

1st Annual

Northern New England

Nurse Practitioner
Conference

Register
Today!
NHnpa.org

Empowering Nurse Practitioners as Leaders in Healthcare.

Thursday-Friday | April 11-12, 2019 | Radisson Hotel | Nashua, NH

Join us in kicking off our inaugural conference to empower nurse practitioners as leaders in healthcare.



CEUs
available

Connect in New Hampshire!

Connect, network, share, and learn with over 250 nurse practitioners, nurse clinicians, certified nurse midwives, physician assistants, students, and many other health professionals.

Join us in April to connect, network, share, and learn with over 250 nurse practitioners and healthcare professionals.

ABOUT US

The Northern New England Nurse Practitioner Conference is sponsored by the New Hampshire Nurse Practitioner Association (NHNPA). With 25 years of experience in providing quality clinical education for nurse practitioners, NHNPA continues to bring together thought leaders from around the country and nurse practitioners from the Northeast region of New England for state-of-the-art education.

CEUs

OBJECTIVES AND OUTCOMES

At the conclusion of this conference, participants will be able to:

- Describe ways in which nurse practitioners can address healthcare challenges
- Identify strategies for implementing evidence based care to enhance patient care
- Empower nurse practitioners as leaders in healthcare

Outcome: Within 3 months of completion of the conference, 75% of nurse practitioners will report a change in practice.

ACCREDITATION

Southern NH AHEC is an Approved Provider of continuing nursing education by the Northeast Multistate Division (NE-MSD), an accredited approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

This conference qualifies for up to 11.5 contact hours, which includes up to 4.75 hours of pharmacology. Activity Number: 1249

CONFERENCE HIGHLIGHTS:

Keynote Address: Women in Healthcare Leadership

JOANNE M. CONROY, MD, CEO AND PRESIDENT DARTMOUTH-HITCHCOCK AND DARTMOUTH-HITCHCOCK HEALTH

Joanne M. Conroy, MD, serves as CEO and President of Dartmouth-Hitchcock



and Dartmouth Hitchcock Health, the largest private employer in the state of New Hampshire. Dartmouth-Hitchcock is New Hampshire's only academic health system and the largest provider of healthcare in the state.

Prior to arriving at Dartmouth-Hitchcock, Dr. Conroy served as CEO of Lahey Hospital and Medical Center (formerly the Lahey Clinic), a large, integrated delivery system with 18,000 employees, \$4 million in grant funding for medical research and \$2.0 billion in annual revenue.

Awards Dinner and Entertainment

JOIN US FOR NETWORKING, RECOGNITION AND SOME FUN!

Join NHNPA leaders for the awards ceremony and dinner followed by an evening of laughter with comedian, Kelly McFarland. The Advocate of the Year, the Lifetime Achievement recipient and the Nurse Practitioner of the Year will be recognized before dinner. We will close the evening with some laughs with comedian Kelly McFarland.

Kelly is an experienced stand-up comedian, who has appeared on Stand Up in Stilettos on the TV Guide Channel, The Today Show, The View, and Comedy Central. Most recently, Kelly was part of the Top 100 Comedians of NBC's Last Comic Standing Season 9 and won 1st place in the professional category of the 2016 Ladies of Laughter competition.

Add this ticketed event to your conference registration at a cost of \$40.00 per person.



Our Esteemed Faculty

Diane E. Allen, DNP, PMHRN, NEA-BC, FACHE, Nurse, Coordinator, New Hampshire Hospital, Concord, NH

Suzanne Allison, RN, BSN, Quality Assurance Program Manager, Immunization Section, NH Department of Health and Human Services, Concord, NH

Carey Barry, MHS, PA-C, Physician Assistant, Catholic Medical Center, Manchester, NH
Assistant Clinical Professor, Physician Assistant Program - Northeastern University, Boston, MA

Jillian C. Belmont, DNP, APRN, Nurse Practitioner, Dartmouth-Hitchcock Medical Center, Lebanon, NH, Assistant Professor in Neurology, Dartmouth Geisel School of Medicine, Hanover, NH

Alexander Blount, EdD, Professor of Clinical Psychology, Antioch University New England, Keene, NH

Amy Brooks-King, PharmD, BCPS, Clinical Pharmacist, Concord Hospital, Concord, NH

Alan J. Budney, PhD, Department of Psychiatry, Center for Technology and Behavioral Health, Professor, Dartmouth Geisel School of Medicine, Hanover, NH

Rebecca Burch, MD, Headache Specialist, Director of Outpatient Infusion Center, John R. Graham Headache Center, Jamaica Plain, MA

Sheryl Cheney, RPT, PT/OT Clinical Leader, Concord Hospital Rehabilitation Services, Concord, NH

Joanne M. Conroy, MD, CEO and President, Dartmouth-Hitchcock and Dartmouth-Hitchcock Health, Lebanon, NH

Marilyn Daley, DNP, APRN, AACCP, Clinical Director, Cardiomyopathy Clinic, New England Heart Institute, Manchester, NH
Director of Doctoral Nursing Education, Rivier University, Nashua, NH

Cynthia de Steuben, MSN, CNM, APRN, Department of Obstetrics, Gynecology and Nurse Midwifery, Dartmouth-Hitchcock Clinic, Concord, NH

Monic R. Drescher, MD, Assistant Professor, Dartmouth-Hitchcock Medical Center, Department of Internal Medicine, Section Hematology, Lebanon, NH

Patti Duprey, MSN, APRN, CDE, Owner, Diabetes Care Center, Kennebunk, ME

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

Debra Fournier, MHCDS, MSN, PHMHP-BC, ANP-BC Nurse Practitioner, New Hampshire Hospital, Concord, NH

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

Michele Gadd, MD, Surgeon, Massachusetts General Hospital, Boston, MA

Gail Gettens, MS, ECMP, Health Promotion Advisor/Child Development Specialist, NH Division of Health and Human Services, Concord, NH

Matthew Hand, DO Pediatric Nephrologist/Integrative Medicine, Elliot Hospital, Manchester, NH

Kevin Hannon, MSN, PMHNP-BC, Psychiatric Nurse Practitioner, Dartmouth-Hitchcock Keene, Cheshire Medical Center, Keene, NH

Frank Harris, Lieutenant, Unit Commander, Campus Police Unit, New Hampshire Department of Safety, Division of State Police, New Hampshire Hospital, Concord, NH

Gene E. Harkless, DNSc, APRN, FNP-BC, CNL, FAANP, Chair and Associate Professor, Department of Nursing, University of New Hampshire, Durham, NH

Katherine Hsu, MD, MPH, FAAP, Medical Director, Division of STD Prevention and HIV/AIDS Surveillance, Massachusetts Department of Public Health, Jamaica Plain, MA

Maureen Hughes, MD, Neurologist, Concord Neurological Associates, Concord, NH

Bridget Logan, PhD, APRN, Nurse Practitioner, Pediatric Urology, Dartmouth-Hitchcock Medical Center, Lebanon, NH

Brian Marks, MD, Urologist, Concord Hospital Center for Urologic Care, Concord, NH

Peter Mason, MD, Family Medicine Physician, Alice Peck Day Memorial Hospital, Lebanon, NH

Belle Anne Matheson, APRN, FNP, ACHPN, Nurse Practitioner, Section of Palliative Medicine, Dartmouth-Hitchcock Medical Center, Lebanon, NH

Sheena McAroy, APRN, Medical and Psychiatric Nurse Practitioner, New Hampshire Department of Corrections, Berlin, NH

Erica Mumford, RD, LD, Registered Licensed Dietitian, Mumford Wellness, Concord, NH

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

Robert Needlman, MD, FAAP, Director of the Division of Developmental and Behavioral Pediatrics, MetroHealth Medical Center, Cleveland, OH

Meaghan E. O'Leary, MSN, AGACNP, RNFA, Nurse Practitioner, Catholic Medical Center, Manchester, NH

Renee M. Plodzick, APRN Nurse Practitioner, Internal Medicine, Concord Hospital Medical Group, Concord, NH

Jessica Pollack, APRN, Nurse Practitioner, CMC New England Weight Management Institute, Manchester, NH

Dan Potenza, MD, Medical Director of Forensic Services, New Hampshire Department of Corrections, Concord, NH

Jillian Rork, MD, Pediatric Dermatologist, Dartmouth-Hitchcock Clinic, Manchester, NH

Lindsay M. Schommer, MSN, ANP-BC, WHNP-BC, Instructor in Neurology, Geisel School of Medicine and Nurse Practitioner, Dartmouth-Hitchcock Medical Center, Lebanon, NH

Evie Stacy, MS, APRN, Nurse Practitioner, Pediatric Neurology, Dartmouth-Hitchcock Clinic, Manchester, NH

Lisa A. Stephens, MSN, APRN, ACHPN, Lead Nurse Practitioner, Section of Palliative Medicine, Dartmouth-Hitchcock Medical Center, Lebanon, NH

Lisa Tilluckdharry, MD, MBBS, FCCP, FACP, Critical Care and Pulmonary Medicine, Concord Pulmonary Medicine, Concord, NH

Veronica Triaca, MD, Director of Pelvic Medicine, Continence, and Sexual Health Program, Concord Hospital Center for Urologic Care, Concord, NH

Andrew Valeras, DO, MPH, Director of Leadership-Preventative Medicine Residency at Concord Hospital, Concord, NH

Lisa Withrow, APRN, FNP-C, ACHPN, Nurse Practitioner, Palliativity Medical Group LLC, Bedford, NH

Chung Hwa Cathy Yi, MD, Physician, Concord Obstetrics and Gynecology, Concord, NH

Thursday Agenda

SESSION SELECTION ►

Session descriptions are available online to assist with your selection. The concurrent sessions provide the opportunity to select the activities that are most appropriate for you.

7:30–8:00am Industry Sponsored Product Theater: Choose from industry expert presenters who will provide breakfast over an in-depth information session on their products. Registration for these ticketed events will open in February.

8:00–9:15am Welcome and Keynote Address: Women in Healthcare Leadership, Joanne Conroy, MD

9:15–9:45am Break/Industry Exhibits

<p>9:45–11:00am</p> <p>Session ■ A ■ (choose one)</p>	<p>A1 ■ Promoting Private Well Testing for Arsenic and Other Contaminants: What is the Role of the Primary Care Clinician</p> <p>Carolyn J. Murray, MD, MPH</p>	<p>A2 ■ Asthma in a Nutshell</p> <p>Lisa Tilluckdharry, MD, MBBS, FCCP, FACP</p>	<p>A3 ■ Bugs and Drugs: An Update in the Treatment of Common Infections</p> <p>Amy Brooks-King, PharmD, BCPS</p>	<p>A4 ■ Integrating Behavioral Health in Primary Care: Getting from Why to How and Who</p> <p>Alexander Blount, EdD</p>	<p>OR CHOOSE A WORKSHOP (10:00am– 12:45pm)</p> <p>WORKSHOP #1 ■ Motivational Interviewing: An Introductory Workshop</p>
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11:00–11:15am Industry Exhibits

<p>11:15am–12:30pm</p> <p>Session ■ B ■ (choose one)</p>	<p>B1 ■ Direct Oral Anticoagulants: Practical Management</p> <p>Monic R. Drescher, MD</p>	<p>B2 ■ Childhood and Adolescent Immunization Updates, 2019</p> <p>Suzanne Allison, RN, BSN</p>	<p>B3 ■ Strategies to Reduce Aggression and Violence in the Health Care Setting</p> <p>Diane Allen, MN, RN-BC, NEA-BC and Frank Harris, Lieutenant</p>	<p>B4 ■ Top STI Updates for 2019</p> <p>Katherine Hsu, MD, MPH, FAAP</p>	<p>Jessica Pollack, APRN and Andrew Valeras, DO, MPH</p> <p>OR</p> <p>WORKSHOP #2 ■ Suturing Workshop</p> <p>Meaghan O’Leary, MSN, AGACNP, RNFA and Carey Barry, MHS, PA-C</p>
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12:30–1:45pm NHNPA Annual Business Meeting and Lunch

1:45–2:15pm Industry Exhibits/Poster Session 1

<p>2:15–3:30pm</p> <p>Session ■ C ■ (choose one)</p>	<p>C1 ■ Peripheral Vascular Disease</p> <p>Patricia Furey, MD, FACS</p>	<p>C2 ■ Treating Transgender, Non-binary, and Gender Nonconforming Youth</p> <p>Evan Eyler, MD</p>	<p>C3 ■ Evaluation and Treatment of Acute Headache</p> <p>Rebecca Burch, MD</p>	<p>C4 ■ Metabolic Syndrome Associated with Psychotropic Medication</p> <p>Sheena McAroy, APRN and Dan Potenza, MD</p>	<p>OR CHOOSE A WORKSHOP (2:30 – 5:30 pm)</p> <p>WORKSHOP #3 ■ Pelvic Medicine Update 2019</p>
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3:30–4:00pm – Industry Exhibits/Poster Session 2

<p>4:00–5:15pm</p> <p>Session ■ D ■ (choose one)</p>	<p>D1 ■ Integrative Medicine</p> <p>Matthew Hand, DO</p>	<p>D2 ■ Understanding Cannabis/Marijuana: An Emphasis on Adolescents</p> <p>Alan J. Budney, PhD</p>	<p>D3 ■ Empowering Families with End of Life Decision Making in the ICU</p> <p>Belle Anne Matheson, APRN, FNP, ACHPN and Lisa A. Stephens, MSN, APRN, ACHPN</p>	<p>Chung Hwa Cathy Yi, MD, Sheryl Cheney, RPT, Brian Marks, MD, and Veronica Triaca, MD</p>
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5:30 PM–6:15pm Cocktail reception for all conference attendees.

6:15 PM–9:00pm Join us for networking, recognition and some fun! Enhance your experience and purchase your ticket for this limited-seating event. Your \$40 ticket includes the awards ceremony and dinner, followed by entertainment by Kelly McFarland, comedian.

Friday Agenda

SESSION SELECTION ►

Session descriptions are available online to assist with your selection. The concurrent sessions provide the opportunity to select the activities that are most appropriate for you.

MORNING YOGA OR AEROBICS (bring your own mat)

7:30-8:30am Industry Breakfasts (optional): Choose from two industry expert presenters who will provide breakfast over an in-depth information session on their products/services.

8:30-9:00am Registration/Continental Breakfast/Industry Exhibits/Poster Session 3

<p>9:00-10:15am</p> <p>Session ■ E ■ (choose one)</p>	<p>E1 ■ Syncope</p> <p>Maureen Hughes, MD</p>	<p>E2 ■ Clinical Approaches to Obesity in Children</p> <p>Robert Needlman, MD, FAAP</p>	<p>E3 ■ Understanding Heart Failure: How to diagnose, treat and manage HREF and HPEF</p> <p>Marilyn Daley, DNP, APRN, AACC</p>	<p>E4 ■ Getting Ready for Delivering Medication Assisted Treatment for Opioid Use Disorder</p> <p>Peter Mason, MD</p>	<p>WORKSHOP #4 ■ (9:15 - 10:30 am)</p> <p>Lessons Learned: Challenges for Advance Practice Leaders in Integrated Care Settings</p> <p>Debra Fournier, APRN</p>
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10:15-10:30am Industry Exhibits

<p>10:30 am-11:45pm</p> <p>Session ■ F ■ (choose one)</p>	<p>F1 ■ The Anti-Inflammatory Diet</p> <p>Erica Mumford, RD, LD</p>	<p>F2 ■ Update on Childhood Lead Poisoning in NH - What Pediatric Health Care Providers Need to Know</p> <p>Gail Gettens, MS, ECMP</p>	<p>F3 ■ Updates in Stroke Management</p> <p>Jillian C. Belmont, DNP, APRN</p>	<p>F4 ■ Polycystic Ovarian Disease: Diagnosis and Management</p> <p>Cynthia de Steuben, MSN, CNM, APRN</p>	<p>WORKSHOP #5 ■ (11:00am-12:15pm)</p> <p>Precepting Nurse Practitioner Students</p> <p>Bridget Logan, PhD, APRN</p>
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12:00 -1:00pm Lunch:

Dine on your own* or choose to attend an Industry-Sponsored Product Theater. an in-depth information session on their products. Registration for these ticketed

Industry expert presenters will provide lunch over events will open in February.

<p>1:15-2:30pm</p> <p>Session ■ G ■ (choose one)</p>	<p>G1 ■ Diabetes and Technology: What's New?</p> <p>Patti Duprey, MSN, APRN, CDE</p>	<p>G2 ■ What's New in Pediatric Dermatology?</p> <p>Jillian Rork, MD</p>	<p>G3 ■ Management of Status Epilepticus and Acute Repetitive Seizures</p> <p>Lindsay M. Schommer, MSN, ANP-BC, WHNP-BC</p>	<p>G4 ■ Breast Cancer Update</p> <p>Michele Gadd, MD</p>	<p>WORKSHOP #6 ■ (1:45-3:00 pm)</p> <p>Understanding the Difference and Impact of the DNP and PhD Degrees in Nursing</p> <p>Marilyn Daley, DNP, APRN, AACC and Gene E. Harkless, DNSc, APRN, FNP-BC, CNL, FAANP</p>
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2:30-2:45pm Break

<p>2:45 pm-4:00pm</p> <p>Session ■ H ■ (choose one)</p>	<p>H1 ■ Medical Marijuana</p> <p>Lisa Withrow, APRN, FNP-C, ACHPN</p>	<p>H2 ■ Management of Pediatric Headache</p> <p>Evie Stacy, MS, APRN</p>	<p>H3 ■ Suicide Risk Assessment</p> <p>Kevin Hannon, MSN, PMHNP-BC</p>		
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4:00 pm - Conference Adjourns

*If dining on your own, you can find lunch at the hotel restaurant or at a restaurant within walking distance from the hotel.

REGISTER ONLINE AT WWW.NHNPA.ORG: Early Registration Rate Ends February 11, 2019

	Early Bird (ends February 11, 2019)		General (after February 11, 2019)		On-Site (April 11 or 12, 2019)	
	1-day	2-day	1-day	2-day	1-day	2-day
NHNPA Members	\$195	\$295	\$225	\$350	\$250	\$375
Non-Members	\$275	\$425	\$300	\$450	\$325	\$475
Full-Time Students	\$140	\$220	\$165	\$245	\$195	\$275

Fees: All fees must be received in full upon registration. Payments may be made online by credit card (Visa, MasterCard, and American Express), or by check. If paying by check, please register online and do not check out. Your pending registration will be activated upon receipt of payment. Checks should be made out to **NHNPA** and mailed to Southern NH AHEC, 128 State Route 27, Raymond, NH, 03077.

Awards Dinner and Entertainment: *The Awards Dinner and Entertainment is Thursday evening from 6:30-9:00 pm. Join us for networking, recognition and some fun! This is a ticketed event. The cost to attend is \$40 per person.*

Refund Policy: Refund and cancellation requests are accepted only in writing (email: npconf@snhahec.org) at least four weeks prior to the start of the conference. A refund is provided (less a \$75 administrative fee). While we understand that unforeseen events or illnesses occur, unfortunately, and without exception, refunds will not be made for cancellations requested within four weeks of the start date of the conference or for no-shows.

Room Reservations: Guests should call the hotel directly at 603-888-9970 and identify themselves as part of the Northern New England Nurse Practitioner Conference to receive the special rate or book online at www.radisson.com/nashuanh and enter dates of stay and promo code: NP2019. All reservations must be guaranteed with a credit card.

Questions? Visit www.nhnpa.org or contact Brianna Ferraro at 603-895-1514 Ext. 2 or npconf@snhahec.org

CALL FOR ABSTRACT POSTERS

Authors of accepted proposals will have the opportunity to display their posters and dialogue with attendees during poster sessions. Posters will be displayed throughout the conference.

Abstract Guidelines:

- Abstracts must be relevant to nurse practitioner practice. Topics may include research, clinical practice, professional issues, ethical issues, and education/professional development.
- Abstracts must be non-commercial in nature.
- Authors may submit more than one abstract for review.
- If accepted, the author(s) or a designee must register for at least one day of the conference and be present for at least one of the poster sessions.

Poster Presentations: Application deadline is February 1, 2019.

- The application is available online at www.nhnpa.org. The following information is required in the application: contact information, credentials, poster title, learning objectives, and a poster description/abstract (400 words or less). Resume /CV of author(s) will also be required and should be sent by mail or email to:

Mail: Southern NH AHEC
128 State Route 27, Raymond, NH 03077
Email: npconf@snhahec.org

CONFERENCE PLANNING COMMITTEE

Co-Chairs:

Linda Reed, MS, APRN,
Family Care of Concord

Evelyn Stacy, MS, APRN,
Pediatric Neurology - Dartmouth
Hitchcock Clinic

Jillian Belmont, DNP, APRN,
Dartmouth-Hitchcock Medical
Center, Assistant Professor in
Neurology, Geisel School of
Medicine

Diane Desmarais MSN, FNP-
BC, Vein and Vascular Specialist,
Catholic Medical Center

Mary Bidgood-Wilson MSN,
APRN, FAANP, FACNM, Meredith
Bay Consulting

Rebecca Farver, MSN, PMHNP-
BC, New Hampshire Hospital

Gene Elizabeth Harkless, DNSc,
APRN, FNP-BC, CNL, FAANP,
Department of Nursing -
University of New Hampshire

Paula Smith, MBA, EdD,
Southern NH AHEC

Jennifer Thompson, MS,
APRN, New England Heart &
Vascular Institute, Catholic
Medical Center, and Executive
Director, NH Nurse Practitioner
Association

Register Today: www.nhnpa.org

EARLY REGISTRATION RATE ENDS
FEBRUARY 11, 2019

POSTER PRESENTATIONS APPLICATION
DEADLINE IS FEBRUARY 1, 2019



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