



PENNSYLVANIA COALITION OF NURSE PRACTITIONERS

PCNP Abstract Examples

PCNP and the Presenters have graciously agreed to provide abstract samples for you to reference as an example. Please use these as a tool to build your own great submission. These are two examples of submissions that were accepted and recognized as exemplary submissions.

EXAMPLE ONE:

ABSTRACT:

Does Sex Matter? What NPs need to know.

Research has shown that sex matters in the pathophysiology of aging and the presentation of many chronic diseases, but also in the metabolism of medications. This presentation will describe the current research into the differences in aging and presentation of chronic diseases between men and women including Alzheimer's disease, cardiovascular disease, diabetes, and metabolism of statins.

NPs need to be aware of these differences when assessing, diagnosing, and treating their male and female patients.

Physical activity and diet play a major role in the aging process for both men and women. The 'blue zones' will be discussed – areas of the world where people live long and healthy lives. NPs need to be aware of, and advocate for the inclusion of women in research when chronic diseases and metabolism of medications are being studied.

EXPERTISE:

Dr. Kriebel-Gasparro is dually credentialed as a family & gerontological nurse practitioner and has her Doctor of Nursing Practice from Drexel University. Her clinical practice is home health for the elderly in NJ and PA, and her clinical background is in

primary care, neurology, and hematology, her teaching and practice focus is on the care of older adults. As a member of the Gerontological Advanced Practice Nurses Association (GAPNA), she served as Chair of the Research Committee, & President of the Liberty Chapter of Pennsylvania from 2016-19. Previously, she was the director of the NP-DNP Programs at Temple University & Alvernia University. She received the Pennsylvania State Award for Excellence from AANP in 2019; & the Distinguished Nursing Educator Award from the National Hartford Center of Gerontological Nursing Excellence. In 2020, she received the GAPNA Excellence in Education Award. She has been a lecturer for NP and DNP students, and has spoken for AANP, her local NP organization, and GAPNA. She has several publications, her current in the Journal for Nurse Practitioners is the Effect of Climate Change on Older Adults.

OBJECTIVES:

After attending this presentation, NPs will be able to:

1. Summarize the differences in the presentation of common chronic diseases between men and women
2. RX Describe the differences in adverse effects of statins between men and women
3. Critically appraise the role of nurse practitioners in evaluation and treatment of male and female patients in regard to research on differences in drug metabolism
4. Describe needed changes in practice, teaching, and research that will include the differences between men and women in clinical trials for medications and the study of disease

EXAMPLE TWO:

ABSTRACT:

Obesity is a growing problem in the US today, with the latest CDC statistics showing 42% of adults in the US suffer from the disease of obesity. Obesity is associated with comorbidities such as diabetes, hypertension, sleep apnea, and hyperlipidemia. Despite the frequency of this chronic disease in primary care settings, several barriers exist to providing comprehensive treatment to patients. These barriers include understanding the complexity of obesity, knowing what treatments and resources are available, and having the time necessary to educate and treat individuals with obesity. One way to overcome these barriers would be to create a “treatment

toolbox.” With this approach, providers can begin to systematically address the areas needed to develop a meaningful treatment plan for patients with obesity. Necessary tools for the box will include tips and techniques to manage: nutrition, behavioral health, medication, and activity.

EXPERTISE:

For the last 15 years I have been working with persons with obesity as they seek bariatric surgery. I am a passionate advocate for improved care for persons with obesity as they face many barriers to quality health care. I have been fortunate to lecture and publish on topics related to obesity and currently working with my organization to create a Comprehensive Weight Management Program that will offer both medical and surgical treatment for the disease of obesity. Currently, as I complete my DNP, I am conducting a study to evaluate the perception of obesity bias among nursing students after bias awareness and education is provided.

OBJECTIVES:

After attending this presentation, NPs will be able to:

1. Understand the complex nature of the disease of obesity
2. Verbalize the components needed for the comprehensive treatment of obesity
3. Identify areas of the obesity treatment plan that can be incorporated into practice