DM</b> = Dermatology	<b>PED</b> = Pediatric	<b>PD</b> = Professional Development	<b>WH</b> = Women's Health
------------	---------------------------	--------------------------------	----------------------------	---------------------------	---	-------------------------------

Tracks are identified by the speaker, for indication purposes only.

**HS 7:00 am – 7:30 am Non-Certified**  
Home “Stretch”

Start your final morning off with professionals leading the way in exercise designed to stretch your muscles and invigorate your mind. Reward yourself with this treat prior to your final day at the Symposium and heading home.

**AUTHORS PRESENT POSTERS**  
**7:30 am – 8:00 am**  
**.5 CE/CME Hour**

**EDUCATIONAL SESSIONS**  
**P1 – P5 8:00 am – 9:30 am**  
**1.5 CE/CME Hours**

**P1**  
**The Neurological Exam: From Theory to Practice 0% Rx**  
**(Repeat of Saturday N2)**

**AG**  
Diagnosing patients with neurological conditions requires both an understanding how the nervous system works, and having a meaningful and easily performed neurological exam. The examination becomes an optimally powerful tool, when a logical and easily performed examination is combined with an understanding of nervous system functioning and how the examination itself works. Gain an intellectual understanding of the nervous system, and instruction on the examination through a hands-on, step-by-step practical training on the exam, which you will practice in the audience.

*Bruce Morgenstern, MD; Neurologist, Blue Sky Neurology; Lone Tree CO*

**P2**  
**Cutting Through the Hype: Cannabinoids in Clinical Practice**  
**25% Rx**

**AG**  
There is increasing awareness and interest in the use of cannabis for therapeutic purposes, but clinicians may lack the education needed to engage in informed discussions with patients. Current legislation both at the federal and state level make it highly confusing for patients and clinicians regarding the medical utility and legality of even having these discussions. With more states passing legislation for recreational cannabis use, the development of new cannabis based pharmaceutical products, and a commercial market flooded with other CBD products, more patients are self-medicating without the proper professional counseling. Gain direction on how to safely and legally address these issues, and how to best help patients in decision making.

*Theresa Mallick-Searle, RN, MS, ANP-BC; Nurse Practitioner, Pain Management, Stanford Health Care; Stanford CA and Independent Contractor, Medical Expert Witness on Pain Management and Treatment; Palo Alto CA*

**P3**  
**Responding to Your Female Patients’ Sexual Concerns 50% Rx**

**WH**  
Many women experience sexual problems, which can negatively impact their interpersonal relationships and quality of life. They expect their clinicians to be comfortable talking about these issues and able to provide accurate information and advice. Learn how to counsel patients on specific sexual concerns, and when and how to employ medical modalities to help them enjoy a healthy sex life.

*Jan Shepherd, MD, FACOG; Medical Director, Women’s Wellness Connection, Colorado Department of Public Health & Environment; Denver CO, Consultant, Boulder Valley Women’s Health Center; Boulder, CO, and Clinical Associate Professor, Obstetrics & Gynecology, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO*

**P4**  
**One Pill Can Kill: A Look at the Poisoned Pediatric Patient**  
**100% Rx**

**PED**  
Children are exposed more frequently to potentially toxic substances than any other age group. According to data compiled by the American Association of Poison Control Centers (AAPCC), there are more than 1.3 million exposures involving children age 12 and younger. Learn about the epidemiology of pediatric poisonings, along with common ingestions seen in the pediatric population. An overview of a focused toxicological physical examination, discussion of the common toxidromes, and treatment/management recommendations will be presented.

*Nancy Denke, DNP, ACNP-BC, FNP-BC, FAEN; Nurse Practitioner, Toxicology Consultants of Arizona; Scottsdale AZ and Associate Faculty, DNP Program, College of Nursing and Health Innovation, Arizona State University; Phoenix AZ*

**P5**  
**Coagulopathies in Primary and Acute Care 25% Rx**

**AC AG**  
Do terms like “coagulopathy,” “bleeding diathesis,” and “disseminated intravascular coagulation” make your blood boil? Hear a case study of Severus S, a 38-year-old chemist, whose friends joke that he is “half-blooded” because of his tendency to bleed. After a review of the normal mechanisms of hemostasis, we will apply our understanding to identify the pathophysiology underlying acquired and inherited bleeding diathesis, while evaluating his complaints. We will order labs and diagnostic studies; formulate a diagnosis; and develop a management plan for Mr. S. By the end of our lesson, you too will be a wizard with coagulopathies.

*Pol-Andre Senecal, MSN, NP, CNS, ACNP, CCNS; Nurse Practitioner and Clinical Nurse Specialist, Pulmonary Vascular Medicine, University of Colorado Hospital; Aurora CO*

**EDUCATIONAL SESSIONS Q1 – Q5**

**9:45 am – 10:45 am**

**1.0 CE/CME Hour**

**Q1**

**Heart Failure Management Strategies in the Outpatient Setting: Implications for Nurse Practitioners 50% Rx**

AC AG

Approximately 6.5 million Americans have heart failure, there are 960,000 new cases annually, and 1/3 of the U.S. population is at risk for developing heart failure. Because of this high incidence and prevalence, NPs are faced with the management of complex heart failure patients in the outpatient setting. Learn strategies for optimization of guideline directed medical therapy for both Heart Failure with Reduced Ejection Fraction and Heart Failure with Preserved Ejection Fraction. Key considerations for medication management of varying patient volume states in the outpatient setting will be discussed, as well as crucial aspects of transitioning patients from hospital to home.

*K. Melissa Smith Hayes, DNP, ANP-BC, CHFN; Adult Nurse Practitioner, Heart and Vascular Center at Meharry, Nashville General Hospital; Nashville TN and Assistant Professor, School of Nursing, Vanderbilt University; Nashville, TN*

*Nicole Dellise, DNP, FNP-BC, CHFN; Heart Failure Nurse Practitioner, Advanced Hearth Failure Program, Vanderbilt Heart and Vascular Institute; Nashville TN and Instructor, School of Nursing, Vanderbilt University; Nashville, TN*

**Q2**

**What to Order When: An Orthopedic Adventure 0% Rx**

AG

Become more familiar with imaging options to gain a better understanding of what to order when, before referring to an orthopedic surgeon for total and partial joint replacements and surgical sports medicine. Learn what the appropriate imaging is related to preliminary diagnoses. In order to protect patients and healthcare resources, also review when there may be overuse in diagnostic testing, where the test may be redundant or inappropriate, and may also generate false-positive results, which prompt further needless investigation or cause adverse effects.

*Kareem Sobky, MD; Orthopedic Surgeon, Orthopedic Surgery, HealthONE/HCA; Denver CO*

**Q3**

**Maternal Mortality Review: Understanding the Data and Creating Solutions 0% Rx**

WH

The high rate of maternal mortality in the United States continues to make headlines and pose questions about the quality of care provided to women and families. Differences between the mortality rates of women in various ethnic groups raise questions about healthcare disparities within the system. Maternal mortality reviews serve as a means of identifying underlying causes of maternal death and disparity to inform prevention strategies. Hear about the drivers of maternal mortality and how to engage in the national effort to improve maternal mortality. The maternal mortality review process will be discussed, including operationalizing a maternal mortality review committee, identifying and abstracting maternal mortality cases, and engaging with the public about maternal mortality from the perspective of a

provider. Understand how to translate maternal mortality data into solutions through clinical and public health activities.

*E. Brie Thumm, PhD, CNM, RN, MBA; Maternal Health Clinical Consultant, Colorado Department of Public Health and Environment; Denver CO*

**Q4**

**Infestations, Bites, and Stings 50% Rx**

AG DM PED

Infestations, bites, and stings can be minor inconveniences, but may also lead to serious sequelae. Hear about common, and not-so-common, dermatological lesions caused by insects, mammals, sea life, and more. Description of lesions and treatment options will be discussed, as well as risk of spread to family and other contacts, along with return to play requirements for high school and college athletes.

*Peggy Vernon, RN, MA, C-PNP, DCNP, FAANP; Owner/Dermatology Nurse Practitioner, Creekside Skin Care; Greenwood Village CO*

**Q5**

**Acute Care Reimbursement Update 0% Rx**

AC PD

As a result of the Medicare Access and CHIP Reauthorization Act 2015 (MACRA) implementation, Medicare reimbursement has markedly changed. It is important to keep current on reimbursement issues and make sure that billing practices are compliant with regulations in a constantly changing environment. Hear updates for the acute care setting about changes in reimbursement, issues with shared visits, and use of critical care codes.

*Nancy Munro, RN, MN, CCRN, ACNP-BC, FAANP; Senior Acute Care Nurse Practitioner, Critical Care Medicine Department and Pulmonary Consult Service, National Institutes of Health; Bethesda MD and Faculty Associate, Graduate School of Nursing, Georgetown University; Washington DC*

**EDUCATIONAL SEMINAR R1**

**9:45 am – 2:30 pm**

**4.0 CE/CME Hours**

**R1**

**The Bridge: A Comprehensive Headache Education Program 0% Rx**

AG PED

Attend a seminar featuring didactic presentations and a choice of one of two workgroups:

**Workgroup R1a – Use of Procedures: Nerve Blocks and OnabotulinumtoxinA**

OR

**Workgroup R1b – Non-pharmacological Approaches to Migraine Management: Behavioral and Neuromodulation**

Current pathophysiologic models will be addressed. Hear acute and preventive treatment strategies for adult and pediatric populations along with appropriate patient selection, administration (timing and route), and potential medication misuse and/or overuse concerns. Learn how to address comorbid medical complaints in appropriate medication selection and monitoring. The American Headache Society® (AHS) Nurse Practitioner / Physician Assistant (NP/PA) Special Interest Group developed this educational offering for Primary Care Nurse Practitioners and Physician Assistants. This comprehensive overview of migraine is delivered by Nurse Practitioner and Physician Assistant members of AHS.

To view the full agenda for this seminar, access [www.npsymposium.com](http://www.npsymposium.com), click on "Program Details" link, "The Bridge: A Comprehensive Headache Education Program" sublink.

Carol A. Barch, MN, FNP-BC; Lead Advanced Practice Provider, Headache and Facial Pain Program, Department of Neurology, Stanford Hospital and Clinics; Stanford CA

Annika Ehrlich, MS, FNP-C, CNRN; Nurse Practitioner, UCSF Headache Center, Weill Institute for Neurosciences; San Francisco CA

Maureen Moriarty, DNP, ANP-BC, FAHS; Graduate Chair, Director and Assistant Professor, DNP and RN/BSN Programs, Malek School of Health Professions, Marymount University; Arlington VA and Adult Nurse Practitioner, Department of Neurology, Georgetown University Hospital; Washington DC

Laurel Short, DNP, APRN, FNP-C; Physical Medicine and Rehabilitation Nurse Practitioner, Kansas City Bone & Joint Clinic; Overland Park KS  
 Karen Williams, DNP, FNP-BC, ARNP; Nurse Practitioner, Headache Center of Excellence, Richmond Virginia Veterans Administration Medical Center; Richmond VA

## POSTER SESSIONS

.5 CE/CME Hour (per Session)

FRIDAY, JULY 10: Authors Present Posters 4:45 pm – 5:15 pm

SATURDAY, JULY 11: Authors Present Posters 1:00 pm – 1:30 pm & 3:00 pm – 3:30 pm

SUNDAY, JULY 12: Authors Present Posters 7:30 am – 8:00 am



### Implementation of the COPD Assessment Test (CAT) in a COPD clinic: Does It Make a Difference in Symptom Management?

Meghan Abrams, DNP, NP-C; Family Nurse Practitioner, Pulmonary and Critical Care Medicine, University of Colorado Hospital; Aurora CO

### Tax Incentive Programs to Address Preceptor Shortages: A Literature Review

Amy Adams, DNP, FNP-C; Assistant Professor, Dual Role Track, College of Nursing, University of South Alabama; Mobile AL

Jennifer Miller, DNP, ACNP-BC, CVNP-BC; Assistant Professor, Adult Health Nursing, University of South Alabama; Mobile AL

### Identification and Management of Adolescent Alcohol Use: Screening and Motivational Interviewing

Kelsie Berger, RN, BSN; Registered Nurse, Emergency Care Center, Memorial Hospital; South Bend IN

Scarlet R. Spain, DNP, RN, CNS, FNP-BC; Clinical Assistant Professor, School of Nursing, Valparaiso University; Valparaiso IN

### The NP's role in Oral Healthcare

Latarsha Bryant, DNP, FNP-BC; Adjunct Faculty, College of Nursing and Public Health, South University; Savannah GA

### Psychotropic Gradual Dose Reduction: Sometimes Less Is More

Sonya Choudhury MPA, MSN, GNP-BC, ANP-BC; Senior Geriatric Nurse Practitioner, The New Jewish Home & Hospital, Mt. Sinai Health System; New York NY

### Preparing the FNP Workforce for the Increasingly Complex Work Environment

Krista Estes, DNP, FNP-C; Director, FNP Specialty Option, and Assistant Professor, College of Nursing, University of Colorado Anschutz Medical Campus; Aurora CO

Glenda Robertson MA, RN; Manager, Instructional Design and Curricular Evaluation, College of Nursing, University of Colorado Anschutz Medical Campus; Aurora CO

Rosario Medina, PhD, FNP-BC, ACNP, CNS; Associate Dean, Clinical and Community Affairs, and Professor, College of Nursing, University of Colorado Anschutz Medical Campus; Aurora CO

### Snowsport Safety Helmet Promotion for Adults during Recreational Skiing and Snowboarding

Agnes Eytchison, MS, RN, FNP-BC; Family Nurse Practitioner, Urgent Care at Purgatory, Mercy Regional Medical Center; Durango CO

### I-C-U and There's No Time to Wait: Development of an Emergency Department 'Critical Patient Alert' to Reduce Time to Intensive Care Unit Transfer

Nicole Friedl, DNP AG-ACNP; Certified Registered Nurse Practitioner, Critical Care Medicine, UPMC Hamot; Erie PA

### Low Carb Nutrition as First Line Therapy in Type 2 Diabetes in Response to Physician Shortage

Virginia R. Gallagher, MSN, APRN; Owner and Nurse Practitioner, Joyful Heart House Calls; Plattsmouth NE

### Leveraging the Medicare Annual Wellness Visit to Improve Preventive Care

Becky Good, DNP, RN, FNP-BC, CNE; Director, FNP Program and Clinical Associate Professor, School of Nursing, Purdue University; West Lafayette IN

Janelle Potetz, DNP, RN, ANP-BC, CNE Clinical Assistant Professor, School of Nursing, Purdue University; West Lafayette IN

Kristen Kirby, DNP, RN, FNP-BC, CNE; Clinical Associate Professor, School of Nursing, Purdue University; West Lafayette IN

### Observing Clinical and Radiographic Outcomes of Limb Salvage with a 3D Printed Custom Titanium Cage

David Hahn, MD; Assistant Chairman and Orthopedic Surgeon, Institute for Limb Preservation, Presbyterian/St. Luke's Medical Center; Denver CO

Sue Lynn Myhre, PhD; Research Associate, HCA HealthOne Physician Services Group; Denver CO

Trystain Johnson, MD; Head of Musculoskeletal Section, Diversified Radiology of Colorado PC; Lakewood CO

Scott R. Smith, PA-C, MPAS; Physician Assistant; OrthoOne, Presbyterian/St. Luke's Medical Center; Denver CO

John Schutz, BA; Clinical Research Assistant, Colorado Limb Consultants, Presbyterian/St. Luke's Medical Center; Denver CO

### **Shared Medical Appointments to Improve Self-Care Actions in the Adult Heart Failure Patient**

Paige Harvey, BSN, RN; Registered Nurse, Research Medical Center; Kansas City MO

### **Improving Identification and Access: Implementation of Standardized Hereditary Breast and Ovarian Cancer Risk Assessment and Genetic Referral**

Melissa Hessoock, MSN, APRN, NP-C; Nurse Practitioner, Gynecology, Premier Medical Group; Clarksville TN

### **Implementation of a New Cardiology Hospital Service: Leveraging Nurse Practitioners to Improve Patient Access and Outcomes**

Michael Horne, MBA, DNP, AGNP-BC; Nurse Practitioner, Cardiology, Kaiser Permanente; Denver CO

Krista Estes, DNP, FNP-C; Director, FNP Specialty Option, and Assistant Professor, College of Nursing, University of Colorado Anschutz Medical Campus; Aurora CO

### **Prevention of Catheter Associated Urinary Tract Infection in a Surgical Intensive Care Unit**

Lin Hsing-Chun, RN, NP; Nurse Practitioner, Chang-Hua Christian Hospital; Chang-Hua City Taiwan

### **CT Coronary Angiography: The Next Cardiac Cath**

Ani Iskra, RN, MSN, APRN-BC; Nurse Practitioner, Emergency Medicine, University Hospital, Cleveland Medical Center; Cleveland OH

### **Consideration of Auricular Acupressure for the Treatment of Neonatal Abstinence Syndrome (NAS)**

Heather Jackson, RN, PhD, FNP-BC, ADS, Administrative Director, Advanced Practice, Vanderbilt Ingram Cancer Center, Vanderbilt University Medical Center; Nashville TN

### **Improving Medication Safety**

Chandra M. James, DNP, NP-C; Lead Nurse Practitioner, Optum Clinical Services; Palm Bay FL

Shawna Mason, DNP, FNP-BC; Assistant Coordinator, MSN Program, and Assistant Professor, School of Nursing, Troy University; Troy AL

Shellye A. Vardaman, PhD, RN-BC, NEA-BC, CNE; Professor, School of Nursing, Troy University; Troy AL

Amy Spurlock, PhD, RN; DNP Program Coordinator and Professor, School of Nursing, Troy University; Troy AL

### **Nurse Practitioners Influencing Heart Healthy Behaviors**

Diane John, PhD, MSN, ARNP, FNP-BC, CNE; Associate Professor, Academic Affairs, Frontier Nursing University; Hyden KY

### **Holistic Management of Vulnerable Rural Population**

Margaret Lorimor, PhD, MD, APRN, FNP-C; Owner and Family Nurse Practitioner, Wellcare Family Clinic; Guthrie OK

### **APN Lead Preoperative Clinic: Improving Resource Utilization, Patient Experience and Operative Outcomes in Patients Undergoing Elective Spine Surgery**

Catherine McGraw, RN, BSN, MSN, ANP-C; Nurse Practitioner, NeurosurgeryOne; Littleton CO

### **Enhanced Recovery after Elective Spinal Surgery: Implementing a Comprehensive Approach to Improved Patient Outcomes**

Catherine McGraw, RN, BSN, MSN, ANP-C; Nurse Practitioner, NeurosurgeryOne; Littleton CO

### **Promoting Safe and Effective Physiologic Birth in a Tertiary Care Center Utilizing the ACNM Intermittent Auscultation Bundle**

Mary Kay Miller, DNP, CNM; Certified Nurse Midwife, Birth Center of St. Pete; St. Pete FL and Regional Clinical Faculty, Frontier Nursing University; Madeira Beach FL

### **I Care About Eye Care: Focusing on Eye Health in Your Practice**

Snezana Radnovic, APRN FNP-BC MSM CAPA; Advanced Practice Registered Nurse, Bascom Palmer Eye Institute; Miami FL

### **Barriers to Exclusive Breastfeeding in Healthy Term Neonates**

Kammi Sayaseng, DNP, RN, PNP-BC, IBCLC; Graduate Program Coordinator and Assistant Professor, California State University – Fresno; Fresno CA and Pediatric Nurse Practitioner, ABC Pediatrics; Fresno CA

### **Noncompliance: No It's Not! -- It's a Health Literacy Issue**

Gwenn Scott, RN, DNP, FNP-BC; Assistant Professor, School of Nursing, University of Texas Medical Branch; Galveston TX

### **When the Bedroom Enters the Classroom**

Janet Sidebottom, MSN, FNP-BC; Lecturer, General Nursing, United States Peace Corps; Washington DC

### **The Importance of Emotional Intelligence in Advanced Practice Nursing**

Tiffany Street, DNP, ACNP-BC; Administrative Director, Vanderbilt Heart and Vascular Institute, Vanderbilt University Medical Center; Nashville TN

### **Novel Low Barrier Treatment Approach to Opioid Use Disorder and Provider Education**

Aimee Techau, MSN, PMHNP-BC, CARN-AP; Senior Instructor, College of Nursing, University of Colorado Anschutz Medical Campus; Aurora CO

Mary Weber, PhD, PMHNP, BC; Professor, College of Nursing, University of Colorado Anschutz Medical Campus; Aurora CO

### **An Educational Intervention to Reduce Inappropriate Antibiotic Use in non-Group A Beta-hemolytic Streptococcal Acute Pharyngitis**

Becky Yoza DNP, APRN-Rx, FNP-BC, ENP-C; Lecturer, College of Health and Society, Hawaii Pacific University; Pearl City HI

Benjamin Bancheck DNP, FNP-C; Deputy Commander, Nursing, Health & Readiness, U.S. Army; Wiesbaden Germany

Marilyn Filter, PhD, CNM, MS, RN; Associate Professor, College of Health Sciences, University of Michigan-Flint; Flint MI

Marilyn R. McFarland, PhD, RN, FNP-BC, CTN-A; Professor, College of Health Sciences, University of Michigan-Flint; Flint MI

## **MARK YOUR CALENDARS**

### **NATIONAL NURSE PRACTITIONER SYMPOSIUM**

**JULY 8–11, 2021**  
(pre-symposium day July 7)

**KEYSTONE CONFERENCE CENTER**  
**KEYSTONE, COLORADO**

## GENERAL INFORMATION

### CATERED FUNCTIONS

The following catered events are available to registered participants for each of the day(s) registered. All catered events are complimentary to registered participants unless nominal fee is indicated:

#### Tuesday

- Morning and Afternoon Beverage Breaks if registered for optional Session Pre 1
- Lunch if registered for optional Session Pre 1

#### Wednesday

- Continental Breakfast if registered for optional Session Pre 1
- Morning Break if registered for optional Session Pre 1
- Dinner if registered for optional Session Pre 12 - \$30

#### Thursday

- Continental Breakfast
- Morning and Afternoon Beverage Breaks
- Lunch if registered for optional Session SS2, SS3 or SS4
- Welcome Reception Buffet in Exhibit Hall

#### Friday

- Continental Breakfast
- Morning and Afternoon Beverage Breaks
- Bag Lunch in Exhibit Hall
- Afternoon Beverage & Snack Break
- Dinner if registered for optional Session J1: \$30

#### Saturday

- Brunch in Exhibit Hall
- Afternoon Beverage Breaks

#### Sunday

- Continental Breakfast
- Morning Beverage Break
- Lunch if registered for Seminar R1

### ADA

AKH Inc. and the National Nurse Practitioner Symposium fully comply with the legal requirements of the ADA and the rules and regulations thereof. If any participant in this educational activity is in need of assistance, please contact [info@npsymposium.com](mailto:info@npsymposium.com) by June 9, 2020.



### COLORADO TIPS

**High Altitude:** Keystone is at an elevation of 9,300 feet and the climate is dry. Even healthy individuals can experience symptoms of altitude sickness. It is suggested that you increase the amount of water you drink both before traveling to Keystone and while at Keystone. You should also limit your activity level on the first day, while your body adjusts to the higher elevation and lower oxygen levels. Be aware that the effects of alcohol are increased at higher elevations.

**Weather:** In July, Keystone temperatures are usually in the 80s in the daytime, dropping to the 40s in the evening, with late afternoon thunder storms. Bring a hat, sunglasses and plenty of sun-screen.

**What to Wear:** Dress is casual. Layer your clothing to accommodate temperature changes. Warm clothing is essential for evenings. Comfortable walking shoes are recommended.

### GUEST POLICIES

All educational sessions, exhibits and special events will be limited to Symposium registrants with badges. The exception is the Thursday Welcome Reception, where a limited number of tickets for guests of Symposium registrants, adults (21 and over) will be available for purchase at a cost of \$20 per ticket.

### TWILIGHT'S HIGHLIGHTS FEATURE—Back by Popular Demand!

**Saturday, July 11 • 6:00 pm – 9:00 pm**

As part of Twilight's Highlights, Don Watson and the Vail Valley Band will provide musical entertainment at the pavilion overlooking Keystone Lake. The Vail Valley Band delights audiences with an uncanny ability to segue from song to song and from one style or genre of music seamlessly into another. The band takes great pride in honoring guest requests. You are encouraged to attend with your family, friends and/or symposium constituents. The entertainment is complimentary. If you would like to treat it as a picnic, the Adventure Center will be offering a limited menu for purchase, or you are welcome to pack in your own picnic. The pavilion has very limited table seating. You are welcome to bring a blanket and/or lawn chairs for seating surrounding the pavilion.

### NNPS STORE

Take home a piece of the National Nurse Practitioner Symposium, with our logoed items, jewelry designs and metal arts. The NNPS Store will be conveniently located in the Shavano Foyer at the Keystone Conference Center.

#### Hours of operation:

Thursday, July 9:	9:00 am – 6:00 pm
Friday, July 10:	9:00 am – 6:00 pm
Saturday, July 11:	9:00 am – 6:00 pm
Sunday, July 12:	9:00 am – 1:00 pm



### AIRLINE RESERVATIONS

#### **There are 3 airport possibilities:**

- Denver International Airport (DEN) located approximately 93 miles from Keystone Conference Center. It is the airport of choice of many of the attendees.
- Eagle County Regional Airport (EGE) located approximately 72 miles from Keystone Conference Center. It offers a more limited flight selection.
- Colorado Springs Airport (COS) located approximately 148 miles from Keystone Conference Center.

United Airlines is offering special meeting fares for all attendees of the National Nurse Practitioner Symposium. Earn a 2% – 10% discount on United, United Express or certain United code share flights. The percentage of discount depends on the class of service booked. Special meeting fares are being offered for flights to/from Denver International Airport (DEN), Colorado Springs Airport (COS) and Eagle/Vail Airport (EGE).



To achieve maximum savings, book travel at [www.united.com](http://www.united.com). Enter ZHM9368469 in the "Offer Code Box".

You may also book through Frosch Travel (303-874-7175 or [Debbie.outcalt@frosch.com](mailto:Debbie.outcalt@frosch.com)), your preferred travel agent or call United Meetings Reservations directly at 800-426-1122. Be sure to give your Z code, which is ZHM9 and meeting code of 368469. For all tickets issued through United Meetings Reservations (800-426-1122), a booking service fee will be collected.

### GROUND TRANSPORTATION

Keystone is 93 miles from Denver International Airport. Travel time by car is approximately 2 hours through the scenic Rocky Mountains. To reach Keystone, take I-70 west to Exit 205 (Dillon/Silverthorne). Turn left and go 6 miles east on US Highway 6, following the signs to Keystone. (GPS coordinates entry should be Keystone Conference Center, 0633 Conference Center Drive, Keystone, CO 80435)

### SHUTTLE SERVICE:

Epic Mountain Express is offering group rates for attendees of the National Nurse Practitioner Symposium. Denver to Keystone is \$55 one-way per person on scheduled shared ride service. Private charter services are also available using 5-passenger and 10-passenger vehicles. Advance reservations are recommended. Call Epic Mountain Express at 800-525-6363 and mention Group ID "Nurse20" when making reservations.



### RENTAL CAR:

Avis Rent-A-Car is offering special rates for all attendees of the National Nurse Practitioner Symposium. These special rates are being offered at Denver International Airport (DEN), Colorado Springs Airport (COS) and Eagle/Vail Airport (EGE) locations. For reservations contact your preferred travel agent, call Avis directly at 800-331-1600 or access [www.avis.com](http://www.avis.com). Use AWD # J992313 to receive these special rates.



## SYMPOSIUM LODGING

Keystone offers a variety of accommodations to suit your needs. Hotel guest rooms, studios and one bedroom condominiums work well for single and double occupancy housing. Larger condominiums provide additional space to allow attendees to bring their families or share accommodations with friends. National Nurse Practitioner Symposium participants are entitled to special group rates for lodging units in the following areas:



**Keystone Lodge & Spa:** A Four Diamond (AAA) property, offering three restaurants, a deli, business center, concierge, and spa with fitness center. The Lodge is accessible by complimentary resort shuttle or underground walk way to the Conference Center.

**Hyatt Place:** Located in the center of the resort offering spectacular views of Dercum Mountain, the surrounding peaks and the protected wetlands. Hyatt Place is a short complimentary shuttle ride to the Conference Center.

**Conference Village:** The Conference Village encompasses the Conference Center area and Keystone Lake. A limited number of lakeside condominiums surround the picturesque Keystone Lake and are a short walking distance to the Conference Center.

**River Run:** River Run is a lively, pedestrian village located at the base of Dercum Mountain. Many of Keystone's signature events take place in the main plaza, the site of boutiques and shops, restaurants and lounges. River Run is a short complimentary shuttle ride to the Conference Center.

### **Reservations: Reference Group Code CC3NI20 when making reservations**

- **Phone:** 800-258-0437
- **Online:** [www.npsymposium.com](http://www.npsymposium.com) (click on "Travel" link, "Lodging" sublink)
- **Mail:** Keystone Reservations, PO Box 38 K-25, Keystone, CO 80435

**Deposit Policy:** All individual reservations require a \$50.00 deposit, with balance due 14 days prior to arrival and will be automatically charged to the credit card on file.

**Cancellation Policy:** Outside 1 day of arrival will result in forfeiture of the deposit. Inside 1 day will result in forfeiture of entire stay.

**Cutoff Date:** Room rates are valid through and including June 16, 2020. After June 16, 2020 rooms and rates are subject to availability. Early reservations are recommended as rooms, or certain types of rooms, may sell out prior to June 16, 2020.

**Check In/Check Out:** Check in time is 4:00pm/Check out time is 10:00am

**Incidentals/Damage Pre-authorization:** At check-in, your credit/debit card will be pre-authorized for 30% of the total room charge to secure payment for incidentals, and possible damage to the accommodations. Unused funds will be released upon check-out and available according to your credit/debit card issuer's processing timeframe.



**Roommate Referral Service:** If you are interested in sharing a condo, connect with others that would like to share a condo by accessing [www.npsymposium.com](http://www.npsymposium.com), then click on the "Travel" link and "Roommate Referral Service" sublink.

**Other:** All lodging requests and questions should be directed to 800-258-0437





# LODGING RESERVATION FORM

## NATIONAL NURSE PRACTITIONER SYMPOSIUM (CC3NI20) July 9–12, 2020 (pre-symposium day July 8; Rocky Mountain Retreat July 7–8) Keystone, Colorado

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Company \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Check-In Date \_\_\_\_\_ Check-Out Date \_\_\_\_\_ Adults Per Unit \_\_\_\_\_

### KEYSTONE HOTEL ROOMS

Hyatt Place  \$146

Keystone Lodge  \$160

Keystone Lodge (Loft Style)  \$171

### KEYSTONE CONDOMINIUMS

Gateway Mountain Lodge Studio  \$129

One Bedroom Condo (Conference Village or River Run)  \$179

Conference Village Studio  \$160

Two Bedroom Condo (Conference Village or River Run)  \$272

Three Bedroom Condo (Conference Village or River Run)  \$328

Four Bedroom Condo (Conference Village or River Run)  \$386

### SPECIAL REQUESTS

Lower Floor

Handicapped

Smoking

Conference Village

River Run

Other \_\_\_\_\_

Credit Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_ Security Code \_\_\_\_\_

Credit Card Holder Name (printed) \_\_\_\_\_ Signature \_\_\_\_\_

\* Above rates exclude tax, surcharge and resort fee (resort fee applies only at Hyatt Place)

\*\* \$50.00 deposit required at time of reservation, with balance due 14 days prior to arrival.

\*\*\* Cancellations outside 1 day of arrival will result in forfeiture of the deposit. Cancellations inside 1 day will result in forfeiture of entire stay.

### RETURN TO:

Keystone Reservations  
PO Box 38 K-25  
Keystone, CO 80435

Fax: 970-496-4343

E-mail: [summitgroups@vailresorts.com](mailto:summitgroups@vailresorts.com)



## SYMPOSIUM REGISTRATION FORM



PRE-SYMPOSIUM SESSIONS (Standard sessions are free with any paid registration)			
Date	Session	Time	Code/Choice
<b>Tuesday, July 7</b>	Rocky Mountain Retreat (\$275 fee)	9:00 am – 4:30 pm	<input type="checkbox"/> Pre 1 (\$275 fee)
<b>Wednesday July 8</b>	Rocky Mountain Retreat (continued)	8:30 am – 12:15 pm	(Included and required with Pre 1)
	Educational Sessions	10:30 am – 12:00 pm	<input type="checkbox"/> Pre 2 <input type="checkbox"/> Pre 3
	Nexplanon® Training (Non-certified)	1:30 pm – 3:30 pm	<input type="checkbox"/> SS1* (Non-certified)
	Educational Sessions	1:30 pm – 3:30 pm	<input type="checkbox"/> Pre 4 <input type="checkbox"/> Pre 5
	Educational Sessions	3:45 pm – 4:45 pm	<input type="checkbox"/> Pre 6 <input type="checkbox"/> Pre 7 <input type="checkbox"/> Pre 8
	Educational Sessions	5:00 pm – 6:00 pm	<input type="checkbox"/> Pre 9 <input type="checkbox"/> Pre 10 <input type="checkbox"/> Pre 11
	Dinner Session (\$30 fee)	6:15 pm – 7:45 pm	<input type="checkbox"/> Pre 12 (\$30 fee)
SYMPOSIUM SESSIONS			
<b>Thursday July 9</b>	Educational Sessions	8:00 am – 9:30 am	<input type="checkbox"/> A1 <input type="checkbox"/> A2 <input type="checkbox"/> A3 <input type="checkbox"/> A4 <input type="checkbox"/> A5 <input type="checkbox"/> A6 <input type="checkbox"/> A7
	Keynote Address & Awards Ceremony	10:00 am – 11:15 am	<input type="checkbox"/> KN
	Luncheon Session (Non-certified)	11:30 am – 1:00 pm	<input type="checkbox"/> SS2* (Non-certified)
	Educational Sessions	1:30 pm – 3:00 pm	<input type="checkbox"/> B1 <input type="checkbox"/> B2 <input type="checkbox"/> B3 <input type="checkbox"/> B4 <input type="checkbox"/> B5 <input type="checkbox"/> B6 <input type="checkbox"/> B7
	Educational Session	3:30 pm – 5:00 pm	<input type="checkbox"/> C1 <input type="checkbox"/> C2 <input type="checkbox"/> C3 <input type="checkbox"/> C4 <input type="checkbox"/> C5 <input type="checkbox"/> C6 <input type="checkbox"/> C7
<b>Friday July 10</b>	“Walk & Talk” Around the Lake (Non-certified)	7:15 am – 7:45 am	<input type="checkbox"/> WT (Non-certified)
	Educational Sessions	8:00 am – 9:30 am	<input type="checkbox"/> D1 <input type="checkbox"/> D2 <input type="checkbox"/> D3 <input type="checkbox"/> D4 <input type="checkbox"/> D5 <input type="checkbox"/> D6 <input type="checkbox"/> D7
	Educational Sessions	10:00 am – 11:30 am	<input type="checkbox"/> E1 <input type="checkbox"/> E2 <input type="checkbox"/> E3 <input type="checkbox"/> E4 <input type="checkbox"/> E5 <input type="checkbox"/> E6 <input type="checkbox"/> E7
	Challenges in Care Panel	12:15 pm – 1:45 pm	<input type="checkbox"/> CIC
	Educational Session	2:00 pm – 3:00 pm	<input type="checkbox"/> F1
	Workshops (\$95 fee)	3:15 pm – 6:15 pm	Indicate 1st & 2nd choices if applicable. (\$95 fee per Workshop) ____ <input type="checkbox"/> WS1 ____ <input type="checkbox"/> WS2 ____ <input type="checkbox"/> WS3
	Educational Session	3:15 pm – 4:45 pm	<input type="checkbox"/> G1
	Educational Sessions	5:30 pm – 6:15 pm	<input type="checkbox"/> H1 <input type="checkbox"/> H2 <input type="checkbox"/> H3 <input type="checkbox"/> H4 <input type="checkbox"/> H5
	Dinner Session (\$30 fee)	6:30 pm – 8:00 pm	<input type="checkbox"/> J1 (\$30 fee)
<b>Saturday July 11</b>	Workshops (\$95 fee)	7:30 am – 10:30 am	Indicate 1st & 2nd choices if applicable. (\$95 fee per Workshop) ___ <input type="checkbox"/> WS4 ___ <input type="checkbox"/> WS5 (beginner) ___ <input type="checkbox"/> WS5 (intermediate) ___ <input type="checkbox"/> WS5 (advanced) ___ <input type="checkbox"/> WS6 ___ <input type="checkbox"/> WS7
	Educational Sessions	9:00 am – 10:30 am	<input type="checkbox"/> L1 <input type="checkbox"/> L2 <input type="checkbox"/> L3
	Educational Sessions	12:00 pm – 1:00 pm	<input type="checkbox"/> M1 <input type="checkbox"/> M2 <input type="checkbox"/> M3 <input type="checkbox"/> M4 <input type="checkbox"/> M5 <input type="checkbox"/> M6 <input type="checkbox"/> M7
	Educational Sessions	1:30 pm – 3:00 pm	<input type="checkbox"/> N1 <input type="checkbox"/> N2 <input type="checkbox"/> N3 <input type="checkbox"/> N4 <input type="checkbox"/> N5 <input type="checkbox"/> N6 <input type="checkbox"/> N7
	Educational Sessions	3:30 pm – 5:00 pm	<input type="checkbox"/> O1 <input type="checkbox"/> O2 <input type="checkbox"/> O3 <input type="checkbox"/> O4 <input type="checkbox"/> O5 <input type="checkbox"/> O6 <input type="checkbox"/> O7
	Special Feature Session	5:15 pm – 6:15 pm	<input type="checkbox"/> SF2
<b>Sunday July 12</b>	Home “Stretch” (Non-certified)	7:00 am – 7:30 am	<input type="checkbox"/> HS (Non-certified)
	Educational Sessions	8:00 am – 9:30 am	<input type="checkbox"/> P1 <input type="checkbox"/> P2 <input type="checkbox"/> P3 <input type="checkbox"/> P4 <input type="checkbox"/> P5
	Educational Sessions	9:45 am – 10:45 am	<input type="checkbox"/> Q1 <input type="checkbox"/> Q2 <input type="checkbox"/> Q3 <input type="checkbox"/> Q4 <input type="checkbox"/> Q5
	Educational Seminar	9:45 am – 2:30 pm	<input type="checkbox"/> R1a <input type="checkbox"/> R1b

\* Verification of clinician's practice and eligibility information may be provided to sponsor for auditing purposes.

# SYMPOSIUM REGISTRATION FORM



**Certain information will appear on your name badge. Please print clearly.**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Specialty: \_\_\_\_\_

E-mail: \_\_\_\_\_ Employer: \_\_\_\_\_

Preferred Postal Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_ Zip/Postal Code: \_\_\_\_\_

Contact Phone or Cell: \_\_\_\_\_ Advanced Practice License # \_\_\_\_\_

From which School did you receive your Advanced Practice education? \_\_\_\_\_ Year graduated? \_\_\_\_\_

Is this the first time you have attended the National Nurse Practitioner Symposium? Yes \_\_\_\_\_ No \_\_\_\_\_

Please indicate if you have dietary restrictions\*, a need for auxiliary aids or special assistance services (*notification required by June 9, 2020*)

*\*Dietary restrictions will be accommodated as best as possible for functions held at the Keystone Conference Center, however exceptions may apply. Please call 800-996-3233 in advance or inquire at the Symposium Help Desk onsite with questions or concerns.*

REGISTRATION FEES							
FEES	<b>SAVE \$25 BY REGISTERING ONLINE</b>	Paid by Feb 15, 2020	Paid by May 15, 2020	Paid by June 15, 2020	Paid after June 15, 2020	Nursing MS Student*	TOTALS
Symposium: <i>Thurs-Sun</i>		\$565	\$640	\$690	\$740	\$455	
Weekend: <i>Fri-Sun</i>		\$515	\$590	\$640	\$690	\$400	
Two-Day: <input type="checkbox"/> <i>Thurs-Fri</i> <input type="checkbox"/> <i>Thurs &amp; Sat</i> <input type="checkbox"/> <i>Fri-Sat</i> <input type="checkbox"/> <i>Sat-Sun</i>		\$500	\$500	\$500	\$550	N/A	
One-Day: <input type="checkbox"/> <i>Thurs</i> <input type="checkbox"/> <i>Fri</i> <input type="checkbox"/> <i>Sat</i> <input type="checkbox"/> <i>Sun</i>		\$300	\$300	\$300	\$350	N/A	
Optional Items							
Dinner Session: <input type="checkbox"/> <i>Wed</i> <input type="checkbox"/> <i>Fri</i> \$30 each dinner							
Handouts Thumb Drive Service ( <i>All available handouts plus update service providing subsequent updates via e-mail</i> ) \$10							
Hardcopy Syllabus ( <i>Must pre-order by June 15, 2020, not sold on-site</i> ) \$70							
Reception Pass for Guest ( <i>Thurs</i> ) \$20 ( <i>Symposium registration automatically includes admission to the Reception for symposium registrant. Purchase pass ONLY FOR GUEST(s) if needed.</i> )							
Rocky Mountain Retreat ( <i>Tues &amp; Wed</i> ) \$275							
Workshop <input type="checkbox"/> <i>Fri</i> <input type="checkbox"/> <i>Sat</i> \$95 each workshop							
<b>TOTAL FEES</b>							

*\*Spring or Summer 2020. Verification must be provided upon request.*

### CREDIT CARD PAYMENTS (American Express, Discover, Mastercard, Visa accepted)

Card # \_\_\_\_\_

Expires \_\_\_\_\_ Security code \_\_\_\_\_

Cardholder's Name (please print) \_\_\_\_\_

Signature \_\_\_\_\_

Billing Address (if different than registration address) \_\_\_\_\_

\_\_\_\_\_

### CHECK PAYMENTS PAYABLE TO "National Nurse Practitioner Symposium"

**Cancellations on or before June 15, 2020 are fully refundable less a \$50 cancellation fee.**

**Cancellations after June 15, 2020 are non-refundable, however substitutions are allowed.**

### BENEFITS OF EARLY REGISTRATION

*The earlier you register, the more you can save on registration rates (tiered pricing cutoff dates of Feb 15, April 15, June 15)*

*Early registration allows higher probability of receiving your desired sessions before they fill up*

*The sooner you register, the sooner you will start receiving announcements and/or special offers*

#### RETURN TO:

National Nurse Practitioner Symposium  
4255 S Buckley Rd #118  
Aurora, CO 80013

or Fax: 888-996-3296

E-mail: [info@npsymposium.com](mailto:info@npsymposium.com)



4255 South Buckley Road, #118  
Aurora, CO 80013

### AWARDS, GRANTS & SCHOLARSHIPS

The National Nurse Practitioner Symposium is offering a limited number of grants and scholarships, based on varying criteria, as well as the Loretta C. Ford Lifetime Achievement Award. Deadline to submit applications and nominations is April 1, 2020.

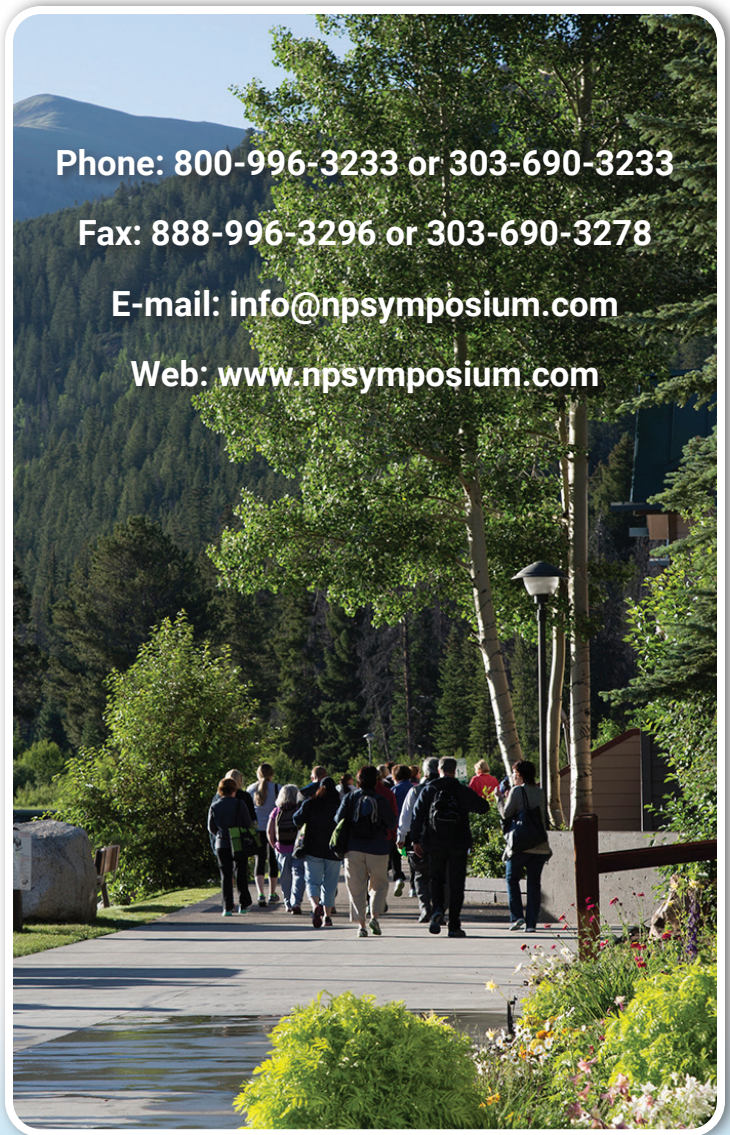
For details and application/nomination forms please access [www.npsymposium.com](http://www.npsymposium.com) and click on the link for Awards, Grants & Scholarships, or call 800-996-3233.

Phone: 800-996-3233 or 303-690-3233

Fax: 888-996-3296 or 303-690-3278

E-mail: [info@npsymposium.com](mailto:info@npsymposium.com)

Web: [www.npsymposium.com](http://www.npsymposium.com)



Disclosure of Conflicts of Interest: AKH Inc., Advancing Knowledge in Healthcare requires instructors, planners, managers and other individuals who are in a position to control the content of this activity to disclose any real or apparent conflict of interest (COI) they may have as related to the content of this activity. All identified COI are thoroughly vetted and resolved according to AKH Inc., Advancing Knowledge in Healthcare policy. The existence or absence of COI for everyone in a position to control content will be disclosed to participants prior to the start of each activity.