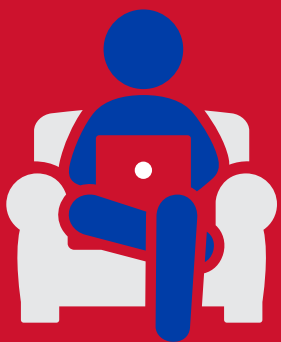




# TNP's 32nd Annual Conference

NOW A LIVE VIRTUAL EVENT

## September 25-27, 2020



## From the President



It is with great pleasure and honor that I'd like to extend to you a warm invitation to attend the 32nd Annual TNP Conference, to be held September 25-27, 2020.

As we all know Nurse Practitioners are a vital part of healthcare delivery in Texas. The vast offerings at this conference are reflective of the impact that Nurse Practitioners have on the delivery of healthcare in Texas. You will find specific tracks for Acute Care, Pediatrics, Women's Health, Psych/Mental Health, Personal/Professional Development, Geriatric and Family Practice.

Please join us virtually for this wonderful educational opportunity. If you are not already a TNP member, we welcome you to join Texas Nurse Practitioners and receive substantial discounts on your registration.

Kind Regards,

*Christy Blanco, DNP, APRN, WHNP-BC, FMNM*

Texas Nurse Practitioners President (Sept 2020–Sept 2022)

## Welcome from the TNP 2020 Education Committee



Welcome to the Texas Nurse Practitioners (TNP) 32nd Annual Conference, providing professional leadership and education for Nurse Practitioners!! As you look at the planned conference presentations you will see great diversity in topics, as well as sessions which meet the Texas Board of Nursing requirements for CE in Pharmacology (RX), Ethics (E), Jurisprudence (J), Gero (G) and Controlled Substances (CS).

Take advantage of the high-quality speakers we have selected to enhance your NP professional and clinical practice. We encourage you to take this opportunity to learn and enjoy all of the offerings at the 32nd Annual TNP Conference. There truly is something for everyone!

Sincerely,

*Sheri Innerarity, RN, PhD, ACNS, FNP, FAANP*

TNP Education Chair

## From the TNP Office



The mission of TNP is "Empowering nurse practitioners to advance our profession and the health of all Texans through a unified voice." TNP is committed to be your resource in Texas. As such, TNP is solely focused on the State of Texas and everything we do is to help you, our members.

During the pandemic, two of TNP's Conferences were converted to virtual, and we are now moving forward with plans to change our annual conference to virtual as well. Although this was a difficult decision and we will all miss the in-person networking, it is important to maintain the safety of our members, the patients our members serve, TNP staff and the hotel staff. The TNP board felt the only way to ensure the safety of everyone was to move the conference to a virtual space.

I am excited and proud to announce the "new" Fall Conference line-up. The 2 ½ day live virtual conference starting on Friday afternoon, September 25 and going through Sunday, September 27 will provide Texas NPs with the necessary CE required by the Texas Board of Nursing, as well as hot topics, a general membership meeting, exhibitors and a legislative/regulatory update. To add to the conference that weekend, TNP will be transitioning many of the traditional breakout sessions into convenient bundles that will be available for individuals to purchase and take over the course of three-months. The bundles will include 4 hours of content and will cover everything from medication to infections to pediatric to acute care to professional development. There is something for everything from medication to infections, pediatrics, acute care, and professional development.

We hope to continue to receive your support as a member of TNP who recognizes the important work we do. By being a member of TNP, participating in TNP conferences, utilizing TNP's online CE center and purchasing practice resources from TNP, you are helping support the work we are doing on your behalf.

We are Texas Nurse Practitioners, focused on Texas and committed to Texas. We hope you continue to be a part of the annual conference we have all come to know and love.

Sincerely,

*Emily Eastin, CEO*

Texas Nurse Practitioners

## Thank You!

### Special Thanks to the 2020 Education Committee

Sheri Innerarity, *Chair*  
Cindy Weston, *TNP Vice President*  
Lesley Vernor

Henry Guevara  
Antay Parker  
Patrick Laird  
Monee Carter-Griffin

Peggy Francis  
Wanda Hilliard  
Wendy Thal  
Cristi Day

Bella Stewart,  
*TNP Education Coordinator*  
Emily Eastin, *TNP CEO*

# TNP FALL CONFERENCE AGENDA

This activity is approved for 18.15 contact hour(s) of continuing education (Which includes 6.41 hours of pharmacology) by the American Association of Nurse Practitioners. Activity ID 20074332. This activity was planned in accordance with AANP Accreditation Standards and Policies.

## Friday, September 25, 2020

12:00pm–12:45pm	<b>GS01:</b> General Membership Meeting – <i>Christy Blanco, DNP, APRN, WHNP-BC, FMNM</i>
12:45pm–1:00pm	Sponsored Break
1:00pm–2:30pm	<b>GS02:</b> Keynote: Pain Management Issues – <i>Andy Joshi</i>
2:30pm–2:45pm	Virtual Exhibit Hall
2:45pm–3:45pm	<b>GS03:</b> Pharmacology Update – <i>Amelie Hollier, DNP, FNP-BC, FAANP – Part 1</i>
3:45pm–4:45pm	<b>GS04:</b> BOOM: Common Dangerous Drug Interactions – <i>Amelie Hollier, DNP, FNP-BC, FAANP – Part 2</i>
4:45pm–5:00pm	Virtual Exhibit Hall
5:00pm–6:00pm	<b>GS05:</b> Plans for Upcoming Legislative Session – <i>Erin Cusack, MGPS, Casey Haney, BA, MBA, Kevin Stewart, JD</i>

## Saturday, September 26, 2020

7:30am–8:30am	Symposium
8:30am–8:45am	Virtual Exhibit Hall
8:45am–9:45am	<b>GS06:</b> Hormone Deficiencies in Chronic Pain – <i>Terri DeNeui, DNP, APRN, ACNP-BC</i>
9:45am–10:00am	Sponsored Break
10:00am–11:00am	<b>GS07:</b> Alternatives to Opioids – <i>Jason Spees, DNP, APRN, ACNP-BC</i>
11:00am–12:00pm	Symposium
12:00pm–12:15pm	Virtual Exhibit Hall
12:15pm–1:15pm	<b>GS08:</b> HRT Concerns - A Cautionary Tale – <i>Terri DeNeui, DNP, APRN, ACNP-BC</i>
1:15pm–1:30pm	Virtual Exhibit Hall
1:30pm–2:30pm	<b>GS09:</b> Vaping A Public Health Crisis – <i>Padmavathy Ramaswamy, PhD, MSN, MPH, APRN, FNP-C</i>
2:30pm–2:45pm	Virtual Exhibit Hall
2:45pm–3:45pm	<b>GS10:</b> COVID-19 Topic – <i>Greg Greenberg, MSN, APRN, AGCNS-BC</i>
3:45pm–4:45pm	Poster Presentations

## Sunday, September 27, 2020

7:30am–8:30am	Symposium
8:30am–9:30am	<b>GS11:</b> Texas PMP – <i>Linda Yazdanshenas</i>
9:30am–9:45am	Sponsored Break
9:45am–11:15am	<b>GS12:</b> Human Trafficking: Identification and Treatment in the Clinical Setting – <i>Jessica Peck, DNP, APRN, CPNP-PC, CNE, CNL, FAANP</i>
11:15am–11:30am	Virtual Exhibit Hall
11:30am–1:00pm	<b>GS13:</b> Scope of Practice – <i>John Gonzales, DNP, APRN, ACNP-BC, ANP-C</i>
1:00pm–1:15pm	Virtual Exhibit Hall
1:15pm–2:15pm	<b>GS14:</b> Jurisprudence – <i>Glenda Joiner-Rogers, PhD, APRN, AGCNS-BC</i>
2:15pm–2:30pm	Virtual Exhibit Hall
2:30pm–3:30pm	<b>GS15:</b> Management of Obesity in Primary Care – <i>Aline Zeringue</i>
3:30pm–4:30pm	Poster Presentations
4:30pm	Closing Remarks – <i>Christy Blanco, DNP, APRN, WHNP-BC, FMNM</i>

# GENERAL SESSIONS

This activity is approved for 18.15 contact hour(s) of continuing education (Which includes 6.41 hours of pharmacology) by the American Association of Nurse Practitioners. Activity ID 20074332. This activity was planned in accordance with AANP Accreditation Standards and Policies.

## CONFERENCE PRICING

TNP Virtual Fall Conference cancellations must be made via email no later than September 10, 2020. Send requests to Bella Stewart at bella@texasnp.org. All cancellations are subject to a \$25 processing fee.

NO CANCELLATIONS will be accepted after September 10, 2020. Cancellation refunds will be issued within 4-6 weeks after the seminar.

### Live Virtual Fall Conference Pricing:

**Member Price:** \$199  
**Student Member Price:** \$99  
**Nonmember Price:** \$399

Online CE Bundles will be available for purchase September 28, 2020 through December 28, 2020, and must be completed by December 28, 2020.

### Price per bundle:

**Member:** \$79  
**Nonmember:** \$179

### Stand Alone CE Webinars Pricing:

**Member:** \$25  
**Nonmember:** \$75

## Friday, September 25, 2020

### 12:00 PM–12:45 PM

**(GS01) General Membership Meeting** (.75 CE) • *Chrisy Blanco, DNP, APRN, WHNP-BC, FMNM*

### 1:00 PM–2:30 PM

**(GS02) Keynote: Pain Management Issues** (1.5 CE, 1.25 RX, 1.5 O) • *Andy Joshi*

### 2:45 PM–3:45 PM

**(GS03) Pharmacology Update Part 1 - ICYMI: Breaking News for Prescribers** (1 CE, 1 RX) • *Amelie Hollier*

This pharmacology update is for primary care providers and includes medication and practice changes for patients with infectious diseases. Newly approved (2018, 2019, 2020) medications will be discussed. The last portion will be spent discussing important prescribing points for some of the most commonly prescribed medications in 2019.

### 4:00 PM–5:00 PM

**(GS04) Pharmacology Update Part 2 - BOOM: Common Dangerous Drug Interactions** (1 CE, 1 RX) • *Amelie Hollier, DNP, FNP-BC, FAANP*

This part of the presentation will discuss prescribing strategies for avoidance of dangerous drug interactions, identify medication combinations involved in drug interactions and identify CYP 400 drug interactions involving common medications.

### 5:15 PM–6:15 PM

**(GS05) Plans for Upcoming Legislative Session** (1.25 CE) • *Erin Cusack, Casey Haney, BA, MBA, Kevin Stewart, JD*

This session will provide an overview of the political and legislative landscape for APRNs and nursing issues 2020, provide information on TNP's proposed legislative agenda for the 87th Legislative Session, and discuss new state and federal regulations that have gone into effect for APRNs.

## Saturday, September 26, 2020

### 8:45 AM–9:45 AM

**(GS06) Hormone Deficiencies in Chronic Pain** (1 CE, .5 RX, 1 OA, .25 E) • *Terri DeNeui, DNP, APRN, ACNP-BC*

Understanding sex hormone physiology and the role the sex hormones play in pain processing is paramount for healthcare providers. As evidence shows an inverse relationship between opioids and androgen production, which greatly impacts the patient's quality of life, health care providers must educate themselves on the safe and judicious use of sex hormones in their chronic pain population. Evidence-based data regarding the role of sex hormones in the chronic pain patient as well as the emerging data pointing to the role the sex hormones play in pain signaling and perception and thresholds will be reviewed. This session will seek to fill the gap in knowledge of the relationship between sex hormones and the chronic pain population, as well as safe, efficacious and evidence-based treatment recommendations.

# GENERAL SESSIONS

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## 10:00 AM–11:00 AM

**(GS07) Alternatives to Opioids** (1 CE, 1 RX, 1 OA, .25 G)  
• *Jason Spees*

Providers are caught in the middle of the opioid crisis. Want to know more about alternatives and options to pain management? We will discuss modalities for pain relief that don't involve opioids, as well as alternative remedies that patients pursue on their own and the evidence behind them. A demonstration of acupuncture will be given during the workshop and Chinese medical pain relief therapies applied.

## 12:15 PM–1:15 PM

**(GS08) ABC's of Hormone Replacement Therapy (HRT)**  
(1 CE, .5 RX, .25 E, .25 J) • *Terri DeNeui, DNP, APRN, ACNP-BC*

This introductory course will provide the attendee with evidence-based literature regarding the role of various sex hormones in health and disease prevention. From an understanding of the literature and science behind the various hormones we will address the gap in knowledge surrounding safe and effective use of hormones and explain the controversies and confusion that clinicians encounter from peers, patients, and medical societies. Disseminating evidence-based data with specific attention to increasing awareness of the role optimizing hormone replacement play in overall health, increased sense of well-being and disease prevention, this introduction to hormone therapy lecture will explore many unanswered questions for the practitioner addressing the most common primary care issues and complaints surrounding hormone replacement as well as the current controversies and misunderstanding for all of the hormones.

## 1:30 PM–2:30 PM

**(GS09) Vaping A Public Health Crisis** (1 CE, .5 RX) • *Padmavathy Ramaswamy, PhD, MSN, MPH, APRN, FNP-C*

This presentation is about electronic cigarette use, aka vaping, especially in the adolescent and the young adult population. The presentation will include known and potential risks of e-cigarettes, evaluation of lung disorders associated with e-cigarette use, review methods and efforts to screen and counsel patients and families, and discuss best practices for primary care providers. The presentation will also discuss local, state and national laws and regulations regarding vaping/e-cigarette use.

## 2:45 PM–3:45 PM

**(GS10) COVID-19 Topic** (1 CE, .33 RX, .25 J) • *Greg Greenberg, MSN, APRN, AGCNS-BC*

This session will discuss the single most important History of Present Illness for an optimal COVID-19 work up, teach you how to identify the criteria a patient must meet to be considered eligible for anti-viral strategies and teach you how to articulate the defining characteristics that distinguish the viral phase of COVID-19 from the inflammatory phase of the illness.

## Sunday, September 27, 2020

### 8:30 AM–9:30 AM

**(GS11) Texas Prescription Monitoring Program Update**

(1 CE, 1 PMP, .25 E, .25 J) • *Linda Yazdanshenas*

This program will provide a review of the history of the Prescription Monitoring Program; how to use the Prescription Monitoring Program to assist in making clinical decisions when dispensing controlled substance prescriptions; and an update on recent changes and legislation impacting the PMP.

### 9:45 AM–11:15 AM

**(GS12) Human Trafficking: Identification and Treatment in the Clinical Setting** (1.5 CE) • *Jessica Peck, DNP, APRN, CPNP-PC, CNE, CNL, FAANP*

This presentation will explore core competencies for healthcare professionals in the clinical setting who may encounter potential victims of human trafficking. Learners will be equipped with knowledge to implement a clinical protocol in their organizational setting to ensure best current practices, moving the APRN from an individual response level to a collective, holistic, public-health, comprehensive care approach. Learners will be given the most up-to-date statistics, research, and initiatives currently ongoing in the fight against human trafficking. Instruction will be given on developing NP-Led diverse interprofessional teams to maximize impact on health outcomes.

### 11:30 AM–1:00 PM

**(GS13) Texas Law and the Nurse Practitioner Scope of Practice** (1.5 CE, 1.5 J) • *John Gonzales, DNP, APRN, ACNP-BC, ANP-C*

Scope of practice for the nurse practitioner goes beyond the Texas Board of Nursing's nurse practice act and regulations. Additional Texas State laws have an impact on the NP's scope of practice. This session will explore how Texas State laws shape the nurse practitioner's scope of practice.

### 1:15 PM–2:15 PM

**(GS14) Jurisprudence Gendy** (1 CE, 1 J) • *Glenda Joiner-Rogers, PhD, APRN, AGCNS-BC*

Nursing Jurisprudence is the application and interpretation of the principles of law or legal rules as they relate to the practice of nursing, obligations nurses and APRNs have to their clients, and relationships they have with other nurses/APRNs and health care professionals. APRNs must comply with these laws and rules to avoid situations that could be considered negligent or malpractice thus exposing them to risk of liability. Strategies will be presented that APRNs can use to reduce or avoid the risk of liability.

### 2:30 PM–3:30 PM

**(GS15) Management of Obesity in Primary Care** (1 CE, .33 RX) • *Aline Zeringue*

# ONLINE CE BUNDLE OPTIONS

## 1. Practice/Professional Development: Part 1—4 hours.

This activity is approved for 4.0 contact hour(s) of continuing education by the American Association of Nurse Practitioners. Activity ID 20074344. This activity was planned in accordance with AANP Accreditation Standards and Policies.

- **(S34) Run, Jump, Lead** (1CE) • *Melanie Richburg, DNP, FNP-BC and Shannon Hammonds, MSN, FNP-BC*  
Leadership roles will be broken down and illustrated at various levels of professional practice.
- **(S55) Introduction to Rural Health Clinics—Texas is Calling** (1CE, .25J) • *Elizabeth Ellis, DNP, APRN, FNP-BC, FAANP, CRHCP and Patty Harper, RHIA, CHTS-IM, CHTS-PW, CHC*  
This presentation will provide an overview of the Rural Health Clinic (RHC) program (origin, reimbursement methodology, and location requirements). The specific role of the Advanced Practice Registered Nurse (APRN) in the Rural Health Clinic will be highlighted. Discussion will focus on the unique practice and clinic ownership opportunities in Texas with emphasis on pertinent federal rules and regulation, state scope of practice, and collaborative innovation for APRNs in Texas. The program will feature an interactive question and answer period.
- **(S51) A Telehealth Primer for NPs** (1CE, .25E, .25J) • *Mahrokh Kobeissi, DNP, APRN, FNP-C*  
Participants will learn telehealth concepts and how electronic platforms are being used to replace in-person consultations for diagnosis and treatment of health conditions.
- **(S62) Prioritizing Self-Care as an APRN** (1CE, .5E) • *Cara Young, PhD, RN, FNP-C, FAANP and Chris Divin PhD, RN, FNP-BC*  
In this innovative workshop, didactic and experiential content will provide attendees with the current state of the science related to the impact of stress on physical and mental health and facilitators will guide attendees through a process of creating an individualized self-care toolkit with strategies for effectively engaging in self-care.

## 2. Diagnosis/Testing—4 hours

This activity is approved for 4.0 contact hour(s) of continuing education (which includes 1.5 hours of pharmacology) by the American Association of Nurse Practitioners. Activity ID 20074334. This activity was planned in accordance with AANP Accreditation Standards and Policies.

- **(WS09) Basic EKG** (2CE, 1.5RX, .5G, .5J) • *Jose Villa, DNP, APRN, FNP-BC*  
This advanced 12 lead ekg workshop will include 12 lead ekg samples, learning the difference in a normal ekg vs abnormal, different types of myocardial infarctions and what to do, when is it an emergency and when is it a referral.
- **(S44) Advanced Lipid Testing in Primary Care** (1CE) • *Mia Painter, DNP, APRN, FNP-C* • Current cardiovascular guidelines advise routine lipid screening for most individuals. But, with the growing incidence of cardiovascular disease and related health conditions, is routine screening enough? Advanced lipid testing could provide better insight into patient risk for cardiovascular incidents and help guide appropriate care planning including pharmacologic therapy to prevent adverse health outcomes.

- **(S47) Imaging Stewardship: A Primary Care Provider's Guide to Treating and Referring Patients with Musculoskeletal Conditions** (1CE) • *Amelia Leal Serrata, APRN, FNP-BC, Karen Scherger, APRN, ACNP and Rhiannon Skinner, PA-C*  
Thorough history, examination, documentation and diagnostic testing are pinnacle to treatment of musculoskeletal conditions. Regardless of the treatment, selecting appropriate imaging is essential to minimize patient risk, expedite diagnosis and treatment, and limit health care cost.

## 3. Medications: Part 1—4 hours

This activity is approved for 4.0 contact hour(s) of continuing education (which includes 3.5 hours of pharmacology) by the American Association of Nurse Practitioners. Activity ID 20074320. This activity was planned in accordance with AANP Accreditation Standards and Policies.

- **(WS05) Choosing and Managing Insulin Therapy** (3CE, 3RX, .25G) • *Lisa Sumlin, PhD, APRN, ACNS-BC*  
Where do you start a patient for insulin therapy? What are the most effective and prominent insulin therapies for your patient? This workshop will clarify and simplify choosing and managing insulin therapy for optimum diabetes management.
- **(S58) Continuous Glucose Monitoring** (1CE, .5RX, .25G) • *Celia Levesque, APRN, FNP, CNS-BC, CDE, BC-ADM*  
This lecture will cover using continuous glucose monitoring for patients with diabetes to include the following: advantages, disadvantages, a comparison of current continuous glucose monitoring systems on the United States market, candidate selection, interpreting results, adjusting the diabetes treatment plan based on the results, and insurance codes for reimbursement for interpreting results.

## 4. Medications: Part 2—4 hours

This activity is approved for 4.0 contact hour(s) of continuing education (which includes 3.25 hours of pharmacology) by the American Association of Nurse Practitioners. Activity ID 20074342. This activity was planned in accordance with AANP Accreditation Standards and Policies.

- **(F16) Sodium Glucose Cotransporter-2 Inhibitors: Not Just for Diabetes Anymore** (1CE, 1RX) • *Veronica Brady, PhD, FNP-BC*  
Sodium glucose cotransporter-2 inhibitors (SGLT2i) are known to be beneficial in lowering A1c. Now these drugs have been shown to have a significant impact on cardiovascular outcomes.
- **(F09) TSH Suppressive Therapy & High Dose Thyroid** (1CE, .25RX, .5G, .25E) • *Robert Morgan, APRN, ACNP-BC, MSN*  
This presentation examines the most common misconceptions of treating thyroid. High dose thyroid replacement and TSH suppression are often mistaken for hyperthyroidism. Patients are undertreated and remain symptomatic because of the stigma put on thyroid replacement.
- **(S29) Preventing Adverse Drug Events** (1CE, 1RX, .75G) • *Jose Villa, DNP, APRN, FNP-BC*  
An adverse drug event was one out of 250 emergency room visits in the United States, according to the CDC in 2013-2014. One quarter of these patients required hospitalization. Adults 65 and older were 3 times more likely to go to the ER and 7 times more likely to be hospitalized, and antibiotics were the leading cause of ER visits for ADEs for children under six years old. This presentation is about how to prevent an adverse drug event.

# ONLINE CE BUNDLE OPTIONS

- **(S63) Prescribing from the Guidelines: The Antibiotic Review for NPs** (1CE,1RX) • *E. Monee Carter-Griffin, DNP, MA, RN, ACNP-BC*

Antibiotics are a commonly used modern modality to treat patients, and when used correctly are life-saving. Guidelines have emerged to support clinical decision-making and to address treatment for diseases based on evidence. This review aims to enlarge the clinical perspective and enhance the understanding of antibiotics used to treat the most common bacterial infections.

## 5. Infections—4 hours

*This activity is approved for 4.0 contact hour(s) of continuing education (which includes 1.75 hours of pharmacology) by the American Association of Nurse Practitioners. Activity ID 20074321. This activity was planned in accordance with AANP Accreditation Standards and Policies.*

- **(F07) Influenza: Updates for the New Decade** (1CE, .5RX) • *Cindy Weston, DNP, APRN, FNP-BC*  
This session will discuss the CDC updates on Influenza including lessons from the 2019-2020 season and the past decades, vaccination efficacy, and recommendations for the future.
- **(F17) STD Update** (1CE, .75RX, .25E) • *Shelagh Larson, DNP, APRN, WHNP-BC, NCMP*  
The CDC proclaims in 2019, the US again topped itself as the highest recorded sexually transmitted diseases (STDs) rates ever with 2,457,118 combined cases of chlamydia, gonorrhea and syphilis. Texas ranked #1 in the US with congenital syphilis. CDC has new recommendations to U.S. health care providers called the Quality Clinical Services for STDs for primary care and specialty care settings (STDQCS). This presentation will present the new recommendations on conquering this epidemic from addressing the sexual health history, diagnosing, treatments and reporting.
- **(F28) The Risk of Infection and Indication of Systemic Antibiotics in Chronic Wounds** (1CE, .25G) • *Rachel Reitan*  
No clear guidelines exist to assist clinicians in determining when a chronic wound is infected or at risk for infection, nor do guidelines exist to aid in determining the indication or duration of systemic antibiotics, which can lead to excessive and improper use of systemic antibiotics, contributing to adverse drug events (ADE) and the rise of multi-drug resistant organisms (MDRO). Implementing a simple tool to measure the risk of infection in patients with chronic wounds could help clinicians determine the indication and appropriate use of systemic antibiotics and potentially reduce the use of systemic antibiotics.
- **(F23) PrEP: Are we doing enough to reduce the risk of HIV transmissions** (1CE, .5RX) • *Margaret McLean, MSN, ACNS-BC*  
HIV transmission is a smoldering, public health epidemic that most of us probably do not think about as often as we should. Transmission of HIV continues despite local and national outreach efforts and effective anti-retro-viral treatments. Since 2012, we have had the tool of PrEP to drastically reduce the transmission of HIV but we are not always seeing utilization of PrEP, especially in primary care.

## 6. Sexuality—4 hours

*This activity is approved for 4.0 contact hour(s) of continuing education (which includes 1.5 hours of pharmacology) by the American Association of Nurse Practitioners. Activity ID 20074343. This activity was planned in accordance with AANP Accreditation Standards and Policies.*

- **(F03) Not Tonight Honey, I have a headache: Sexual Dysfunction in Women** (1CE, 1RX, 1G, .25E) • *Shelagh Larson, DNP, APRN, WHNP-BC, NCMP*  
Sex sells. We are bombarded with sex on TV, books, ads, music. But your patient may not be feeling “it”. Are you prepared to start that discussion? This workshop focuses on sexual dysfunction in women: the discussion, the tools, and medical options.
- **(F04) Let’s Talk about Sex: Child Sexual Abuse, Sexual Behaviors and Human Trafficking** (1CE) • *Sandra Onyi, PNP-PC*  
This presentation will give a general overview in the field of child sexual abuse, sexualized behaviors and human trafficking. It will highlight important facts medical providers should be aware of to provide the best possible care to patients.
- **(S38) Female Androgen Insufficiency Syndrome: Understanding the Vital Role of Testosterone Optimization** (1CE, .25RX, .25J) • *Terri DeNeui, DNP, APRN, ACNP-BC*  
Testosterone therapy for women is becoming more and more sought after, yet there is still a great deal of confusion regarding the clinical applications and implications of diagnosing and treating androgen insufficiency in women. This evidence-based presentation will fill the gap in knowledge around this controversial treatment option for women.
- **(S52) Transgender healthcare: Foundational Skills for APRNs** (1CE, .25RX) • *Tracey Page, DNP, APRN, FNP-BC and Laurita Old Hudec, MSN, APRN, WHNP-BC*  
Transgender healthcare needs are expanding rapidly. Advanced practice nurses are challenged to learn new terminology, explore treatment guidelines, and recognize barriers and biases experienced by transgender populations.

## 7. Acute Care—4 hours

*This activity is approved for 4.0 contact hour(s) of continuing education (which includes 1.67 hours of pharmacology) by the American Association of Nurse Practitioners. Activity ID 20074322. This activity was planned in accordance with AANP Accreditation Standards and Policies.*

- **(F08) Diagnosis and Management of Congestive Heart Failure** (1CE, .67RX, .5G) • *Buffy Powell, DNP, RN, ACNP-BC*  
With the aging of the general population and improvement in treatment of coronary artery disease, hypertension and valvular heart disease, the incidence of heart failure is dramatically increasing. There is considerable difference in the management of heart failure with preserved ejection fraction versus reduced ejection fraction. This is a case study presentation on the management of heart failure with both preserved and reduced ejection fraction.
- **(F22) The Ins and Outs of Acute Respiratory Failure** (1CE, .25RX) • *Patrick Laird, DNP, APRN, ACNP-BC, NEA-BC*  
Each year, approximately 2 million people are hospitalized for acute respiratory failure, resulting in health care costs exceeding \$50 billion. Mortality rates often exceed 20% in this patient population. Acute respiratory failure is defined as the body’s inability to maintain appropriate oxygenation

# ONLINE CE BUNDLE OPTIONS

and/or ventilation. Respiratory failure is categorized as either hypoxic (PaO<sub>2</sub> < 55 mm Hg) or hypercapnic (PaCO<sub>2</sub> > 45 mm Hg). This presentation will discuss the pathophysiology, describe the comprehensive management, including the role of non-invasive mechanical ventilation, invasive mechanical ventilation, and extracorporeal life support, of patients with acute respiratory failure.

- **(S43) Complex Cases in Acute Care: Round 2** (1CE, .5RX, .25G) • *E. Monee Carter-Griffin, DNP, MA, RN, ACNP-BC*  
The complexity of hospitalized patients has increased over the years requiring advanced knowledge to identify the etiology. Nurse practitioners have become a part of the teams caring for this complex patient population. This presentation is a continuation of the 2019 complex cases. Four new patient scenarios will be introduced to further advance the nurse practitioner's critical thinking.
- **(S50) Wound Management Basics from the Office to the ICU** (1CE, .25RX, .25G) • *Lisa Ginapp, MSN, APRN, AGACNP-BC, WCC, DWC, OMS*  
Correct identification, documentation and treatment of wounds is essential for patient care in all areas of practice. Most providers are not well equipped with knowledge of basic or complicated wound care treatments. This presentation will provide learners with assessment and decision making skills to feel more confident in starting treatment for patients with acute and chronic wounds. Types of dressings and case studies will be presented for audience participation to develop evidence based guidelines to improve your practice.

## 8. Psych/Mental Health—4 hours

This activity is approved for 4.0 contact hour(s) of continuing education (which includes 2.3 hours of pharmacology) by the American Association of Nurse Practitioners. Activity ID 20074335. This activity was planned in accordance with AANP Accreditation Standards and Policies.

- **(S32) Borderline Personality Disorder: Challenges of Diagnosis, Treatment, Safety and Boundaries** (1CE, .3RX, .25E) • *Justin Cullers, MSN, APRN, PMHNP-BC*  
All APRNs encounter patients and/or patient family members who suffer from borderline personality disorder (BPD). Identifying, treating, and tolerating patients with BPD can be remarkably difficult for APRNs who are not specifically trained to do so. This presentation will address evidence-based approaches to diagnosis, treatment, safety, and maintaining ethical boundaries with BPD patients.
- **(S42) Expanding Technology to Increase Mental Health Services to University Students** (1CE, .25E) • *Isadora Fox, MSN, RN, PMHNP, DNP Student*  
Universities are struggling to meet increasing demands for student mental health services. Care access delivery challenges are multifocal and range from logistics to health care literacy. Innovative uses of technology can help, as can the unique skill set of the psychiatric advanced practice nurse, but to date, the two have not been considered together to advance care in this arena.

- **(S49) The Nurse Practitioner and ADHD: Access, Evaluation and Management Across the Lifespan** (1CE, 1RX) • *Mark Soucy, PhD, RN, APRN and Benjamin Snellgrove, MSN, RN, PMHNP*  
Attention Deficit Hyperactivity Disorder is among the most common disorders in children and teens, often persisting into adulthood. Symptoms in children affect cognitive, academic, emotional and social functioning while symptoms in adults include impairment in vigilance, perceptual-motor speed, working memory, verbal learning and response inhibition. Comorbidities, while different, are common in both populations. This workshop provides the nurse practitioner with the necessary knowledge to holistically evaluate and treat patients with ADHD, including evidence-based pharmacotherapy across the lifespan.
- **(S56) Bipolar and Its Counterparts: What is a Non-Psych Prescriber to do?** (1CE, 1RX, .5G) • *Justin Scaffa, PMHNP*  
This session will help you understand bipolar disorder, some of its counterparts and give you practical ways to better and more rapidly detect it in your practice. Special emphasis will be placed on pediatric, drug related, geriatric conditions that mimic this disorder. Non-psychiatric providers who are compelled to treat because of the distressing symptoms and long waits for specialized psychiatric care will be given reasonable choices and what to avoid so that they can provide help for this needy, often misunderstood, and often hurt by poor treatment population.

## 9. Pediatric: Part 1—4 hours

This activity is approved for 4.0 contact hour(s) of continuing education (which includes 1.25 hours of pharmacology) by the American Association of Nurse Practitioners. Activity ID 20074325. This activity was planned in accordance with AANP Accreditation Standards and Policies.

- **(WS13) New Frontiers in Pediatric Food Allergy-2020** (2CE, .5RX, .25E) • *Kathleen Pitts, PhD, APRN, PNP-BC, MPH, Lorraine Lyter-Reed and Melissa L. Hearrell*  
This conference workshop is designed to cover the following general areas of food allergy: epidemiology, prevention, diagnosis, obtaining history, laboratory orders and results, immunotherapy treatment & management options, current research and psychosocial issues related to anxiety, and bullying. The information will inform and update the audience regarding current practices of oral and epicutaneous treatment in the pediatric age group, performing oral challenges, research study participation, 'gold standard' diagnosis methods, and treatment of anaphylaxis.
- **(F04) Let's Talk about Sex: Child Sexual Abuse, Sexual Behaviors and Human Trafficking** (1CE) • *Sandra Onyi, PNP-PC*  
This presentation will give a general overview in the field of child sexual abuse, sexualized behaviors and human trafficking. It will highlight important facts medical providers should be aware of to provide the best possible care to patients.
- **(F25) Ten False Contraindications to Vaccination Every Primary Care Provider Should Know** (1CE) • *Holly DiLeo, PhD, APRN, FNP-BC*  
Vaccines are an effective public health measure. Primary care providers play an important role in advocating for vaccination. Knowing the precautions, contraindications, and false contraindications for vaccine administration can aid in decision making.



# ONLINE CE BUNDLE OPTIONS

## 10. Pediatric: Part 2—4 hours

This activity is approved for 4.0 contact hour(s) of continuing education by the American Association of Nurse Practitioners. Activity ID 20074340. This activity was planned in accordance with AANP Accreditation Standards and Policies.

- **(WS04) Infant Assessment Pearls: Early Identification of Common and Uncommon Diseases and Conditions** (2CE)

- *Brittany Christiansen, DNP, APRN, CPNP-PC/AC, FNP-C, AE-C, CNE*

This session will discuss physical assessment techniques for children ages newborn to two years old. Anticipated and normal findings will be distinguished from abnormal findings. Common and uncommon disorders found in children ages newborn to two years old will be reviewed.

- **(F18) Start Smart: Empowering Families to Tackle Childhood and Adolescent Nutrition Challenges** • (1CE)

- *Keli Hawthorne, MS, RD, LD*

This session will focus on 3 key milestones of childhood and adolescence, including practical approaches to help you promote better nutrition and overall health among your patients. From the introduction of solid foods as an infant, throughout the picky-eater phase in early childhood, and into the stressful and activity-filled teenage years, registered dietitian Keli Hawthorne will equip you with tools for success.

- **(S53) Congenital Disorders of the Newborn: Emerging Technologies for Early Identification of Genomic Conditions** (1CE, .5E) • *Jessica Peck, DNP, APRN, CPNP-PC, CNE, CNL, FAANP*

According to the CDC, congenital anomalies are the number one cause of mortality in infants under one year of age, accounting for 20% of all infant deaths. Birth defects affect one in 33 babies born in the U.S. each year. For those anomalies which do not cause death in the first year, there are often significant health sequelae including chronic illness and permanent disability. Congenital anomalies are structural defects which occur during the prenatal period and are the result of complex multifactorial genetic and environmental influences. In many cases, the cause is unknown. Of most critical relevance, the explosion of knowledge and technology in the field of genomics has dramatically changed the lens with which APRNs diagnose and manage medical conditions. This session will review advanced physical assessment skills and screenings available to identify common congenital anomalies with genomic implications.

## 11. Geriatric—4 hours

This activity is approved for 4.0 contact hour(s) of continuing education (which includes 2.75 hours of pharmacology) by the American Association of Nurse Practitioners. Activity ID 20074326. This activity was planned in accordance with AANP Accreditation Standards and Policies.

- **(F05) Geriatric Pharmacotherapy Update** (1CE, 1RX, 1G) • *Kimberly Posey, DNP, APRN, AGPCNP-BC, GS-C*

This presentation will provide an update for safe geriatric prescribing and deprescribing. Strategies to reduce the risk for polypharmacy and adverse drug reactions will be discussed using the 2019 American Geriatrics Society (AGS) Beers Criteria® for Potentially Inappropriate Medication (PIM) Use in Older Adults.

- **(F12) Alzheimer's Dementia** (1CE, .25RX, 1G, .25E) • *Maureen Beck, DNP, APRN, GNP-BC*

This presentation will review Alzheimer's Dementia and includes neuroanatomy, diagnostics, geriatric assessment, and currently available medications. Shared decision making and ethics will be discussed. The role of a nurse practitioner in diagnosis and treatment will be explored throughout the talk.

- **(F26) Wiggle Room—An Overview of Movement Disorders** (1CE, .5RX, .75G, .25E) • *Alex Armitage, CNL, APRN, FNP-BC*

Movement disorders include a wide range of diagnoses that may present symptomatically to a primary care's office as changes in gait, tremor, increased involuntary movements or loss of movement. The correct diagnosis of these conditions is fundamental in their treatment and management. This talk is an overview of the most common movement disorders, with an emphasis on pharmacological management. Talking points will also include non-motor symptoms and special considerations for the geriatric patient population. Ethical and privacy issues in vulnerable populations will be reviewed.

- **(S40) Polypharmacy: When and How to Deprescribe** (1CE, 1RX, 1G) • *Lynda Jarrell, DNP, APRN, FNP-BC, CNE*

Polypharmacy is a huge problem in the geriatric population. With the growing geriatric population, nurse practitioners must be cognizant of the tools available for deprescribing. These will aid NPs in educating patients about the benefits of decreasing medications and thereby, reduce the risks of polypharmacy.

## 12. Women's Health—4 hours

This activity is approved for 4.0 contact hour(s) of continuing education (which includes 1.3 hours of pharmacology) by the American Association of Nurse Practitioners. Activity ID 20074336. This activity was planned in accordance with AANP Accreditation Standards and Policies.

- **(F02) The Female Heart: For Better or For Worse** (1CE, .25RX) • *Carole Moore, APRN, MNSc, ACNP-BC*

Heart disease remains the leading cause of death and disability among women. This presentation will review subtle differences that impact the diagnosis and treatment of heart disease in women; as well as, a discussion regarding spontaneous coronary artery dissection which is an important underlying cause of myocardial infarction in 22-43% of women under the age of 50 years and peripartum cardiomyopathy.

- **(F24) Estrogen Matters! Clinical implications of estrogen and estrogen replacement in acute and chronic cardiovascular and neurological diseases** (1CE, .25RX) • *Terri DeNeui, DNP, APRN, ACNP-BC*

A plethora of data has recently emerged regarding the role estrogen plays in cardiovascular and neurologic morbidity and mortality in both women and men. Understanding estrogen physiology, as well as the production and conversion of estrogen via the aromatase enzyme in cardiovascular and neurologic pathology in acute and chronic illness is paramount for healthcare providers. This session will seek to fill the gap in knowledge of this vital hormone.

# ONLINE CE BUNDLE OPTIONS

- **(S31) Clinically Important Updates in Cervical Cancer** (1CE, .3RX, .25E) • *Antay Parker, DNP, APRN, WHNP-BC, CNM, CNOR, RNFA, C-EFM*

The American Cancer Society has estimated that in 2019 in the United States, approximately 13,240 new patients will receive a diagnosis of cervical cancer and 4170 individuals will die from the disease. However, because of effective screening programs using cytology and/or high-risk human papillomavirus (HPV) DNA testing in industrialized nations, incidence and mortality rates have declined. We will discuss the clinical implications and new advancements in screening and population health related to cervical health.

- **(F10) Breast Cancer: Understanding the Basics for the Primary Care Provider** (1CE, .5RX) • *Kimberly Brooks, MSN, AGNCS-BC, AOCNS*

Primary Care Providers will likely have a patient who has received treatment for breast cancer or are actively receiving therapy. It is imperative you have a basic understanding of the basics in diagnosing, management, and long term consequences of breast cancer.

## 13. Practice/Professional Development: Part 2

*This activity is approved for 4.0 contact hour(s) of continuing education by the American Association of Nurse Practitioners. Activity ID 20074341. This activity was planned in accordance with AANP Accreditation Standards and Policies.*

- **(F06) Our Most Dreaded Conversations: The Art of Delivering Difficult Diagnosis** (1CE, .25G, .25E) • *Antay Parker, DNP, APRN, WHNP-BC, CNM, CNOR, RNFA, C-EFM*  
With any difficult diagnosis, medical professionals may struggle with allowing patients to feel sad. It could also be their own personal discomfort in not knowing how to help or because they lack training in how to communicate bad news. Join us in an interactive session related to the art of delivering difficult diagnoses.
- **(F27) Transitioning from the Clinic to the Classroom: An Academic Survival Guide** (1CE) • *Jessica Peck, DNP, APRN, CPNP-PC, CNE, CNL, FAANP*  
Considering transitioning from the clinic to the classroom? Thinking about an adjunct or part-time faculty role to balance with practice or perhaps a full-time academic position with a faculty practice? This session will give you practical career advice, comparing both clinical and scholastic tracks, giving you a survival guide for academia from an experienced faculty member.
- **(F19) Financial Exploitation of the Elderly: How to Recognize, Report and Reduce** (1CE, 1G) • *Emily Merrill, PhD, APRN, FNP-BC, CNE, FAANP*  
Financial exploitation is a fast-growing form of abuse of seniors and adults with disabilities. The presentation will examine how nurse practitioners can play a crucial role in recognizing and reducing financial exploitation of older and vulnerable adults.

- **(S57) The Nurse Practitioner as the First Assist** (1CE, .25G, .5E) • *Antay Parker, DNP, APRN, WHNP-BC, CNM, CNOR, RNFA, C-EFM*

Many are unaware of the amazing opportunities available as an NP in the perioperative setting. Intraoperatively, the NP/RNFA functions as a surgical assistant, providing expertise and consistency to surgical procedures. NP/RNFAs are knowledgeable in anatomy, able to identify vital structures and avoid injury to them. This interactive session will allow you a glimpse into the life of a NP/RNFA as well as discuss various implications to practice.

## 14. Pain/Opioids—4 hours

*This activity is approved for 4.0 contact hour(s) of continuing education (which includes 2.3 hours of pharmacology) by the American Association of Nurse Practitioners. Activity ID 20074351. This activity was planned in accordance with AANP Accreditation Standards and Policies*

- **(F13) Pain Management: Delegation and Controlled Substances: Mitigating Risks** (2CE, 1RX, 1J) • *Kelley Pennel, DNP, APRN, ACNS-BC*  
This session targets those that prescribe controlled substances for chronic pain conditions or work in the field of pain management. This workshop will explain unique delegation requirements and therapeutic prescribing guidelines aligning with regulatory agencies.
- **Pain Management Alternatives to Opioids Multimodal Treatments** (1CE, 1RX) • *Graves Owen*  
This session will discuss common psychosocial comorbidities in CPS population, Traditional Medicine Model vs Biopsychosocial Model and describe Evidence-Based treatments for acute and chronic pain as alternatives to opioids.
- **(S54) Understanding the Off-label CBD Formulations and Regimens to Maximize Patient Outcomes** (1CE, .3RX) • *Andy Ruiz, PharmD, MSc, FACA and Sydney Braasch, Pharm D*  
Since the rescheduling of cannabidiol (CBD), the compound has become widely popular among the public with its variety of off-label indications. CBD literature is growing in both case studies and clinical trials indicating CBD has anecdotal and evidence-based benefit in alleviating several patient complications. The problem that exists in the literature is a highly inconsistent dosing protocol for off-label indications of CBD. The purpose of our presentation is to elucidate optimal dosing criteria for off-label CBD prescribing to maximize patient outcomes while minimizing negative side effects.

# CE WEBINAR OFFERINGS AVAILABLE ON THE TNP CE CENTER

**\*This activity is currently pending approval from AANP.**

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**Human Trafficking: Raising Awareness to Identify the Victims in the Clinical Setting** • *Jessica Peck, DNP, APRN, CPNP-PC, CNE, CNL, FAANP* (available through December 31, 2020)

**Partnering with Patients on the Autism Spectrum** • *Jayne Dunlap, DNP, APRN, FNP-C* (available through January 30, 2021)

**Legal Concerns for APRNs** • *Taralynn Mackay* (available through April 30, 2021)

**Medical Cannabis and Hemp** • *Veronica Saenz and William Vogt* (available through April 30, 2021)

**Tackling the Obesity Epidemic in 2020** • *Susan Bowlin, MSN, APRN, FNP-BC, ACNP-BC, CBN* (available through May 31, 2021)

**Rheumatology Conditions and Medications** • *Susan Chrostowski, DNP, APRN, ANP-C* (available through May 31, 2020)

**Pain Management Alternatives to Opioids Multimodal Treatments** • *Graves Owen* (available through May 31, 2021)

**Cirrhosis: The Nuts and Bolts of the Disease** • *Sayda Major* (available September 28 - December 28, 2020) \*Currently pending approval from AANP

**For more information, or to purchase, please visit <https://www.texasnp.org/page/OnlineCE>**

# POSTER PRESENTATIONS

Saturday, September 26, 2020 | 3:45–4:45 PM

## **An Evidence Based Fall Prevention Program Among Psychiatric Patients** • *Shirlene Sulatan, DNP, APRN, FNP-BC, PMHNP-BC*

Fall incidents in psychiatric units are higher than that on general acute care hospital units. Estimated rates at psychiatric units are 13.1 to 25 per 1,000 inpatient days compared to 3 to 5 per 1,000 inpatient days at general acute care hospital units. The implementation of a new evidence-based fall prevention program which utilized a fall prevention tool kit integrated in the electronic system of the hospital, helped to promote patient-centered care and a culture of safety through innovative use of technology. Consequently, this decreased the fall incidents and fall related injuries, increased staff knowledge, increased staff and patient satisfaction, and promoted a culture of safety and increased quality care.

## **Effect of Yoga on Chronic Back Pain** • *Haley Rouse, BSN, RN*

Chronic back pain has been identified as a significant public health problem for people of all ages and backgrounds. Yoga is a current area of study for complementary health in treating back pain. The purpose of this project is to synthesize current research on how practicing yoga at least once a week for 12 weeks compared to not practicing yoga affects an adult patient's measured back pain.

## **Moral Distress among Nurses** • *Denise Goddard, DNP, MSN, APRN, FNP-C*

Moral distress is the emotional state that arises from a situation when a nurse feels that the ethically correct action to take is different from what he or she is tasked with doing. Nearly all nurses experience moral distress at some point in their career. This poster discusses a quantitative, cross-sectional descriptive study examining moral distress among nurses employed in a skilled nursing facility. Moral distress is a leading cause for nurses leaving the profession itself. By understanding its root causes, interventions can be tailored to minimize moral distress with the ultimate goal of enhancing patient care, staff satisfaction, and retention. Establishing a culture of ethical practice must be a priority.

## **Precepting on the Move: Facilitating Graduate and Undergraduate Nursing Student Learning Utilizing NP Faculty Practice Opportunities** • *Susan McDonald, PhD, APRN, CPNP-PC, Kathryn Parke, DNP, APRN, CPNP-PC and Brittany Lents, MSN, APRN, CPNP-PC*

The purpose of this project was to create pediatric clinical experiences to meet the learning objectives of graduate and undergraduate nursing students through participation in nurse-faculty managed mobile health clinic events and evaluate the effectiveness of this endeavor. The School of Nursing mobile health unit engaged with a community partner to provide Medicaid well-child exams at apartment complexes managed by a nonprofit organization which provides high-quality housing and support services to low-income residents in San Antonio, Texas. Thirteen nurse practitioner students and 20 undergraduate students participated in one or more events which focused on providing well exams and engaging the community.

**RxPLORE: Getting Back to Nature** • *Vicki Brooks, DNP, MSN, APRN, FNP-BC and Gina Alexander, PhD, MPH, MSN, RN*  
RxPlore: Getting your patients back to nature. Dx: Nature deficit disorder. Overuse of screen time and lack of green time.

## **The Cultural Competence of Mental Health** • *Wendy Thal, DNP, APRN, FNP-C, APHN-BC and Rosalinda Jimenez, EdD, MSN, DNP-BC, PMHNP-BC and LaMicha Hogan, MSN, RN, FNP-BC*

This presentation will explore the importance of incorporating mental health competency into an APRN curriculum and strategies to decrease personal bias and improve patient care experiences for this vulnerable population.

## **Utilizing Oral Food and Drug Challenges** • *Melissa Hearrell, MSN, APRN, FNP-C*

Many patients live with the mistaken belief that they have a serious or even fatal allergy to certain foods or drugs. Often times allergies are mistakenly accepted based on incorrect assumptions or a less than comprehensive evaluation. This belief can lead to mass dietary restrictions that impact quality of life or to the disqualification of entire categories of pharmaceuticals that could be of real medical benefit. An extremely high percentage of patients who undergo direct food or drug challenges learn that they do not have a current allergy. Presented are some of the reasons expanding access to direct challenges may open the door to a whole new world of possibilities for many patients.

## **Issues in Cancer Treatment affecting blood glucose management**

• *Deborah McCrea, EdD, MSN, APRN, FNP-BC, CNS, CEN CFRN, EMT-P and Celia Levesque, APRN, FNP, CNS-BC, CDE, BC-ADM*  
Cancer and Diabetes are diagnosed within the same individual more frequently than would be expected by chance, even adjusted by age. Patients with cancer with pre-existing diabetes experience higher mortality than cancer patients without diabetes. Issues in cancer treatment affecting blood glucose management include NPO status, tube feedings, Total Parental Nutrition, steroids, Procedures/Surgery. This poster will give guidelines for caring for patients with cancer with these issues.

# POSTER PRESENTATIONS

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**Comprehensive Hereditary Cancer Genetic Care in Community Setting: An APRN Led Implementation** • *Maria Victoria Yoes, DNP, MSN, APRN, CCRN, FNP-C*

The poster presentation aims to demonstrate the Nurse Practitioners' leadership role in implementing a comprehensive hereditary cancer genetic care program in a rural setting. The utilization of the logic model guides the process to achieve the successful implementation of the program with the focus on an interprofessional collaborative approach.

**A Fib Management Updates** • *Jose Villa, DNP, APRN, FNP-BC*

Atrial fibrillation is a common arrhythmia affecting mostly people older than 50 years old, which is more than 2 million people. Its prevalence doubles at age 70. The Economic Burden of AF is projected to increase to 15.9 million dollars by the year 2050. AF is an independent predictor for stroke and heart failure. This presentation will provide updates on managing atrial fibrillation

**Management of Hyperglycemia in Patients with and without Diabetes in Hospitalized Patients** • *Celia Levesque, APRN, FNP, CNS-BC, CDE, BC-ADM*

The poster will summarize the current recommendations for managing hyperglycemia in the hospitalized patient. The poster will show a chart for recommendations for patients on steroids, parental/enteral nutrition, target blood glucose for ICU and non ICU patients, and other factors that complicate hyperglycemia and diabetes

**Empowering the Advanced Practice Nurse Through Nurse Coaching** • *Jan L. Patluk, APRN, FNP, GNP, MSN-RN, CDE, NC-BC*

Based on publications by NIH and ANA, this presentation demonstrates how incorporating the role of nurse coaching can empower the APRN in all areas of health and all settings of practice. Practice settings can be expanded through telehealth communication.

**Evaluation of Providers Perceptions on Utilization of Screening Tools for Patients with Anxiety and Depression at a University Health Center** • *Aaron Salinas, MSN, APRN, FNP-BC, PMHNP-BC, NRP*

This poster will encourage application of mental health knowledge in primary care, provide better availability and accessibility in mental health care and educate providers on screening tools used for assessing anxiety and depression symptoms.

**Peripheral Arterial Disease in Primary Care - A Quick Surveillance Guide** • *Mini George, APRN, FNP-C, RNFA*

A quick review of pathophysiology, etiology and epidemiology of peripheral arterial disease (PAD). Comparison of current guidelines for screening of PAD, practice pitfalls, ethical dilemmas involving limb loss and finally how to use a screening guide with 3 simple questions about claudication, open wounds and paresthesia for referral of high risk patients for specialists from primary care.

# POSTER PRESENTATIONS

Sunday, September 27, 2020 | 3:30–4:30 PM

## **A Quality Improvement Project to Address Social Determinants of Health in the Underserved Population** • *Stacey Gonzalez, BSN, RN*

This poster will provide an introduction to the significance and prevalence of social determinants of health and evaluate the project performed as well as the recommendations for improvement of the toolkit.

## **Bringing Excellence to Foster Care in the Primary Care Setting**

*Karen Schwab PhD, APRN, CPNP-PC and Brittany Lents, MSN, APRN, CPNP-PC* • The purpose of this presentation is to provide primary care providers an understanding of the unique health care needs of children and adolescents in foster care. An overview of the state mandated health care services, challenges to meeting these mandates in primary care, and a recommended approach to overcoming these challenges will be provided. Most important, primary care providers will be shown how to best advocate for and to build resiliency in this vulnerable population.

## **Comparison of Moral Distress among Nurses and Therapists in a Skilled Nursing Facility** • *Denise Goddard, DNP, MSN, APRN, FNP-C*

Moral distress can lead to physical and emotional problems for individuals, treatment errors, burnout, reduced employee retention rates, compassion fatigue, patient avoidance, unhealthy work environments, quality of care and patient safety. This study examines the impact of moral distress among Nurses employed in a Skilled Nursing Facility; and, compares that to the moral distress found among Occupational and Physical Therapists employed in a Skilled Nursing Facility; and seeks to identify effective interventions for common ethical dilemmas facing nurses.

## **Preparing Nurse Practitioners to Care for a Global Population Locally** • *Lori Spies PhD, RN, NP-C, Kristi Feutz, DNP, APRN, FNP-BC and Deborah Shirey, DNP, APRN, FNP-BC*

Nurse Practitioners in Texas care for patients from all over the world. This presentation will provide clear guidelines on how best to use global service-learning experiences to prepare nurse practitioners for the global population they will see in Texas healthcare facilities.

## **Designing Better Educational Presentations Understanding Various Technology Tools to Enhance Your Talks** • *Deborah McCrea, MSN, RN, CCRN, CPEN, (PNP-AC student)*

Everyone has attended boring presentations at conferences or in school. Most have heard of the concept of “death by PowerPoint.” This presentation will focus on how to utilize the latest technologies and strategies to enhance the design of presentations when delivering content to patients, students or other colleagues on various platforms including live lectures or online settings. Information will be conveyed to the participant about the latest tools to enhance multimedia presentations for both lectures and the instructional setting such as online media.

## **I can't catch my breath in Kathmandu – Preparing Your Patiences for International Travel** • *Deborah McCrea, EdD, MSN, APRN, FNP-BC, CNS, CEN, CFRN, EMT-P*

Recently, more people are embarking on global travel than in the past especially those in the geriatric population. Many try to pursue activities while on vacation which also may put them at risk medically. There is a lack of knowledge of proper trip preparation, what to expect if they are injured or become ill internationally and what travel assistance companies can offer to support them until they return home. This presentation will discuss your role to assist your client to promote health and safe travel before, during and after their trip. It will also discuss what is expected of primary care providers in terms of needed documents for your clients to return home safely.

## **Culturally Competent Care leads to improved health outcomes for Hispanics** • *Sylvia Vargas, MSN, APRN, FNP-BC, (DNP Student)*

This session will discuss common cultural health practices of the Hispanic family and provide implications for practice for the nurse practitioner.

## **O'Mentor, Mentor, Wherefore Art Thou Mentor** • *Margaret McLean, MSN, ACNS-BC*

This session will discuss the successful implementation of a structured Advance Practice Provider (APP) mentorship program at an academic medical center. It will highlight the methods used in design, marketing and execution of the program as well as trials and tribulations of growth. The listener will understand how mentorship bridges the gap between education and practice.

## **Transition to Practice: From Expert RN to Novice NP** • *Tasha Bryant, APRN, FNP-BC, CPNP-AC*

The purpose of this presentation is to explore factors that lead to positive and successful role transition as nurses transition from expert RNs to novice NPs in the clinical setting.

## **Sex as Self-Injury: A Scoping Review** • *Julie Mellin, MSN, APRN, PMHNP-BC and Cara Young, PhD, RN, FNP-C, FAANP*

This poster presentation introduces a scoping review of sexual behaviors related to self-harm.

## **Combating Stress Through Resiliency** • *Carla Hay-Perdue, DNP, APRN, ANP-BC, FNP, NC-BC and Lyn McCright, MPH, APRN, ANP, GNP, CNS, AHN-BC, HWNC-BC*

The presentation Stress and Resiliency will review the role of the stress response during immediate threats and the effect of stress on health during chronic stressful situations. The session will also explore the three principles that make us resilient and how being aware of the principles can affect the person's reaction to stressful situations.

## **Alpha Gal Meat Allergy** • *Michelle Dickens, MSN, RN, FNP-C, AE-C*

This poster will review the pathophysiology of tick-borne food allergy, discuss the signs and symptoms of mammalian meat allergy and describe the management strategies for mammalian meat allergy.

## **Peanut Oral Immunotherapy** • *Michelle Dickens, MSN, RN, FNP-C, AE-C*

This poster will define food oral immunotherapy and describe the process of oral immunotherapy.

# SPECIAL EVENTS

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**TNPF Walk-a-Thon**  
**Saturday, September 26, 2020**  
**6:30–7:30 am**

Enjoy an invigorating walk on your own time before TNP’s Annual Conference and raise money for Texas Nurse Practitioner Foundation (TNPF). Virtual Walk could include the treadmill, walking up 6 flights of stairs, or walking around your neighborhood. You are encouraged to commit and collect from sponsors prior to attending the conference. Registration is \$25. If you prefer not to participate in the Virtual Walk-a-Thon, but would like to support the Foundation, you may donate \$50 to not walk. The mission of the Foundation is to provide educational opportunities for the advancement of registered nurses in a specialty field that promotes health care access to all people. 100% of the proceeds benefit the Foundation and are tax deductible. Please post photos of your Virtual Walk-a-Thon on social media and use the following hashtags #TNPFvirtualwalk2020 and #TNPFall2020.

**Walk-a-Thon Details:**

*Thank you for helping Texas Nurse Practitioner Foundation fulfill its mission of providing educational opportunities for the advancement of registered nurses in a specialty field that promotes health care access to all people. 100% of proceeds benefit the Foundation.*

# SYMPOSIUMS

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**Thursday Lunch Symposium**  
**12:00–1:00 pm**  
**Sponsored by:** Novo Nordisk

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**Friday Breakfast Symposium**  
**7:15–8:15 am**  
**Sponsored by:** Astra Zeneca

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**Saturday Breakfast Symposium (Pending)**  
**7:15–8:15 am**  
**Sponsored by:** AstraZeneca

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**Saturday Lunch Symposium (Pending)**  
**12:15–1:15 pm**  
**Sponsored by:** NovoNordisk

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**Sunday Breakfast Symposium (Pending)**  
**7:15–8:15 am**  
**Sponsored by:** Acella/Avion

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**Sunday Lunch Symposium (Pending)**  
**12:15–1:15 pm**  
**Sponsored by:** Neurocrine Biosciences