



THURSDAY, OCTOBER 27, 2022

8:00 AM	Registration opens
9:00 - 9:45 AM	RaDonda Vaught Case - APRN Implications Part 1 - Risk Management in Your Toolbox
General Session G1	<i>Pamela J Para RN, MPH, CPHRM, ARM, DFASHRM</i>
CE 0.75	Part one of the presentation will define risk management, apply the principles of enterprise risk management to two case studies, and discuss how APRNs can manage your risk.
ASH/MAPLE/ELM	
9:45 - 10:45 AM	RaDonda Vaught Case - APRN Implications Part Two - Just Culture & Nursing Regulation
General Session G2	<i>Nancy J. Brent, MS, JD, RN; Barbara Shaw DNP, APRN, FNP-BC</i>
CE 1.5 Pharm 0.5	The RaDonda Vaught Case carries implications for all nurses including APRNs. Part one of the presentation will cover just culture and the regulatory systems that impact APRN practice, safe medication principles for APRNs and discuss how you can assess your own medication administration and prescriptive practices for compliance with established principles of safe APRN practice.
ASH/MAPLE/ELM	
10:45 - 11:30 AM	Panel Discussion - Open Dialogue with Audience
ASH/MAPLE/ELM	<i>Pam Para, Nancy Brent, Susan Swart EdD, MS, RN, CAE, Michelle Buck MSN, APRN, CNS</i>
11:30 - 11:45 AM	Break
11:45 - 1:00 PM	Lunch with Kyowa Kirin, Inc sponsored presentation
Sponsored Session S1	NOURIANZ Lifts the Brake of Adenosine
PINE/SPRUCE/WALNUT	<i>Sachin Kapur MD</i>
1:00 - 1:15 PM	Break
1:15 - 2:45 PM	Hot Topics: Self Care, Wellness, and Climate Change
General Session G3	<i>Wamaitha Sullivan DNP, APRN, FNP; Heide Cygan, DNP, APRN</i>
CE 1.5	According to the HealthyNurse® survey by the American Nurses Association, 70% of the nurses surveyed for the study said they put the health, safety, and wellness of their patients before their own. Self-care is imperative to personal health, sustenance to continue to care for others, and professional growth. This session will present various ways an APRN can practice Self-Care with Mindfulness.
ASH/MAPLE/ELM	
2:45 - 3:00 PM	We will reflect on how our practice impacts climate change and how climate change impacts our patients/populations. Engage in interdisciplinary strategies to change our practice for the improvement of planetary health and renew our profession by educating novice practitioners/nursing students in this area.
3:00 - 4:00 PM	Break
	BREAKOUT SESSIONS
Session A1	Ouch! Make it Better Without Opioids!!
CE 1.0 Pharm 0.5	<i>Tony Alan Amberg MSN MS APRN PMHNP-BC</i>
ASH/MAPLE/ELM	This presentation looks at treatment of pain and options from a holistic and psychosocial perspective. Information is included about purposes and uses of pain, pharmacological approaches to manage the contributors to pain (e.g. antidepressants, anxiolytics) and also non-pharmacological approaches (e.g. yoga, ta'i ch'i, etc.)
Session A2	Health Literacy: A Collaborative Approach
CE 1.0	<i>Maiko Yamashita DNP, APRN, CRNA</i>
WOODS	Vulnerable populations, such as patients with low health literacy, are at risk of poor anesthesia and surgical outcomes. Due to the complex nature of anesthesia patient education, preoperative instruction adherence can be affected, thus leading to poor patient outcomes. Furthermore, marginalized, and disenfranchised

patients may have poorly managed or undiagnosed co-morbidities, which can exacerbate the risk of morbidity and mortality. In August 2020, the U.S. Department of Health and Human Services (HHS) published a new health literacy definition, creating two categories: Personal Health Literacy and Organizational Health Literacy. The objective of this presentation is to present the opportunity for attendees to explore various ways they may promote personal health literacy, and create a sustainable impact of change within their institution of practice to ensure organizational health literacy.

Session A3

CE 1.0 | Pharm 0.25
CYPRESS

Adverse Childhood Experiences (ACEs): Considerations for Practice and Management from Childhood into Adulthood

Michelle Heyland DNP, APRN, PMHNP-BC

Adverse childhood experiences (ACEs) are a common but often under-addressed risk factor in the development and management of various psychiatric and medical conditions. ACEs are defined as psychological, physical, and sexual abuse and dysfunction in the home experienced sometime within the first 18 years of life. Opportunities to impact ACE-related outcomes should include primary prevention and early identification in the practice setting. The overall objective of the presentation is to discuss the major considerations for practice and management across the lifespan as they relate to ACEs.

4:00 - 4:15 PM

Break

4:15 - 5:15 PM

BREAKOUT SESSIONS

Session B1

CE 1.0
WOODS

Bundled Approach to Improve Inpatient Stroke Recognition and Time to Treatment

Lindy Drollinger APRN, NP-C

Early recognition of inpatient stroke is critical in reducing poor outcomes. A gap in knowledge and recognition of stroke by nursing staff was observed, protocols did not incorporate the BE-FAST symptom acronym, and code stroke documentation was frequently incomplete. This presentation will discuss the results of an initiative to improve timely recognition, evidence-based treatment, and nursing documentation.

Session B2

CE 1.0 | Pharm 1.0
ASH/MAPLE/ELM

What's New in 2022: Guideline Updates for Clinicians

Mary McNamera DNP, APRN, CNP

This session will provide a succinct and practical overview of what's new in 2022 clinical guidelines. Guidelines for AHA/ACC HF, CDC chronic pain management, Pneumonia vaccination, American Diabetes Association updates, and USPSTF practice changes will be discussed.

Session B3

CE 1.0
CYPRESS

Illinois' Path to Full Practice Authority

Marie Lindsey PhD, APRN, CNP; Mary Barton, APRN, GCNS-BC, ANP-BC; Theresa Towle DNP, APRN-FPA, FNP-BC, PMHNP-BC

This presentation will explore the 3-decade journey Illinois APRNs have taken toward full practice authority and describe the next steps that are needed to remove the final prescribing vestiges of restricted practice.

5:15 - 5:30 PM

Break

5:30 - 6:30 PM

Dinner with Ultragenyx Pharmaceutical sponsored presentation

Sponsored Session S2

PINE/SPRUCE/WALNUT

X-Linked Hypophosphatemia (XLH) Discussion: An Educational Presentation For RNs, NPs, PAs, and Clinical Staff

Marian Hart

FRIDAY, OCTOBER 28, 2022

7:00 AM

Registration opens

7:00 - 8:00 AM

Breakfast with Industry sponsored presentation

Sponsored Session S3

PINE/SPRUCE/WALNUT

Know the Difference to Make a Difference: Tardive Dyskinesia vs Drug-Induced Parkinsonism

Shammona Clark, APRN-FPA FNP-C CNE BNATP-e

8:00 - 8:15 AM

Break

8:15 - 9:15 AM

BREAKOUT SESSIONS

Session C1

CE 1.0
WOODS

Exercise as a Prescription: An Evidence Based Approach to Address Physical Inactivity

Stephanie Rich BSN, RN, CPAN

Only one in four Americans are meeting the recommended government guidelines for physical activity and the prevalence of obesity in the United States in 2018 at 42.4%. Obesity and physical inactivity are designated as leading health indicators to be addressed through the Healthy People 2030 initiative. The objective of this presentation is to discuss a toolkit for providers to implement exercise prescription in the clinic setting to increase the percent of patients who achieve the recommended Physical Activity Guidelines for Americans. The toolkit to be presented was implemented in a large ambulatory clinic with a multidisciplinary team.

Session C2

CE 1.0
CYPRESS

You Have the Power! Colon Cancer Screening: Update on Guidelines and Screening Initiatives

Nastassja Williams MSN, APRN, FNP-BC

The objective of this presentation is provide health care providers with currently available data on enhancing use and quality of colorectal cancer screening guidelines. The US Multi-Society Task has

divided screening tests into three tiers based upon their effectiveness, performance features, costs, and practical considerations. Primary care providers are at the forefront and together we need to at identifying those at risk, obtain a family history early and ensure patients are getting screened.

Session C3

CE 1.0

ASH/MAPLE/ELM

Treating Non-Alcoholic Fatty Liver Disease: A Successful APP-Led Weight Intervention in Liver Disease (WILD) Pathway

Sarah Repking MSN, APRN, ACNP-BC

Approximately 34% of Americans suffer from Non-Alcoholic Fatty Liver Disease (NAFLD) which is expected to increase by 63% between 2015 and 2030. The hepatology clinic at an Academic Medical Center (AMC) developed a Weight Intervention in Liver Disease (WILD) pathway, led by obesity medicine trained advanced practice providers. While this program was designed specifically to aid in weight loss for those suffering from chronic liver disease, the evaluation could be used to implement similar programs in any primary care or subspecialty care practice. The presentation will describe the structure of the WILD pathway, the process of the WILD pathway, the clinical outcomes of weight loss, and improvement to ALT and recommendations to maintain sustainability of the pathway.

Break

9:15 – 9:30 AM

9:30 - 10:30 AM

BREAKOUT SESSIONS

Session D1

CE 1.0

ASH/MAPLE/ELM

Integrating Mental Health into Primary Care

Lori Hopwood MPH, MSN, APRN-FPA, WHNP-BC, FNP-BC, PMHNP-DNP Student

The presentation will describe a project to examine the effects of a newly integrated collaborative mental health care model. The primary goal of the IBH program was designed to increase the ability of primary care providers to provide mental health services with the support and expertise of a consulting psychiatrist and behavioral health specialist. Additional goals were to improve access to care and improve mental health outcomes. The results and lessons learned while implementing the Integrated Mental Health (IBH) into a small primary care family practice will be discussed.

Session D2

CE 1.0 | Pharm 1.0

WOODS

Opioid Use Disorder - Update - Treatment and Integrating Harm Reduction into Treatment

Karen Cotler DNP, APRN, FNP-BC, FAANP

The overall objectives include: Understanding the status of the opioid epidemic and the diagnosis of opioid use disorder; Define evidence based treatment of OUD and protocols for initiation of treatment; Review harm reduction strategies and the importance of integrating harm reduction into treatment of OUD.

Session D3

CE 1.0 | Pharm 1.0

CYPRESS

When enough is enough: Child and Adolescent Psychiatric Basics for Primary Care Providers

Dorothy Tessman MSN, APRN, PMHNP-BC

Build skills for assessing and providing evidence-based care planning for child and adolescent psychiatric symptoms, the presenter will review and describe updates to **initial mental and behavioral health assessment** and cover treatment recommendations based on a range of findings, with an eye on timely factors of anxiety, mood, focus & concentration, gender & sexuality. We will discuss safety planning, non-suicidal self-injury and when that crosses the line to need emergency care and share guidelines for when higher levels of care are advisable. The scientific literature of currently available best practices as well as frontiers of care and developmental pediatric resources will be covered with time for a discussion of follow-up care, both for seeing improvement and for when things go in unanticipated directions.

Break

10:30 – 10:45 AM

10:45 - 11:45 AM

BREAKOUT SESSIONS

Session E1

CE 1.0 | Pharm 1.0

CYPRESS

When enough is enough: Child and Adolescent Psychiatric Medications for Primary Care Providers

Dorothy Tessman MSN, APRN, PMHNP-BC

Build skills for evidence-based care planning for **managing child and adolescent mood and anxiety symptoms**, the presenter will review initial psych/behavioral assessment and treatment recommendations based on a range of findings. We will discuss safety planning, non-suicidal self-injury and when that crosses the line to need emergency care and share guidelines for when higher levels of care are advisable. The scientific literature of currently available best practices as well as frontiers of care and developmental pediatric resources will be covered with time for a discussion of follow-up care, both for seeing improvement and for when things go in unanticipated directions.

Session E2

CE 1.0 | Pharm 1.0

ASH/MAPLE/ELM

SGLT-2, DPP-4, MDI, DM, GLP, BGM - Navigating the Alphabet Soup That is Diabetes Management. How Do I Choose the Right Medication?

Samantha Robbins FNP, APRN, BC-ADM

This session will cover the basics about Type 2 diabetes and emerging treatments. I will discuss the newer classes of medications, as well as how the "older" medications still have a place in therapy. A focus on current guidelines in the treatment of Type 2 diabetes will be presented. Coverage of insulin therapy as treatment and when it should be pursued, blood sugar monitoring, including continuous glucose monitoring technology and the current and future state of insulin pump therapy, including hybrid closed loop systems will be presented.

Session E3

CE 1.0

WOODS

Applying Principles of Functional Medicine to Clinical Practice*Suzana Draginis MSN, APRN, AGNP-BC*

Applying functional medicine to clinical practice is a way to widen the lens on clinical diagnosis and address the root cause of a disease process. APRNs will walk away with the understanding of the core processes that inform functional medicine; an ability to describe five essential components of practice; the ability to identify core clinical imbalances that point to the origin of disease; apply tools for patient readiness and motivation for change and the ability to develop fundamental multimodal treatment plans in order to prevent and treat of complex, chronic diseases.

11:30 - 3:00 PM

Exhibit Hall

12:45 - 1:45 PM

Lunch with AstraZeneca sponsored presentation

Sponsored Session S4**The Current "MIS" Perception of Asthma Control**

PINE/SPRUCE/WALNUT

Andrea Fuller MSN, APRN, FNP-BC, AE-C

3:00 - 4:00 PM

BREAKOUT SESSIONS**Session F1****PTSD Part 1 - When Should You Suspect Trauma is Key to the Diagnosis and How Do you Figure It Out Without Re-Traumatizing the Patient?**

CE 1.0

Alan Tony Amberg MSN APRN PMHNP-BC; Caroline Onischak APRN, PMHNP-BC

ASH/MAPLE/ELM

The patient in front of you presents with clear distress. The symptoms may suggest a myriad of diagnoses: anxiety, mood changes, psychosis, unexplained physical symptoms. This session will discuss how to determine if trauma plays a role without re-traumatizing the patient.

Session F2**Cardiomems: Keeping an Eagle Eye on Fluid Balance in Heart Failure Patients**

CE 1.0 | Pharm 0.5

Manisa Baker DNP, APRN, RN, CCNS, CCRN-k

WOODS

Heart failure affects 6.5 million adults in the United States (Centers for Disease Control and Prevention, 2019). It is a leading cause for morbidity and mortality and \$30.7 billion was spent in 2012 to care for these patients. The Cardiomem device is a home monitoring system that is designed to alert providers with increased patient fluid volume before signs and symptoms are present. This presentation will discuss patient criteria for Cardiomem implant, monitoring, and implications for advanced practice registered nurses.

Session F3**Early Recognition and Treatment Management of Sepsis Using 2021 Sepsis Guidelines**

CE 1.0 | Pharm 1.0

Julia Rogers DNP, APRN, CNS, FNP-BC

CYPRESS

The Society of Critical Care Medicine (SCCM), European Society of Intensive Care Medicine (ESICM), and International Sepsis Forum (ISF) joined forces to develop the Surviving Sepsis Campaign. The surviving sepsis campaign continues as a global program to reduce mortality rates, improve standards of care, and secure adequate funding. In 2021, new international guidelines for the management of sepsis and septic shock were provided. This presentation will introduce the new recommendations within the guidelines to improve healthcare providers an understanding of how to care for patients efficiently and effectively with sepsis and septic shock by following the new recommendations in the guidelines.

4:00 - 4:15 PM

Break

4:15 - 5:15 PM

BREAKOUT SESSIONS**Session H1****Alphabet Soup: Understanding Hepatitis A, B, and C Serologies, Treatment, and Prevention**

CE 1.0 | Pharm 1.0

Sarah Repking MSN, APRN, ACNP-BC

ASH/MAPLE/ELM

Viral hepatitis is a global epidemic. Each year, up to 1 million people die of hepatitis B and 290,000 die of hepatitis C despite both illnesses being treatable and hepatitis B being preventable. The sometimes-confusing serologic testing and algorithms for treatment leave providers questioning their ability to diagnose accurately and treat appropriately. The purpose of this presentation is to gain a better understanding of the clinical presentation of Hepatitis B and C, describe the serologic testing used to diagnose, identify specific strategies to prevent transmission, and apply evidence-based practice guidelines in the management of Hepatitis B and C, specifically focusing on direct-acting antiviral therapy currently used to treat Hepatitis C.

Session H2**How Does Passion and Vision Drive Advanced Practice Leadership Success?**

CE 1.0

Amanda Connoyer MSN, APRN, CNP

WOODS

This session provides attendees the ability to identify their passion and vision for their career and the advanced practitioner role within their organization. The advanced practice leader or future leader will then be provided with resources, tips, and information to drive their advanced practice program forward within their organization. The information provided will be from both research, as well as person success and failures of the presenter within the advanced practice leadership role.

Session H3**APRNs as Business Owners: A Roundtable Discussion**

CE 1.0

April Odom APRN, FNP-BC

CYPRESS

This session will be a roundtable discussion for APRN's who are aspiring or new business owners and are interested in conversation and networking with other business owners. We will discuss business ideas for APRN's, creating a plan.

10:30 – 10:45 AM Break

10:45 - 11:45 AM

BREAKOUT SESSIONS

Session I1

CE 1.0

WOODS

Exercise Prescriptions: A Script to Better Health

Daniel Kelley MD, CAQSM

Physical activity is a key component to a healthy lifestyle. This presentation addresses the benefits of exercise for populations with access limitations and physical limitations, including chronic illness and pregnancy. Armed with this knowledge, advanced practice nurses can better tailor their exercise recommendations to fit the needs of their individual patients.

Session I2

CE 1.0

CYPRESS

Educating Underserved Populations on the Importance of Cervical Cancer Screening

Lisa Weybright MSN APRN FP-C

Papanicolaou (Pap) smears are the gold standard in detecting abnormal cervical cells however in some regions, adherence to cervical cancer screening remains low. The presentation will describe a study aimed to determine the impact of cervical cancer education in a high-risk zip code with low rates of adherence to cervical cancer screening. The results showed the group's overall knowledge of cervical cancer screening increased by 66% post-education as did the likelihood of completing future cervical cancer screening (62.5%). Increased education through focus groups within target populations where cervical cancer screening is low may provide a solution to help improve compliance with cervical cancer screening.

Session I3

CE 1.0 | Pharm 1.0

ASH/MAPLE/ELM

PTSD Part 2 - Trauma is Present, Now What?: Pharmacology and Resources

Alan Tony Amberg APRN PMHNP-BC; Caroline Onischak APRN, PMHNP-BC

Once you have determined that trauma is a piece of the puzzle, what interventions are available to you as a non-psychiatric provider? When and where should you refer?

6:30 - 6:45 PM

Break

6:45 - 8:30 PM

ISAPN PAC Event - Fireside Chat with our Lobbyist - Cash Bar & hors d'oeuvres

BIRCH/HICKORY/OAK

SATURDAY, OCTOBER 29, 2022

7:00 AM

Registration opens

8:00 – 9:45 AM

Breakfast Buffet

9:45 - 10:00 AM

ISAPN Business Meeting with Awards Presentation & Election Results

ASH/MAPLE/ELM

Break

10:00 - 11:00 AM

Telehealth Session

General Session G4

Krzysztof Garbarz DNP, APRN, FNP-BC

CE 1.0

Identify eligible telehealth care providers and patient recipients; Discuss eligible telehealth services, licensure and location restrictions; Discuss telehealth competency development among students, faculty & preceptors; Discuss telehealth billing, reimbursement, and documentation.

ASH/MAPLE/ELM

11:00 - 12:00 PM

Grassroots Advocacy - Why it Matters to APRNs

General Session G5

Debbie Broadfield, Kristin Rubbelke (Capitol Edge Consulting)

CE 1.0

Grassroots advocacy makes it possible for APRNs to elevate their voices and impact the issues they care about. At the core of effective grassroots advocacy are campaigns that build widespread support in order to shape political dialogue. Join us for a discussion on how you can elevate your voice and help ISAPN move our policy agenda in Springfield.

ASH/MAPLE/ELM

12:00 - 1:00 PM

GLP-1 Receptor Agonists: Metabolic Effects and Their Role in Managing T2DM

General Session G6

Jay H. Shubrook DO, FACP, FAAP; Lucia M. Novak, MSN, ANP-BC, BC-ADM

CE 1.0 | Pharm 1.0

This session will inform clinicians about the pleiotropic effects of GLP-1 RAs, the demonstrated clinical efficacy of these agents for managing patients with T2DM and a variety of comorbid conditions, and guideline recommendations for incorporating GLP-1 RAs into management strategies for T2DM.

ASH/MAPLE/ELM