

The 31st 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. Multiple sessions offer Pharmacology Contact Hours. See session description for details.

The Continuing Nursing Education Group is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center Commission on Accreditation.

Keynote

Health Policy and the Nurse Practitioner in Today's Environment

Heather Ross, PhD, DNP

The current landscape of health policy for nurse practitioners will be presented. Barriers for patients in this environment will be identified. Discussion will include how nurse practitioners can increase their leadership in health policy.

Breakout One

SGLT2 Inhibitors: What Role do They Have on Cardiovascular Disease and Obesity

Sharon Morgan, DNP, FNP

Sodium-glucose cotransporter 2 (SGLT2) inhibitors have a unique mechanism of action, which is independent of insulin secretion and insulin action. This unique mechanism of action, in addition to lowering plasma glucose, corrects a number of metabolic and hemodynamic abnormalities that are risk factors for CVD. *****PHARMA CONTACT HOURS**

The CBC - The Basics and Beyond for the Primary Care Provider

Michael Bonsaver, MSN, FNP-C

An abnormal CBC often shows early signs of many illnesses. Starting with a quick review of hematopoiesis and then a review of the components of the CBC, this presentation will give the NP tools to evaluate all three main cell lines (WBC, RBC, Platelets) and what diseases to consider in the differential diagnosis.

What NP's Need to Know About Wearables

Heather Ross, PhD, DNP

Learn how to incorporate wearable devices into your practice, including strategies for using wearables to engage and empower patients, navigating the limits of current consumer wearables as medical management devices, and managing information workflow.

Colorectal Cancer Screening Update & Case Study

Shelley Vaughn, DNP, FNP-BC

This presentation provides updated age screening recommendation for colorectal cancer as well as discussion of relevant case studies. This presentation involves interactive discussion in a flipped classroom style.

*****PHARMA CONTACT HOURS**

Breakout Two

10 New Medications Impacting Primary Care for 2018-2019

Angie Golden, DNP, FNP-C, FAANP

Well over 50 medications launched in 2018. This is an incredible number to track for primary care providers. This presentation will look at the top 10 that impact primary care patients. ***** PHARMA CONTACT HOURS**

Direct to Consumer Genetics: How to Use in Clinical Practice

Ken Wysocki, PhD, FNP

Approximately 250 direct to consumer (DTC) genetic tests are currently available to the public, but each is targeting a specific audience. This presentation explores questions about how the FDA regulates DTC companies, examines what the FDA considers "good manufacturing practice", discusses Clinical Laboratory Improvement Amendments (CLIA) regulations and College of American Pathologists (CAP) accredited labs.

Cervical Cancer Screening and Sexual Health

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

There is recent evidence that after steady progress in the rate of women obtaining recommended cervical cancer screening, the rates are beginning to fall. The presentation will include information about expert panel clinical practice guidelines for both screening and management of cervical cytology and HPV testing. ***** PHARMA CONTACT HOURS**

How to Screen for Severe Mental Illness

John Ekman, NP-C

Focused history and physical to include looking beyond the chief complaint, laboratory findings and tools to help differentiate the diagnosis. Making the diagnosis comparing similarities and differences in depression, mood disorders and psychotic disorders. Appropriate treatment medication for depression, mood stabilizers and antipsychotics. ***** PHARMA CONTACT HOURS**

Breakout Three

It's Over the Counter So It Must Be Safe: The Other Overdose Crisis

Nancy Denke, DNP, ACNP-BC, FNP-BC, FAEN, CEN, CCRN

Are these medicines lurking in your cabinet? The idea of overdosing usually brings illicit drugs to mind, but that's not always the case. The danger of overdosing on over the counter (OTC) medicines is all too real – and it comes with the same deadly side effects as illicit drugs.

*****PHARMA CONTACT HOURS**

Security in Today's Electronic World

Randy Wilson, CISSP, GPEN, GCCC

Being proactive can save your practice. Protected Health Information (PHI) and personal information/data, thousands of dollars in recovery and possible litigation over lost PHI data.

10 Obesity Myths

Melissa Davis, DNP, ANP-BC, CNS, CBN, CNOR, RNFA

It is important to understand what patients think about obesity before approaching their care. NPs need to understand all the myths that surround this disease and its treatment.

*****PHARMA CONTACT HOURS**

Treating Your Transgender Patient in Primary Care

Josef Burwell, MS, PA-C

One in ten of your primary care patients will be from the LGBT community. Of the transgender community, some will be seeking relief from gender dysphoria. This presentation will familiarize you with the current terminology as well as how to recognize and diagnose gender dysphoria.

Breakout Four

Hot Topic Medications in Pregnancy: What PCPs Should Know

Karen Holder, MHS, RNP, FNP, CNM

Over 50 percent of pregnancies are unplanned and/or diagnosed late. This population, combined with delayed pregnancies in women over 30, can affect the management of the pregnant woman and fetal outcome. Updates on medication safety in these populations is of value to providers and the patients they serve.

*****PHARMA CONTACT HOURS**

Sports Physicals: What Not to Miss

Brain Eggen, MSN, MPA, FNP-C

Sports physicals are a common encounter for nurse practitioners. This session will highlight "not to miss" history and physical exam findings and provide resources should referral or declination of sports participation be required.

Acne, Actinic Damage & Anti-Aging: An Overview

Tirsa Quartullo, DNP, FNP-BC

Dive into three of the most common dermatological topics. Gain an understanding between types of acne and treatment options. Confused about anti-aging products and cosmetic procedures? Gain knowledge about the most popular anti-aging procedures and when to appropriately refer to a dermatologist.

Contract Negotiations: How to Get a Winning Contract

Teressa Sanzio, JD, MPA, RN & Melanie Balestra, JD, NP, MN

In the last decade, the scope of practice of the NP in Arizona has changed significantly, awakening the need for NPs to become good business persons and good contract negotiators. Learn the different types of employment available to NPs, as well as brief examples of contract negotiation for the particular position the nurse practitioner decides upon.

Sunday Workshops

Billing and Coding 101: How to Show Them the Value of Your Work

Bessie Burk, DNP, FNP-BC

The need for accuracy in determining the coding levels and additions to use is necessary to properly reflect the work performed by nurse practitioners. By underutilizing this important part of our practice, we are often devaluing the effort we make to improve the outcome for our patients.

Basic Suturing for the Office

Wayne McLeod, MSN, FNP, APRN-BC; Kellie Keel, MSN, FNP-C

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. \$40 Supply Fee, limited space available.

Lab Interpretation

Linda Knutson, MS, M Ed, PA-C

Unnecessary testing is not only expensive, but often does not improve patient care, and may even harm the patient. We will work through multiple primary care cases to discuss and decide appropriate lab orders, interpretation of lab results, and appropriate patient management based on our lab interpretation.

NP Business Owners Panel: Learn About Owning Your Own Practice in 4 Different Settings

Heather McCoy, DNP, ANP-BC, CAQH; Mary Pasternacki, FNP-BC; Christine Brainard, MSN, FNP-C; Traci Arney, MN, FNP-C, FAANP, AE-C

Understand the key elements to opening a practice. List the requirements prior to opening a practice. Explain the path in the first year of owning a practice. Recognize available resources for practice ownership.

Registration Information

July 27-28, 2019

Sheraton Mesa Wrigleyville West
860 N Riverview
Mesa, AZ 85201

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/2019NP

	Full Conference	Saturday Only	Sunday Only
AzNA Member	\$225	\$175	\$150
Non-Members	\$325	\$275	\$250
NP Students	\$175	\$150	\$100
Suture Workshop Supply Fee	\$40	N/A	\$40

(Registration rates above include an early bird discount of \$50. Early Bird discount expires July 15, 2019)

Event Information: www.aznurse.org/2019NP or info@aznurse.org or 480.831.0404

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