

NORTH DAKOTA NURSE PRACTITIONERS ASSOCIATION PRESENTS

EIGHTEENTH ANNUAL PHARMACOLOGY CONFERENCE BROCHURE

SEPTEMBER 23-25, 2026

HILTON GARDEN INN
FARGO, ND

www.ndnpa.org



For your attendance and support of NDNPA

We hope that you enjoy the conference as much as we enjoyed planning it. Help us continue to improve and provide you with a conference that meets your needs by completing our survey at the end of the conference. Information is relayed during the conference.

If you are interested in participating on the planning committee for the Nineteenth Annual Conference which will be held September 22-24, 2027, in Bismarck, ND (BSC National Energy Center of Excellence), contact us at ndnpa-secretary@hotmail.com.

Pharmacology Conference Planning Committee

A sincere thank you for your hard work and dedication in making this conference a success! Thank you to the planning committee: Kerri Benning, Kylie Buchholz, Joy Dzoi, Janel Eckroth, Karla French-Baker, Dean Gross, Kara Kniert, Carrie Meckle, Leah Neugebauer, Allison Peltier, Cheryl Rising, Teree Rittenbach, Heidi Saarinen, Tami Schue, Shaun Siebold, JoAnn Trader, Jenn Vandal, Sara Wiedrich, and Melissa Eslinger.

This activity is approved for 17.0 contact hours of continuing education (which includes 14.25 hours pharmacology) by the American Association of Nurse Practitioners (AANP)

This activity was planned in accordance with AANP Accreditation Standards and Policies.
Activity ID #260800090

2026 Conference Agenda

Wednesday, September 23

1:00-1:15 Welcome

1:15-2:15 Rebekah White, APRN, DCNP – Atopic Dermatitis and Psoriasis: New Topicals and Systemic Therapies

2:15-3:15 Rebekah White, APRN, DCNP – Pharmacologic Treatment of Common Skin Diseases

3:15-3:30 Break

3:30-4:30 Allison Peltier, DNP, ARPN, FNP-C – Vaping and Tobacco: Understanding Health Risks and Effective Treatment Strategies

4:30-5:30 Sarah Matcha, APRN-CNP, FNP-BC – Tremors & Parkinsonism Identification & Treatment for the Primary Care

5:30-6:00 Social

6:00-7:00 Annual Meeting

Hours: 6 hours (4 CE)

Thursday, September 24

7:30-8:00 Registration and Breakfast

8:15-8:30 Welcome

8:30-9:30 Christopher Bland, PharmD, FIDSA, FCCP, BCPS - They Aren't Just for Diabetes Anymore: Update on SGLT-2 Inhibitors in Clinical Practice

9:30-10:30 Christopher Bland, PharmD, FIDSA, FCCP, BCPS - Current Update on GLP-1 Agonists for Obesity and Other Unique Comorbid Conditions

10:30-11:00 Announcements/Break with Exhibitors and Poster Presentations

11:00-12:00 Christopher Bland, PharmD, FIDSA, FCCP, BCPS Osteoporosis Review

12:00- 1:00 Lunch

1:00-2:00 Christopher Bland, PharmD, FIDSA, FCCP, BCPS - New Medication Update

2:00-3:00 Christopher Bland, PharmD, FIDSA, FCCP, BCPS - Clinical Pearls: Drug Therapy

3:00-3:30 Announcements/Break with Exhibitors and Poster Presentations

3:30-4:30 Wendy Wright, DNP, ANP-BC, FNP-BC, FAANP, FAAN, FNAP – Meeting the Challenge of Fibromyalgia Management: Multimodal Therapy is Essential

4:30-5:30 Wendy Wright, DNP, ANP-BC, FNP-BC, FAANP, FAAN, FNAP - Pharmacotherapeutic Options for Lipid Management: Evolving the Science

Hours: 10 hours (7 CE)

2026 Conference Agenda

Friday, September 25

6:45-7:15 Registration and Breakfast
7:15-7:30 Announcements and Introduction
7:30-8:30 Wendy Wright, DNP, ANP-BC, FNP-BC, FAANP, FAAN, FNAP - Case Study Approach to Asthma Management: Focus on Pharmacology and Guidelines
8:30-9:30 Wendy Wright, DNP, ANP-BC, FNP-BC, FAANP, FAAN, FNAP - Attention Deficit/Hyperactivity Disorder: Latest in Treatment Recommendations
9:30-10:00 Announcements/Break with Exhibitors
10:00-11:00 Wendy Wright, DNP, ANP-BC, FNP-BC, FAANP, FAAN, FNAP - When Blood Pressure Won't Budge: Unmasking Hypercortisolism in Resistant Hypertension
11:00-12:00 Christopher Bland, PharmD, FIDSA, FCCP, BCPS - Review of Pharmacokinetics, Pharmacodynamics, and Basics of Drug/Drug and Drug/Disease Interactions
12:00-12:15 North Dakota Board of Nursing Update
12:15-1:00 Lunch
1:00-2:00 Jean Marie McGowan, MD - Menopause Management: Hot Flashes
2:00-3:00 Jean Marie McGowan, MD - Menopause Management: Genitourinary Syndrome of Menopause
3:00-3:15 Conference Conclusion

Hours: 8.5 hours (6 CE)

Total CE Hours: 17

2026 Speakers



Rebekah White APRN, DCNP

Dermatology Nurse Practitioner

Becky White is a Dermatology Certified Nurse Practitioner that treats patients of all ages with psoriasis, eczema, skin cancer, acne and any other skin condition. She obtained a Bachelor's degree from Jamestown College. She completed her Master of Science degree in Nursing at North Dakota State University. In 2006, Becky started working as a dermatology nurse practitioner in Minneapolis. Her professional memberships include the American Nurses Association and Nurse Practitioner Society of Dermatology Nurse Association (DNA. She grew up in Jamestown, ND and now resides in Baxter, MN with her husband, Mikkey and their 2 daughters. She enjoys being anywhere outdoors, rain or shine. Becky currently sees patients in Baxter, Wadena and Aitkin.



Allison Peltier DNP, APRN, FNP-C

Associate Professor of Practice
NDSU School of Nursing

NDNPA President

Dr. Allison Peltier, DNP, APRN, FNP-C received her Bachelor of Science in Nursing from Minnesota State University and her Doctor of Nursing Practice (DNP) from North Dakota State University (NDSU). She has been a nurse practitioner for over ten years working with tribal communities. She also is an Assistant Professor of Practice and Co-Director of the NDSU DNP Program. She serves as the President for the North Dakota Nurse Practitioner Association (NDNPA). She is a member of the American Association of Nurse Practitioners (AANP), National Organization of Nurse Practitioner Faculties, American Public Health Association, Society for Research on Nicotine and Tobacco, and the NDNPA. She is the recipient of the 2023 AANP State Award for Excellence.



Sarah Matcha APRN-CNP, FNP-BC

Nurse Practitioner
Neurology
Sanford Health

Sarah is a nurse practitioner and currently practices in Neurology at Sanford Health. primarily treats movement disorders such as: Parkinson's or Huntington's disease, various dementias, seizures, and headaches. She handles deep brain stimulation and Baclofen pump management. Sarah also focuses on providing patients with disease-specific education and counseling. She acts as Executive Director of the Midwest Parkinson's Initiative.



Christopher Bland PharmD, FIDSA, FCCP, BCPS

Albert W. Jowdy Professor
The University of Georgia College of Pharmacy
Co-founder of Teach Me Pharm, LLC. Author of InteGREAT: A Guidebook for Creating Great Healthcare Teams
Savannah, GA

Dr. Christopher M. Bland, PharmD, FIDSA, FCCP, BCPS is the Albert W. Jowdy Professor in Pharmacy Care. He has over 25 years of practice experience within the Department of Defense as well as the private sector and is the co-founder of the Southeastern Research Group Endeavor (SERGE-45), a network of nearly 100 pharmacists across 14 states dedicated to clinical research for nearly 15 years. His clinical practice endeavors include obesity management, infectious diseases, critical care and polypharmacy management. Chris is the co-founder of Teach Me Pharm, an online learning platform dedicated to making drug therapy easy and fun to learn for students and practitioners. Dr. Bland is also the co-author of a new book entitled "InteGREAT- A Guidebook for Creating Great Healthcare Teams" that practically builds, grows, and refines healthcare teams. He has provided over 500 hours of continuing education and guest lectures to multidisciplinary audiences nationally and internationally.



Wendy Wright DNP, ANP-BC, FNP-BC, FAANP, FAAN, FNAP

Owner and Family Nurse Practitioner, Wright & Associates Family Healthcare

Wendy received her Doctor of Nursing Practice in 2019 from the University of Alabama, Tuscaloosa. She is a 1992 graduate of the Adult Primary Care Nurse Practitioner program at Simmons College in Boston and completed a family nurse practitioner post-master's program in 1995. She is an adult and family nurse practitioner and the owner of two nurse practitioner-owned and -operated clinics within New Hampshire named Wright & Associates Family Healthcare. Her family practices have won numerous awards, including Top Providers in New Hampshire 2018, Top 20 Fastest Growing Family Business, and Top 20 Women-Owned Business in New Hampshire. In addition, she is the Owner of Partners in Healthcare Education, a medical education company. She is the Past President of NPACE and the Senior lecturer for Fitzgerald Health Education Associates. She is the recipient of numerous awards and was chosen by the American Association of Nurse Practitioners as the 1999 recipient of the New Hampshire State Excellence Award. In addition, she received the 2009 New Hampshire Nurse Practitioner of the Year and the 2014 Top 5 Women in New Hampshire Business Award. In 2005, she was inducted as a Fellow into the American Academy of Nurse Practitioners; in October 2014, a Fellow in the American Academy of Nursing; and in March 2017, a Fellow into the National Academies of Practice. She is the founder of the New Hampshire Chamber of Entrepreneurial Nurse Practitioners, an organization designed to assist nurse practitioners with independent practice issues. In addition to full-time clinical practice, she presents nationally to different audiences and has been a speaker at over 1,000 conferences in 47 states. She is the nurse practitioner representative to the State of New Hampshire Immunization Advisory Board. She has been a medical media spokesperson for numerous companies and has appeared on radio, television, and in print magazines. Wendy is frequently consulted by malpractice attorneys around the area of clinical practice and has worked on more than 100 malpractice cases involving nurses and nurse practitioners.



Jean Marie McGowen M.D.

Senior Associate Consultant
Mayo Clinic
Rochester, MN

Dr. Jean Marie McGowan joined the Mayo Clinic, Rochester campus in 2024 as a Senior Associate Consultant under the Consultative Internal Medicine department and the Menopause and Women's Sexual Health Clinic. Dr. McGowan is a certified menopause practitioner through The Menopause Society, a Fellow of the American College of Physicians, and serves on the Women in Medicine Commission for the Society of General Internal Medicine. Dr. McGowan attended the American University of the Caribbean, School of Medicine and completed her Internal Medicine residency at University of North Dakota in 2016 where she served as chief resident. She then practiced at Sanford Health in Fargo, ND where she served as the physician lead for the Women's Specialty Clinic and Hereditary Cancer Clinic, director of the Pelvic Floor Clinic, and co-director of the Preconception Clinic. Dr. McGowan was Assistant Clinical Professor at UND, serving as director of the Women's Health rotation and career advisor for medical students. Dr. McGowan is passionate about improving healthcare for women through innovating clinical practices, sitting on committees to integrate care and fill in gaps, and educating both medical professionals and the community.

Poster Abstracts 2026 NDNPA Conference

1. Taylor Johnson, BSN, RN, DNP-S: A Quality Improvement Initiative to Address Improved Screening of Opioid Use Disorder in a North Dakota County Jail
2. Anna Caniglia, BSN, CCRN, DNP-S: Implementation of AI Documentation Assistance to Improve Clinic Efficiency
3. Janetta Jackman, BSN, RN, DNP-S: Prediabetes: Education and Screening at a Rural Community Fair
4. Anne Soulis, BSN, RN, DNP-S: A Quality Improvement Project Evaluating Pediatric Pain Management During Childhood Immunizations
5. Troy Cushman, BSN, RN, DNP-S: Structured Mentorship Conversations for Meaningful Impact: The CARE Check
6. Amanda Leischner, BSN, RN, DNP-S: Implementation of Standardized Patient Education: Hormone Replacement Therapy
7. Annie Gatzke, BSN, RN, DNP-S: Enhancing Emergency Hemorrhage Response Capacity In Rural North Dakota Schools Through Stop The Bleed Training: A Quality Improvement Initiative
8. Bria Verdoes, BSN, RN, OCN, TTS, DNP-S: Impact of Staff Education on Tobacco and Nicotine Referral Practices in an Outpatient Oncology Setting
9. Casey Tanous, BSN, RN, DNP-S: Enhancing Advance Care Planning Engagement in a Palliative Care Clinic Using a Pre-Visit Questionnaire
10. Ashley Wingenbach, BSN, RN, DNP-S: Quality Improvement Evaluation of a Transition to Practice Program for New Advanced Practice Providers
11. Taylor Mau-Stevens, BSN, DNP-S: Optimizing Diabetes Mellitus Adherence Through Clinical Specialty Referrals
12. Cierra Muscha, BSN, RN, DNP-S: Improving Electronic Health Record Efficiency in a Rural Primary Care Clinic
13. Andrea Wicklund, BSN, RN, DNP-S: Evaluating a Cross-Trained Nursing Laboratory Workflow Model in a Walk-In Clinic
14. Ashley Thibert, BSN, RN, DNP-S: Standardization of the Supply Ordering Process in Walk-in Clinics
15. Leah Neugebauer, DNP, MSN, FNP-C, WHNP-BC: Integrating Telehealth Education into an FNP Program: A Curriculum Grounded in Evidence-Based Practice
16. Kauri Glatt, BSN, RN, DNP-C: Implementing New Male Patient Form at the Breast Clinic
17. Mayson Kaml: BSN, RN, FNP-S: Get Schooled: Improving Utilization of School-Based Health Centers
18. Iryna Hoppe, BSN, RN, DNP-S: Precepting Future Healthcare Providers: Development of a Student Onboarding Toolkit to Enhance Clinical Readiness and the Preceptor Experience

MANY THANKS TO OUR 2026 EXHIBITORS

Abbott Diabetes Care
Abbvie
Abbvie
American Association of Nurse Practitioners
Amgen
AstraZeneca
Boehringer Ingelheim
Bristol Myers Squibb
Dexcom
Essentia Health
Eli Lilly
Exact Sciences
GeneSight - Myriad Genetics
Ionis Pharmaceuticals
Irsfeld Pharmacy
Johnson & Johnson
Minimed Diabetes
Myriad Genetic Laboratories, Inc.
Neurocrine
North Dakota State University
Novo Nordisk
Otsuka American Pharmaceuticals Inc.
Pfizer
Recordati Rare Diseases, Inc.
Regeneron
Sanford Health
Sanofi
University of Mary
University of North Dakota

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