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

NPs: Leading the Way to Health Equity

April 4-5, 2019
Stoweflake Mountain Resort
Stowe, Vermont
Thursday, April 4 - Workshops & Dinner Discussion & MORE

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

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.

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

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
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, FAADE, 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

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
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

Kate Goyette, MSN, FNP Program Chair   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 29th 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

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.
**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

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**Name/Credentials:**

**Position Title:**

**Organization:**

**Address:**

**City/State/Zip:**

**Phone:**

**Email:**

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### REGISTRATION OPTIONS

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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.

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**TOTAL FEES**

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