

# 2014 ANPA Conference Schedule

Thursday, September 18, 2014

**7:30 - 8:00: Registration & Breakfast**

**8:00 - 8:15: Welcome & Announcements (JUNEAU ROOM)**

**8:15 – 9:30**

**Keynote Speaker**

**BARBARA C PHILLIPS, MN, GNP-BC, FNP-BC, FAANP**

*It's Our Time: Where We've Been... Where We Are Going*

**(JUNEAU ROOM)**

**9:45 - 11:00**

**CHRISTINE SAGAN, RN, ANP: Testosterone Replacement Therapy...Not Just for Men (FAIRBANKS ROOM)**

*Identify signs & symptoms, discuss proper lab work up, types of treatment, monitoring for therapeutic range.*

**PAULA BRADISON, CMPE: ICD-10, NOW OR NEVER? (KENAI ROOM)**

*Review ICD-10 timeline, updates, requirements. Impact & prep of EHRs. How to prepare for change.*

**MARTIN BEALS, MD: Alaska Center for Pediatrics - Children's Hearing Problems (VALDEZ ROOM)**

*TBA*

**11:00 - 11:30 Break**

**11:30 - 12:45**

**STEVE FLOERCHINGER, MD & TORREY SMITH, ND, Allopathic & Naturopathic Perspectives On Gastrointestinal Diseases (FAIRBANKS ROOM)**

*Discuss approaches to: gall bladder disease, gastroesophageal reflux diseases, colonic diverticulosis(itis), use of meds & surgery..*

**JOHN K BOTSON, MD, RPH: NSAIDs: Past, Present, Future (KENAI ROOM)**

*How NSAIDs discovered/developed, mechanism of action, pharmacokinetics, risk & toxicity.*

**MAGGIE MILLER, MS: Breast Cancer Risk Assessment & Genetics (VALDEZ ROOM)**

*Identify common risk factors. Recognize mechanisms of cancer inheritance. Interpret risk factors. Describe resources.*

**12:45-2:30: Lunch Session**

**NANCY SANDERS, PhD, RN**

2014 Update from the Board of Nursing

**2:45-4:00**

**PENNY KAYE JENSEN, DNP, FNP-C, FAAN, FAANP: Erectile Dysfunction & Comorbid Conditions: Pearls for Practice (KENAI ROOM)**

*Describe prevalence, etiology, comorbidities associated with, pharm & non-pharm treatments.*

**ROBERT C THOMAS, MD: Keeping Alaskan Pilots Flying – The role of Aviation Medical Examiner (AMEs) and NPs (FAIRBANKS ROOM)**

*Describe the role of AME & why it exists. Considerations when evaluating & treating. Meds, which ones can u prescribe?*

*Additional resources.*

**MEG BERGESON, DNP, ACNP-BC, FNP-BC, RNFA: Post operative care of The Transgender Patient (overview) (VALDEZ ROOM)**

*Identify common hormones used in treatment of male to female & female to male. Specify appropriate dosages. Evaluate the physiological response. Discuss numerous procedures.*

**4:00 - 4:30 Break**

**Please Visit Exhibitors**

**4:30 - 5:45**

**LARRY LEVINE, MD: Update on Pain Medications (FAIRBANKS ROOM)**

*General overview of med options & classes, NSAID's and prescribing considerations. Understand rational for adjunct meds for pain control.*

**MELISSA SUNDBERG, PT, DPT, OCS, COMT & ANNA KOKAUROVA, ADVANCED ROLFER, PILATE:**

*Sneeze w/Confidence: Helping your post-partum patients (no matter how long ago they delivered) restore their pelvic floor & optimize their care (KENAI ROOM)*

*Identify symptoms of weakness, muscles that comprise, post-partum postural & orthopedic findings. Strategies to sneeze, laugh & cough.*

**DIVERSITY PANEL KELLY MURPHY, MSN, BSN, IBCLC, HEIDI HURLIMAN, APRN, JILL MANDT, ANP, BSN, MSN DREW PHOENIX, MSM, M.Div., M.AC (VALDEZ ROOM)**

*Recognize important diverse populations & their unique health needs. Identify common difficulties in providing care. Receive management strategies.*

**6:00 - 7:00 pm**

**Social**

**30<sup>th</sup> Anniversary of Nurse Practitioners**

**Independent Practice in the**

**State of Alaska**

**Poster Presentations**

**1 CE for attending poster presentations**

**See Last Page for List of Presentations**

# 2014 ANPA Conference Schedule

**Come Dressed for Success & get a  
FREE  
Professional Digital Photo  
7:30 - 11:30  
Photography by Josh Corbett  
Haines Room**

**Friday, September 19, 2014**

**7:30 - 8:00: Registration & Breakfast**

**8:00 - 8:15: Welcome & Announcements (JUNEAU ROOM)**

**8:15 - 9:30**

**Plenary Panel**

**BARBARA C PHILLIPS, MN, GNP-BC, FNP-BC, FAANP;**

**MO HILLSTRAND, BSN, MSN, DNP;**

**KATHLEEN T. MELICAN, FNP; KERRY DORIUS, MS, FNP**

*NP's In Practice*

**9:45 - 11:00**

**ABBY LAING, ND:** Good Kid Bad Diet. Alternative Approaches to the Treatment of Pediatric Behavioral Issues (**FAIRBANKS ROOM**)

*Identify top behavioral issues, most common conventional tx, finding cause of issue, alternative & nutritional approaches.*

**LAURA PERIMAN, MD:** Dry Eye, Allergic Conjunctivitis & Allergic Rhinitis in Primary Care (**KENAI ROOM**)

*Pathophysiology, risk factors, prevalence, identify OTC & prescription meds, counter tx, case study.*

**JEREMY HAYES, BS & BROOKE VOLKMAN, BS:** Healthcare Branding & Promotion for Small Businesses (**VALDEZ ROOM**)

*Importance of creating a strong brand identity. Traditional & nontraditional promoting mediums. Tools necessary to promote themselves. Workshop to create own unique brand.*

**11:00 - 11:30 Break - Please Visit Exhibitors**

**11:30 - 12:45**

**CATHY BALDWIN-JOHNSON, MD, FAAFP:** What are Adverse Childhood Experiences Studies (ACES) and What Do They Mean to My Practice (**FAIRBANKS ROOM**)

*Describe three key findings, at least 2 mechanisms that help explain the findings and a way to ask about ACE's*

**PENNY KAYE JENSEN, DNP, FNP-C, FAAN, FAANP:** The Future of APRN Practice, Leading Change, Advance Healthcare (**KENAI**)

*Identify the impact of health policy issues, the importance of recommendations & how they apply. describe process of Federal Supremacy.*

**LIZ BUTERA, ANP & SALLY HOKANSON, RN:** Sexually Transmitted Infections: Diagnosis & Treatment (**VALDEZ ROOM**)

*Identify & diagnose, treatment, partner treatment, patient education and what's new in Alaska.*

**12:45 - 2:30 Lunch Session**

**ANPA Business Meeting**

**2:30 - 3:00 - Dessert with Exhibitors**

**3:00-4:15**

**RACHAD RAYESS, MD:** Updates on Psychopharmacology (**FAIRBANKS ROOM**)

*Describe general psychopharm rules. Updates on mood disorder tx, psychopharmacology during pregnancy, anxiety disorder treatment & new psychopharm agents.*

**DEB KILEY, DNP, FNP-BC, FAANP:** Policy & Politics: If You're Not at the Table, You're on the Menu (**KENAI ROOM**)

*Describe difference between policy & politics and why important. Potential negative impact on NP practice. Three strategies for collaboration and networking. Create two SMART goals related to policy or politics.*

**DIANNE MAYTHORNE, ANP-C:** An Overview of Medical Marijuana: Promises & Pitfalls (**VALDEZ ROOM**)

*Review history, the pharmacodynamics of marijuana, legal status in Alaska. Current investigational use. Potential adverse reactions & contraindications.*

**4:30 - 5:45**

**LAURA PERIMAN, MD:** Minor Eye Procedures in Primary Care & Systemic Autoimmune Disease & the Eye (**FAIRBANKS ROOM**)

*Learn techniques for foreign body, benign lid lesion & chalazion removal. Review autoimmune disease & the eye, pharm advances, case study*

**DONALD IVES, MD, RVT, RPVI:** The Basics of Venous Insufficiency – What you need to know (**KENAI ROOM**)

*Understand broad spectrum & consequences of untreated. Discuss dysfunctional physical findings. Obtain pertinent history. New treatments options and when to refer. Live Patient ultrasound demo*

**CHRISTY POTTER, ANP:** Benefits of Exercise: A Review of the Research and a Plan for Prescribing Exercise Programs (**VALDEZ ROOM**)

*Identify the effects, review emerging research, discuss risks & medications that may impact. Learn to write an exercise prescription & what resources are available in the community.*

## APRN Track

**3:00 - 6:00 pm**

We are pleased to announce the APRN Track, a new track highlighting the practice of the other three advanced practice specialties.

Wendy Monrad, CRNA, will present on labor epidurals.

Lisa Weston, CNM, will present on midwifery management of the perineum during the second stage of labor.

Amy Meyers, CNS, will present on the clinical nurse specialist role in the implementation of a fecal transplant protocol.

Please join us in this exciting new track and find out more about your advanced practice colleagues!

# 2014 ANPA Conference Schedule

Saturday, September 20, 2014

7:30 - 8:00: Registration & Breakfast

8:00 - 8:15: Welcome & Announcements (*JUNEAU ROOM*)

**Pilates with  
Studio One  
7:00 - 7:45 am  
or  
8:00 am**

Wendy L Wright, MSN, RN, APRN, FNP, FAANP  
(*ANCHORAGE ROOM*)

8:00 - 9:30

## The Latest in Treating Anxiety & Depression in Primary Care

*Depression and anxiety are frequently encountered in primary care setting. Treatment often combines both non-pharmacologic and pharmacologic therapies. It is often difficult to decide between the various agents currently on the market. I will provide a review of the latest in treatment options for the patient with depression and anxiety and will make recommendations based upon patient presentation.*

9:30 - 10:00 Break

10:00 - 11:30

## Antibiotic Update 2014: A Focus on Respiratory Infections

*Pneumonia, ABRS and acute exacerbation of chronic bronchitis are commonly encountered respiratory conditions in the pediatric and adult patient. The latest in treatment options for individuals with these conditions will be discussed in detail.*

11:45 - 1:00 Lunch Session

Plenary Session

DAVID E HEBERT, B.S., J.D.

CEO, AMERICAN ASSOCIATION OF NURSE PRACTITIONER

AANP Update

(*JUNEAU ROOM*)

Wendy L Wright, MSN, RN, APRN, FNP, FAANP

1:00 - 2:30

## Hypertension: A Case-Based Approach to JNC 8

*Lecture, discussion and case study presentation, designed to assist the primary care provider with the early identification of patients at risk for target organ damage from hypertension, classes of antihypertensive medications designed to attenuate/avoid target organ damage, and mechanisms to evaluate impact of these medications and their potential adverse effects*

2:30 - 3:00 Break

3:00 - 4:30

## Challenging UTI's: Primary Care Management

*Complicated UTI's are commonly encountered in primary care and emergency settings. Using a case study approach, this session will focus on the management of UTI's in the following: the older individual, the person with an indwelling catheter or a structural abnormality, and those with pyelonephritis. In addition, a discussion regarding antimicrobial resistance and its impact on treating the complicated UTI will be offered.*

Schedule may be subject to change due to circumstances beyond the control of the Education/Conference Committee

See back page for additional information

4:15 - 4:30

Turn In Conference Evaluations

Recycle Your Name Badges

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Annual Alaska Nurse Practitioner Association Conference

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Dianne Tarrant  
Mark Doughty  
Dara Fields  
Deb Kiley  
Lois Rockcastle

## 2014 Poster Presentations

### Christine Bailes, FNP-Student

Caregiver Burden & Perceived Health Competence  
when Caring for Family members Diagnosed with  
Alzheimer's Disease & Related Dementia

### Martha Carver, BSN, RN

Progressive Muscle Relaxation to  
Decrease Anxiety Prior to Clinical Simulations

### Karen Fell, BSN, MSN

Health Information Technology in an  
Aging Population Perceived Barriers and Benefits

### Lisa Jackson, DNP, FNP, NP-C

Implementing Electronic Developmental & Autism  
Spectrum Screening in Primary Care

### Margaret Maixner, BS, BSN

The Role of Alaska's Nurse Practitioners in  
Early Childhood Caries Prevention

### Jill Montague, RN, MSN

Delirium in the Hospitalized Adult

### Maureen Northway, DNP, FNP-C

Providing Nutrition Advice to Alaska Adolescents:  
A continuing Education Module for  
Nurse Practitioners

### Molly Rothmeyer, DNP, FNP-BC, PNP-AC

Reducing Unnecessary Head Computed  
Tomographies in Pediatric Head Trauma Patients

### Angela Santiago, MSN, FNP-C

Health Literacy of Immigrants in ESL Courses in  
Anchorage AK: Implications for Practice

## ANPA 2013-2014 Executive Committee

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**This program was planned  
in accordance with AANP  
CE Standards and Policies and  
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