

# Alaska Nurse Practitioner Association 2021 Annual Conference

## Event Schedule

Fri, Sep 17, 2021

7:45am

### Pre-Conference Mingle

🕒 7:45am - 8:00am, Sep 17

Grab your coffee, tea, or caffeinated beverage of choice and log in to get familiar with the lay of the land and other attendees.

Topic: Pre-Conference Mingle

Time: Sep 17, 2020 07:45 AM Alaska

Join Zoom Meeting

-ZOOM INFO HERE-

8:00am

### Conference Welcome and Announcements

🕒 8:00am - 8:50am, Sep 17

**\*\*\*PRESS PLAY IN THE VIDEO\*\*\***

**\*\*\*READ ON FOR FURTHER INSTRUCTIONS\*\*\***

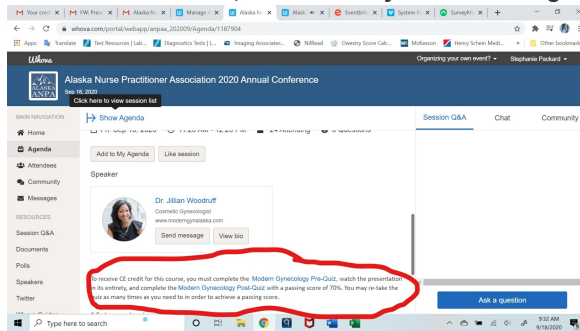
Welcome! We will go over some introductions and a few housekeeping items during this session. Please feel free to ask questions. There are some basic instructions below that will help you navigate Whova, the virtual conference platform. We do recommend that you download the app to supplement your experience, as there are additional features not available on the computer version.

Within the Whova platform, the agenda serves as your home base for getting from one presentation to another. It is also a guide for you to navigate your day, however, just like an in-person conference, it's up to you to show up. Presentations will NOT automatically play when you enter the virtual conference room. You will have to click the play button on the video presentation to start playing it, if you're using a computer. If you're using a mobile device, click on the little green video camera icon that's labeled recorded video. If the speaker or speakers are present, you'll see a box where you can ask questions during the presentation and get live feedback. You can essentially go at your own pace, but the advantage of keeping up with the agenda is that you'll get interaction with many of the presenters and your peers in the live forums. As far as the forums go, please be kind, courteous, and professional, just as you would be at an in-person conference. Unprofessional and rude behavior will not be tolerated. There will be moderators in every presentation, so if we see it, you will be removed from the conference, no credit will be awarded, and no refund will be issued.

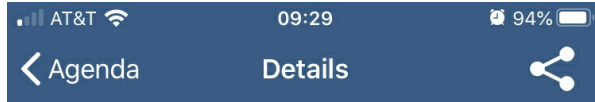
To receive contact hour credits, you must do several things. You'll need to complete the pre-test questions, watch the presentation in its *entirety*, and pass the post-test at a rate of 70% or higher. Time has been budgeted between sessions for these quizzes, which should only take a moment to complete. The links to the pre- and post-quizzes are embedded in the overview section of each presentation. If you're using a computer, this will be below the video box of the presentation, underneath the speaker info. If you're using a mobile device, it will be listed in the overview section. We will have a conference survey available at the end that will need to be submitted for you to receive your certificate. If you're participating in the live conference on 9/17, you will have to choose between sessions throughout the day, but you'll actually be able to go back into Whova to as many times as you want until March 17<sup>th</sup>, 2022, to view the other sessions and get credit for them. We will have a conference survey available at the end that will also need to be submitted for you to receive your certificate. So, to sum up, to get credits, complete the pre-test, watch ALL of


the presentation, pass the post-test, and submit the conference survey when you're totally done. Any part of this process that is incomplete will result in no credit.

For the web version, this is what you are looking for:



If you're on the mobile version, these are the steps you take:



 Displaying details in your time zone

## Modern Gynecology

Friday, September 18, 2020

11:20 - 12:20

 Track One

 Add to My Agenda (22 attending)

 Like

 Chat

 Q&A


### Overview

To receive CE credit for this course, you must complete the Modern Gynecology Pre-Quiz, watch the presentation in its entirety, and complete the...

[See more](#)

### Virtual Access



 Recorded Video 

 Watch on Desktop

### Personal Notes

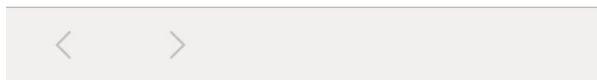
 Take Notes

### Handouts (1)

 Modern Gynecology 

To receive CE credit for this course, you must complete the [Modern Gynecology Pre-Quiz](#), watch the presentation in its entirety, and complete the [Modern Gynecology Post-Quiz](#) with a passing score of 70%. You may re-take the quiz as many times as you need to in order to achieve a passing score.

0.5 pharmacology hours



As long as you submit your quiz, it has been saved and submitted. You can hit the "back" button to get back into Whova, but **we do recommend that you right-click on the link to open in a new tab to avoid any hiccups.**

*This nursing continuing professional development activity was approved by Montana Nurses Association, an accredited approver with distinction by the American Nurses Credentialing Center's Commission on Accreditation. **There is no conflict of interest for anyone in a position to control the content of this activity.** Participants must complete the following in order to receive credit:*

- **Attendance at 1 or more sessions in a multi-session event (credit commensurate with participation)**
- **Completion/submission of evaluation form at the end of each session is required**
- **Successful completion of a post-test for each session attended is required. In addition, attendees must score 70% or higher on post test to receive credit for session.**

Conference will be available for viewing from September 17, 2021 through March 17, 2022

9:00am

### Advancing Evidence-Based Practice & Clinician Well-being to Reach the Quadruple Aim in Healthcare: Evidence-based Strategies for Success!

🕒 9:00am - 10:00am, Sep 17

Please join us in giving a warm welcome to our keynote speaker, Dr. Bernadette Mazurek Melnyk!

[-SPEAKER INFO HERE-](#)

To receive credit for this course, you must complete the [-PRE-QUIZ HYPERLINK HERE-](#), watch

the presentation in its entirety, and complete the [-POST-QUIZ HYPERLINK HERE-](#) with a passing score of 70%. You may re-take the quiz as many times as you need to in order to achieve a passing score.

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 Speaker



Dr. Bernadette Mazurek Melnyk, PhD, APRN-CNP, FAANP, FNAP, FAAN Chief Wellness Officer, The Ohio State University

## 10:00am

### Morning Break

🕒 10:00am - 10:15am, Sep 17

Get up, stretch, and grab another caffeinated beverage!

## 10:15am

### IBS, IBD and Everything In-between

🕒 10:15am - 11:15am, Sep 17

**Track One**

Please give a warm welcome to [Dr. Austin Nelson](#)

To receive credit for this course, you must complete the [-PRE-QUIZ HYPERLINK HERE-](#), watch the presentation in its entirety, and complete the [-POST-QUIZ HYPERLINK HERE-](#) with a passing score of 70%. You may re-take the quiz as many times as you need to in order to achieve a passing score.

[1 RX Credit, 1 Pharm credit](#)

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 Speaker



Austin Nelson, MD MD, Alaska Digestive and Liver Disease

### An update on Gender Affirming Care in Alaska

🕒 10:15am - 11:15am, Sep 17

**Track Two**

Please give a warm welcome to [Tracey Wiese, APRN](#)

To receive credit for this course, you must complete the [-PRE-QUIZ HYPERLINK HERE-](#), watch the presentation in its entirety, and complete the [-POST-QUIZ HYPERLINK HERE-](#) with a passing score of 70%. You may re-take the quiz as many times as you need to in order to achieve a passing score.

[-Rx HOURS HERE-](#)

Speaker



Dr. Tracey Wiese, DNP, APRN, FNP-BC, PMHNP-BC Owner, Medical Director, Full Spectrum Health

11:20am

### The Approach to Patient Assessments for the top 5 diagnoses in Pediatric Urgent Care

🕒 11:20am - 12:20pm, Sep 17

Track One

Please give a warm welcome to [Jennifer Austin, ARPN, CPNP](#)

To receive credit for this course, you must complete the [-PRE-QUIZ HYPERLINK HERE-](#), watch the presentation in its entirety, and complete the [-POST-QUIZ HYPERLINK HERE-](#) with a passing score of 70%. You may re-take the quiz as many times as you need to in order to achieve a passing score.

[-Rx HOURS HERE-](#)

Speaker



Jennifer Austin, MSN, APRN, CPNP Medical Director, PM Pediatrics

### Back Pain, Why a Cut is not the Final Solution

🕒 11:20am - 12:20pm, Sep 17

Track Two

Speaker



James Bales, MD, PhD MD, PhD, Anchorage Neurosurgical Associates

12:20pm

### Lunch Break

🕒 12:20pm - 1:20pm, Sep 17

Grab some grub, stretch, and get ready for more exciting sessions!

1:20pm

### "So What" Outcome Factor in Research and EBP Projects: A Necessity to Speed the Translation of Research into Practice."


🕒 1:20pm - 2:20pm, Sep 17

Please give another warm welcome to Dr. Bernadette Mazurek Melnyk!

[-SPEAKER INFO HERE-](#)

To receive credit for this course, you must complete the [-PRE-QUIZ HYPERLINK HERE-](#), watch the presentation in its entirety, and complete the [-POST-QUIZ HYPERLINK HERE-](#) with a passing score of 70%. You may re-take the quiz as many times as you need to in order to achieve a passing score.

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 Speaker



Dr. Bernadette Mazurek Melnyk, PhD, APRN-CNP, FAANP, FNAP, FAAN Chief Wellness Officer, The Ohio State University

2:25pm

### Depression: The Good, The Bad and The Ugly

🕒 2:25pm - 3:25pm, Sep 17

**Track One**

Please give a warm welcome to Dr. Shashita Inamdar

To receive credit for this course, you must complete the [-PRE-QUIZ HYPERLINK HERE-](#), watch the presentation in its entirety, and complete the [-POST-QUIZ HYPERLINK HERE-](#) with a passing score of 70%. You may re-take the quiz as many times as you need to in order to achieve a passing score.

[-Rx HOURS HERE-](#)

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 Speaker



Shashita Inamdar, MD Medical Director, Greenbrook TMS

### Navigating through Insomnia: Behavioral and Medication Interventions

🕒 2:25pm - 3:25pm, Sep 17

**Track Two**

Please give a warm welcome to Emily Garhart, APRN, ANP

To receive credit for this course, you must complete the [-PRE-QUIZ HYPERLINK HERE-](#), watch the presentation in its entirety, and complete the [-POST-QUIZ HYPERLINK HERE-](#) with a passing score of 70%. You may re-take the quiz as many times as you need to in order to achieve a passing score.

[-Rx HOURS HERE-](#)

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 Speaker



Emily Garhart, APRN, ANP Provider, Peak Neurology

3:30pm

### Covid 19 2020-2021

🕒 3:30pm - 4:30pm, Sep 17

**Track One**

Please give a warm welcome to [Dr. Anne Zink, Chief Medical Officer, State of Alaska](#)

To receive credit for this course, you must complete the [-PRE-QUIZ HYPERLINK HERE-](#), watch the presentation in its entirety, and complete the [-POST-QUIZ HYPERLINK HERE-](#) with a passing score of 70%. You may re-take the quiz as many times as you need to in order to achieve a passing score.

[-Rx HOURS HERE-](#)

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🗣️ Speaker



Anne Zink, MD Chief Medical Officer, State of Alaska

### Latest Treatment and Guidelines on Rheumatoid Arthritis for the Nurse and Advanced Practice Provider

🕒 3:30pm - 4:30pm, Sep 17

**Track Two**

Please give a warm welcome to [Jon Manwaring, APRN](#)

To receive credit for this course, you must complete the [-PRE-QUIZ HYPERLINK HERE-](#), watch the presentation in its entirety, and complete the [-POST-QUIZ HYPERLINK HERE-](#) with a passing score of 70%. You may re-take the quiz as many times as you need to in order to achieve a passing score.

[-Rx HOURS HERE-](#)

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🗣️ Speaker



Nick Manwaring, MSN, APRN, FNP-C Rheumatologist, United State Public Health Service, ANTHC

4:30pm

### Afternoon Break

🕒 4:30pm - 4:45pm, Sep 17

Go get more caffeine and stretch!

4:45pm

### Post Discharge Considerations in the Infant born Prematurely

🕒 4:45pm - 5:45pm, Sep 17

**Track One**

Please give a warm welcome to [Stacy Brunquist, MSN, NNP-BC](#)

To receive credit for this course, you must complete the [-PRE-QUIZ HYPERLINK HERE-](#), watch the presentation in its entirety, and complete the [-POST-QUIZ HYPERLINK HERE-](#) with a passing score of 70%. You may re-take the quiz as many times as you need to in order to achieve a passing score.

[-Rx HOURS HERE-](#)

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🗣️ Speaker



Stacy Brunquist, APRN Neonatal Nurse Practitioner, LifeMed Alaska

5:45pm

### Awards, Prizes, Closing Remarks, CE Instructions, and Changing of the Guard

🕒 5:45pm - 6:00pm, Sep 17

**Nominations for the ANPA Executive Board close at midnight on 9/19! Voting will start 9/20 via Survey Monkey and will be open through 10/20.**

[-NOMINEE INFO HERE-](#)

**Please note that submitting the survey below indicates to the ANPA that you have completed all presentations for which you wish to receive credit. Only the sessions selected in this survey will receive credit, so if you intend to go back and watch other sessions, wait until you are completely done and then submit your survey.**

[-2021 CONFERENCE SURVEY AND APPLICATION LINK HERE-](#)