



# PHARMACOLOGY & PRIMARY CARE 2024 NP CONFERENCE + Obesity Pre-Conference

April 18-20, 2024 | San Antonio  
Hyatt Regency Hill Country Resort & Spa



## A must-attend conference for NPs.

- Expert-led sessions on the latest topics.
- Earn your Texas-required CEs.
- Network and reenergize!

Please note the agenda and presenters are subject to change.

All sessions and Product Theaters are in Independence Ballroom 5-8 unless otherwise noted.

## Thursday | April 18 – Obesity Pre-Conference

<b>11:00 am</b>	<b>Registration Opens</b> <i>Charlie's South Gallery</i>
<b>1:00 - 2:00 pm</b>	<b>Welcome and Common &amp; Complex Cases in Obesity</b> Speaker: Jennifer Kucera, MSN, APRN, FNP-C, FOMA
<b>2:10 - 3:10 pm</b>	<b>GLP-1 - The Incredible Injectables for Weight Loss</b> Speaker: Sandy McCoy, BSN, MSN, FNP
<b>3:20 - 4:20 pm</b>	<b>Bariatrics</b> Speaker: Susan Bowlin, DNP, FNP-BC, ACNP-BC, CBNC
<b>4:30 - 5:30 pm</b>	<b>Panel + Q&amp;A: Treating Obesity - The 5 Pillar Approach</b> Panelists: Carole Moore, APRN, MNsc, ACNP-BC Nkechi Onyegasi, DNP, FNP-C Jennifer Kucera, MSN, APRN, FNP-C, FOMA Sandy McCoy, BSN, MSN, FNP Susan Bowlin, DNP, FNP-BC, ACNP-BC, CBN
<b>6:00 pm</b>	<b>TNP Foundation's Walk and Talk</b> <i>Meet at Charlie's Long Bar</i>

Conference  
Registration  
is open from  
2:30 – 6:30  
Charlie's  
South Gallery

## Friday | April 19 – Pharmacology and Primary Care Conference

<b>7:00 – 8:30 am</b>	<b>Registration &amp; Coffee</b> <i>Independence Foyer</i>
<b>7:30 am – 8:30 am</b>	<b>Product Theater (Non-CE presentation)</b>
<b>8:30 – 8:45 am</b>	<b>Welcome Address</b> TNP President Erin Perez, DNP, APRN, ANP-C, AGNP-C, ACHPN
<b>8:45 – 10:15 am</b>	<b>Cardiology: Get Your Heart Pumping</b> Speaker: Valerie Martin, APRN-BC
<b>10:15 – 10:45 am</b>	<b>Coffee Break – Exhibit Hall &amp; Silent Auction</b> <i>Independence 1-4</i>
<b>10:45 am – 12:15 pm</b>	<b>New Immunizations</b> Speaker: Stephanie Key, DNP, APRN, CPNP-PC, PMHS
<b>12:15 – 1:15 pm</b>	<b>Lunch Concession, Exhibit Hall, Silent Auction, Poster Presentations</b> <i>Independence Foyer &amp; Independence 1-4</i>
<b>1:15 – 2:45 pm</b>	<b>Infectious Disease RX/ HIV/HEP C</b> Speaker: Kendrick Clack, MS, APRN, FNP-C, AACRN, AAHIVS

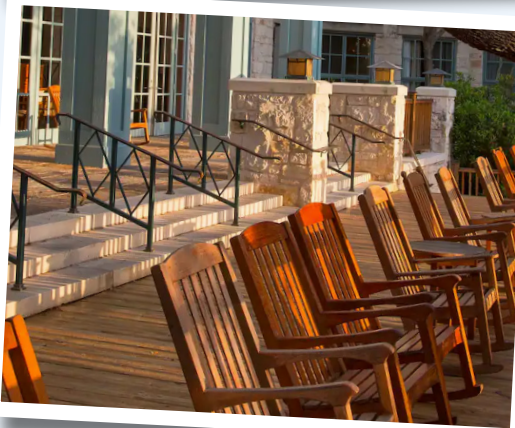
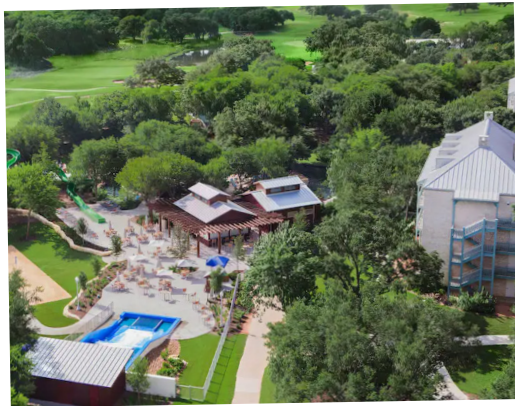
>> Friday program continues >>

## Friday | April 19 – Pharmacology and Primary Care Conference (continued)

<b>2:45 – 3:15 pm</b>	<b>Break</b> – Exhibit Hall <i>Independence 1-4</i> Exhibits close at 3:15 for the day
<b>3:15 – 4:45 pm</b>	<b>Diabetes Through the Lifespan</b> Speakers: Brenda Olmos, PhD, APRN, FNP-C Mili Vhakaria, MSN, APRN, FNP-C, CDCES
<b>5:00 pm</b>	<b>TNP PAC Event</b> <i>Springhouse Cafe</i>
<b>8:00 – 10:00 pm</b>	<b>Presidents' Council and University Ambassador Networking Social</b> <i>By Invitation Only, Location TBD</i>

## Saturday | April 20 – Pharmacology and Primary Care Conference

<b>7:00 am</b>	<b>Registration &amp; Coffee Service Opens</b> <i>Independence Foyer</i>
<b>7:30 – 8:30 am</b>	<b>Breakfast Concessions</b> – Exhibit Hall <i>Independence 1-4</i>
<b>7:30 – 8:30 am</b>	<b>Product Theater (Non-CE presentation)</b>
<b>8:45 – 10:15 am</b>	<b>Pulmonary Insights: Updates on Managing Adult Asthma &amp; COPD</b> Speaker: Monee Carter-Griffin, DNP, MBA, MAOL, APRN, ACNP-BC
<b>10:15 – 10:45 am</b>	<b>Coffee Break</b> – Exhibit Hall <i>Independence 1-4</i> Silent Auction closes at 10:45
<b>10:45 am – 12:15 pm</b>	<b>A Potpourri Of Gastrointestinal Pharmacology</b> Speaker: Andy Tau, MD
<b>12:15 – 1:00 pm</b>	<b>Lunch Concessions, Exhibits, Poster Presentations</b> <i>Independence 1-4</i> Exhibit Hall Closes at 1:15
<b>12:15 – 1:15 pm</b>	<b>Product Theater (Non-CE presentation)</b>
<b>1:15 – 2:45 pm</b>	<b>Navigating Psychopharmacology and Decision-Making</b> Speakers: Barbara Chapman DNP, APRN, FNP-C, EBP-C, NHDP-BE, PMHNP-BC Tracy Hicks, DNP, MBA, APRN, FNP-BC, PMHN-BC, CARN-AP, FIAAN, FAANP
<b>2:45 – 3:00 pm</b>	<b>Break</b>
<b>3:00 – 4:30 pm</b>	<b>DEA Update (Narcan)</b> Speaker: Anjuli (Juli) Desai, MD



*You'll discover a charming mix of authentic Texas hospitality, perfectly blended with all the fun activities of a magnificent Texas Hill Country resort.*

Hit the beautiful fairways of the 27-hole championship golf course. Ride down the Ramblin' River and play a game of water volleyball in the four-acre water playground. Relax and reenergize at the world-class Wildflower, The Hill Country Spa. (Mention TNP when you schedule your appointment and receive a 10% Discount on Spa Treatments.)

### There's plenty more fun nearby.

From the excitement of San Antonio's River Walk to the spectacular shows at SeaWorld San Antonio, you'll find incredible activities and attractions just minutes from Hyatt Regency Hill Country. Explore history on the Mission Trail, get wild at the San Antonio Zoo, spend the day at Six Flags Fiesta Texas, and explore The Alamo. Enjoy the adrenaline rush of white-water tubing, play a round of championship golf, or wander through San Antonio museums and gardens filled with beautiful works of art.

### Book your room today.

[Click here](#) to make your hotel reservation or contact the Hyatt directly by calling (210) 647-1234. Please be sure to tell them you're with Texas Nurse Practitioners.

The negotiated room rate is \$209 for single/double, \$234 for triple, and \$254 for quad, plus a \$5 daily resort fee discounted from \$35. Based on availability through March 28, 2024.

Valet Overnight – \$38.00

Self-Parking Overnight – \$20.00

Day Valet – \$25.00

Self-Parking Per Day – \$12.00

**We're here to assist you.**

**Please email [bella@texasnp.org](mailto:bella@texasnp.org) if you have questions.**

## OBESITY PRE-CONFERENCE

Program Sessions | Thursday, April 18, 2024

### 1:00 - 2:00 pm | Common & Complex Cases in Obesity

This session will review common and complex adult and pediatric obesity case studies encountered in the primary care setting. The case studies will help attendees individualize treatment plans for patients with obesity while considering concurrent chronic health conditions. Treatment discussion will include the use of medications, both on and off-label, behavior modification aspects, nutrition and physical activity approaches, and bariatric referrals. The skills learned can be applied in primary care settings to improve outcomes for all patients with obesity.



**Speaker: Jennifer Kucera, MSN, APRN, FNP-C, FOMA**

Jennifer is a Family Nurse Practitioner who delivers primary and obesity specialty care in rural Sweeny, Texas. Jennifer holds Certification of Advanced Education in Obesity and Primary Care Obesity Certification. She is also a Fellow of the Obesity Medicine Association.

### 2:10 - 3:10 pm | GLP-1 - The Incredible Injectables for Weight Loss

This session will provide an overview of obesity and statistics and discuss when to prescribe the GLP-1's and GLP-1/GIP in practice. Our speaker will also identify the benefits of these drugs and share a case presentation.



**Speaker: Sandy McCoy, BSN, MSN, FNP**

Sandy began in bariatrics in 1979 when she helped to open one of the first bariatric units in Dallas, Texas. She again got involved with bariatrics in 2003 when she became Dallas's fifth bariatric band patient. She was very active online with bariatric support and began full-time work in several bariatric surgical practices. In the last 10 years she has had her own bariatric practice in Plano, Texas called Believe Bariatrics and Primary Care. She is very passionate about caring for the bariatric patients both medically and surgically if indicated and educating others that obesity is a disease.

### 3:20 - 4:20 pm | Bariatrics

This session will discuss current and emerging bariatric surgery treatment options. We will dive into the medical criteria to qualify for bariatric surgery and how to frame discussions with patients in a supportive, non-judgmental manner. We will also discuss considerations for special population needs and long-term monitoring of patients who have had bariatric surgery. Finally, we will discuss when and where to integrate anti-obesity pharmacologic support for weight loss with patients who have had bariatric surgery.



**Speaker: Susan Bowlin, DNP, FNP-BC, ACNP-BC, CBN**

Susan is a dual-certified nurse practitioner for over 25 years in family practice and acute care. She currently works in a comprehensive metabolic clinic caring for both surgical and medical weight loss patients. She is a policy advocate for obesity insurance coverage and serves on the board of the Dallas Obesity Society.

## OBESITY PRE-CONFERENCE (continued)

Program Sessions | Thursday, April 18, 2024



### 4:30 - 5:30 pm | Q&A Panel - Treating Obesity - The 5 Pillar Approach

This highly experienced panel will provide fresh insights into treating Obesity utilizing the 5 Pillar Approach: nutrition, exercise, appetite control, sleep, and stress management.

#### Speakers:

**Carole Moore, APRN, MNsc, ACNP-BC**, is an Acute Care Nurse Practitioner, she specializes in cardiopulmonary health and spent time working with Bariatric Surgery.



**Nkechi Onyegasi, DNP, FNP-C**, has worked in an array of settings, including family practice, walk-in, and retail clinics. As the wife of a Navy veteran, she has had the opportunity to practice in several states, including California, Mississippi, and Texas. She earned her Doctor of Nursing degree from the University of South Alabama in 2022, where she completed her doctoral project on obesity management and subsequently published a study on obesity management in primary care.



**Jennifer Kucera, MSN, APRN, FNP-C, FOMA**, is a Family Nurse Practitioner who delivers primary and obesity specialty care in rural Sweeny, TX. Jennifer holds Certification of Advanced Education in Obesity and Primary Care Obesity Certification. She is also a Fellow of the Obesity Medicine Association.



**Sandy McCoy, BSN, MSN, FNP**, has been in nursing for over 50 years. Her education includes obtaining her nursing degree from the University of Oklahoma and BSN, MSN, and FNP at the University of Texas in Arlington. Sandy is known for her expertise in bariatrics, internal medicine, and pain management. She has served as Clinical Director for Baylor Bariatric Services and as the president of the Texas Nurse Practitioners. In 2013, she was named Nurse Practitioner of the Year.



#### **Susan Bowlin, DNP, FNP-BC, ACNP-BC, CBN**

Susan is a dual-certified nurse practitioner for over 25 years in family practice and acute care. She currently works in a comprehensive metabolic clinic caring for both surgical and medical weight loss patients. She is a policy advocate for obesity insurance coverage and serves on the board of the Dallas Obesity Society.

## PHARMACOLOGY & PRIMARY CARE CONFERENCE

Program Sessions | Friday, April 19, 2024

### 8:30 – 8:45 am | Welcome Address



#### **TNP President Erin Pérez, DNP, APRN, ANP-C, AGNP-C, ACHPN**

Dr. Pérez is a practicing full-time board-certified adult and geriatric nurse practitioner who also subspecializes in palliative and hospice care. She is a three-time alumna of UT Medical Branch in Galveston. Renowned for her expertise, she is a highly regarded educator, author, speaker, leader, public servant, bill drafter, and preceptor for health care clinicians.

### 8:45 – 10:15 am | Cardiology: Get Your Heart Pumping

This lecture will cover heart failure, including the classifications of heart failure and the guideline-directed medical therapy for each classification. A comprehensive review of heart failure therapy and management strategies will also be addressed.



#### **Speaker: Valerie Martin, APRN-BC**

Valerie is a Family Nurse Practitioner who works in general cardiology in the Texas Healthcare System in Temple. Throughout her career, she has managed the cardiovascular care of patients with congestive heart failure, coronary artery disease, valvular heart disease, and arrhythmias.

### 10:45 am – 12:15 pm | New Immunizations

This timely and informative session will cover CDC recommendations, new vaccines, and the challenges of educating patients. Our presenter will use life experiences and case studies to discuss the latest recommendations.



#### **Speaker: Stephanie Key, DNP, APRN, CPNP-PC, PMHS**

Stephanie is a doctorally prepared Pediatric Nurse Practitioner in Primary Care with a certification as a Pediatric Mental Health Specialist. She is currently the chair of the APRN division at the University of Texas at Austin, as well as the newly appointed Post-Master DNP program director. Dr. Key continues to practice as a PNP at Austin Diagnostic Center.

### 1:15 – 2:45 pm | Infectious Disease RX/ HIV/HEP C

The rates of sexually transmitted infections, HIV, and Hepatitis continue to be a challenge in Texas. Congenital syphilis has become a public health priority as rates in Texas are among the highest in the nation. This presentation will address the epidemiological trends, clinical presentations, and most current evidence-based approaches for treatment, prevention, and management of the most common STIs, HIV, Hepatitis, and other infectious diseases.



#### **Speaker: Kendrick Clack, MS, APRN, FNP-C, AACRN, AAHIVS**

Kendrick is a nurse practitioner and sub-investigator at the CrofootMD Clinic and Research Center in Houston, Texas. In this role, he provides routine primary care, treatment and prevention of HIV and other sexually transmitted infections, and gender-affirming care. He also serves as a sub-investigator on clinical trials evaluating the safety and efficacy of investigational biomedical therapies for HIV treatment and prevention. Kendrick holds HIV specialty certifications from the American Academy of HIV Medicine and HIV/AIDS Nursing Certification Board.

## PHARMACOLOGY & PRIMARY CARE CONFERENCE (continued)

Program Sessions | Friday, April 19, 2024

### 3:15 – 4:45 pm | Diabetes Through the Lifespan

Though many NPs are familiar with the diagnosis and management of Type 2 diabetes in adults, there is another realm of diabetes management not often explored in primary care: pediatric diabetes and associated endocrine disorders. The presentation will cover new pharmacological approaches to T2DM in adults as well as review diagnosis and treatment of diabetes and related disorders in pediatric populations.



**Speakers:**

**Brenda Olmos, PhD, APRN, FNP-C**

Dr. Brenda Olmos is the Administrator of Education and Development for Advanced Practice Providers at Baylor Scott & White Health. Her clinical experience is principally focused on geriatric primary care.



**Mili Vhakaria, MSN, APRN, FNP-C, CDCES**

Mili is a family nurse practitioner interested in chronic medical conditions. She strives to provide evidence-based care and shared health decisions involving both patients and family members to achieve successful clinical outcomes.

## PHARMACOLOGY & PRIMARY CARE CONFERENCE

Program Sessions | Saturday, April 20, 2024

### 8:45 – 10:15 am | Pulmonary Insights: Updates on Managing Adult Asthma & COPD

Each year millions of Americans seek acute or chronic management for pulmonary disorders. Evidence has indicated using guideline-based management is effective for reducing disease specific complications, decreasing mortality, and improving patient outcomes. This presentation will cover the most current evidence-based literature for managing adults with asthma and COPD.



**Speaker: Monee Carter-Griffin, DNP, MBA, MAOL, APRN, ACNP-BC**

Monee' Carter-Griffin is the Director of Education and Professional Development for the largest critical care group in Dallas-Forth Worth and maintains a clinical practice as a pulmonary critical care nurse practitioner.



## PHARMACOLOGY & PRIMARY CARE CONFERENCE (continued)

Program Sessions | Saturday, April 20, 2024

### 10:45 am – 12:15 pm | A Potpourri of Gastrointestinal Pharmacology

Dr. Tau will provide an overview of the most commonly utilized medications in GI pharmacology. Strategies to optimize and understand PPI usage and relative strengths, TCA for IBS, and practical differences in laxatives will be highlighted. Specific updates will be provided on new pharmacological advancements in weight loss medications (GLP-1 agonists), acid reflux (PCABs) and probiotics.



**Speaker: Andy Tau, MD**

Dr. Tau is a board-certified and fellowship-trained gastroenterologist. Prior to joining Austin Gastroenterology, Dr. Tau graduated from Harvard and completed internal medicine residency, and GI fellowship at Baylor College of Medicine. He served both as chief resident in internal medicine and chief fellow in gastroenterology.

### 1:15 – 2:45 pm | Navigating Psychopharmacology and Decision-Making

This session will delve into best practices for prescribing for mental health and substance use disorders. Seasoned NPs and those new to the profession will deepen their psychopharmacological knowledge and ability to deliver evidence-based care to individuals with mental health and substance use disorders utilizing a comprehensive individualized approach.

**Speakers:**

**Barbara Chapman DNP, APRN, FNP-C, EBP-C, NHDP-BE, PMHNP-BC**

Dr. Chapman is an Assistant Clinical Professor and Lead Faculty in the Family Nurse Practitioner and Psychiatric Mental Health Nurse Practitioner programs at The University of Texas at Tyler. She is also one of the Lead Clinical Directors for the University of Texas at Tyler, Free Mental Healthcare Outreach Line.



**Tracy Hicks, DNP, MBA, APRN, FNP-BC, PMHN-BC, CARN-AP, FIAAN, FAANP**

Dr. Hicks is a dual-certified APRN in Family Practice and Psychiatric Mental Health. She is the owner of C-Trilogy Comprehensive Clinical Care serving mental health, addiction, and primary care needs. In addition, she is the Associate Professor and Program Coordinator for the inaugural PMHNP program at the University of North Texas Health Science Center in Fort Worth.



### 3:00 – 4:30 pm | DEA Update

This session will cover updates from the DEA, including the Consolidated Appropriations Act of 2023, as well as provide insights into current telehealth regulations and buprenorphine waiver updates.

**Speaker: Anjuli (Juli) Desai, MD**

Dr. Desai is dual board-certified in Physical Medicine and Rehabilitation and Pain Medicine. Her areas of expertise include performing diagnostic EMG (electromyography) and NCS (nerve conduction studies) to evaluate numbness, pins and needles, or burning pain in the arms or legs. She also specializes in the treatment of spine pain, joint disorders, and fibromyalgia and offers a variety of outpatient pain management procedures.



TNP membership pays for itself through significant discounts, free CEs, and more! Join now and get member pricing on your conference registration. [Click here](#) to become a TNP member.

## Register by April 12, 2024:

	Members	Non-Members
Thursday Obesity Pre-Conference	\$120	\$220
Thursday, Friday & Saturday	\$480	\$680
Friday & Saturday	\$360	\$560
Friday Only	\$180	\$280
Saturday Only	\$180	\$280

## Register on or after April 13, 2024:

	Members	Non-Members
Thursday Obesity Pre-Conference	\$170	\$270
Thursday, Friday & Saturday	\$530	\$730
Friday & Saturday	\$410	\$610
Friday Only	\$205	\$330
Saturday Only	\$205	\$330

**“I love being a TNP member because it’s a great opportunity to build relationships, grow, and learn from my colleagues across the state.”**

**Bobbie Bratton,  
MSN, APRN, FNP-BC,  
CPPS, CHWI**

**TNP member  
since 2023**



**Enhance  
Your  
Conference  
Experience**

### Ticketed Items

During registration, you will have the option to include the following ticketed events.

#### **TNP Foundation’s Walk and Talk | Thursday, April 18, 6:00 pm**

Our walk is a crowd-pleaser and a great way to kick off your conference experience. Meet up at Charlie’s Long Bar, grab your favorite beverage, and stroll with us around the Hill Country. Tickets are \$75 and support the work of TNP’s foundation. Participants will receive an exclusive walk t-shirt, TNPF socks, and a beverage.

#### **TNP PAC Event | Friday, April 19, following the final session**

More information will be available soon.

Disclaimer: Gifts to political action committees are not tax deductible. Contributions to TNP PAC are for political purposes. All contributions to TNP PAC are voluntary. You may refuse to contribute without reprisal.

## Continuing Education:

### TNP's 2024 Pharmacology & Primary Care Conference and Obesity Pre-Conference:

This activity is awarded 16.5 CE hours (which includes 16 RX, 1.5 G, 3 O, 1.5 DEA, 2 E/J). Completion of the course evaluation is required for CE.

#### Statement:

Texas Nurse Practitioners is approved as a provider of nursing continuing professional development by the Louisiana State Nurses Association Approver Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. LSNA Provider No. 4003232. In order to receive your CE Certificate, you must participate in the webinar and complete the post-evaluation.

#### CE Certificate:

At the end of the TNP Pharmacology and Primary Care Conference + Obesity Pre-Con, you will receive an email from Bella Stewart at TNP to complete your CE Certificate. It will be emailed to you within one hour of submission. If you do not receive it, please email [bella@texasnp.org](mailto:bella@texasnp.org), and she will send you a copy.

## NSO 10% Risk Management Discount

TNP Primary NSO offers TNP's 2024 Pharmacology & Primary Care Conference and Obesity Pre-Conference attendees a 10% Risk Management Discount on Individual Policies. Coverage is available to eligible residents of the United States of America and Puerto Rico.

## Disclosures

- Anjuli (Juli) Desai, MD, is a speaker for Collegium Pharmaceuticals for Belbuca.
- Andy Tau, MD, is a consultant for Boston Scientific, Cook Medical, Steris, Conmed and Neptune Medical
- Kendrick Clack, MS, APRN, FNP-C, AACRN, AAHIVS is on the Advisory Board for ViiV. Ended. Sub-Investigator for clinical trials with Merck and Gilead Sciences. Ongoing.
- Carole Moore, APRN, MNSc, ACNO-BC, is a Health Coach for Optavia.
- Susan Bowlin, DNP, APRN, FNP-BC, ACNP-BC, CBN is a Speaker for Novo.

All listed above will be resolved via Nurse Planner review of presentation slides. No other relevant financial relationships exist for presenters or planners of this conference.

## Conference Policies

Because the conference serves as an open forum, opinions expressed and/or materials distributed by program participants do not necessarily reflect or imply advocacy or endorsement by the Texas Nurse Practitioners, its officers, or members. Texas Nurse Practitioners does not endorse any specific commercial products or services.

## Photo Release Statement for Texas Nurse Practitioners (TNP)

TNP has official photographers and videographers at its events and meetings. Photographs and videos taken at TNP meetings may be used in future marketing, publicity, promotions, advertising, and training activities for TNP. By registering for this meeting, you agree to allow TNP to use photographs and video that may include you in all media formats worldwide. You also understand that once your image is posted on TNP's website or social media, the image can be downloaded by any computer. Therefore, you agree to indemnify and hold harmless from any claims Texas Nurse Practitioners. TNP reserves the right to discontinue the use of photos without notice. Should you have any questions, please contact TNP at 512-291-6224.

## Cancellation Notice

Conference cancellation requests must be emailed by March 29, 2024, for a refund, minus a \$25 processing fee. Requests should be sent to Bella Stewart at [bella@texasnp.org](mailto:bella@texasnp.org).

No cancellations will be accepted after March 29, 2024. Cancellation refunds will be issued within 4-6 weeks after the conference.

**Questions? Please email [bella@texasnp.org](mailto:bella@texasnp.org)**