



Vermont Nurse Practitioners Association

30TH ANNUAL CONFERENCE

Healthy Environments: NPs Caring for Populations in a Changing World

MARCH 26-27, 2020

at The Essex Resort & Spa

70 Essex Way, Essex Junction, VT 05452



NEW LOCATION!

Please join us for
networking sponsored
by UVM School of
Nursing, Norwich School
of Nursing and AANP
for hors d'oeuvres
and cash bar on
Thursday evening!



Keynote Speaker

JARED ULMER

(Vermont Department of Health)

**Hot & Stormy: Climate Change in VT:
Health Impacts and Opportunities**

Join us for the largest Vermont NP gathering of the year!
Register online: www.VTNPA.org

KEYNOTE SPEAKER: *JARED ULMER, MPH, AICP*

Hot & Stormy: Climate Change in VT: Health Impacts and Opportunities



Climate change is already affecting Vermonters' health. Vermonters are experiencing more dangerously hot days, storms and flooding, cyanobacteria blooms, tick-borne diseases, and other impacts; however, adaptation strategies can help reduce the consequences of these emerging threats. The good news is that acting now to reduce greenhouse gas emissions can help avoid the worst impacts of climate change and provide immediate health and equity benefits for Vermonters. Jared Ulmer has managed the Climate & Health Program at the Vermont Department of Health since 2015. In this role, he collaborates with state, local, and non-governmental partners to increase preparedness for climate-related health impacts in Vermont. He also works to promote health improvement through appropriate climate-change mitigation strategies. Prior to working at the Health Department, he worked for 10+ years in the private and academic sectors to support healthy community design through transportation and land use planning, tool development, and other guidance. He received education in engineering and urban planning at the University of Virginia, and in epidemiology at the University of Washington.

PLENARY SESSION: *TIMOTHY WHITMAN, DO*

Lord Have MRSA! Clinical Pearls for Antibiotic Selection for Your Sick Patient



In the era of increasing antibiotic resistance and newly emerging antimicrobials, clinicians need a primer on antibiotic selection. This session will review common infectious disease syndromes encountered in the outpatient setting, provide updates in antimicrobial resistance patterns in bacterial pathogens, and look at what is new in antibiotic drug development.

Dr. Whitman is originally from Dalton, Massachusetts. After graduating from Siena College, he attended New York College of Osteopathic Medicine on a Navy scholarship. He served 21 years in the Navy as an infectious disease physician until he recently accepted a position in the Infectious Disease division at the University of Vermont. His research interests include HIV, tropical medicine, and skin and soft tissue infection prevention. He is married, has three children, and enjoys spending time with his family in addition to fishing, hunting, and working in the garden.

PRESENTED BY YOUR 2020 CONFERENCE COMMITTEE

Kate Goyette, MSN, ARPN- Program Chair * Callan Janowiec, DNP, APRN * Nicole Hackney, DNP, APRN * Elizabeth MacDonald, MSN, APRN * Dayna Stimson, DNP, APRN * Martha Whitfield, MEd, MS, APRN * Michelle Wade, MSN/Ed, APRN

THURSDAY, MARCH 26 // Conference Agenda

(1.0 | 0.50) = approved for 1 contact hour and 0.50 pharm credit hour



EARLY AFTERNOON CONCURRENT SESSIONS

1:00-3pm

Workshop A: Limps and Gimps: Examination of the hip and knee

Carol Blattspieler, NP (2.0/0.0)

Want to increase your comfort with evaluating hips and knees? This session will review the basic anatomy of the hips and knees, discuss the basic exam of these joints as well as special tests for diagnosis, and provide time for hands on practice of these skills.

1:00-3pm

Workshop B: Chest Radiographs: From Anatomy to Pathology

Jill Esquivel, NP (2.0/0.0)

During this session, participants will learn to identify anatomical landmarks, develop a consistent and thorough approach, and describe pathological findings found on chest x-ray. After content review, participants will be provided with chest x-rays to practice and refine their chest x-ray interpretation skills. Content will include concepts related to silhouette sign, atelectasis, pneumonia, COPD, heart failure, pneumothorax, and pleural effusion.

LATE AFTERNOON CONCURRENT SESSIONS

3:10-5:10pm

Workshop C: To ER or not to ER, that is the question: Common Complaints;

When do you need a higher level of care?

Doug Fish, PA-C (2.0/0.5)

This session will focus on the assessment and management of common acute complaints, from sore throats to chest and abdominal pain. The focus will be on what can be managed clinically in an office or urgent care and what needs to be transferred to a higher level of care.

3:10-5:10pm

Workshop D: Opioid Therapy and Other Pharmacologic Options for Chronic Pain

Mindy Wallace, CRNA (2.0/1.5)

This presentation will cover pharmacologic therapy for chronic pain. Non-opioid therapies and evidence for opioid therapy will be reviewed. Different approaches to opioid therapy as well as available opioid formulations will be discussed. Finally, evaluation of patient response, ongoing monitoring, and therapy adjustment will be examined.

ANNUAL BUSINESS MEETING & POLICY UPDATE

5:15-7pm

Business Meeting & Policy Update: VNPA Annual Business Meeting, followed by The State of the Union: Updates Regarding State and Federal Policies Affecting NPs

Deborah Wachtel, NP (1.0/0.0)

This session will broaden the understanding of how federal policies are impacting our practice and subsequent access to care for our patients by disclosing where our congressional representatives stand on the current healthcare related bills. This session will cover the current policy issues in Vermont that can impact reimbursement and billing of our services, as well as what the boots-on-the-ground NP can do about this.

7-9pm Reception / Networking

Sponsored by: UVM SON, Norwich University SON, and AANP.

Appetizers & Cash Bar with recognition of 2019 AANP award winners.



FRIDAY, MARCH 27 // Conference Agenda

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6:15-7:15am

Sunrise Yoga in the Ballroom

7:15-8:15am

Registration / Breakfast Buffet & Coffee with exhibitors in the Atrium, Foyer and Salon 1

8:15-8:30am

Welcome and presentation of 2020 Barbara Rouleau Preceptor Award
VNPA President, Atrium

8:30-9:30am

Jared Ulmer, VT DOH (1.0/0.0)

KEYNOTE: Hot & Stormy: Climate Change in VT: Health Impacts and Opportunities

9:30-10:30am

Timothy Whitman, DO (1.0/0.5)

PLENARY: Lord Have MRSA! Clinical Pearls for Antibiotic Selection for Your Sick Patient

10:30-11:00am

Coffee Break & visit the Exhibitors, Foyer and Salon 1

11am-12pm

BREAKOUT A

12:15-1:15pm

Buffet Lunch & Exhibitor Time

1:20-2:20pm

BREAKOUT B

2:30-3:20pm

BREAKOUT C

3:30-3:50pm

Celebrate with 30th Anniversary Cupcakes & Drinks!
Visit our Exhibitors in the Foyer and Surrounding rooms

3:50-4:50pm

BREAKOUT D



FRIDAY, MARCH 27 // Breakout Sessions

(1.0 | 0.50) = approved for 1 contact hour and 0.50 pharm credit hour



BREAKOUT SESSION A: 11AM-NOON

Breakout A1 - Before the Crash and Burn: Preoperative evaluations for best outcomes - Kati Sloop, CRNA (1.0/0.0)

Your patient is headed to the OR, learn how to complete an evidence based preoperative evaluation that will help prevent surgeries from being cancelled and lead to best outcomes.

Breakout A2 - Connection for Prevention: Assessing youth strengths and risk - Michelle Shepard, MD (1.0/0.0)

The annual adolescent well care visit (AWCV) is a critical time for clinicians to connect with youth to promote active involvement in their own healthcare. The AWCV is not just a "physical" or visit for sports participation clearance, it's an opportunity to screen for medical, emotional, and social risks and strengths and provide non-judgemental accurate information to adolescents about their health.

Breakout A3 - "Hot Flash": Perimenopause in 2019 - Andrea Dorwart-Crane, CNM (1.0/0.17)

Culturally, we think nothing of sitting our youth down to have 'the talk' on puberty and sex, but who is sitting down midlife women to have their version of 'the talk'? This presentation will promote healthy clinical environments for the midlife woman by exploring perimenopausal and menopausal transition patient education, as well as address treatment for the most common symptoms of perimenopause.

BREAKOUT SESSION B: 1:20-2:20 PM

Breakout B1- Abdominal Pain: Evaluating for a Surgical Abdomen - Tori Edwards, MD, Dave Mathies, APRN (1.0/0.17)

The goal of this presentation is to give a methodical description of how to work up abdominal pain which can be very broad. The lecture aims to provide guidance on who to refer to a Gastroenterologist, General Surgeon or to the Emergency Department.

Breakout B2 - Life will never be the same: Mood, anxiety, and fostering well-being through pregnancy into post partum - Sandy Wood, CNM, PMHNP

(1.0/0.33)

Perinatal Mood and Anxiety Disorders are under-diagnosed and under-treated. These disorders are one of the leading complications related to childbearing and can have profound and lasting impact on the woman, the child, and the family. Front line providers of all types have a pivotal role in detection and treatment.

Breakout B3 - Shots now, Shots Later: The Immunization Update 2020 - Christine Finley, APRN, VDOH (1.0/0.50)

This session will address recent changes in immunization recommendations, describe vaccine preventable disease outbreaks and review current literature on addressing vaccine hesitancy.

BREAKOUT SESSION C: 2:30-3:30PM

Breakout C1 - The radically changing landscape of HIV: PrEP opportunities - Dan Daltry, VT DOH, Callan Janowiec, APRN (1.0/0.67)

Through 2017-18 Vermont experienced multiple new HIV infections that were ultimately connected as a cluster. Through bio-medical interventions such as "treatment as prevention" and PrEP, the number of individuals impacted by HIV was minimized. Together we will explore the merits and applications of PrEP for high risk consumers.

Breakout C2 - Is it pink? Is it red? Or is it all in their head? Ocular conditions defined - Dr. Laura Werner (1.0/0.17)

You have a patient who comes in with eye symptoms. Is it conjunctivitis? A retinal detachment? Maybe even a concussion? Come learn how to deal with all these conditions and more!

Breakout C3 - Coming up for air: Integrating tried and true best practices for asthma management with innovative population health strategies - Dr. Keith Robinson, Libby McDonald APRN (1.0/0.25)

This session will utilize case studies to review best practices for diagnosis and management of asthma. We will explore the genetic, environmental, and social risk factors associated with difficult to control asthma and poor outcomes. Participants will learn

about innovative population health and quality improvement initiatives and how to integrate these into the practice setting.

BREAKOUT SESSION D: 3:50-4:50PM

Breakout D1 - The Tell Tale Heart: Cardiac Testing for the PCP: A case-based approach - Melissa Beaudry, NP (1.0/0.25)

Cardiac Testing for the Primary Care Provider: A case-based approach will help primary care providers and other non-cardiology providers understand the wide range of emergent and non-emergent cardiac testing available as well as gaining an understanding of the current medication management for atrial fibrillation, heart failure and coronary artery disease. Utilizing a case based approach, providers will understand how to tailor cardiac testing based on individual patient characteristics in an effort to provide well coordinated care.

Breakout D2 - The Costs of Connection: Social Media and Teen Mental Health - Peter Jackson, MD (1.0/0.0)

Communication norms and social interconnection have changed more in the past two decades than ever before in history. This change has brought both profound opportunities for connectedness & community as well as challenges for the wellbeing of families and youth, including platforms for comparison & bullying, & some associations between types of use and mental health symptoms. Participants will improve their clinical efficacy in screening for & preventing emotionally detrimental use of social media.

Breakout D3 - Help, my patient is discharging!: Navigating the transition of respiratory care - Kristin Wilson, RT, Rosalind Klezos, RRT (1.0/0.0)

Making a smooth transition from the hospital to rehab & from rehab to home helps patients be successful and safe and it helps prevent readmission. Understanding the respiratory care they require is one of the many transitional challenges, in particular clarity regarding type of support & the plan of care for that support. This session will review the indications for various therapies, the qualifications for home use, & the appropriate settings to help your patients be successful at home.

Conference Registration

Registration & payment: For the best rates, Register by Monday, February 24, 2020.
Register online at www.VTNPA.org, or complete the registration form below.
Make checks payable to: Vermont Nurse Practitioners Association.
Mail to: PO BOX 64773 Burlington, VT 05406.
Questions: (802)548-8650

Name / Credentials: _____

Position Title: _____

Organization: _____

Address: _____

City / State / Zip: _____

Phone: _____

Email: _____

Registration Options

Member	Early Bird - 2/24	After > 2/24	On Site
Full Conference	<input type="checkbox"/> \$225	<input type="checkbox"/> \$255	<input type="checkbox"/> \$285
Thursday only	<input type="checkbox"/> \$95	<input type="checkbox"/> \$125	<input type="checkbox"/> \$155
Friday only	<input type="checkbox"/> \$185	<input type="checkbox"/> \$220	<input type="checkbox"/> \$250
Non Member	Early Bird - 2/24	After > 2/24	On Site
Full Conference	<input type="checkbox"/> \$285	<input type="checkbox"/> \$315	<input type="checkbox"/> \$345
Thursday Only	<input type="checkbox"/> \$130	<input type="checkbox"/> \$160	<input type="checkbox"/> \$190
Friday Only	<input type="checkbox"/> \$230	<input type="checkbox"/> \$260	<input type="checkbox"/> \$290
Student Rate	Early Bird - 2/24	After > 2/24	On Site
Full Conference	<input type="checkbox"/> \$N/A	<input type="checkbox"/> \$175	<input type="checkbox"/> \$175
Thursday only	<input type="checkbox"/> \$N/A	<input type="checkbox"/> \$100	<input type="checkbox"/> \$100
Friday only	<input type="checkbox"/> \$N/A	<input type="checkbox"/> \$125	<input type="checkbox"/> \$125

Current membership status is required. 2020 dues must be paid by 2/24/2020 in order to receive the member rates.

Student fee applies to currently enrolled NP students; Verification may be requested.

Total Fees _____

Registration _____

VNPA 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.

REGISTRATION & MEMBERSHIP: Participants who are current VNPA members receive a reduced registration rate. VNPA dues for 2020 must be paid by **February 24, 2020** in order to receive the lower, member registration rate. There is a \$25 conference cancellation fee. **No refunds after March 13, 2020;** however, you may send a substitute in your place without penalty.

For more info and questions please contact: Kate Goyette, APRN, Conference Director **Ph: 802.548.8650 • Email: vnpaconference@gmail.com**



A block of overnight rooms has been reserved and is available for participants the night of **March 26-27**. To obtain the reduced rate of **\$119 + tax (per night, single/double)**, call **800 727-4295**. You must specify that you are attending the VNPA Conference in order to receive the reduced overnight room rate. **Deadline for securing a room in the block is 2/25/20**. You can start or extend your stay at the same rate if rooms are available.

Address for GPS: 70 Essex Way, Essex Junction, VT 05452

Directions from Burlington: I-89 north to Exit 15. Turn right onto Rt. 15 (Pearl Street) for about 3 miles. Turn left on Susie Wilson Road and follow for 2 miles where it ends at VT-289 East. Take VT-289 East to Exit 10. Turn right. The Resort is 1/4 mile on the left.