

## The 29th Annual Southwestern Regional Nurse Practitioner Symposium

is a two day intensive program offering education to review and update current concepts in clinical and practice management for advanced practice nurses and advanced practice nursing students.

AzNA and AZNPC are pleased to offer up to 9.25 hours of Content/CNE hours. Pharmacy contact hours are available for some presentations.

The Western Multi-State Division is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center Commission on Accreditation.

### Keynote

Health Policy and Politics in Washington Today

MaryAnne Sapio, AANP VP of Federal Government Affairs

A veteran of Washington policy and politics, Sapio has served as Senior Director of Government Relations and Federal Advocacy for the American Health Care Association (AHCA) and as a consultant to the American Association of Colleges of Nursing where she developed and implemented federal legislative and regulatory initiatives.

### Breakout One

Depression and Anxiety in Children and Adolescents (\*P)

Pam Lusk, DNP, RN, PMHNP-BC, FAANP

Symptom review of depression in children/adolescents, screening instruments, and EBP interventions for the primary care office. Also, indications for psychosocial therapy treatment, FDA approved medications, and combination treatment w/both therapy and medication.

Evidence Based Family Planning in Primary Care (\*P)

Denise Link, PhD, WHNP, CNE, FAAN, FAANP

Includes shared decision making for family planning - engaging pts in creating a reproductive life plan and best practices on family planning care, prescribing, and management. Also, updates on new products; advantages/disadvantages.

Overuse Injury Treatment and Management

Linda Knutson, PA-C, MS, MED

The audience will have a better knowledge of the vast array of overuse injuries, and the challenges involved in diagnosis and treatment. The early recognition of overuse syndrome by the Nurse Practitioner will lead to better outcomes for the patient.

Stroke Prevention in Atrial Fibrillation (\*P)

Sharon Morgan, FNP-BC, AGACNP-BC

Atrial fibrillation (AF) is the most common cardiac arrhythmia and a common cause for stroke in pts >60 years of age. Many pts complain of palpitations, dizziness, etc. Various treatment modalities and indications for use will be discussed.

### Breakout Two

“It’s Just a Boo-Boo” Toddler Concussion

Nancy Denke, DNP, ACNP-BC, FNMP-BC, CEN, CRRN, FAEN

What to look for when your pediatric patient or your own child gets “just a bump on the head”. Identify activities that put toddlers at high risk for concussion. Physical signs, cognitive impairment, and neurobehavioral features of concussion and educating parents on care when discharged.

Obesity Medicine - Nutrition, Physical Activity, and Medications, Oh My! (\*P)

Jessica Arryo, RD, CSP & Amy Ingersol, PA-C, MMS

Review current FDA approved medications for chronic weight management to allow NP’s to have a basic understanding and comfort with prescribing these medications for chronic use in addition to integrating food and activity plans for obese patients.

Pain Management: More Than Just Opioids (\*P)

Sandy Gallo, FNP, FAAPM

With the focus on opioid overuse and effects/limitations to long term use, providers and patients are seeking alternative therapies. Tapering guidelines and alternative treatment strategies to support the reduction in medications while enhancing patient safety and outcomes will be reviewed.

Sexually Transmitted Disease Update: Five Tips to Improve Your Practice (\*P)

Steve McCrosky, FNP, AAHIVS

This presentation will bring the attendee up to date on recent changes to STI care as well emerging trends in the field. Attendees will then learn five specific strategies to improve and expand STD assessment, testing, and treatment within the outpatient clinical setting.

### Breakout Three

Avoiding Unnecessary X-Rays: Evidence Based Care

Nancy Denke, DNP, ACNP-BC, FNMP-BC, CEN, CRRN, FAEN

Providers will understand the high and low risk criteria for ordering plain radiographs and incorporation into clinical practice. Case studies include rules for ankle/foot, knee, chest, pelvis, skull, and abdominal radiographs and limitations of clinical rules when applied to emergency/urgent care medicine.

Insomnia and Sleep Impact on Chronic Disease (\*P)

Angela Golden, FNP-C, DNP, FAANP

According to the CDC lack of sufficient sleep is being linked to both the development and increased difficulty in management chronic diseases. This presentation will review what sleep is, the current evidence related to sleep and intertwining chronic disease and the treatment in primary care of insomnia.

Prevention and Treatment of Chronic Disease with a Whole-Food, Plant-Based Diet

Shipra Bansal, MD

Healthcare practitioners should be familiar with the power of WFPB diets to help cure disease so that we can offer the most current and effective preventive care and treatment options to our patients. Includes research and implementation into clinical setting.

Update and Overview Dosing Strategies to Include: Methadone, Levorphanol and Suboxone (\*P)

Sandy Gallo, FNP, FAAPM

Pharmacokinetic and pharmacodynamic properties that make these an appealing analgesic in treating patients with advanced illnesses; however, these same properties render dosing and diligent monitoring more necessary than other opioids. Dosing strategies and conversion calculations will be discussed.

### Breakout Four

Delving Deeper into Setting up a Practice, Scope of Practice and Malpractice for NPs

Melanie Balestra, ND, NP, MSN, Teressa Sanzio, RN, MPA, esq. & Loretta D’Antonio, MBA

How to set up a practice within the NP scope of practice. Deep dive, beyond basics. Case studies will illustrate how actual errors in the nurse practitioner’s practice are prosecuted and resolved in favor of the nurse practitioner and in the favor of the complainant or plaintiff.

Dermatology for the Primary Care Provider (\*P)

Tirsa Quartullo, DNP, FNP-C

Dermatology presentation will outline common dermatological conditions and how a clinician can diagnose and treat these common conditions. Examples include: acne, rosacea, skin infections, and chronic skin conditions. Also discussed: different skin cancers, including Melanoma.

Irritable Bowel Syndrome - NP Clinical Approach (\*P)

Vicki McIntyre, DNP, FNP

Understand what defines IBS, current thinking/hypotheses of IBS psychophysiology, identify appropriate, individualized efficient approach to IBS diagnosis, and understand IBS therapy with focus on management of constituent symptoms

Update: Evaluation and Treatment of Dementia

Sandra Ryan, MA, CCC-SLP

Care of the dementia patient is challenging due to the progressive nature of the illness and caregiver stress which impacts patient and family. Coordination of service providers in the home and community is ideal for ongoing management. Collaboration with Speech Pathology through Home Health services will be reviewed, including tips for communicating with the person with dementia.

### Sunday Workshops

Physical Assessment

Ken Wysocki, PhD, FNP, FAANP

This workshop will focus on advanced history taking and physical exam skills with an emphasis on improving data collection to create a better-informed differential diagnosis and management plan. Ideal workshop for students and early career NPs. Limited to 20 attendees.

Physical Therapy and Gait Therapy and Movement

Lynn Medoff, PT, MT, MPT

Learn how to diagnose and treat common musculoskeletal problems caused by injury or chronic dysfunction. Learn about a neuromuscular training program that treats dysfunction related to injury, aging or disability based on correction of underlying postural and biomechanical faults.

Basic Suturing for the Office Nurse Practitioner

Wayne McLeod, MSN, FNP, APRN-BC

Review instruments and types of sutures as well as basic suturing techniques for simple wound closure including interrupted, running, vertical and horizontal mattress sutures. If time permits, practice of hand tying sutures.

12-Lead EKG Workshop

Speaker TBA

Analyze the patterns for STEMI and nonSTEMI changes during acute ischemia and MI, bundle branch blocks and ventricular hypertrophy as well as axis deviation. Prerequisite: fundamental knowledge of the anatomy and physiology of the heart and solid rhythm recognition.

(\*P) Pharmacy Contact Hours are available for these sessions. Please see the course descriptions at [www.aznurse.org/NP](http://www.aznurse.org/NP) for more information.

# Registration Information

July 29-30, 2017

Embassy Suites Scottsdale  
5001 N. Scottsdale Road  
Scottsdale, Arizona 85250  
Phone: 1-800-528-1456

On-site registration & check-in begins Saturday at 7:30am. The program ends at 12:30pm on Sunday.

**Program registration and more information is available at [www.aznurse.org/NP](http://www.aznurse.org/NP)**

	Full Conference	Saturday Only	Sunday Only
AzNA Member	\$225	\$175	\$150
Non-Members	\$325	\$275	\$250
DNP Students	\$175	\$150	\$100

(Registration rates above include an early bird discount of \$50. Early Bird discount expires July 16, 2017)

**Event Information: [www.aznurse.org/NP](http://www.aznurse.org/NP) or [info@aznurse.org](mailto:info@aznurse.org) or 480.831.0404**

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## 29<sup>th</sup> Annual Southwestern Regional Nurse Practitioner Clinical Symposium



[www.aznurse.org](http://www.aznurse.org)