



ARKANSAS NURSE PRACTITIONER ASSOCIATION

**2026 Annual Conference**  
**Game Changers: NPs Leading the Way to a Healthier Arkansas**

**Thursday, April 16, 2026: Preconference**

**Room 209**

12:30	Registration Desk Opens	
13:00 – 13:15	Welcome	Rebekka Amick, ANPA President
13:15 – 15:00	Entrepreneurship: Start & Grow Your Business	Lynn Rapsilber, DNP, APRN, ANP-BC, FAANP
<b>15:00 – 15:15</b>	<b>Refreshment Break</b>	<b>Sponsored by Boston Mountain Rural Health Center</b>
15:15 – 17:00	Coding Clicks, Documentation Details, & Billing Bonuses	Lynn Rapsilber, DNP, APRN, ANP-BC, FAANP
<b>17:00 – 18:30</b>	<b>Welcome Reception</b>	<b>Sponsored by BioMedix Lab</b>

**Friday, April 17, 2026: Conference Day 1**

07:00	Registration Desk Opens	
<b>07:15 – 07:50</b>	<b>Breakfast Symposium (Not for CE credit)</b> Understanding SI Joint Pain	<b>Sponsored by Arkansas Surgical Hospital</b> Saman Farr, DO, Spine Surgeon
08:00 – 08:15 <i>Room 207-209</i>	Welcome – Opening Ceremony Presentation of Colors National Anthem	Rebekka Amick, ANPA President Hot Springs World Class High School Color Guard Miss DeAnna Reynolds
08:15 – 09:15 <i>Room 207-209</i>	Leveling Up: Essential Updates for APRNs	Shannon McKinney, DNP, WHNP-BC, RNC-OB Advanced Practice, ASBN Assistant Director
<b>09:15 – 10:15</b> <i>Hall A</i>	<b>Unopposed Exhibit Hall</b>	
10:15 – 11:45 <i>Room 207-209</i>	AANP Legislative Update Advancing the Role of the Nurse Practitioner: Battling Misinformation, Disinformation, and How We Can Help Educate the Public	Valerie Fuller, PhD, DNP, AGACNP-BC, FNP-BC, FNAP, FAANP, FAAN President, American Assoc of Nurse Practitioners
<b>11:45 – 13:45</b>	<b>Exhibit Hall Open</b>	
<b>12:00 – 13:00</b>	<b>Lunch in Exhibit Hall</b>	<b>Sponsored by Physicians' Laboratories of America, LLC</b>
12:30 – 13:30	Attended Posters	Poster Presenters
13:45 – 15:45	<b>Afternoon Workshop</b>	
<i>Room 203</i>	Basic Suturing: Changing the Foundation for Clinical Practice (Additional Cost)	Greg Brooks, DNP, FNP-C, FAANP Khairunnisa Khan, DNP, FNP-C, AP-PMN, PMGT-BC Bridget McCarty, DNP, APRN, AGACNP-BC
13:45 – 14:45	<b>Breakout Session 1 (3 options)</b>	
<i>Room 202</i>	Considerations for Adolescent Contraceptive Counseling	Samantha Crouch, DNP, CNM, FACNM, IBCLC
<i>Room 204</i>	Acute Pancreatitis: Recognition, Management, and Follow up	Amanda Cheatham, DNP, AGACNP-BC, FNP-BC
<i>Room 205</i>	Optimizing Geriatric Prescribing: 2023 AGS Beers Criteria Updates	Alesia Davis, APRN, ACNPC-AG
<b>14:45 – 15:00</b>	<b>Refreshment Break</b>	<b>Friday Drink Sponsor – Vital Care of Little Rock</b>
15:00 – 16:00	<b>Breakout Session 2 (3 options)</b>	
<i>Room 202</i>	Resourceful Rural Hospitalists: How to Do More with Less and When to Ask for Help	Michelle Wade, MSN/Ed, AGNP-C, ACNP-AG, FAANP Julia Ponder, DNP, AGACNP-BC, FNP-C, CEN
<i>Room 204</i>	Decoding Complex Mood Disorders: Recognizing Depression, Bipolar Spectrum, and Anxiety in Family Practice	Lauren Andrews, MSN, APRN, PMHNP-C, FNP-C
<i>Room 205</i>	Atopic Dermatitis: What are the Newest Medication Therapies?	Nan Means, MNsc, APRN, FNP-BC
<b>16:00 – 16:15</b>	<b>Break</b>	
16:15 – 17:15 <i>Room 207-209</i>	The Importance of Antimicrobial Stewardship	Ryan Dare, DO



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Saturday, April 18, 2026: Conference Day 2

07:00	Registration Desk Opens	
07:15 – 07:50	<b>Breakfast Symposium (Not for CE Credit)</b> Advances in HTN: Evidence Paving the Way for a Paradigm Shift	<b>Sponsored by AstraZeneca</b> Speaker Drew Heiple, MD
08:00 – 09:15 <i>Room 207-209</i>	<b>KEYNOTE</b> The Juggling Act: How to Juggle Work, Change, & Performance in the Post-COVID Workplace	Cody Byrns
09:15 – 09:45	<b>Break Symposium (Not for CE Credit)</b> Atrial Fibrillation: The Pathway from Identification to Treatment	<b>Sponsored by AtriCure</b> Lyndsey Reynolds, APRN Pouya Hennati, MD; Breck Sandvall, MD
09:45 – 10:45 <i>Room 207-209</i>	Team ANPA: Uniting NPs for Statewide Impact	Rebekka Amick, ANPA President Caitlin DeVore, ANPA Executive Director ANPA Board of Directors & Committee Chairs
10:45 – 11:00	<b>Refreshment Break</b>	
11:00 – 12:00	<b>Breakout Session 3 (4 options)</b>	
<i>Room 202</i>	Claim your Seat: Leveraging your Voice to Drive Legislative Change	Julia Ponder, DNP, AGACNP-BC, FNP-C, CEN Karen Reynolds, MSN, APRN, FNP-C Leonie DeClerk, PhD, DNP, FNP-BC, FAANP
<i>Room 203</i>	POCUS for DVT Assessment	Bridget McCarty, DNP, APRN, AGACNP-BC Megan Ott, MHA, R.T.(R)(CT), RDMS, RVT Cesalie Wallace, DNP, APRN, FNP-BC, NP-C
<i>Room 204</i>	Clinical Updates for Menopause Management	Taylor Kelamis, MS, APRN, FNP-C
<i>Room 205</i>	Nutritional Deficiencies Mimicking Psychiatric Conditions: How Diet Impacts Mental Health	Kelsey Sallee, MSN, APRN, PMHNP-BC Lauren Andrews, MSN, APRN, PMHNP-C, FNP-C
12:00 – 13:00	<b>Lunch Symposium (Not for CE Credit)</b> Screen Plus Detect Eary Cancer: How the Cologuard Plus Test and Cancerguard Tests can Help you Expand Early Detection and Confidence	<b>Sponsored by Exact Sciences</b> Mark Kirkikis, PharmD, Medical Science Liaison
13:00 – 15:00	<b>Afternoon Workshops</b>	
<i>Room 203</i>	Advanced Suturing & Digital Blocks: Taking Your Skills to the Next Level (Additional Cost)	Greg Brooks, DNP, APRN, FNP-C, FAANP Rhonda Finnie, DNP, APRN, AGACNP-BC Julia Ponder, DNP, APRN, AGACNP-BC, FNP-C
<i>Room 202</i>	From Pill Burden to Patient Goals: Tackling Polypharmacy in the Aging Population	Michelle Wade, MSN/Ed, APRN, AGNP-C, ACNPC-AG, FAANP
13:00 – 14:00	<b>Breakout Session 4 (2 options)</b>	
<i>Room 204</i>	Clinical Evaluation and Non-Invasive Management of Premature Ventricular Contractions in the Primary Care Setting	Alesia Davis, APRN, ACNPC-AG
<i>Room 205</i>	Breaking the Cycle: Neurobiological Insights and Clinical Strategies for Managing Self-Harm and Panic Attacks	Melissa Bell, MSN, APRN, FNP-C, PMHNP-BC
14:00 – 14:15	<b>Refreshment Break</b>	



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14:15 – 15:15		<b>Breakout Session 5 (2 options)</b>
<i>Room 204</i>	Integration of Obesity Guidelines to Reduce Metabolic Syndrome Risk: A Review of Diagnostic Tools, Risk Factors, and Therapeutic Options	LaKendra Ready, DNP, APRN, FNP-BC Cesalie Wallace, DNP, APRN, NP-C, FNP-BC
<i>Room 205</i>	Optimizing Opioid Screening: The Impact of Staff Education in a Pain Management Clinic	Khairunnisa Khan, DNP, APRN, FNP-C, AP-PMN, PMGT-BC
15:15 – 15:30		<b>Break</b>
15:30 – 16:30 <i>Room 207-209</i>	The Playbook for Progress: Shaping the Future of NP Practice in Arkansas	Karen Reynolds, MSN, APRN, FNP-C Neil Langer, DNP, APRN, FNP-C ANPA Health Policy Committee Co-chairs
16:30 – 16:45		<b>Closing</b>

**Poster Presentations**

<b>Allison Davis, BSN, RN, EMT-B (DNP Student)</b>	Exploration of Pediatric Autism Perceptions Held by Marshallese Community in Northwest Arkansas
<b>Kimberley Stickley, DNP, APRN, FNP-C, PMHNP-BC</b> Neal Reeves, DNP, RN, CNE, NI-BC, Alumnus CCRN Stanley Ellis, EdD, CFD, CPP, MS; Brittany Beasley, PhD, RN, CNE Stephanie Trotter, PhD, RN; Kesha James, MA, PMP Sara Jones, PhD, APRN, PMHNP-BC, FAAN, FAANP	Exploring perceived barriers and facilitators for providing rural adolescent mental tele-health services in academic settings
<b>Melissa Darnell, PhD, DNP, APRN, FNP-BC, CNE</b> <b>Shelly Daily, SNP, APRN, FNP-BC, CNE</b> <b>Terri McKown, DNP, APRN, FNP-BC</b>	From Clinic to Classroom: What Motivates APRNs to Become Nurse Educators
Anh Pham, BSN, RN <b>Leonie DeClerk, PhD, DNP, APRN, FNP-BC, FAANP</b> Martha Rojo, PhD, RN	Nurse Practitioners' Experiences Transitioning to Full Practice Authority in Arkansas
<b>Michel Villiger, MSN, APRN (DNP Student)</b>	Enhancing Pediatric Lipid Screening Rates by Implementing Electronic Health Record-Based Reminders
<b>Alexa Treml Hall, MSN, RN, OCN (DNP Student)</b>	Improving Lung Cancer Screening Rates Through Implementation of an HER-Based Eligibility Reminder
<b>Bridget McCarty, DNP, APRN, AGACNP-BC</b> Laura Mayfield, DNP, APRN, FNP-BC Cesalie Wallace, DNP, APRN, FNP-BC, NP-C	Incorporating Point-of-Care Ultrasound Training for Deep Vein Thrombosis in Advanced Practice Registered Nurse Education
<b>Cassie Jankowski Jones, BSN, RN</b> Leonie DeClerk, PhD, DNP, APRN, FNP-BC, FAANP Dominique DuBois, PhD, APRN, CNM	Ketamine versus Electroconvulsive Therapy for Major Depressive Episode: A Literature Review
<b>Jessaca Hope, DNP, APRN, AGACNP-BC</b> <b>Teneicie Sabb, MNSc, APRN, AGPCNP</b>	Psychogenic NonEpileptic Seizures (PNES): Improving Recognition and Initial Management in Non-Neurology Settings
<b>Leonie DeClerk, PhD, DNP, APRN, FNP-BC, FAANP</b>	Nurse Practitioners in Arkansas: Where Are We Now?
<b>Amber Westpheling, DNP, APRN, AGACNP-BC, CCRN-CSC-CMC</b>	The ECMO Paradox: When Support Harms Before it Heal
<b>Lindsey Bourne, MNSc, APRN, AGACNP-BC, ANVP-BC, CNIC-BC</b> Wesley Fiser, MD Kasey Grimmatt, BSN, RN	Identifying Populations at Risk for 30-Day Event Monitor Non-Compliance

\*Presenting author(s) are bolded