

# VNPA

Vermont Nurse Practitioners Association

# 29<sup>th</sup>

## Annual Conference



Join us for the largest Vermont NP gathering of  
the year - more sessions than ever before!

**Best rates prior to March 1.**

**Register online at [www.vtnpa.org](http://www.vtnpa.org)**

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**NPs:** Leading the Way  
to Health Equity

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**April 4-5, 2019**  
**Stoweflake Mountain Resort**  
**Stowe, Vermont**

**DAY  
1**

**Thursday, April 4 - Workshops & Dinner Discussion & MORE**

~ Plan to join us for the entire conference beginning Thursday afternoon at 4:00pm ~



**Sophia L. Thomas, DNP,  
APRN, FNP-BC, PPCNP-BC,  
FNAP, FAANP**

## Thursday Evening Dinner Discussion Advancing NP Health Policy: Make Your Voice Count

6:00-7:45pm

The annual dinner discussion provides an excellent forum for colleagues to discuss a number of issues affecting NPs' scope of practice. Regulated by health policy at the state level, it is important for NPs to understand policy and advocacy and get involved at the grassroots level to advance and protect scope of practice laws.

The VNPA is pleased to announce Dr. Sophia Thomas will lead the conversation at Thursday evening's dinner discussion and present the keynote address the next morning.

Over her 23-year nurse practitioner career, Sophia L. Thomas DNP, FNP-BC, PPCNP-BC, FNAP, FAANP, has been active within several professional organizations, including AANP, FAANP and the Louisiana Association of Nurse Practitioners (LANP). Dr. Thomas has been chosen by her fellow nurse practitioners as the President-Elect of the American Association of Nurse Practitioner for the 2019-2021 term. She has served in several elected and appointed leadership positions, including as the President of LANP and as the AANP Region 6 Director. She has been appointed to

numerous committees within each of these organizations. She was inducted as a Fellow of the AANP in 2012 and of the National Academy of Practice in Nursing in 2013.

Dr. Thomas advocates for NP scope of practice legislation and for improving patient access to quality, affordable health care. She has been a health policy voice for the NP profession on both the state and national levels. In addition to her advocacy, she impacts NP education as clinical faculty for Georgetown University's FNP program as well as through publications and presentations on multiple clinical topics. Dr. Thomas is a legal Expert Witness, testifying regarding nurse practitioner scope of practice issues. Her multimedia reach includes print, radio and television, and she has been an AANP spokesperson, including being featured in Money Magazine and on NBC News with Brian Williams. The interview aired on 110 NBC stations to an audience of 4.9-million.



### CONCURRENT WORKSHOPS

4:00-5:30pm

**Th-1: Low Back Pain: Assessment & Treatment**

**Elizabeth Ogden, MS, PT**

Physical Therapy Staff Member

Be Fit Physical Therapy

4:00-5:30pm

**Th-2: Sharpening ECG Skills with a Case-Based Approach**

**Bruce W. Andrus, MD, MS**

Medical Director, Intermediate Cardiac Care Unit

Dartmouth-Hitchcock Medical Center

5:30-6:00pm

**VNPA Business Meeting**

6:00-7:45pm

**Dinner Discussion**

**Advancing NP Healthy Policy: Make Your Voice Count**

**Sophia L. Thomas, DNP, APRN, FNP-BC,  
PPCNP-BC, FNAP, FAANP**

7:45pm

**Reception**





# 29<sup>th</sup> Annual Conference

## Friday, April 5

7:30-8:15am **Registration | Exhibits | Breakfast**

8:15-8:30am **Welcome (1.5 | 0.0)**

**Martha Whitfield, MEd, MS, FNP-BC**

*President*

Vermont Nurse Practitioners Association

8:30-9:30am **Keynote Address**

**Nurse Practitioners Making a Difference in Healthcare**

**Sophia L. Thomas, DNP, FNP-BC, PPCNP-BC, FNAP, FAANP**

*President-Elect*

American Association of Nurse Practitioners

Nurse practitioners must understand the role and impact of our profession on US healthcare. We will discuss trends in health policy which reduce barriers to practice and discuss engagement within policy.

9:30-10:30am **Plenary Session**

**Get Into Your Self Care Rhythm**

**Without Skipping a Beat**

**Joni J. Foster-Robison, MS, FNP**

*Specialist, Integrative Care and Lifestyle Medicine*

Springfield Medical Care Systems

Springfield, Vermont

10:30-11:00am **Break with Exhibitors**

11:00-Noon **Concurrent Sessions – A –**

**A-1: Next Generation Diabetes Management:  
Titratable Fixed-Ration Combination Therapy  
with Basal Insulin/GLP-1 RA to Better Manage  
Type 2 Diabetes**

**Jane Jeffrie Seley, DNP, MSN, MPH, GNP, RN BC-ADM,  
CDE, CDTC, FADE, FAAN**

*Diabetes Nurse Practitioner*

New York Presbyterian Hospital/

Weill Cornell Medicine Medical College

New York, NY

**A-2: New Approaches to Adolescent  
& Young Adult Headache**

**Allyson Bazarsky, DO, MS**

*Assistant Professor of Neurology*

University of Vermont Medical Center

Burlington, Vermont

Noon-1:00pm **Lunch | Exhibits**

1:00-2:00pm **Concurrent Sessions – B –**

**B-1: Managing Type 1 Diabetes in Primary Care:  
What are the Essentials?**

**Robin Myers, DNP, FNP-BC, CDE**

*Nurse Practitioner, Diabetes & Cardiovascular Care*

Brandon Medical Center - CHCRR

Brandon, Vermont

**B-2: Veterans: A Primary Care Approach & Resources**

**Rebecca A. Bent, DNP, APRN, AGPCNP-BC**

**Rodrick Thomas, MSN, APRN, FNP-C**

*NP Residents*

VA Medical Center

White River Junction, Vermont

**Heejung Charron, DNP, APRN, AGNP-C**

**Alyssa K. Turley, DNP, AGPCNP-BC**

*NP Residents*

VA Medical Center

Burlington, Vermont

**B-3: Lyme Disease Update**

**Jean Dejaice, MD**

*Assistant Professor of Medicine, Infectious Disease Unit*

University of Vermont

Burlington, Vermont

2:10-3:10pm **Concurrent Sessions – C –**

**C-1: Geriatric Mental Health: Trends & Treatments**

**C. Nicole Hackney, DNP, APRN, FPMHNP-BC**

*Psychiatric Nurse Practitioner*

University of Vermont - CVPH

Plattsburgh, New York

**C-2: Addressing Fertility in the Setting of Cancer**

**Jennifer Dundee, MD, MS**

*Assistant Professor in ObGyn*

University of Vermont

University of Vermont Medical Center

Burlington, Vermont

**C-3: Coding for Quality: Increase Reimbursement  
& Improve Patient Outcomes**

**LaRena Fitz-Gerald, CPC**

*Billing and Coding Manager*

Community Health Centers of the Rutland Region, Inc.

Rutland, Vermont

3:30-4:30pm **Concurrent Sessions – D –**

**D-1: Fibromyalgia: Barriers-Options-Action**

**Gary Starecheski, BSc Pharmacy**

*Clinical Staff Pharmacist*

University of Vermont

Burlington, Vermont

**D-2: Access & Equity: Trends and Innovations  
in Adolescent and Family Substance**

**Abuse Treatment**

**Mitchell Barron, LICSW, LADC**

*Executive Director*

**Danielle Jatlow, LICSW, LADC**

*Director of SAMH Services*

Centerpoint



**Vermont Nurse Practitioners Association**

## Not Yet a Member?

Joining VNPA is affordable and easy. Becoming actively involved with VNPA not only opens up educational and networking opportunities, but it can also help you hone valuable leadership skills.

**BE HEARD** Focus on delivering high-quality care in your community, the VNPA is your voice at the state and national level.

**STAY CURRENT** Receive regular updates on current policy to advocate for your patients and NP practice.

**SAVE MONEY** Get discounts to the VNPA Conference for essential networking opportunities and continuing education (CE) credits, including pharmacology credits.

**GET DISCOUNTS** Preceptors and advanced practice nursing students enjoy a discounted membership to the VNPA!

**STAY CONNECTED** Stay connected with other NPs and access career opportunities through the VNPA website.

Join VNPA or renew your membership at: [www.VTNPA.org](http://www.VTNPA.org)

## 29<sup>th</sup> Annual Conference



**REGISTRATION, MEMBERSHIP:** Participants who are current VNPA members receive a reduced registration rate. VNPA dues for 2019 must be paid by **March 1** in order to receive the lower, member registration rate.

There is a \$25 conference cancellation fee. No refunds after March 29, however you may send a substitute in your place without penalty. For more information:

Julie Basol, Conference Director JNB Marketing, LLC  
Ph: 802.598 7424 Fax: 802.425.5507 [JNB@gmavt.net](mailto:JNB@gmavt.net)

Kate Goyette, MSN, FNP Program Chair [katefishvt@gmail.com](mailto:katefishvt@gmail.com)

**CONTINUING EDUCATION:** This education activity will soon be submitted to the American Association of Nurse Practitioners for approval of up to **9.25** contact hours of accredited education.

**CONFERENCE SITE, ACCOMMODATIONS:** 1746 Mountain Road (Rt. 108), Stowe, VERMONT **800.253.2232**

The 29<sup>th</sup> Annual VNPA Conference will be held at the Stoweflake Mountain Resort & Spa on Thursday and Friday, April 4-5, 2019. A block of overnight rooms have been reserved and are available for participants the night of April 4. To obtain the reduced rate of **\$148 + tax** (per night, single/double), call **800.253.2232** or **802.253.7355**. *You must specify that you are attending the VNPA Conference in order to receive the reduced overnight room rate.* Deadline for securing the reduced rate is: **March 4, 2019.**

The Stoweflake is a AAA Four-Diamond resort with an abundance of amenities, including their world class spa, state-of-the-art fitness facilities, two award-winning restaurants and luxurious accommodations. For Spa services, please contact the Resort at least one week in advance. [www.stoweflake.com](http://www.stoweflake.com)

**DIRECTIONS TO THE CONFERENCE:** FROM I-89: Take Exit 10, Waterbury/Stowe/Rt. 100. Turn onto Rte. 100 at the end of the exit ramp toward Stowe. Continue for ~ 11 miles. Turn left at the blinking red light in the village onto Rt. 108/Mtn. Road. Continue on Rte.108 for ~ 2 miles - the Stoweflake will be on the right.

## 2019 Conference Planning Committee

Program Chair Kate Goyette, MSN, FNP  
Nicole Hackney, DNP, APRN, FPMHNP-BC  
Callan Janoweic, DNP, FNP  
Alexander Johnston, APRN, PMHNP  
Elizabeth McDonald, APRN

Amy O'Meara, DrNP, WHNP, AGNP  
Dayna Stimson, RN, DNP Student  
Michelle Wade, MSN/Ed, APRN, AGNP-C  
Ellen Watson, FNP-BC, APRN

April 4-5, 2019

Vermont Nurse Practitioner Association

# Registration Form

# 29<sup>th</sup> Annual Conference

**REGISTRATION, PAYMENT:** For the best rates, register by **Friday, March 1.**

Register online at [www.VTNPA.org](http://www.VTNPA.org) - or, complete the registration form below.

Pay to the order of: **Vermont Nurse Practitioners Association**

Mail to: : **741 Hand Road | N. Ferrisburgh, VT 05473**

Questions: 802.598.7424

Name/Credentials: \_\_\_\_\_

Position Title: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

REGISTRATION OPTIONS			
Member	Early Bird - 3/1	After > 3/1	On Site
Full Conference <sup>(1)</sup>	<input type="checkbox"/> \$225	<input type="checkbox"/> \$255	<input type="checkbox"/> \$285
Thursday only <sup>(2)</sup>	<input type="checkbox"/> \$95	<input type="checkbox"/> \$125	<input type="checkbox"/> \$155
Friday only	<input type="checkbox"/> \$195	<input type="checkbox"/> \$225	<input type="checkbox"/> \$255
Non Member	Early Bird - 3/1	After > 3/1	On Site
Full Conference <sup>(1)</sup>	<input type="checkbox"/> \$285	<input type="checkbox"/> \$315	<input type="checkbox"/> \$345
Thursday only <sup>(2)</sup>	<input type="checkbox"/> \$125	<input type="checkbox"/> \$155	<input type="checkbox"/> \$185
Friday only	<input type="checkbox"/> \$225	<input type="checkbox"/> \$255	<input type="checkbox"/> \$285
Student Rate	Early Bird - 3/1	After > 3/1	On Site
Full Conference <sup>(1)</sup>	<input type="checkbox"/> \$160	<input type="checkbox"/> \$175	<input type="checkbox"/> \$175
Thursday only <sup>(2)</sup>	<input type="checkbox"/> \$75	<input type="checkbox"/> \$100	<input type="checkbox"/> \$100
Friday only	<input type="checkbox"/> \$100	<input type="checkbox"/> \$125	<input type="checkbox"/> \$125

For your convenience,  
a payment by  
credit card option  
is available on line at  
[www.VTNPA.org](http://www.VTNPA.org)

1. Current membership status is required in order to receive the lower, member registration rate. To verify current status, visit [www.VTNPA.org/membership](http://www.VTNPA.org/membership)
2. Student fee applies to currently enrolled NP students; verification may be requested.

#### TOTAL FEES

Registration: \$ \_\_\_\_\_

VNPA Scholarship \$ \_\_\_\_\_  
Donation

Total: \$ \_\_\_\_\_



If you require special accommodations or have additional needs in order to participate, please check this box. Indicate your requests in writing and include with your registration form.

Ck #: \_\_\_\_\_