

NP Conference Session Descriptions:

Session A

Promoting Private Well Testing for Arsenic and Other Contaminants: What is the Role of the Primary Care Clinician?

Participants will better understand the public health implications of Northern New England' residents' reliance on private unregulated water systems for drinking water, in particular with respect to arsenic exposure. They will come away with ideas for how to integrate the promotion of private well water testing into their clinical practice.

*Carolyn J. Murray, MD, MPH, Director, Community Outreach and Translation Core
Dartmouth Geisel School of Medicine*

Asthma in a Nutshell

This session will provide the attendee with a comprehensive overview of the diagnosis and management of asthma. The genetic and environmental triggers that can trigger this condition will be discussed. The goal of the speaker is to emphasize aspects of management that can improve care and outcomes.

*Lisa Tilluckdharry, MBBS, FCCP, FACP
Concord Pulmonary Medicine, Critical care and Pulmonary Medicine
This session is eligible for 15 minutes of pharmacology credits.*

Bugs and Drugs: An Update in the Treatment of Common Infections

Let's talk about Antibiotics! We will talk about current practice guidelines for the treatment of pneumonia, common issues in UTI treatment and the recent changes in C. difficile treatment guidelines. The session will also explain concerns and recommendations for appropriately treating patients with beta-lactam allergies.

*Amy Brooks-King, PharmD, BCPS
Clinical Pharmacist, Concord Hospital
This session is eligible for 75 minutes of pharmacology credits.*

Integrating Behavioral Health in Primary Care: Getting from Why to How and Who

Integrating Behavioral Health into a primary care setting involves teamwork and part of teamwork involves understanding the roles and responsibilities of team members. Join in to learn more about why integration is important, how it happens, and who is involved.

*Alexander Blount, EdD
Professor of Clinical Psychology, Antioch University*

Session B

Direct Oral Anticoagulants: Practical Management

Attendees will review choice and mechanism of each direct oral anticoagulant (DOAC) and discuss clinical indications for DOACs. Use of DOACs in specific clinical scenarios including cancer, antiphospholipid syndrome, and obesity will be addressed. The session will also include a discussion of the management of DOAC-associated bleeding complications.

Monic R. Drescher, MD

Assistant Professor, Department of Internal Medicine, Section Hematology, DHMC

Childhood and Adolescent Immunization Updates, 2019

This presentation will review the current ACIP (Advisory Committee on Immunization Practices) vaccine recommendations for children and adolescents, including timing and spacing of vaccines. In addition, there will be a review of current immunization rates in NH and the US. There will be an opportunity to look at common myths and misconceptions around vaccine hesitancy and refusal, and ways to provide accurate, strong, and consistent vaccine recommendations to families. There will also be time to answer your vaccine questions.

Suzanne Allison, RN, BSN

Quality Assurance Program Manager Immunization Section, New Hampshire Department of Health and Human Services

This session is eligible for 60 minutes of pharmacology credits.

Strategies to Reduce Aggression and Violence in the Health Care Setting

Management of aggression and violence hospital settings is critical and requires healthcare professionals and community law enforcement personnel to communicate and collaborate in order to develop plans and policies, conduct exercises and assure a clear, orderly and effective response during violent events in health care settings that cannot be managed with clinical interventions.

Diane Allen, MN, RN-BC, NEA-BC

Retired

Top STI Updates for 2019

In this session, attendees will receive updated information on the identification, management and prevention of STDs. Additionally, clinical resources to access the constantly changing recommendations to patient care using modern technology will be discussed.

Katherine Hsu, MD, MPH, FAAP

Medical Director, Division of STD Prevention and HIV/AIDS Surveillance, Massachusetts Department of Public Health

This session is eligible for 15 minutes of pharmacology credits.

SESSION C

Peripheral Vascular Disease

Attend this informational and educational session on signs, symptoms and treatment of Peripheral Vascular and Venous Disease. Understand and recognize the tell tail signs of vascular disease, know when and how to treat conservatively, and know when to refer to the specialist.

*Patricia Furey, MD, FACS
Director of Vein and Vascular Surgery Specialist, Catholic Medical Center*

Gender Identity in Psychiatric Practice and Mental Health Care

This session will focus on defining various terms such as natal sex, sexual orientation, gender identity, transgender, and gender dysphoria. It will include describing several situations in clinical practice where gender identity or the presence of gender dysphoria is present. This session will also include discussing several clinical principles that can help optimize the psychiatric care of persons who are transgender or gender non-forming from a cultural competence perspective.

*Evan Eyler, MD
Associate Professor of Psychiatry and Family Medicine, Larner College of Medicine, UVM*

Evaluation and Treatment of Acute Headache

Evaluating and treating headaches can be a clinical challenge. With varying etiologies of headache, the clinician must be comfortable in the differential diagnosis and workup. In this session, these tools as well as treatment modalities will be presented for both office and inpatient settings.

*Rebecca Burch, MD
Headache Specialist, Director of Outpatient Infusion Center John R. Graham Headache Center
This session is eligible for 15 minutes of pharmacology credits.*

Metabolic Syndrome Associated with Psychotropic Medication

This presentation will focus on metabolic syndrome associated with psychotropic medication as it appears in clinical practice. This will include the importance of identifying metabolic syndrome and performing baseline and on-going physical and laboratory monitoring to include weight, waist circumference, and lab monitoring of blood glucose and lipids. Methods to address this syndrome will be discussed including medication adjustment, counseling, and treatment of lipid and blood sugar changes.

*Sheena McAroy, APRN
Medical and Psychiatric Nurse Practitioner, NH Department of Corrections
Dan Potenza, MD
Chief of Psychiatry, NH Department of Corrections*

SESSION D

Integrative Medicine

This session will review alternative treatments in promoting well-being and improving common health conditions.

*Matthew Hand, DO
Pediatric Nephrologist/Integrative Medicine, Elliot Hospital
This session is eligible for 15 minutes of pharmacology credits.*

Understanding Cannabis/Marijuana: An Emphasis on Adolescents

What are the active ingredients in cannabis/marijuana and how is it used? This session will focus on the epidemiology of cannabis use and cannabis use disorder and related issues among adolescents. We will review the impact of cannabis use on development. Prevention and intervention approaches to cannabis use and cannabis use disorder will be discussed.

Alan J. Budney, PhD

Department of Psychiatry, Center for Technology and Behavioral Health

Professor, Geisel School of Medicine at Dartmouth

Empowering Families with End of Life Decision Making in the ICU

Presenters will discuss early engagement of Palliative Care in the ICU with the use of clinical triggers. Attendees will be able to name the components of the Serious Illness Conversation and describe the timing and components of the family meeting.

Belle Anne Matheson, APRN, FNP, ACHPN

Nurse Practitioner, Section of Palliative Medicine, Dartmouth-Hitchcock Medical Center

Lisa A. Stephens, MSN, APRN, ACHPN

Lead Nurse Practitioner, Section of Palliative Medicine, Dartmouth-Hitchcock Medical Center

Motivational Interviewing: An Introductory Workshop

Motivational Interviewing is an interpersonal approach to assist patients to make changes in their lives and behavior. By making these changes, patients can achieve positive health outcomes. This session will introduce these skills in order to assist our patients to help themselves.

Jessica Pollack, APRN

CMC New England Weight Management Institute

Andrew Valeras, DO, MPH

Director of Leadership-Preventative Medicine Residency at Concord Hospital

Suturing Workshop

This hands on workshop teaches participants basic suturing techniques and knot tying skills. There will also be a short lecture on wound care and when to apply these skills in practice.

Meaghan E. O'Leary, MSN, AGACNP, RNFA

Nurse Practitioner, Catholic Medical Center

Carey Barry, MHS, PA-C

Assistant Clinical Professor, Physician Assistant Program, Northeastern University

Pelvic Medicine Update 2019

In this workshop, a number of chronic pelvic medicine issues will be reviewed. As these issues tend to be complex and multifactorial, a team approach is utilized including Gynecology, Urology and rehabilitation therapy. This workshop will cover but will not be limited to: vulvovaginal skin disorders, endometriosis, pelvic pain, urinary incontinence and bowel dysfunction. The role of pelvic floor rehabilitation will be discussed as it relates to the treatment of these patients.

*Chung Hwa Cathy Yi, MD
Concord Obstetrics and Gynecology
Sheryl Cheney, RPT
PT/OT Clinical Leader, Concord Hospital Rehabilitation Services
Brian Marks, MD
Concord Hospital Center for Urologic Care
Veronica Triaca, MD
Concord Hospital Center for Urologic Care
Director Pelvic Medicine, Continence and Sexual Health Program
This session is eligible for 30 minutes of pharmacology credits.*

FRIDAY, 4/12/19

SESSION E

Syncope

This session will clarify the pathophysiology of syncope, discuss the differential diagnoses to consider, and review the appropriate assessment and management of syncope.

*Maureen Hughes, MD
Neurologist, Concord Neurological Associates
This session is eligible for 30 minutes of pharmacology credits.*

Clinical Approaches to Obesity in Children

What can clinics do to help children with obesity? Learn more about how to provide time-efficient counseling techniques around obesity, assess risk of obesity using a multigenerational approach and confidently manage childhood obesity using a longitudinal, public-health approach.

*Robert Needleman, MD, FAAP
Director of the Division of Developmental and Behavioral Pediatrics, MetroHealth Medical Center in Cleveland*

Understanding Heart Failure: How to Diagnose, Treat and Manage HREF and HPEF

Heart failure is a complex disorder affecting millions of patients. Through complex compensatory mechanisms, it not only affects the heart but the entire body. Today, there is a constantly growing armamentarium of medications and medical devices that can prolong and improve quality of life. This session will provide the attendee with updated information and approaches for the care of these patients.

*Marilyn Daley, DNP, APRN, AACC
Clinical Director, Cardiomyopathy Clinic, New England Heart Institute
Director of Doctoral Nursing Education, Rivier University
This session is eligible for 30 minutes of pharmacology credits.*

Getting Ready for Delivering Medication Assisted Therapy for Opioid Use Disorder

We are in a war! Opiates are killing our patients and we need weapons to fight this battle. In this session, attendees will learn how Opioid Use Disorder can be successfully treated and how primary care providers can care for and treat these patients.

Peter Mason, MD

Medical Director Region 1 Integrated Delivery Network, Alice Peck Day Hospital

This session is eligible for 20 minutes of pharmacology credits.

SESSION F

The Anti-Inflammatory Diet

Food is nature's medicine. What we eat can help prevent or contribute to heart disease, cancer, stroke, type 2 diabetes, dementia, arthritis and gout. Come learn about specific foods and cooking methods that fight or feed inflammation. Time will be spent learning how to boost immunity naturally with food, answering your questions and discussing current diet trends. A copy of the PowerPoint as well as a recipe packet will be provided.

Erica Mumford, RD, LD

Registered Licensed Dietician, Mumford Wellness

Update on Childhood Lead Poisoning in NH- What Pediatric Health Care Providers Need to Know

Each year, close to 800 children in New Hampshire are poisoned by lead and experience blood lead levels known to impair academic performance and cause behavior challenges. Yet, fewer than 19% of NH children under the age of 6 years have had the recommended blood lead level testing. In this session, we will discuss sources of lead poisoning, symptoms and effect on the child, and the recent legislative changes requiring universal blood level testing. Use of point-of-care testing will be presented.

Gail Gettens, MS, ECMP

Health Promotion Advisor, NH Division of Health and Human Services

This session is eligible for 30 minutes of pharmacology credits.

Updates in Stroke Management

This session will outline the different stroke subtypes and discuss the treatment options associated with them based on the most up to date clinical guidelines and trials, including the management of acute stroke.

Jillian C. Belmont, DNP, APRN

Nurse Practitioner, Dartmouth Hitchcock Medical Center

This session is eligible for 30 minutes of pharmacology credits.

Polycystic Ovarian Disease: Diagnosis and Management

Polycystic Ovarian Syndrome or PCOS is a disorder caused by the imbalance of sex hormones causing menstrual irregularity, infertility and androgen induced effects on appearance. Early identification and

treatment is critical as this disorder has other endocrine and cardiac effects that affect overall health. In this session, the speaker will review the symptoms, treatment and management of these women.

Cynthia de Steuben, MSN, CNM, APRN

Department of Obstetrics, Gynecology and Nurse Midwifery, Dartmouth Hitchcock Clinic

This session is eligible for 20 minutes of pharmacology credits.

SESSION G

Diabetes and Technology: What's New?

The journey of diabetes is a daily challenge for people to balance food, activity and medications. Explore new technologies that can help in the management of Diabetes.

Patti Duprey, MSN, APRN, CDE

Owner, Diabetes Care Center, Kennebunk, Maine

What's New in Pediatric Dermatology?

This session will focus on infantile hemangiomas, atopic dermatitis, and acne vulgaris with up-to-date pearls for diagnosis and management.

Jillian Rork, MD

Pediatric Dermatologist, Dartmouth Hitchcock Clinic

This session is eligible for 30 minutes of pharmacology credits.

Management of Status Epilepticus and Acute Repetitive Seizures

Status Epilepticus is responsible for significant morbidity and mortality. Participants will be able to define status epilepticus and other seizure emergencies, identify the patient at high risk of status and describe the pathophysiology of the condition. The management of status epilepticus, including possible complications and special considerations of the patient with status will also be discussed.

Lindsay M. Schommer, MSN, ANP-BC, WHNP-BC

APRN, Dartmouth Hitchcock Medical Center

Breast Cancer Update

This session will review the treatment for breast cancer with an emphasis on a multidisciplinary approach, as well as a review on new surgical techniques.

Michele Gadd, MD

Surgeon, Massachusetts General Hospital

SESSION H

Medical Marijuana

This session will review qualifying conditions for medical marijuana use in NH. The provider will also develop strategies to monitor efficacy of cannabis.

Lisa Withrow, APRN, FNP-C, ACHPN

Nurse Practitioner, Palliativity Medical Group LLC

This session is eligible for 30 minutes of pharmacology credits.

Management of Pediatric Headache

This session will discuss the assessment and management of pediatric headaches. Non-pharmacologic and pharmacologic interventions will be discussed.

Evie Stacy, MS, APRN

Nurse Practitioner, Pediatric Neurology, Dartmouth Hitchcock Clinic

This session is eligible for 30 minutes of pharmacology credits.

Suicide Risk Assessment

Primary care is a gateway into the medical and mental health system and for many patients, the sole or predominant way in which they access care. While critical medical risks are identified, it is relatively easy to miss cues which could indicate a patient is experiencing suicidal thoughts and without specific evaluation the dangerousness of these thoughts cannot be determined. Adequate screening and safety planning are essential steps to save lives and provide initial access to care. This panel will discuss the rationale behind suicide screening, specific tools which can be used, and touch on the big question of "Ok, I've identified this patient as being at risk. Now what do I do?!"

Kevin Hannon, MSN, PMHNP-BC

Psychiatric Nurse Practitioner, Dartmouth-Hitchcock Keene, Cheshire Medical Center

FRIDAY WORKSHOPS

Lessons Learned: Challenges for Advanced Practice Leaders in Integrated Care Settings

Participants will be able to identify barriers to progress in new leadership positions and discuss strategies to motivate change (responsibility without authority). Engage in this opportunity to apply ideas for success to various practice settings.

Debra Fournier, APRN

Nurse Practitioner, New Hampshire Hospital

Precepting Nurse Practitioner Students

This session will discuss the importance of the preceptor role and ways to be an effective preceptor.

Bridget Logan, PhD, APRN

Nurse Practitioner Pediatric Urology, Dartmouth Hitchcock Medical Center

Understanding the Difference and Impact of the DNP and PhD Degrees in Nursing

This program will discuss the differences between the DNP and PhD. We will discuss what is expected of the student to graduate from one of these terminal degrees in nursing. We will review the potential career impact one of these degrees.

Marilyn Daley, DNP, APRN, AACN

Clinical Director, Cardiomyopathy Clinic, New England Heart Institute

Director of Doctoral Nursing Education, Rivier University

Gene E. Harkless DNSc, APRN, FNP-BC, CNL, FAANP

*Chair and Associate Professor
Department of Nursing, University of New Hampshire*