30 Years of Wisdom: A Commitment to Excellence

30th Annual Conference
October 22 - 26, 2014
Saratoga Hilton & City Center
Saratoga Springs, NY

Up to 31.25 ANCC Continuing Education Hours available
The NPA’s leaders, membership, staff, and governmental affairs team dedicated countless hours over the years to eliminate the statutory requirement of a written practice agreement between a nurse practitioner and physician. With the passage of the Nurse Practitioners Modernization Act (NPMA), we eagerly anticipate this new law to take effect on January 1, 2015.

The NPA remains committed to increasing access to care and will continue working with all stakeholders to fulfill our vision of New Yorkers deserving access to nurse practitioners who are free to practice without unnecessary barriers. Nurse practitioners are committed to providing quality care as integral members of a collegial healthcare community.

Maintaining an active membership with The NPA is more important than ever as we enter an enhanced practice regulatory environment. Our commitment is to our members and that includes assisting our members with interpreting the new requirements, notifying members of important updates, and helping to navigate through the regulations.

Plan to attend the 2014 Legislative Session on Friday, October 24 from 9:30 – 10:30am to hear some of the major provisions of the new law.

By order of the Governor
From the President

Welcome colleague! As President of The Nurse Practitioner Association New York State, I am delighted to invite you to join us at our 30th Annual Conference which will commence October 22nd and run through October 26th. This year’s event will be held once again at the lovely Saratoga Hilton and City Center in Saratoga Springs, NY. The theme of our conference this year is “30 Years of Wisdom: A Commitment to Excellence” and promises to be a truly inspiring and educational event.

For those of you who have attended our Annual Conference in the past, you can attest to the quality and variety of speakers that this event offers. Saratoga Springs has beautiful surroundings, world class dining and shopping that are all within walking distance.

We begin on Wednesday and Thursday with pre-conference learning labs offering a variety of topics.

Friday, our conference kicks off with Keynote Speaker Sandra Ryan, MSN, RN, CPNP, FCPP, FAANP, FAAN. Sandra is the Chief Clinical Officer for CareCam Health Systems, Conshohocken, PA. Immediately following our keynote presentation will be the 2014 Legislative Update, where we will discuss the passage of the Nurse Practitioner Modernization Act, which takes effect on January 1, 2015. Members will also be asked for their input to formulate next year’s legislative agenda.

On Friday afternoon a moderated panel session featuring speakers on independent practice models will be held, with a reception immediately following in the Saratoga Ballroom foyer. This is a great opportunity to network with other nurse practitioners and students from around the state.

Saturday will begin with our Annual Membership Meeting at 8:00 am. Presentation of awards will be held at the end of the meeting.

We have added something new this year! Regional sessions will be held offering you the opportunity to meet your Regional Director and/or NPA leaders, along with fellow NPA members. Discuss both regional and state issues affecting your particular geographic location.

On Saturday afternoon Michael Loughran, President of Aon Affinity Insurance Services in the Healthcare Division will present on “Risk and Consequences: The Potential Impact of Malpractice Claims”.

Not a member? Consider joining The NPA and taking advantage of the member discounted conference registration fee, as well as all the benefits of membership. In these times where the healthcare environment is ever-changing, nurse practitioners need a strong voice to advocate for them. The NPA is the premier professional organization for nurse practitioners in New York State and offers many benefits to its members. For more information, please visit our website (www.TheNPA.org).

Make plans to be part of this great event. See you in the fall at the Saratoga Hilton!

Sincerely,
Denis Tarrant, ANP,
NPA President

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Ways to Register

On line registration:
www.TheNPA.org

Mail:
The Nurse Practitioner Association
New York State
12 Corporate Drive
Clifton Park, NY 12065

Fax:
518-348-0720

If you have any questions, please contact The NPA office by phone at 518-348-0719 or by email at info@TheNPA.org.
Keynote Speaker

Sandra F. Ryan - MSN, RN, CPNP, FCPP, FAANP, FAAN

Sandy Ryan is Chief Clinical Officer for CareCam Health Systems where she oversees all clinical aspects of the company.

Prior to joining CareCam, Ryan was one of six founding officers at Take Care Health Systems and was the first chief nurse practitioner officer in the convenient care industry. At Take Care Health Systems, Sandy led nearly 1,500 board-certified nurse practitioners and physician assistants who practice at over 400 Take Care Clinics at Walgreens drugstores in 35 markets in 19 states. Ryan oversaw clinical and operational leadership for the business while working closely with Walgreens’ chief medical officer in such areas as clinical governance, research, and quality initiatives. Ryan played an integral role in the development and implementation of integrated technology, quality assurance programs, and evidenced-based guidelines to create a consistent and unprecedented patient-focused experience for those who seek treatment at Take Care Clinics. Ryan also led efforts on legislative issues that prevent access to care while promoting the role and visibility of the nurse practitioner.

Ryan served as chair of the Clinical Advisory Board of the Convenient Care Association (CCA), the industry’s trade organization, where she was instrumental in developing the CCA’s Quality and Safety Standards and implementing a third-party certification process for these standards. To address the educational needs of nurse practitioners in the convenient care industry, Ryan helped to orchestrate the first-ever Retail Clinician Education Congress, fostering camaraderie, enhancing education and support within the NP community for the emerging model of healthcare.

Ryan has over 25 years of healthcare and leadership experience in various clinical, management, and leadership settings. She is a highly decorated Air Force Officer and is a nationally certified nurse practitioner. Ryan’s experiences as an Air Force nurse corps officer include working as a clinician, charge nurse, and director of ambulatory services in inpatient and outpatient settings. Ryan has been recognized for her leadership as the recipient of the Nancy Sharp Cutting Edge Award by the American College of Nurse Practitioners; as the first NP inducted as a Fellow of the Philadelphia College of Physicians; through her inductions as a Fellow of the American Academy of Nurse Practitioners, a Fellow of the American Academy of Nursing, and a 2011 Robert Wood Johnson Executive Nurse Fellow; and by the Convenient Care industry for her contributions to NP practice. Ryan earned a B.S.N. in Nursing from Niagara University, and an M.S.N. from Arizona State University.

Call for Poster Abstracts

The Nurse Practitioner Association New York State (The NPA) is issuing a call for posters for our 30th Annual Conference to be held October 22-26, 2014 at the Saratoga Hilton, Saratoga Springs, NY.

This poster session will provide nurse practitioners with the opportunity to report ongoing and completed research utilization projects, clinical projects, evidence based practices and best practices. We encourage students of NP, PhD and DNP programs to submit abstracts for the poster session. Students may want to work with their faculty advisors in preparing the posters.

Requirements:

All poster presenters must be a current member of The NPA and must be registered for the conference.

Poster presentations can be for:

1. Completed research, research in progress, methodological papers, or theoretical perspectives for research design
2. Administration, education, informatics, ethics, basic science, or clinical research

Abstract Guidelines:

1. Title of Presentation
2. Abstracts must be no longer than 500 words
3. The content described must be appropriate for a poster presentation
4. Research abstracts must include title and author information
5. Purpose, methodology, results, and implications for NPs must be clearly identified
6. Please provide a list of all contributing authors with contact information
7. Indicate who is the primary contact person

Abstracts can be submitted online at The NPA website at www.TheNPA.org under the Education tab, then select Call for Poster Abstracts or emailed to Sue Hubbard at shubbard@TheNPA.org.

Submission deadline is October 1, 2014.

All poster abstracts will be reviewed by the Conference Committee and an email notification will be sent to the primary contact person with their decision.

If you have any questions, please contact The NPA office at 518-348-0719 or email Sue Hubbard at shubbard@TheNPA.org.
LOCATION & ACCOMMODATIONS
The Saratoga Hilton
534 Broadway
Saratoga Springs, NY 12866

The NPA has reserved a block of rooms at the Saratoga Hilton. The room block will be held until September 21, 2014 or until the room block is filled, whichever comes first. After this date additional rooms can be reserved subject to space and rate availability. The Saratoga Hilton will make every effort to work with you in securing a room once The NPA’s block has been released.

To reserve your room at the Saratoga Hilton:

Reserve your room on-line
https://resweb.passkey.com/go/NPA2014

Or

Call 1-888-866-3596 and identify yourself as being with The Nurse Practitioner Association New York State and provide them with group code AKNW.

Room Type and Rates:

<table>
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<tr>
<th>Room Type</th>
<th>Single/Double</th>
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<tr>
<td>Run of House</td>
<td>$172</td>
<td>$187</td>
<td>$202</td>
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<tr>
<td>Junior Suite</td>
<td>$202</td>
<td>$217</td>
<td>$232</td>
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<tr>
<td>Luxury Suite</td>
<td>$350</td>
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All rooms are subject to applicable taxes and fees.

Check-in time is 3:00 pm – Check-out time is 11:00 am.

Early Departure Fee: The Hotel will add an early checkout fee of one night’s room rate to any guest who checks out prior to the reserved checkout date. To avoid an early checkout fee guests should advise the Hotel at or before check-in of any change in planned length of stay.

REGISTRATION RATES

Pre-Conference Learning Labs October 22 & October 23

- LL1 – ICD-10 CM: Success is in the Details $140
- LL2* – FMCSA: Commercial Driver Medical Examiner Training $250
- LL3 – Dermatology Wisdom 2014: Judge a Book by its Cover and its Contents $140
- LL4* – Pharmacology Update $250
- LL5* – Advanced Cardiac Life Support Recertification Course $250

*LL2, LL4, LL5 are 8 hour Learning Labs and will include lunch for the participant

Conference Fees October 24 – October 26

<table>
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<th>NPA Member</th>
<th>Postmark before 9/30/14</th>
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<tr>
<td>Full Conference (Fri., Sat., &amp; Sun.)</td>
<td>$420</td>
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<td>2 Day (Fri. &amp; Sat.)</td>
<td>$370</td>
<td>$420</td>
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<tr>
<td>1 1/2 Day (Sat. &amp; Sun. ONLY)</td>
<td>$320</td>
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<tr>
<td>1 Day (Fri. or Sat.)</td>
<td>$270</td>
<td>$320</td>
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<tr>
<td>NPA Student Transition</td>
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<tr>
<td>NPA Student Member</td>
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<tr>
<td>NPA Retired Member</td>
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<th>Non-NPA Member</th>
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<tr>
<td>Full Conference (Fri., Sat., &amp; Sun.)</td>
<td>$545</td>
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<td>2 Day (Fri. &amp; Sat.)</td>
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<td>1 1/2 Day (Sat. &amp; Sun. ONLY)</td>
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<tr>
<td>1 Day (Fri. or Sat.)</td>
<td>$395</td>
<td>$445</td>
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*Non-members are invited to join now and attend at the member rate

CANCELLATION POLICY

All cancellations MUST be submitted in writing:
- Fax: (518) 348-0720 or
- Email: info@TheNPA.org or
- Mail: The NPA, 12 Corporate Drive, Clifton Park, NY 12065

Confirmed registrants may cancel and receive a full refund minus a $50 administrative fee.

All requests for refunds MUST be submitted in writing prior to November 26, 2014. No request for refunds will be accepted after November 26, 2014.
WAYS TO REGISTER

Online Registration: www.TheNPA.org We encourage you to register on-line for immediate access to session availability.

Mail: The NPA, 12 Corporate Drive, Clifton Park, NY 12065

Please Note: When registering using the paper registration form, all required information must be completed and your payment must be included. Incomplete submissions will not be processed until all information and/or payment is complete. The NPA office will contact you for any additional information or changes that need to be made to your registration or payment information. All completed registration forms will be entered in the order in which they are received. Session assignments occur when the registration is entered and payment has been confirmed.

Fax: 518-348-0720

NPA Bucks Voucher
Remember if you earned a NPA Bucks Voucher in 2014 you can apply this to your conference registration fee.

On-site Registration
On-site registration will be available if maximum session registration numbers have not been reached. Credit card, check, money order, or cash payment is required for on-site registration.

Returned Check Policy
For all checks returned to The NPA for insufficient funds an administrative fee of $25.00 will be charged.

Pre-Conference Learning Labs
Some of the learning labs may be limited to a specific number of participants. Please register early since requests are processed in the order in which they are received.

CONTINUING EDUCATION CONTACT HOURS
Up to 31.25 contact hours will be offered at The NPA’s 30th Annual Conference. The sessions will have the number of contact hours and pharmacology contact hours that have been submitted for review as indicated in this brochure and may be subject to change.

Contact hour calculations are as follows:
4 hour learning labs = 4 contact hours
8 hour learning labs = 8 contact hours
75 minutes concurrent sessions = 1.25 contact hours
60 minutes sessions = 1 contact hour

CH = Contact Hours PCH = Pharmacology Contact Hours

You will be required to sign an attestation statement indicating that you have attended the sessions which you registered for. You will be able to download your statement of credits through your member profile on our website www.TheNPA.org 30 days after the completion of the conference.

Please Note: Contact hours will NOT be awarded unless we have received your signed attestation statement.

The Nurse Practitioner Association New York State is an approved provider of continuing nursing education by the Pennsylvania State Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

CONFERENCE ATTIRE
During the conference most dress in business casual and on Sunday while concurrent sessions continue, you should dress comfortable for the ride home. While we attempt to keep meeting rooms at a comfortable temperature, layered clothing is suggested.

PRESENTER HANDOUTS
All presenter handouts and/or outlines provided by the speakers will be made available online at The NPA’s website in early October. You will need to login using your username and password. For those registrants desiring a paper copy of the handouts for the sessions attended, it is the responsibility of the registrants to print these and bring them to the conference.

EVALUATIONS
Evaluation forms will be available for completion online at The NPA website www.TheNPA.org.

TRAVEL INFORMATION

Amtrak
Amtrak offers a 10% discount off the lowest available rail fare to Saratoga Springs, NY between October 18 – October 29, 2014. To book your reservation call Amtrak at 800-872-7245 or contact your local travel agent.

Conventions cannot be booked via Internet. Please be sure to refer to Convention Fare Code X74S-905 when making your reservation. This offer is not valid on the Auto Train and Acela Service. Fare is valid on Amtrak Regional for all departures seven days a week, except for holiday blackouts. Offer valid with Sleepers, Business Class or First Class seats with payment of the full applicable accommodation charges.

Please Note: The Conference Fare discount is only for attendees going to the conference.
Conference At A Glance

Pre-Conference Learning Labs

Wednesday, October 22, 2014

7:30 AM – 5:00 PM
Registration Time

7:30 AM – 10:00 AM
Continental Breakfast - Coffee, Tea, Juice, Bagels and Pastries

8:00 AM – 12:00 PM
LL1  ICD-10-CM: Success is in the Details
LL2  FMCSA: Commercial Driver Certified Medical Examiner Training

1:00 PM – 5:00 PM
LL3  Dermatology Wisdom 2014: Judge a Book by its Cover and its Contents

Thursday, October 23, 2014

7:30 AM – 5:00 PM
Registration Time

7:30 AM – 10:00 AM
Continental Breakfast - Coffee, Tea, Juice, Bagels and Pastries

8:00 AM – 5:00 PM
LL4  Pharmacology Update
LL5  Advanced Cardiac Life Support Recertification Class

Regular Conference Schedule

Friday, October 24, 2014

7:00 AM – 5:00 PM
Registration Time

7:00 AM – 8:30 AM
Continental Breakfast – Coffee, Tea, Juice, Fruit, Yogurt, Pastries, Bagels, Cereal

8:00 AM – 8:15 AM
Welcome and Opening Remarks

8:15 AM – 9:15 AM
Keynote: Sandra F. Ryan, MSN, RN, CPNP, FCPP, FAANP, FAAN Nursing Leadership and the Changing State of Health Care, Innovative Delivery Models for the Nurse Practitioner

9:30 AM – 10:30 AM
NPA 2014 Legislative Update

10:30 AM – 11:15 AM
Grand Opening of the Exhibit Hall - Morning Refreshment Break – Beverages and Light Snack

11:15 AM – 12:30 PM
A1  Venous Stasis Ulcer Management: Evidence-based Applied to Practice and Practical Solutions
A2  Menopause Management: Hot Flashes and Atrophic Vaginitis – HOT OFF THE PRESS
A3  Hypertension: A Case-Based Approach to JNC 8
A4  Immunizations 2014: The Centers for Disease Control and Prevention Adult Immunizations: Updating the Best Available Evidence
A5  Insomnia in Children and Adolescents
A6  Hepatitis C: Screening and Management in a New Age of Treatment
A7  State of the Art Surgical Care for Intractable Epilepsy and Intrinsic Brain Tumors

12:30 PM – 1:45 PM
Product Theater – NON-CE program – Advancing Paradigm Changes in Type 2 Diabetes Management

12:30 PM – 2:00 PM
Exhibit Hall Open – Lunch on own

2:00 PM – 3:15 PM
B1  Bladder Matters….Evaluation and Treatment of Bladder Control Problems in Primary Care
B2  Contraceptive Update: New CDC Guidelines and Research
B3  Starting Your Own Home Based Nurse Practitioner House Call Practice: An Introduction
B4  Concussion in the Pediatric Population: An Update
B5  Tissue Guided Partial Knee Replacement
B6  Approach to the Patient with Abnormal Liver Enzymes
B7  Chronic Kidney Disease: It’s Not Only in the Kidneys

3:15 PM – 3:45 PM
Afternoon Refreshment Break in Exhibit Hall - Beverages and Light Snack

3:45 PM – 5:00 PM
Panel Discussion: NP-Owned Practices

5:00 PM – 6:00 PM RECEPTION
To celebrate passage of NP Modernization Act
### Saturday, October 25, 2014

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:00 AM – 5:00 PM</td>
<td>Registration Time</td>
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<tr>
<td>6:00 AM – 7:00 AM</td>
<td>NPA Fun Run/Walk</td>
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<tr>
<td>7:00 AM – 8:00 AM</td>
<td>Continental Breakfast with the Exhibitors - Coffee, Tea, Juice, Fruit, Yogurt, Pastries, Bagels, Cereal</td>
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<tr>
<td>8:00 AM – 9:15 AM</td>
<td>NPA Annual Membership Meeting and Awards Presentation</td>
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<tr>
<td>9:15 AM – 10:15 AM</td>
<td>Morning Refreshment Break with the Exhibitors– Beverages and Light Snack</td>
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<tr>
<td>10:15 AM – 11:30 AM</td>
<td>C1 Difficult Patients, Difficult Situations, Tough Decisions!</td>
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<td></td>
<td>C2 Living in the Age of Anxiety: When Too Much of a Good Thing Becomes a Bad Thing</td>
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<td>C3 Advances in Food Allergy and Intolerance</td>
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<td>C4 Rapidly Reducible Neck and Extremity Pain</td>
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<td>C5 Pap/HPV Update: Cervical, Anal, Oral Cancer and More</td>
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<td>C6 Eating Disorders: What Can a Primary Care NP Do To Prevent Them?</td>
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<td>C7 Kidney Stones: Yes!!! They Can Be Prevented</td>
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<td>11:30 AM – 1:15 PM</td>
<td>Lunch on Own</td>
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<td>1:15 PM – 2:30 PM</td>
<td>D1 Vascular Surgical Procedures and Assessments</td>
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<td>D2 The Fight Continues: Treating PTSD in the Military</td>
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<td>D3 Hydrocephalus: From the Cradle to the Golden Years</td>
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<td>D4 Now I Know My STIs: Update</td>
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<td>D5 Pain in the …Conscientious Prescribing for the Primary Care Provider</td>
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<td>D6 Professional Boundaries in Nursing: Is there an App for That?</td>
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<td>D7 Increasing Breastfeeding Rates in Teens</td>
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<tr>
<td>2:45 PM – 4:00 PM</td>
<td>Regional Meetings (Regions 1, 2, 3, 4, 5, 6 &amp; 7)</td>
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<tr>
<td>4:15 PM – 5:15 PM</td>
<td>Risk &amp; Consequences: The Potential Impact of Malpractice Claims</td>
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### Sunday, October 26, 2014

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<tr>
<th>Time</th>
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<tr>
<td>7:30 AM – 10:00 AM</td>
<td>Continental Breakfast – Coffee, Tea, Juice, Fruit, Yogurt, Pastries, Bagels, Cereal</td>
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<tr>
<td>8:00 AM – 9:15 AM</td>
<td>E1 Pulmonary Embolism – Diagnostic and Management Strategies</td>
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<td>E2 Genital Dermatology</td>
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<td></td>
<td>E3 Insulin Knowledge and Practice Behaviors among NPs – A Project to Improve Care and Standardize Protocols in One Health Care System</td>
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<td>E4 Anxiety and Depression in Primary Care</td>
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<td>E5 Overview of IBS: Treatment Options and Management</td>
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<td>E6 Is My Child Normal? Pediatric Musculoskeletal Assessment</td>
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<td>9:30 AM – 10:45 AM</td>
<td>F1 Stroke in Women</td>
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<td></td>
<td>F2 Minimally Invasive Spine Surgery: Is this for your patient?</td>
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<td></td>
<td>F3 Neurogenic Thoracic Outlet Syndrome: Fact or Fiction</td>
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<tr>
<td></td>
<td>F4 GERD: Approach to Treatment and Management Guidelines</td>
</tr>
<tr>
<td></td>
<td>F5 Nurse Practitioners as Expert Witnesses</td>
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<tr>
<td></td>
<td>F6 Precocious Puberty in Children: Diagnosis and Management</td>
</tr>
<tr>
<td>11:00 AM – 12:15 PM</td>
<td>G1 Shoulder Surgery in 2014</td>
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<td>G2 Primary Care Management of the Late Preterm Infant</td>
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<td>G3 PCOS: Why Irregular Periods Need To Be Worked Up</td>
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<td>G4 Updates in Pediatric Medication</td>
</tr>
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<td></td>
<td>G5 Calming the Anxious Patient with Brief Effective Interventions</td>
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</tbody>
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Wednesday, October 22, 2014

REGISTRATION TIME: 7:30 AM – 5:00 PM

7:30 AM – 10:00 AM
Continental Breakfast - Coffee, Tea, Juice, Bagels and Pastries

8:00 AM – 12:00 PM
**LL1 ICD-10-CM: Success is in the Details**
*(4 CH) Additional fee of $140 for learning lab*

This program is intended to provide nurse practitioners with the knowledge they need to properly assign ICD-10-CM codes. We will discuss the history of the International Classification of Disease (ICD), 10th Clinical Modification (CM). We will interactively discuss various chapters in the manual and the various conventions used throughout including but not limited to:

- History of ICD and timetable for updates
- Using the Alphabetic Index
- Specifics of locating codes in the Tabular List
- Excludes 1 and 2 notes
- Assigning the Placeholder “X”
- Neoplasm Table
- Assigning codes for “episode of care”
- Injury codes
- External causes
- Activity codes and Place of Occurrence codes

*John Burns, CPMA, CPC-I, CPC, CEMC, AHIMA ICD-10 Trainer, Gansevoort, NY*

8:00 AM – 5:00 PM
**LL2 FMCSA: Commercial Driver Certified Medical Examiner Training**
*(8 CH) Additional fee of $250 for learning lab – includes lunch*

This learning lab will fulfill the proposed requirements in the Federal Motor Carrier Safety Administration’s (FMCSA) final rule for the National Registry of Certified Medical Examiners (National Registry). The final rule states that a medical examiner must complete a training program. This training prepares medical examiners to:

- Apply knowledge of FMCSA’s driver physical qualifications standards and advisory criteria to findings gathered during the driver’s medical examination; and,
- Make sound determinations of the driver’s medical and physical qualifications for safely operating a commercial motor vehicle (CMV) in interstate commerce.

Following are the topic areas that will be covered according to rule, 49 CFR 390.105(b).

1. Background, rationale, mission and goals of the FMCSA medical examiner’s role in reducing crashes, injuries and fatalities involving commercial motor vehicles.
2. Familiarization with the responsibilities and work environment of commercial motor vehicle (CMV) operations.
3. Identification of the driver and obtaining, reviewing, and documenting driver medical history, including prescription and over-the-counter medications.
4. Performing, reviewing and documenting the driver’s medical examination.
5. Performing, obtaining and documenting diagnostic tests and obtaining additional testing or medical opinion from a medical specialist or treating physician.
6. Informing and educating the driver about medications and non-disqualifying medical conditions that require remedial care.
7. Determining driver certification outcome and period for which certification should be valid.
8. FMCSA reporting and documentation requirements.

*George Markwardt, DNP, FNP-C, Herkimer, NY*

1:00 PM – 5:00 PM
**LL3 Dermatology Wisdom 2014: Judge a Book by its Cover and its Contents**
*(4 CH & 2.83 PCH) Additional fee of $140 for learning lab*

This presentation will take you from the basics of morphology description to diagnosis and treatment of common dermatological conditions within your practice. We will review clinical photographs, fine tune your diagnostic skills so that you will feel more comfortable diagnosing and prescribing treatments. You will learn to monitor your patients with complex disorders and powerful systemic treatments. A major portion of this lab will be dedicated to pharmacology and review common and cutting edge treatments for disease management. The “cover of the book” is in the lesion morphology and the contents of the book are… to be discussed! Please come join us!

*Virginia Hanchett, FNP, ANCC-BC, DCNP, WOCN, Fairport, NY*

*continued next page*
Thursday, October 23, 2014

REGISTRATION TIME: 7:30 AM – 5:00 PM

7:30 AM – 10:00 AM
Continental Breakfast - Coffee, Tea, Juice, Bagels and Pastries

8:00 AM – 5:00 PM
LL4 Pharmacology Update
(8 CH & 8 PCH) Additional fee of $250 for learning lab – includes lunch
This is a full day session. What’s new in 2014 will focus on the top new, widely used medications, including their appropriate uses, adverse effects and drug interactions. With many patients taking numerous medications, both prescription and over the counter it is imperative that the nurse practitioner have a good handle on commonly occurring drug-drug interactions. Antibiotic update with a focus on respiratory infections: pneumonia, ABRS and acute exacerbation of chronic bronchitis. Meet the challenges to provide optimal management for asthma and COPD. Latest statistics regarding asthma and COPD, diagnostic testing, non-pharmacologic and pharmacologic management will be discussed.
Wendy Wright, MS, RN, APRN, FNP, FAANP, Bedford, NH

LL5 Advanced Cardiac Life Support Recertification Class
(Limit to 30 registrants)
(8 CH) Additional fee of $250 for learning lab – includes lunch
Successful completion of this class will fulfill the American Heart Association’s recertification every 2 year requirements for Advanced Cardiac Life Support. The course will cover recognition and management of cardiac arrest, respiratory arrest and pre-cardiovascular arrest situations/conditions. The link to the on-line pre-test will be sent to the registrants prior to the session as this is a requirement.
James Baker, RN, CCRN, RRT, Schenectady, NY; Patricia Jacob, FNP-C, AOCNP, Oneonta, NY; Nancy Morris, RN, CCRN, Cooperstown, NY

Friday, October 24, 2014

REGISTRATION TIME: 7:00 AM – 5:00 PM

7:00 AM – 8:30 AM
Continental Breakfast - Coffee, Tea, Juice, Fruit, Yogurt, Pastries, Bagels, Cereal

8:00 AM – 8:15 AM
Welcome and Opening Remarks

8:15 AM – 9:15 AM
Keynote: Sandra F. Ryan, MSN, RN, CPNP, FCPP, FAANP, FAAN
Nursing Leadership and the Changing State of Health Care, Innovative Delivery Models for the Nurse Practitioner
(1 CH)
During this keynote address we will discuss:
- My personal journey in the development and evolution of the Convenient Care Industry/Retail Clinics;
- Role of NP’s in retail health care in validating retail health care as an innovative health care solution;
- Need for leadership in fostering collaboration in the industry to ensure quality of care and patient safety;
- Role of a Chief Nurse Practitioner Officer, Future of Nursing Report, Robert Wood Johnson Foundation, College of Physicians, and the creation of a NP centric organization and a nursing leadership structure within Take Care Health Systems;
- Importance of NP’s being involved and the role that they play in the future and in the current health care environment; and,
- Affordable Care Act, Retail Clinics and Nurse Practitioners in health care nursing leadership
9:30 AM – 10:30 AM
**NPA 2014 Legislative Update**

(1 CH)
The NPA Governmental Affairs Team will discuss the passage of the Nurse Practitioner Modernization Act, which takes effect on January 1, 2015. They will also seek input from members to formulate next year’s legislative agenda and review other NP related bill activity. Learn how to become more involved in New York’s legislative process and the importance of contributing to the NPA’s political action committee (PAC).

NPA Governmental Affairs Committee Chair, Joy Elwell, DNP, FNP-BC, FAANP, Eastchester, NY; Greenberg Traurig, LLP Associates, Joshua Oppenheimber and Jane Preston, Albany, NY

10:30 AM – 11:15 AM
**Grand Opening of the Exhibit Hall - Morning Refreshment Break - Beverages and Light Snack**

11:15 AM – 12:30 PM
**A1 Venous Stasis Ulcer Management: Evidence-based Applied to Practice and Practical Solutions**

(1.25 CH)
Venous stasis ulcers affect 1-3% of the population and cost an estimated $1 billion per year in the US. This presentation covers disease process, review of research on stasis ulcer healing and prevention, practical application of effective methods of healing and management to avoid recurrence. The tried and true, what really works. If you treat patients with venous insufficiency, with or without ulcerations, this lecture is a must do for you!

Christine Herb, MS, NP-C, CWON, Manlius, NY

**A2 Menopause Management: Hot Flashes and Atrophic Vaginitis – HOT OFF THE PRESS**

(1.25 CH & .41 PCH)
This presentation will describe epidemiology of menopause, Vasomotor Symptoms (VMS), Vulvovaginal Atrophy (VVA), and diagnosis and treatment options for VMS and VVA.

Mimi Secor, MS, M.Ed, FNP-BC, NCMP, FAANP, Onset, MA

**A3 Hypertension: A Case-Based Approach to JNC 8**

(1.25 CH & .66 PCH)
Lecture, discussion, and case study presentation, assisted by computer generated visual effects, will be designed to assist the primary care provider with the early identification of patients at risk for target organ damage from hypertension, classes of antihypertensive medications designed to attenuate/avoid target organ damage, and mechanisms to evaluate impact of these medications and their potential adverse effects. Interactive case studies will enhance and cement the knowledge gleaned from the discussion and apply newest hypertension guidelines.

Wendy Wright, MS, RN, APRN, FNP, FAANP, Bedford, NH

**A4 Immunizations 2014: The Centers for Disease Control and Prevention Adult Immunizations: Updating the Best Available Evidence**

(1.25 CH & 1 PCH)
This presentation will describe the most current immunizations recommendations from the Centers for Disease Control and Prevention (CDC) for adults. The best available evidence for immunization practice for adults will be analyzed and a review of the current best practices for adult immunizations.

Mary Beth Koslap Petraco, DNP, PNP-BC, CPNP, FAANP, Massapequa Park, NY

**A5 Insomnia in Children and Adolescents**

(1.25 CH & .16 PCH)
The purpose of this session is to provide the learner with information about diagnosis and management of insomnia in children and adolescents.

Here is what will be covered in this presentation:
- Sleep behaviors that are maladaptive and contribute to difficulty initiating and maintaining sleep,
- Beliefs and attitudes about sleep and consequences of sleep problems,
- Personality traits that may predispose a patient to insomnia,
- The clinical presentation of insomnia in a pediatric patient,
- Diagnostic tests used as part of the evaluation,
- Several of the most common co-existing problems will be included: anxiety, restless leg syndrome, ADHD, and,
- Some of the medications used to help children sleep.

Karen Chalanick, RN, MS, PNP-BC, Rochester, NY

**A6 Hepatitis C: Screening and Management in a New Age of Treatment**

(1.25 CH & .50 PCH)
Approximately 3% of the world’s population is chronically infected with the hepatitis C virus. It is the leading indication for liver transplantation in the United States, and morbidity and cost to the health care system are expected to increase in the coming years. Up to 75% of individuals with chronic hepatitis C are unaware of their status. Individuals born between 1945 and

*continued next page*
1965, 25% of the US population, are disproportionately affected, with four times the prevalence of the general population and accounting for 75% of infected individuals.

Large numbers of individuals with chronic hepatitis C have co-morbid conditions such as hypertension, diabetes, and mental illness that have the potential to complicate treatment. Subspecialty practices where patient evaluation and treatment have traditionally taken place do not have the capacity to treat the infected populations, and new developments in treatment are likely to make treatment easier and shorter. As a result, primary care practices have developed collaborative models aimed at treating hepatitis C earlier in the disease process when it has an increased likelihood of success. The goal is avoidance of long-term complications that can lead to end stage liver disease.

In this session, the epidemiology and natural history of chronic hepatitis C will be reviewed, and the evaluation and treatment of patients will be described, with an emphasis on concurrent primary care and co-management in order to maximize outcomes. New and coming developments will be discussed.

Donald Gardenier, DNP, FNP-BC, FAANP, Bronx, NY

**A7 State of the Art Surgical Care for Intractable Epilepsy and Intrinsic Brain Tumors**
(1.25 CH)

This presentation will address the medical and surgical management of intractable epilepsy and intrinsic brain tumors, including novel therapies now available for chronic conditions, which in the past were not definitively treatable with medications or surgery. Topics addressed will include defining medically intractable epilepsy, identifying patient selection criteria for referral to a Comprehensive Epilepsy Center, describing the classification of seizures and brain tumors, as well as the criteria for patient selection for consideration of awake surgery for both, illustrating functional brain mapping during an awake brain surgery and reviewing outcomes following such surgeries.

Webster Pilcher, MD, PhD, Rochester, NY

**12:30 PM – 1:45 PM**
Product Theater – NON-CE program – 100 seats available – First Come, First Served
On-site registration only.

**Advancing Paradigm Changes in Type 2 Diabetes Management**

This program will cover the following topics regarding a sodium-glucose co-transporter (SGLT2) inhibitor: the role of the kidney in regulation of hyperglycemia in T2DM, the mechanism of action - mediated inhibition of SGLT2 in the proximal convoluted tubule of the kidney, key efficacy and safety data from 2 active-controlled clinical trials, important safety information, question and answer session.

This promotional educational activity is sponsored by Janssen Pharmaceuticals, Inc. It is not certified for continuing medical education. 010034-140210

**12:30 PM – 2:00 PM**
Lunch on Own - Exhibit Hall Open

**2:00 PM – 3:15 PM**

**B1 Bladder Matters….Evaluation and Treatment of Bladder Control Problems in Primary Care**
(1.25 CH & .41 PCH)

During 2012 the American Urological Association endorsed first line evaluation and treatment of incontinence at the primary care level during their annual meeting and a new class of medication was FDA approved for treatment of overactive bladder. This lecture will focus on differential diagnosis of incontinence symptoms in primary care along with appropriate first line treatments for each type of incontinence. Pharmacological treatment of overactive bladder will be reviewed including the use of beta 3 adrenergic agonist in addition to traditional anticholinergic agents. Criteria for referral to a specialist will also be discussed.

Cindy Monaghan, RNC, MS, FNP, Voorheesville, NY

**B2 Contraceptive Update: New CDC Guidelines and Research**
(1.25 CH & 1.08 PCH)

This presentation will describe trends and contraceptive challenges facing clinicians and patients. The new CDC medical eligibility criteria for prescribing various contraceptive methods and medical conditions and new contraceptive research, regarding efficacy, risks, and benefits as this pertains to prescribing will also be discussed.

Mimi Secor, MS, M.Ed, FNP-BC, NCMP, FAANP, Onset, MA
B3 Starting Your Own Home Based Nurse Practitioner House Call Practice: An Introduction
(1.25 CH)
This session will review the basic start up needs of a home based, independent NP house call practice. Discussion will include financial structure, community outreach, personal and professional goals, as well as basic infrastructure to grow a successful home visiting medical practice. What is the future of home based medical care as it relates to a growing homebound population?
Denis Tarrant, MSN, ANP, Waldwick, NJ

B4 Concussion in the Pediatric Population: An Update
(1.25 CH)
There has been increased awareness regarding the potential impact of concussion in the pediatric population among both health care providers and laypersons. However, this awareness has not always lead to clarity in how to best manage the short or long-term consequences of concussion. The focus of this talk will be to provide an update on the understanding of concussion injury, to describe the clinical and educational manifestations and to provide an overview of the most recent guidelines regarding concussion management.
Elaine Philipson, MS, PNP-BC, Victor, NY

B5 Tissue Guided Partial Knee Replacement
(1.25 CH)
This presentation will discuss arthritis of the knee and a novel approach to partial knee replacement using knee kinematics to anatomically balance the replacement.
Jonathan Gainor, MD, Saratoga Springs, NY

B6 Approach to the Patient with Abnormal Liver Enzymes
(1.25 CH & .25 PCH)
Testing of liver enzymes is a part of most routine clinical laboratory assessments as well as a usual first step, after history and exam, in diagnosing a wide variety of patients’ presenting problems. But liver enzymes are nonspecific and require a systematic approach to diagnosis in order to determine a plan for ongoing management, including further diagnostic testing, counseling, referral, or treatment. In this session, we will briefly review anatomy and pathophysiology, including acute and chronic liver and cholestatic diseases and their common lab findings. Utilize a case based approach to review common presenting complaints as well as asymptomatic well visits in which the findings of abnormal liver enzymes need to be reviewed and analyzed. Steps taken to determine management will be tailored to a variety of settings, patient populations, and NP practices.
Donald Gardenier, DNP, FNP-BC, FAANP, Bronx, NY

B7 Chronic Kidney Disease: It’s Not Only in the Kidneys
(1.25 CH & .16 PCH)
This presentation will be a general overview of Chronic Kidney Disease (CKD) and its extra renal manifestations. We will discuss risk factors, staging and treatment of chronic kidney disease in particular the use of ACE inhibitors and ARBs. We will also look at the extra-renal effects of CKD such as bone disease and anemia. Example cases will be presented with discussions on how to manage these. At the end of this session, participants should be able to stage a patient, create a plan to slow progression, and start addressing extra renal manifestations of CKD, particularly in the early stages.
Rahmin Rabenou, MD, New York, NY

3:15 PM – 3:45 PM
Afternoon Refreshment Break in Exhibit Hall - Beverages and Light Snack

3:45 PM – 5:00 PM
Panel Discussion: NP-Owned Practices
(1.25 CH)
In this moderated panel discussion, hear from nurse practitioners in various specialties throughout New York who currently own or have owned their own practice. The discussion will include their challenges, successes, suggestions, and recommendations for future NP practice. The attendee will gain understanding and insight into running an independent practice and compare/contrast approaches.
Desta Anthony, RN, MS, ANP, Owner, Mobile Med, Syracuse, NY
Joy Elwell, DNP, FNP-BC, FAANP, Owner, Joy Elwell, FNP, LLC, Bronxville, NY
Patricia Kelley, MS, MBA, NPP, Owner, Madison NP Psychiatry, PLLC, Albany, NY
Anne Lalonde, RN, BS, MS, FNP-BC, Owner, North Country Family Health NP, PLLC, Ogdensburg, NY
Denis Tarrant, MSN, ANP, Owner, Manhattan House Calls, PLLC, Manhattan, NY

5:00 PM – 6:00 PM
Reception - to celebrate passage of NP Modernization Act.
Light hors d’oeuvres will be served. Cash bar available.
CONFERENCE DAY TWO

Saturday, October 25, 2014

6:00 AM – 7:00 AM NPA FUN RUN/WALK
Think fit! Join your colleagues for a run through beautiful Saratoga enjoying the atmosphere and clearing your mind for the day’s sessions. Runners and walkers alike will have fun participating in this health minded activity. Make sure to bring your running shoes. We will meet near The NPA registration desk beginning at 5:45 am. Register for the Fun Run/Walk on the event registration form, or register in person when you get to the conference.

REGISTRATION TIME: 7:00 AM – 5:00 PM

7:00 AM – 8:00 AM
Continental Breakfast with the Exhibitors - Coffee, Tea, Juice, Fruit, Yogurt, Pastries, Bagels, Cereal

8:00 AM – 9:15 AM
NPA Annual Membership Meeting and Awards Presentation
Denis Tarrant, MSN, ANP, President and Stephen Ferrara, DNP, FNP-BC, FAANP Executive Director for The Nurse Practitioner Association New York State will present on the current state of the Association, accomplishments within program activities and plans for the future for both the Association and the profession.

You will also hear from candidates running for office for The NPA Board of Directors. In accordance with NPA by-laws, a vote of these candidates if running unopposed on a slate will be taken at the membership meeting.

Presentation of awards will conclude the Annual Membership Meeting.

9:15 AM – 10:15 AM
Morning Refreshment Break with the Exhibitors – Beverages and Light Snack

10:15 AM – 11:30 AM
C1 Difficult Patients, Difficult Situations, Tough Decisions! (1.25 CH)
The stress of attempting to make the best possible medical decisions in tough situations is something we all deal with in our careers and over time this stress can lead to frustration, a feeling of powerlessness and eventual burn out. This interactive session will examine some of the key principles that come into play as we tackle difficult decisions and consider how these guiding ethical principles can be applied to specific real world dilemmas. Exploration of the conflicting possibilities participants have faced when confronted with difficult situations they have experienced will be discussed along with suggestions for sound resolutions. Small group participation with role playing will be included in the session.
Ruth Hart, MD, FACEP, Manlius, NY

C2 Living in the Age of Anxiety: When Too Much of a Good Thing Becomes a Bad Thing (1.25 CH & .73 PCH)
Anxiety can serve as a self-protective “early-warning” mechanism. Yet unbridled anxiety can often spin out of control and propel one into a state of panic, or worse. In this presentation, anxiety will be explored as both a useful tool for self-improvement as well as a potentiator of a variety of psychopathological states. Pharmacological, cognitive, and alternative treatment options will be examined and case studies presented.
David Horvath, PhD, PMHNP-BC, Long Beach, NY

C3 Advances in Food Allergy and Intolerance (1.25 CH)
This course will provide nursing professionals with an understanding of the current rise in prevalence of food allergy, lactose intolerance and gluten sensitivity. Some of the more common allergens and cross reactivity that can occur will be discussed. Participants will have an increased understanding of the pathophysiology of the immune system, risk factors for developing food allergy and other food related intolerances. Guidelines will be provided on how to easily and safely treat these patients.
Ellen Karlin, MMSc, RDN, LDN, FADA, Owings Mills, MD

C4 Rapidly Reducible Neck and Extremity Pain (1.25 CH)
Mechanical Diagnosis and Therapy (MDT) also known as the McKenzie Method has been shown to be a unique, dynamic and comprehensive system of assessment, treatment and prevention of mechanical spine disorders. The McKenzie Method is NOT SIMPLY “extension exercises.” Studies have indicated that utilizing the MDT approach as a screening method will significantly reduce the use of opioids and unnecessary diagnostic testing. This presentation will take you through the history of the MDT
method and provide you with assessment tools that determine who is a potential responder to MDT. In the general population between 30 and 50% of adults will experience neck pain in any given year. In a study examining recurrence of neck pain in nursing home employees a 61% recurrence rate was found 1 year after the initial episode and 65% after 2 years. Studies have shown directional preference and centralization as predictors of positive functional outcomes in patients with neck pain. In a recent randomized control trial, 40% of participants on a surgical wait list for total knee replacements were classified as derangements and experienced improved outcomes through MDT evaluation and treatment. In a recent case series of patients with elbow pain all participants were classifiable within the MDT system and after treatment all patients demonstrated improvement in subjective reporting and objective outcome measures. The MDT method empowers the patient to control pain and prevent recurrent episodes.

Joseph G. Maccio, MA, PT, Dip. MDT, Troy, NY

C5 Pap/HPV Update: Cervical, Anal, Oral Cancer and More (1.25 CH)
This presentation will review current epidemiology of cervical cancer, updates on cancer screening guidelines and rationale for these guidelines. Also we will review the 2013 ASCCP follow-up guidelines for abnormal pap smear findings.

Mimi Secor, MS, M.Ed, FNP-BC, NCMP, FAANP, Onset, MA

C6 Eating Disorders: What Can a Primary Care NP Do To Prevent Them? (1.25 CH)
Review the new DSM V definitions of eating disorders (ED) then briefly update the current research of the genetics, bio-chemical and physiological changes precipitating or resulting from disordered eating. Identify the challenges in developing programs to prevent ED in community settings, especially with the current focus on obesity prevention. Review evidence-based knowledge, parents can be taught to promote body image acceptance, self-esteem and resilience in their children to reduce the risk of ED. Examine strategies to bypass barriers to dissemination of information to parents and youth. Recognize how primary care NPs are ideally positioned to play an integral role in the detection and prevention of ED.

Karen Reichel Smith RN, BS, MSN, FNP-C, FMHNP-C, DNP, Latham, NY

C7 Kidney Stones: Yes!!! They Can Be Prevented (1.25 CH & .25 PCH)
Kidney stones are a very common problem, but rarely managed for long term prevention. This presentation will review the basics of evaluating and managing patients with acute renal colic including imaging modalities such as x-ray, ultrasound, and CT. In particular, we will review long term prevention of kidney stones. You will learn about medical conditions and medications which can cause stones. We will review 24 hour urine results and discuss how to apply this data to the long term prevention of stones through diet and medications specifically thiazides and citrate.

Rahmin Rabenou, MD, New York, NY

11:30 AM – 1:15 PM
Lunch on Own

1:15 PM – 2:30 PM
D1 Vascular Surgical Procedures and Assessments (1.25 CH & .10 PCH)
Peripheral Arterial Disease (PAD) is second in prevalence to coronary artery disease in the USA. A patient with intermittent claudication or a non-healing leg/foot ulcer will most likely see their primary care provider first and then a vascular specialist. The procedures to manage PAD have been evolving rapidly. This presentation focuses on treatment aspects of the specialties of vascular medicine and vascular surgery. The anatomy of arteries is reviewed along with the processes, signs and symptoms and the beneficial pharmacological therapies for PAD. The surgical procedures are illustrated and explained with limb assessment. In addition, recent advances and research findings in preventing and treating PAD.

Lana Pasek, ANP-BC, Alden, NY

D2 The Fight Continues: Treating PTSD in the Military (1.25 CH & .58 PCH)
The presentation will allow the learner to gain knowledge of the statistics regarding suicide in the military as well as diagnostic criteria for PTSD and treatment modalities both pharmacologic and non-pharmacologic. There will be an answer and discussion portion as well as a brief video.

Sherrie Murray, ANP-BC, FNP, Gansevoort, NY

D3 Hydrocephalus: From the Cradle to the Golden Years (1.25 CH)
This presentation will include review of the etiology, diagnosis, exam findings and management of communicating and non-communicating hydrocephalus from Newborn to Geriatric age groups.

Susan O. Smith, ANP-BC, Leroy, NY

• continued next page 13

CONFERENCE DAY TWO
D4 Now I Know My STIs: Update
(1.25 CH & .50 PCH)
This presentation will provide an update for all common Sexually Transmitted Infections (STIs), epidemiology, case studies, and manifestations of infection, key counseling strategies and updates in latest recommendations by the Center for Disease Control.
Laura J. Mulcahy, MSN, FNP-BC, Bronxville, NY

D5 Pain in the …Conscientious Prescribing for the Primary Care Provider
(1.25 CH & .41 PCH)
This presentation will provide a fundamental review of pain management with an update on current literature, new medications and technical advances, as well as a review of ISTOP procedure and policy.
Anne M. Calkins, MD, FACEP, Dewitt, NY

D6 Professional Boundaries in Nursing: Is there an App for That?
(1.25 CH)
A pediatric nurse practitioner with over three decades of nursing experience will share examples of boundary crossings from several aspects of professional practice, The National Council of State Boards of Nursing (A Nurses’ Guide to Professional Boundaries; Nurses Guide to the Use of Social Media) and the ANA (Principles of Social Networking for Nurses) will serve as a framework for the presentation. The use of self-reflection in professional practice will be emphasized along with tools and strategies for managing professional boundary concerns.
Patricia Lamarche, RN, MSN, CPNP, Webster, NY

D7 Increasing Breastfeeding Rates in Teens
(1.25 CH)
Many nurse practitioners care for teenage women who are pregnant. This is the prime time to intervene with motivational interviewing and excellent communication skills to encourage initiation and continuation of breastfeeding. This course will examine the barriers that teen moms encounter and the challenges health care providers have when interacting with them to promote healthier behaviors. We will also deconstruct some of the obstacles that interfere with trust, motivation and compliance and suggest remedies.
Barbara Dehn, WHNP, Los Altos, CA

2:45 PM – 4:00 PM
Regional Meetings
(1.25 CH)
This newly offered regional session will provide you the opportunity to meet your Regional Director and/or NPA leaders, along with fellow NPA members. Discuss both regional and state issues affecting your particular geographic location within New York State.
Region 1 – Chautauqua/Cattaraugus, Rochester, Western New York – Regional Director Dee Krebs, FNP, ANP (Meeting will be facilitated by Denis Tarrant, MSN, ANP, NPA President)
Region 2 – Finger Lakes, Leatherstocking/Catskill, Susquehanna, Tompkins/Cortland – Regional Director Maureen McPhee, FNP-BC
Region 3 – Lake Ontario, Mohawk Valley, Syracuse, Thousand Island – Regional Director George Markwardt, DNP, FNP-C
Region 4 – Adirondack, Capital, Saratoga/Warren – Regional Director David Dempsey, DNP, FNP-BC
Region 5 – Dutchess/Ulster, Greater Newburgh, Lower Hudson Valley – Regional Director Alisha Fuller, DNP, CBN, FNP-BC
Region 6 – Brooklyn/Queens, Manhattan/Bronx, Staten Island – Regional Director Elaine Leinung, DNP, RN, FNP-BC
Region 7 – Long Island – Regional Director – Peg O’Donnell, ANP, FNP

4:15 PM – 5:15 PM
Risk & Consequences: The Potential Impact of Malpractice Claims
(1.0 CH)
This program will enable nurse practitioners from New York State to understand the nature of malpractice claims, through the exploration of current claims data against New York nurse practitioners contrasted to the experience of nurse practitioners across the country. We will review the nature of claims, injuries and outcomes from both a risk and a fiscal perspective. We will also review claim scenarios as a didactic tool with a focus on risk management.
Michael Loughran, President, Aon Affinity Insurance Services, Health Care Division, Nurses Service Organization
Sunday, October 26, 2014
7:30 AM – 10:00 AM
Continental Breakfast - Coffee, Tea, Juice, Fruit, Yogurt, Pastries, Bagels, Cereal

8:00 AM – 9:15 AM
E1 Pulmonary Embolism - Diagnostic and Management Strategies
(1.25 CH)
Over the past ten years, despite thousands of professional articles, new research, and new technology, pulmonary embolism (PE) continues to be one of the most commonly missed medical diagnosis. It is frequently found only during autopsy.

Pulmonary embolism is a common clinical disorder that is associated with high morbidity and mortality, if untreated. It is important to confirm or rule out the diagnosis in patients with clinical suspicion of the disease. Pulmonary embolism is both under and over-diagnosed, which leads to patients either failing to receive treatment or receiving unnecessary, potentially life-threatening treatment. Rational diagnosis and management of suspected PE is now possible.

A review of diagnostic strategies based on new technology and more sensitive D-dimers reveal a selective approach for optimal efficiency would be an appropriate method of choosing the initial diagnostic test. Selection should be guided by clinical assessment of the probability of pulmonary embolism and by patient characteristics that may influence test accuracy. Our goal is to educate the providers who will impact the CORE measures set by CMS.

Kayur V. Patel, MD, MRO, FACP, FACPE, FACHE, FACEP, Terre Haute, IN

E2 Genital Dermatology
(1.25 CH & .41 PCH)
Review of normal anatomy, normal anatomy often mistaken for infections, dermatological problems commonly found on the genitals, STIs, dermatological problems mistaken for STIs, manifestations of systemic diseases linked to the genitals, and common infections.

Laura J. Mulcahy, MSN, FNP-BC, Bronxville, NY

E3 Insulin Knowledge and Practice Behaviors among NPs – A Project to Improve Care and Standardize Protocols in One Health Care System
(1.25 CH & 1 PCH)
Insulin has been identified as one of the top 10 high risk medicines worldwide and that prescribing errors are as high as 19.5%. Not only are errors common but they can cause significant patient harm including hypoglycemia that can lead to coma and death. It is imperative for NP’s to understand the timing, action and dosage of insulin. Insulin is the preferred therapeutic pharmacological intervention for the hospitalized patient and is used very frequently in both inpatient and outpatient settings.

This presentation will discuss insulin as one of the most misused and misunderstood medications. With the increase of diabetes and the number of patients with type II diabetes that are managed with insulin the presentation will highlight the need for NPs to be familiar with best practice models. Results of a recent survey of NPs, as part of a CQI project in our system will be discussed. Results indicated that practice and knowledge varied from service to service and knowledge gaps existed in practitioners who were actually prescribing insulin for patients. Knowledge deficits were apparent in the pharmacodynamics of the various insulin’s, the recommended weight based delivery system and definition of hypoglycemia. The presentation will stress the importance of NPs to be current with the ever changing advances in insulin therapy and to be aware of resources. Strategies to increase knowledge and communicate guidelines will be offered. At the end of the presentation NPs will be able to: describe the current practice of insulin administration; identify the timing and action of commonly used insulin’s define hypoglycemia identify resources to increase knowledge regarding insulin administration. This presentation will apply to all levels of NPs.

Marie Frazzitta, DNP, FNP-C, CDE, Long Beach, NY

E4 Anxiety and Depression in Primary Care
(1.25 CH & .66 PCH)
This presentation will discuss the pathways in the brain that attribute to anxiety and depression along with the DSM-V criteria for the disorders. In addition, a discussion into the psychopharmacology of anxiety and depression including various drug classes, monitoring, lab testing, side effects, and polypharmacy. Lastly, there will be a discussion of when and where to refer individuals with anxiety and/or depression.

Deanna Brady, APRN, MS, FNP-C, PMHFNPC-BC, Deerfield, NY
E5 Overview of IBS: Treatment Options and Management
(1.25 CH & .33 PCH)
This program will include an overview of IBS and the anatomy of the GI tract, the symptoms, causes and risk factors and the approach to diagnosis, testing and when to refer. Treatment options will be reviewed including diet and lifestyle modification and medication options.
Yvonne Fuller, FNP-C, Clifton Park, NY

E6 Is My Child Normal? Pediatric Musculoskeletal Assessment
(1.25 CH)
This session provides a review of assessment techniques for common presentations of musculoskeletal problems in the pediatric population. Differentiation of normal and abnormal findings is emphasized.
Jane Tuttle, PhD, RN, FNP-BC, FAANP, Rochester, NY

F1 Stroke in Women
(1.25 CH)
The purpose of this activity is to enable the learner to recognize stroke risk factors and less common symptoms of stroke in women and then initiate appropriate management in accordance with AHA/ASA guidelines for the prevention and treatment of stroke. Case studies representing the newest stroke therapies will be reviewed including endovascular rescue, acute reversal of hemorrhagic stroke and surgical management of ischemic/hemorrhagic stroke.
Jennifer Willison, CNRN, MS, NP, Rochester, NY

F2 Minimally Invasive Spine Surgery: Is this for your patient?
(1.25 CH)
Minimally invasive spine surgery is a surgical option available to patients with all types of spinal disorders. This presentation will look at those disorders and examine the advantages of minimally invasive techniques in each. Patient selection will be discussed with consideration for co-morbid conditions and factors affecting recovery. Pre-operative preparation, intraoperative techniques, and post-operative recovery will be highlighted.
Kim Page, NP, Rochester, NY

F3 Neurogenic Thoracic Outlet Syndrome: Fact or Fiction
(1.25 CH & .41 PCH)
This presentation will discuss a controversial diagnosis in the medical and surgical world; Neurogenic Thoracic Outlet Syndrome. There are very few centers that specialize in the diagnosis and treatment of this chronic pain syndrome. These patients often go undiagnosed and/or under treated for up to 3 years. This creates stress and frustration for patients, their family, friends, and providers. During this activity the learner will be educated on the signs and symptoms of Neurogenic Thoracic Outlet Syndrome, exam techniques, diagnostic studies, and treatment options.
Michelle Dugan, MSN, FNP-BC, Fairport, NY

F4 GERD: Approach to Treatment and Management Guidelines
(1.25 CH & .25 PCH)
This presentation will include an overview of the diagnosis of GERD, the disease process and the symptoms, both typical and atypical as well as the risks and the approach to working up the patient who presents with symptoms of GERD. Also covered will be the complications of untreated reflux, treatment options including lifestyle and dietary modifications, a review of refractory reflux and when to refer to a specialist.
Yvonne Fuller, FNP-C, Clifton Park, NY

F5 Nurse Practitioners as Expert Witnesses
(1.25 CH)
The purpose of this presentation is to introduce the nurse practitioner to the role of the expert witness. NPs can serve in any of the following roles: 1.) A fact witness when the NP has first-hand knowledge about a case; 2.) A consultant who reviews a case for either a plaintiff or a defendant’s attorney; or 3.) An expert witness whose opinion of a case is recorded either during a deposition or presented in person at a trial. Through analysis of several cases including a medical malpractice case for the defense, a malpractice case for the plaintiff, a criminal case, and a child abuse case, participants will be able to decide whether or not they would accept or reject the request to be an expert witness. Discussion on how to critically appraise the medical record in preparation for a written opinion, a deposition, and trial testimony will be discussed. The importance of answering questions under pressure with thoughtful insight concerning the evidence from the case analysis will be highlighted.
Donna Hallas PhD, PNP-B, CPNP, MHS, FAANP, Levittown, NY
F6 Precocious Puberty in Children: Diagnosis and Management  
(1.25 CH)
The presentation will focus on the definition of precocious puberty and its evaluation and treatments, with specific content as follows:

- Age of normal onset of puberty
- Age considered precocious for onset of puberty
- Causes of precocious puberty, both central and peripheral
- Laboratory tests that aid in identifying pubertal onset
- Screening vs diagnostic tests
- Treatment options and expected outcomes/risks/benefits

Zoltan Antal, MD, Queens Village, NY

11:00 AM – 12:15 PM

G1 Shoulder Surgery in 2014  
(1.25 CH)
This presentation will review the more common shoulder problems, conservative and surgical approaches to management with a focus on recent advancements from a surgical perspective.

Kyle Flik, MD, Loudonville, NY

G2 Primary Care Management of the Late Preterm Infant  
(1.25 CH & .11 PCH)
The purpose of this presentation is to discuss the role of the NP in the assessment, evaluation, and care management of the Late Preterm Infant (LPI). The LPI is a neonate whose gestational age is between 34 weeks and 0 days to 36 weeks and 6 days. This population is the fastest growing group of all-preterm infants and their unique morbidity and increased risk of mortality in the first year of life demands that NPs acquire new assessment and care management skills to provide expert primary health care to this vulnerable population. Evidence-based primary prevention strategies to reduce the risks of poor weight gain, respiratory tract infections and other infectious diseases must be implemented and evaluated in the clinical decision making process for each LPI. This presentation will motivate NPs to acquire a new skill set for expert care management of the LPI. NPs must be prepared to be leaders in the delivery of primary health care to LPIs to reduce the high incidence of morbidity and mortality currently experienced by the LPI.

Donna Hallas PhD, PNP-B, CPNP, MHS, FAANP, Levittown, NY

G3 PCOS: Why Irregular Periods Need To Be Worked Up  
(1.25 CH & .83 PCH)
Weight gain, acne, irregular periods and increased hair growth and that’s just what we see with Polycystic Ovary Syndrome (PCOS). This complex endocrine disorder not only affects a woman’s appearance, but puts her at risk for insulin resistance and endometrial cancer. This lively interactive presentation will cover diagnosis, treatment and how to best manage women who have this complex condition.

Barbara Dehn, WHNP, Los Altos, CA

G4 Updates in Pediatric Medication  
(1.25 CH & 1 PCH)
This presentation will describe the pathophysiology of ADHD and the current guidelines of pharmacotherapeutic regimens for the management of ADHD. Also discussed will be the importance of advance drug reactions in the pediatric population and the mistakes that occur when using over the counter medications.

Samara Shamsi-Rehman, Pharm D, New Hyde Park, NY

G5 Calming the Anxious Patient with Brief Effective Interventions  
(1.25 CH)
Work can be very stressful especially when the anxious/mental ill patient comes in for a visit. The patient care visit with the mild to very anxious, bipolar manic or psychotic patient can take 2 to 3 times as long and in today’s world where productivity counts we need quick methods to get through visits in an efficient manner. This presentation will give you quick solutions to getting the patient calm to decrease your visit time and make the experience enjoyable for both you and the patient. You will be given simple but effective interventions you can do in the office quickly. Ironically the quick methods are taken from meditations that are over 2,000 years old. Come and experience for yourself and obtain a chance to practice on each other.

Joy Favuzza Taylor, FNP-C, Bronx, NY
New & Renewing Member Application

The Nurse Practitioner Association New York State

Name _____________________________________________________
Home Address ______________________________________________
City, State, Zip ______________________________________________
Home Phone _______________________________________________
Cell Phone _________________________________________________
Email Address ______________________________________________
Employer __________________________________________________
Work Address _______________________________________________
City, State, Zip ______________________________________________
Work Phone ________________________________________________
Work Fax ___________________________________________________
Credentials _________________________________________________
NYS Certification Specialty ____________________________________
Area(s) of Practice ___________________________________________
Position ____________________________________________________
Gender  □ Female  □ Male
Date of Birth_________/__________/__________
Referred by: ________________________________________________

Membership Categories and Dues
(Please select the appropriate box)
□ Active 1-year  $185 Licensed NP or eligible for NYS Licensure as NP
□ Active 2-year  $330 Licensed NP or eligible for NYS Licensure as NP
□ Student  $70 Enrolled in approved NP program, not licensed as NP
□ Retired  $70 Retired Nurse Practitioner

Payment Method
Check or Money Order Enclosed (payable to The NPA) __________
Credit Card:
□ American Express  □ Discover  □ MasterCard  □ Visa
Credit Card # _______________________________________________
Expiration Date _______________________________________________
Security code (3- or 4-digit on back of card) _____________________
Applicant Signature _________________________________________
Date ______________________________________________________
Total Membership Dues Enclosed* _____________________________

*Pursuant to Federal Law, we are required to inform you that 13% of your dues may be used for lobbying and related expenses, which are not tax deductible.

MEMBERSHIP BENEFITS

Professional Advocacy  is the cornerstone of The NPA since its inception in 1980. The NPA is the only state-wide association working to advance and protect your practice in New York.

Local Chapter Membership in one of our 21 chapters is part of your NPA membership.

We Keep You Informed when there are changes or news that affects you.

Education  The NPA offers conferences, events and meetings at state, local and regional levels.

Practice Resources  are available to our members who need information or that have questions. Access to our Student Transition Guide and Practice Solutions Guide.

Networking Opportunities  connect with NPs and other professionals at our state, regional and chapter conferences, local chapter meetings and events.

And more..... go to www.TheNPA.org for a detailed listing.
Registration Information

By submitting this registration form, I agree that The NPA, the Saratoga Hilton and the Saratoga Springs City Center and any of their officers, staff members, agents or employees are not responsible for and are released from all liability as to any injury, loss, illness or damage that may occur to me as a result of my participation in The NPA's 30th Annual Conference. I give this acknowledgement freely and knowingly and that I am, as a result, able to participate in The NPA 30th Annual Conference and I do hereby assume responsibility for my own well-being. I also agree not to allow any other individual to participate in my place.

Name _____________________________________________________
Credentials ________________________________________________
Email _____________________________________________________
Home Address _____________________________________________
City _______________________________________________________
State _____________________________________Zip ____________
Phone _____________________________________________________
Chapter (if known) __________________________________________

ADDRESS TO BE USED IN THE DIRECTORY:
Employer Name ____________________________________________
Address ___________________________________________________
City _______________________________________________________
State _____________________________________Zip ____________

WOULD YOU BE WILLING TO VOLUNTEER?
To introduce a speaker/room monitor ○ Yes ○ No
Assist at The NPA Registration Desk ○ Yes ○ No
(Please Note: times scheduled for Registration Desk may conflict with sessions)
Assist at The NPA Store table ○ Yes ○ No

PAYMENT METHOD
○ Check/Money Order
○ Mastercard
○ Visa
○ Discover
○ AMEX

Card Number ___________________________________________________
CVV (3 or 4 Digit Security Code on back of card) ____________________
Expiration Date ______________________________________________
Signature _____________________________________________________

Registration Fees

PRE-CONFERENCE LEARNING LAB FEES

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Lab No.</th>
<th>Price Pre-Conf</th>
<th>Price Conf</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>8:00 am – 12:00 pm</td>
<td>LL1</td>
<td>$140</td>
<td>$__________</td>
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<tr>
<td>Thursday</td>
<td>8:00 am – 5:00 pm</td>
<td>LL2</td>
<td>$250</td>
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<tr>
<td>Thursday</td>
<td>1:00 pm – 5:00 pm</td>
<td>LL3</td>
<td>$140</td>
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<tr>
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<td>8:00 am – 5:00 pm</td>
<td>LL4</td>
<td>$250</td>
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<tr>
<td>Thursday</td>
<td>8:00 am – 5:00 pm</td>
<td>LL5</td>
<td>$250</td>
<td>$__________</td>
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CONFERENCE REGISTRATION FEES

NPA Member Rate

<table>
<thead>
<tr>
<th>Rate Type</th>
<th>Postmarked before Sept. 30, 2014</th>
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<tbody>
<tr>
<td>Full Conference</td>
<td>$420</td>
<td>$470</td>
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<tr>
<td>(Fri., Sat., Sun.)</td>
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<tr>
<td>2 Day (Fri. &amp; Sat.)</td>
<td>$370</td>
<td>$420</td>
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<tr>
<td>1 1/2 Day (Sat. &amp; Sun. ONLY)</td>
<td>$320</td>
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<tr>
<td>1 Day (Fri. or Sat.)</td>
<td>$270</td>
<td>$320</td>
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Non-Member Rate*

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<tbody>
<tr>
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<td>$545</td>
<td>$595</td>
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<td>(Fri., Sat., Sun.)</td>
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<td>$545</td>
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<tr>
<td>1 1/2 Day (Sat. &amp; Sun. ONLY)</td>
<td>$445</td>
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<tr>
<td>1 Day (Fri. or Sat.)</td>
<td>$395</td>
<td>$445</td>
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*Nons-members are invited to join now and attend at member rates.

NPA Student Member Transition Rate $270 $_________
Only applicable to those who are currently NPA Student Transition Members

Student Rate

<table>
<thead>
<tr>
<th>Rate Type</th>
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<tbody>
<tr>
<td>NPA Student Member Rate</td>
<td>$180</td>
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<tr>
<td>(conference only)</td>
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</tbody>
</table>
| Join/Renew as a Student Member & attend conference | $250 $_________

NPA Retired Member Rate

<table>
<thead>
<tr>
<th>Rate Type</th>
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<tbody>
<tr>
<td>Retired NPA Member</td>
<td>$240</td>
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<tr>
<td>Join or Renew as a NPA Member</td>
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<tr>
<td>Regular One Year Membership</td>
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<td>Regular Two Year Membership</td>
<td>$330</td>
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<tr>
<td>Retired One Year Membership</td>
<td>$70</td>
</tr>
</tbody>
</table>

| Total Learning Labs (Wed and/or Thurs) | $_________|
| Total Conference Registration Fees | + $_________|
| Total Membership Dues | + $_________|
| Grand Total (all) = $_________|

Important: Please fill out Conference Registration Form on Page 20
Registration Form

Please circle the sessions you wish to attend. Only circle one selection within each timeframe.

Wednesday, October 22, 2014
8:00 am – 12:00 pm (additional fee $140) LL1
8:00 am – 5:00 pm (additional fee $250) LL2
1:00 pm – 5:00 pm (additional fee $140) LL3

Thursday, October 23, 2014
8:00 am – 5:00 pm (additional fee $250) LL4 or LL5

Friday, October 24, 2014
8:15 am – 9:15 am Keynote: Sandra Ryan  Yes No
9:30 am – 10:30 am NPA 2014 Legislative Update  Yes No
11:15 am – 12:30 pm A1 A2 A3 A4 A5 A6 A7
2:00 pm – 3:15 pm B1 B2 B3 B4 B5 B6 B7
3:45 pm – 5:00 pm Panel Discussion: NP Owned Practice  Yes No

Saturday, October 25, 2014
6:00 am – 7:00 am Fun Run/Walk  Yes No
8:00 am – 9:15 am Annual Membership Meeting  Yes No
10:15 am – 11:30 am C1 C2 C3 C4 C5 C6 C7
1:15 pm – 2:30 pm D1 D2 D3 D4 D5 D6 D7
2:45 pm – 4:00 pm Regional Meeting
Region 1  Region 2  Region 3  Region 4
Region 5  Region 6  Region 7
4:15 pm – 5:15 pm Plenary – Risk and Consequences: Malpractice…  Yes No

Sunday, October 26, 2014
8:00 am – 9:15 am E1 E2 E3 E4 E5 E6
9:30 am – 10:45 am F1 F2 F3 F4 F5 F6
11:00 am – 12:15 pm G1 G2 G3 G4 G5

Ways to Register:

On line: www.TheNPA.org
Mail: The Nurse Practitioner Association New York State
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Fax: 518-348-0720
Save the Date:

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September 29 – October 4, 2015
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