Conference Brochure

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Important Dates
March 4 – Early Bird Registration Ends
April 7 – Online Registration Closes
April 8 - Workshops
April 9 - Keynote & COVID-19 Updates
April 10 - Pharmacology Day
April 11 - Clinical Updates • NCPM • Psychiatric Issues

Continuing Education for NPs

Knowledge & Skills

Caring
Registration Information

Registration Procedure
All registration for the virtual conference is online at the NMNPC website. Non-members may join at the time of registration to enjoy the discounted member rate. Student members receive an additional discount.

Included in Registration Fee
Conference registrants may attend presentations during the conference and the presentations will be available on demand for up to three months following the conference. Although conference attendees may view all conference presentations, they will receive CE credit only for those presentations covered by their registration.

Required Continuing Education Included
Saturday, April 10 is pharmacology day to provide concentrated CE. When combined with pharmacology credit from the other days of the conference provides all 10 hours of pharmacology required for re-licensure (10.9 total hours available). On Sunday, April 11, the program includes 5 hours of non-cancer pain management (NCPM) CE required for re-licensure.

Registration Fees

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<tr>
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<th>Members</th>
<th>Students</th>
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<tr>
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<td>$450</td>
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Optional Pre-Conference Workshops

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<td>AM 2 X-Ray Interpretation</td>
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<td>PM 1 IUDs &amp; Contraceptive Implants</td>
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<td>PM 2 Echocardiography</td>
<td>$125</td>
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Late registration begins March 5 • Online registration closes April 7
Speakers

Maria Abeyta, PA-C
Rio Grande Dermatology, Albuquerque, NM

Shaya Ansari, MD
X-Ray Associates of New Mexico, Albuquerque, NM

Amy Bachyrycz, PharmD
UNM College of Pharmacy, Albuquerque, NM

Debora Bear, MPH, MSN, FNP-BC
UNM Hospital, Albuquerque, NM

Allison Burnett, PharmD, CACP
UNM Hospital, Albuquerque, NM

Vanessa Casarez, NNP-BC
Mednax/Pediatrix Medical Group, Albuquerque, NM

Theresa Castlemain, MSN, ANP-BC
Southwest Gastroenterology, Albuquerque, NM

Chris Cecil, DC, MSN, FNP-BC
Albuquerque Neck & Back Pain Center, Albuquerque, NM

Callie Cook, DNP, FNP-C
Emory University, Atlanta, GA

Janet Curry, MA, MSt, LPC
Stillpoint Counseling & Mindfulness Training, Durango, CO

Laura DeFraia, WHNP-BC, NCMP
Spectrum Health, Grand Rapids, MI

Paulina Deming, PharmD, PhC
UNM College of Pharmacy, Albuquerque, NM

Ernest Dole, PharmD, RPh, FASHP, BCPS
UNMH Pain Consultation & Tx Center, Albuquerque, NM

Sarah Erb, MSN, FNP-C
NM Clinical Research & Osteoporosis, Albuquerque, NM

Elizabeth Garchar, MD
UNM Hospital, Albuquerque, NM

Kate Goldblum, MSN, FNP-BC
Albuquerque, NM

Tiffany Grant, MSN, AG-ACNP
NM VA Health Care System, Albuquerque, NM

Julie Gutierrez, DNP, PMHNP
NM VA Health Care System, Albuquerque, NM

Leslie Hayes, MD
El Centro Family Health, Española, NM

Michele Head, MSN, ACNP-BC
Heart Hospital at Lovelace Downtown, Albuquerque, NM

Alexandra Herman, PharmD
UNM College of Pharmacy, Albuquerque, NM

Therese Hidalgo, DNP, FNP-BC
Retired from UNM College of Nursing, Albuquerque, NM

Jacob Kesner, PharmD, BCIDP
Lovelace Medical Center, Albuquerque, NM

Barbara Kline, MSW
Barbara Kline Psychotherapy, Pittsburgh, PA

Jason Koury, PharmD, RN, BCPPS
UNM Hospital, Albuquerque, NM

Tiffany Lewis, MD
X-Ray Associates of New Mexico, Albuquerque, NM

Edward Lobaugh, PMHNP-BC
NM VA Health Care System, Albuquerque, NM

Patricia Marshik, PharmD
UNM College of Pharmacy, Albuquerque, NM

Melissa Martinez, MD
UNM School of Medicine, Albuquerque, NM

Adam Newman, PA
NM VA Health Care System, Albuquerque, NM

Christine Oberg, MSN, AG-ACNP-BC
Albuquerque Nephrology Associates, Albuquerque, NM

Kristen Ostrem-Niemcewicz, DNP, FNP-BC,
UNM College of Nursing, Albuquerque, NM

Laura Parajón, MD, MPH
NM Department of Health, Albuquerque, NM

Trevor Quiner, MD, MS
UNM School of Medicine, Albuquerque, NM

Bronwyn Radcliffe, MSN, FNP-BC
House Calls, Bayfield, CO

James Rayl, RN, CCRN, ACNP-BC
NM VA Health Care System, Albuquerque, NM

Melissa Rietz, MSN, FNP-BC
Piñon Family Practice, Farmington, NM

Jennifer Robinson, MS, WHNP-BC
UNM Hospitals, Albuquerque, NM

Sophia Rodgers, DNP, ACNP, FNP
Lovelace Health System, Albuquerque, NM

Priscilla Roth-Wall, PhD
Child Psychology Center, Farmington, NM

Sharon Schaaf, PhD, DNP, FNP, ADACNP
UNM College of Nursing, Albuquerque, NM

Linda Siegle, JD
Resources for Change, Santa Fe, NM
Objectives

• Describe elements of good techniques in trigger point procedures, interpretation of basic x-rays and electrocardiograms, and placement of IUDs and contraceptive implants.

• Apply concepts useful in developing an attitude of gratitude during difficult times in your practice.

• Discuss the current state of knowledge related to SARS-CoV2 and COVID-19 in the areas of prevention, diagnosis, treatment, long-term sequelae and special populations.

• Review current knowledge and application of pharmacologic concepts in treating sexually transmitted diseases, cardiac arrhythmias, diabetes, renal disease, human papilloma virus, hepatitis, chronic obstructive pulmonary disease, asthma and gastroesophageal reflux disease.

• Explain current concepts of non-cancer pain management.

• Describe clinical issues related to osteoporosis, anemia, rashes, palliative care, multiple sclerosis and use of telehealth technologies.

• Apply concepts of psychiatric diagnosis and treatment to primary care practice.

• Describe patient-provider communications about traditional and complementary medicine in New Mexico.

• List three current issues relevant to advanced practice addressed by New Mexico’s professional nurse practitioner organization and its lobbyist in 2021.

Speaker Disclosures

All speakers must disclose any conflicts of interest &/or intent to discuss off-label use of a commercial product & will announce any such disclosures prior to the relevant presentation.

Speakers
(continued)

Ken Stewart, MD
Insight Ketamine of Santa Fe, Santa Fe, NM

Andrew Sussman, PhD, MCRP
UNM School of Medicine, Albuquerque, NM

Christina Tillia, LMT, ND, HHP, NCMT
Holistic Healthcare Practitioner, Farmington, NM

Virginia Valentine, APRN, BC-ADM, CDCES
Clinica La Esperanza, Albuquerque, NM

Azeem Vasi, DO
NM VA Health Care System, Albuquerque, NM

Mary Vilay, PharmD
UNM College of Pharmacy, Albuquerque, NM

Jacqueline Williams, PhD, PMHNP
NM State University, Las Cruces, NM

Nicole Williams, MSN, AGPCNP-BC
NM VA Health Care System, Albuquerque, NM

Justin White, DNP, PMHNP-BC, CNE, LCSW
NM State University, Corrales, NM
Pre-Conference Workshops

AM Workshops
9:00 am - 12:00 pm
- Trigger Point Treatment & Injections
  Chris Cecil, DC, FNP-BC
- X-Ray Interpretation
  Tiffany Lewis, MD & Shaya Ansari, MD

PM Workshops
1:00 - 4:00 pm
- IUD & Contraceptive Implant Procedures: Timing, Techniques & Tricks of the Trade
  Jennifer Robinson, MS, WHNP-BC
- Echocardiography
  Sharon Schaaf, PhD, CNP, AGACNP

Workshops (April 8)

- Trigger Point Treatment and Injections. How, When and Why to Treat?
  This activity is approved for 3.0 contact hour(s) of continuing education by the American Association of Nurse Practitioners. Activity ID 21024756. This activity was planned in accordance with AANP Accreditation Standards and Policies.

- X-Ray Interpretation
  This activity is approved for 3.0 contact hour(s) of continuing education by the American Association of Nurse Practitioners. Activity ID 21024755. This activity was planned in accordance with AANP Accreditation Standards and Policies.

- IUD and Contraceptive Implant Procedures: Timing, Techniques, and Tricks of the Trade
  This activity is approved for 3.0 contact hour(s) of continuing education (which includes 1.5 hours of pharmacology) by the American Association of Nurse Practitioners. Activity ID 21024754. This activity was planned in accordance with AANP Accreditation Standards and Policies.

- Echocardiography
  This activity is approved for 3.0 contact hour(s) of continuing education by the American Association of Nurse Practitioners. Activity ID 21024758. This activity was planned in accordance with AANP Accreditation Standards and Policies.
**Agenda**

**Keynote Presentation**
7:00 - 9:00 am  
*Gratitude Attitude: Finding Gratitude in Uncertain Times*  
Vanessa V. Casarez, NNP-BC

**COVID-19 Presentations**
9:00 - 9:30 am  
*The Next Frontier - What is on the Horizon?*  
Leslie Hayes, MD

9:30 - 10:00 am  
*Masks, Distancing & Handwashing: The Latest Research*  
Michele Head, RN, MSN, ACNP-BC

10:00 - 10:30 am  
*Break & Exhibits*

10:30 - 11:00 am  
*Update on Vaccines*  
Melissa Martinez, PharmD

11:00 - 11:30 am  
*Making Sense of Testing Results*  
Laura Chanchien Parajón, MD, MPH

11:30 am - 12:00 pm  
*Epidemiology, Pathophysiology, & Classifications of Disease Severity of COVID-19 Infection*  
Sophia Rodgers, DNP, ACNP, FNP, FAANP, FCCM

12:00 - 12:30 pm  
*Management of the Moderately & Critically Ill COVID-19 Patients*  
Sophia Rodgers, DNP, ACNP, FNP, FAANP, FCCM

12:30 - 1:00 pm  
*The Long-Term Effects of COVID-19 by Body System*  
Christine Oberg, AG-ACNP-BC

1:00 - 2:00 pm  
*Lunch & Exhibits*

2:00 - 2:30 pm  
*Outpatient Pediatric Care for COVID-19*  
Debora Bear, FNP-BC, MPH, MSN

2:30 - 3:00 pm  
*COVID-19 in Pregnant and Lactating Women*  
Elizabeth Garchar, MD & Trevor Quiner, MD, MS

3:00 - 3:30 pm  
*Individuals With Co-Morbid Conditions*  
Theresa Castlemain, RN, MSN, CNP

3:30 - 4:00 pm  
*Break & Exhibits*

4:00 - 4:30 pm  
*Anticoagulation for COVID-Induced Coagulopathy: Welcome to the Upside Down*  
Allison Burnett, PharmD, PhC

4:30 - 5:00 pm  
*Loss Of Smell & Taste*  
Adam Newman, PA

5:00 - 5:30 pm  
*Immune Support: Supplements & Nutrition*  
Melissa Rietz, FNP-BC
Pharmacology Presentations
8:00 - 9:00 am
STInky, STIcky, and STIgmatizing: An Update in Treatment of Sexually Transmitted Infections
Jacob Kesner, PharmD

9:00 - 10:00 am
Current Trends in Anti-Arrhythmic Therapy
Sharon Schaaf, PhD, DNP, RN, FNP, AGACNP

10:00 - 10:30 am
Break & Exhibits

10:30 - 11:30 am
Diabetes: Type 1 or Type 2 & What To Do
Virginia Valentine, APRN, BC-ADM, CDE

11:30 am - 12:30 pm
Renal Update
Mary Vilay, PharmD

12:30 - 1:30 pm
Lunch Break Presentation – Hosted by Zoll LifeVest

1:30 - 2:30 pm
HPV, Cancer & Prevention: Information for the Primary Care Provider
James Rayl, RN, ACNP-BC, Azeem Vasi, DO & Nichole Williams, MSN, AGPCNP-BC

2:30 - 3:30 pm
Hepatitis: Current Pharmacotherapy
Paulina Deming, PharmD, PhC

3:30 - 4:00 pm
Break & Exhibits

4:00 - 5:00 pm
COPD & Asthma Pharmacologic Therapy: Current Drugs & Insurance Hurdles
Patricia Marshik, PharmD

5:00 - 6:00 pm
Long Term PPI for GERD: Issues & Concerns
Alexandra Herman, PharmD

NMNPC would like to thank our Emerald Partner for their support
7:00 - 7:45 am
   Nutritional Support in Chronic Pain
   Bronwyn Radcliffe, APRN-BC, MSN, BSN

7:45 - 8:30 am
   Spinal Manipulation for Back Pain. How Does it Work?
   Chris Cecil, DC, DABCO, FNP-BC

8:30 - 9:00 am
   Natural Pain Relief and Management Non-Cancer Patients
   Christina Tillia, LMT, ND, HHP, NCMT

9:00 - 9:30 am
   NCPM CE Requirements Specific to New Mexico Rule 9
   Kate Goldblum, MSN, FNP-BC

9:30 - 10:00 am
   Ketamine in Pain Management
   Ken Stewart, MD

10:00 - 10:30 am
   Break & Exhibits

10:30 - 11:00 am
   The Psychology Behind Chronic Pain
   Barbara Kline, MSW

11:00 - 11:30 am
   Fibromyalgia: Neurobiological Basis for When Stress Becomes Pain
   Ernest J Dole, PharmD, PhC, FASHP, BCPS

11:30 am - 12:00 pm
   Honey, I Shrunk the Kids’ Pain Level!
   Jason Koury, PharmD, BSN, BCPPS

12:00 - 12:30 pm
   Mindfulness Meditation: Alleviating Pain from the Inside Out
   Janet Curry, MA, MSt, LPC

12:30 - 1:30 pm
   Lunch Break & Exhibits

8:00 - 9:00 am
   Pandemics Don’t Stop Fractures: New Treatments & Diagnostic Tools in Osteoporosis Management
   Sarah Erb, MSN, FNP-C, CCD

9:00 - 10:00 am
   Anemia Update
   Tiffany Grant AG-ACNP

10:00 - 10:30 am
   Break & Exhibits

10:30 - 11:00 am
   New Mexico Telehealth Update for Nurse Practitioners
   Kristen Ostrem-Niemcewicz, FNP-BC, & Therese Hidalgo, FNP-BC

11:00 - 11:30 am
   Fibromyalgia: Neurobiological Basis for When Stress Becomes Pain
   Ernest J Dole, PharmD, PhC, FASHP, BCPS

11:30 am - 12:00 pm
   Case Studies: What is That Rash?
   Maria Abeyta, PA

12:00 - 1:30 pm
   Lunch Break Presentation

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**Required CE**

These presentations provide 5 contact hours of CE content on non-cancer pain management (NCPM) required by the New Mexico Board of Nursing for re-licensure every 2 years.
Agenda

PM Breakout Psych

1:30 - 2:00 pm
Differential Diagnosis & Pharmacological Treatments for ADHD
Priscilla Roth-Wall, PhD, MSCP

2:00 - 2:30 pm
Perimenopause: Is It Depression?
Laura DeFraia, WHNP-BC, NCMP

2:30 - 3:00 pm
Oh My Gosh! What Do I Do Now? Recognizing & Treating a Person with Bipolar Disorder in the Primary Care Setting
Edward Lobaugh, PMHNP-BC

3:00 - 3:30 pm
Suicide in New Mexico
Justin White, LISW, CNP, PMHNP-BC

3:30 - 4:00 pm
Break & Exhibits

4:00 - 4:30 pm
Neuromodulation: Alternative Treatments for Depression
Julie Gutierrez, DNP, PMHNP

4:30 - 5:00 pm
Genetic Testing in Mental Health
Jacquelyn Williams, PhD, PMHNP, CNS

PM Breakout Clinical

1:30 - 2:00 pm
NMNPC Membership Meeting
Melissa Rietz, MSN, FNP-BC NMNPC President

2:00 - 3:00 pm
New Mexico Legislative Update
Linda Siegle, JD

3:00 - 3:30 pm
They Don’t Ask, So I Don’t Tell Them: Conversations About Traditional & Complementary Medicine Between Patients & Providers in New Mexico
Andrew Sussman, PhD, MCRP

3:30 - 4:00 pm
Break & Exhibits

4:00 - 4:30 pm
Multiple Sclerosis: Diagnosis & Treatment
Calli Cook, DNP, APRN, FNP-C, FAANP

Returning to a Live Event!
NMNPC Fall Conference
November 2021
Plan Now to Join Your Colleagues!
Handouts

Handouts will be available for download from the virtual platform a week before the conference. Log into the platform & click on AGENDA under the CONFERENCE AGENDA tab. Then click on the presentation & then on the FILES tab on the right side of the page. Some presenters may have multiple handouts.

Questions?

contact

Rachel Bevan

(505) 948-4115
RBevan@NMNPC.org
Register
Online
www.NMNPC.org

Conference Committee
Melissa Rietz
Kate Goldblum
Joyce Powers
JD Rayl
Desree Sowers
Rachel Bevan

New Mexico Nurse Practitioner Council
Caring for New Mexico