



TARGET AUDIENCE

This conference is intended for Nurse Practitioners, Advanced Practice Registered Nurses and Nurse Practitioner students.

CONFERENCE OBJECTIVES

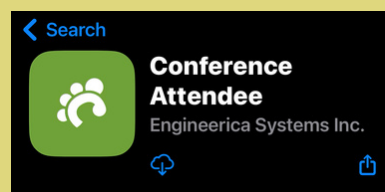
- Review current research and the application of research to clinical practice.
- Discuss the most current pharmacological and non-pharmacological management of acute and chronic conditions.
- Collaborate with local and nationally known experts with innovative information.
- Update advanced practice knowledge of health promotion and disease prevention as it relates to acute and chronic illnesses across the life span.

CONFERENCE DETAILS

- This year's conference will be available in 3 formats: IN PERSON, LIVE VIRTUAL and ON DEMAND. For the courtesy, concentration, and comfort of our participants, we ask that all cell phones and pagers be silenced during the sessions. Breaks are provided for your communication convenience. As a courtesy to participants, infants and children may not attend conference educational sessions.
- Member fee \$350/Nonmember \$450/APRN Students (RN license only) \$50.
- There will be a \$50 late fee assessed after February 1st, for all INPERSON registrations.
- All sessions are planned to be in person and all sessions will be recorded. Circumstances may require sessions to be prerecorded for playback live.
- Sessions will be available for 30 days after the start of the conference for CE. Sessions will be available for viewing shortly after the live version has ended.

CONFERENCE DETAILS CONT.

- Exhibitors and Poster Presentations will be on Thursday, Feb 16, 2024.
- The conference will be held at the Holiday Inn and Convention Center. Rate will be \$122/night before taxes. The link will be live until either the block fills, or the cutoff date of January 15, 2024. You may also call 308-237-5971 to make reservations.
https://www.holidayinn.com/redirect?path=rates&brandCode=HI&localeCode=en@ionCode=1&hotelCode=EARNK&checkInDate=14&checkInMonthYear=012024&checkOutDate=16&checkOutMonthYear=012024&_PMID=99801505&GPC=VFE&cn=no&viewfullsite=true
- "This activity is approved for xx contact hour(s) of continuing education (which includes xx hour(s) of pharmacology) by the American Association of NursePractitioners®. Activity ID# xxxxxx. This activity was planned in accordance with AANP Accreditation Standards and Policies."
- There will be drawings for one free conference registration for 2024 and one NNP membership for the "Last NNP Standing" on Friday at the conclusion of the conference. Must be present in person or online in the last sessions to win the "Last NNP Standing".



- The conference will utilize Conference Tracker for attendee and exhibitor registration, session info, handouts, speaker questions, evaluations, CE certificates, and exhibitor information. For tablets/phones, you will need to download the **green** app as shown above. For browsing on a computer, use the website <https://www.conftrac.com> Once registered, you will be able to log in on any device, laptop or desktop.
- Please refer to the app for the most up to date information regarding sessions, pharmacology credits, and handouts. You can print or download handouts for the sessions that you plan to attend from the app if desired. Handouts will be uploaded as they are made available by the speaker to the app.
- It is best if you download the app or login to the website ahead of conference and get familiar with the technology to make the most of your experience. If you are having issues, text or call Heidi Kile at (402)746-0223.
- Certificates will be emailed to attendees after the conclusion of the on demand viewing period and all evaluations are completed.

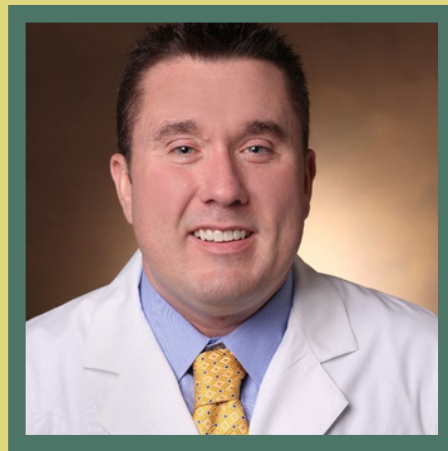
Call for Poster Presentations

We invite NP students from Methodist College, Clarkson College, Creighton University, and the University of Nebraska Medical Center to participate in the poster presentation. Students will present their posters on Thursday, February 15th. Conference attendees will have the opportunity to discuss the projects with the students and then vote on their favorite. Students with the highest votes will receive prizes during lunch on Thursday. If your school is not listed and you want to present at this year's conference, email [Diane Jackson](mailto:Diane.Jackson@unmc.edu) for more details at nnpdkjackson@gmail.com.

FEATURED SPEAKERS



Anna Fruehling is a Sugar Addiction expert, Certified High-Performance Coach, Certified HMA (Holistic Medicine for Addiction and a member of the staff to train for HMA), Certified Primal Health Coach, SUGAR licensed, and Ketogenic Diet for Mental Health Certified. She is the author of *An Altered Spirit*, *The Twelve Steps* and *Ebenezer Scrooge*.



Dr. Michael Gooch is board certified as an Acute Care, Family, and Emergency Nurse Practitioner. He primarily works with the Emergency NP program and is also faculty with the Middle Tennessee School of Anesthesia. He currently serves as a regional director for the American Academy of Emergency Nurse Practitioners, and also serves as an APRN liaison to the board of directors for the Air and Surface Transport Nurses Association. He is a past member of the Emergency Nurses Association's advanced practice advisory council and served as a content expert for ANCC's Emergency Nurse Practitioner panel. Michael completed his graduate education here at Vanderbilt with a focus in emergency and trauma management. He is a DNP graduate of Loyola University Chicago where he focused on changing practice to decrease the incidence of rapid sequence intubation induced hypoxia in the emergency department. Michael has over 25 years of emergency and critical care experience. At Vanderbilt University Medical Center, he practices as a flight nurse practitioner. He has completed over 1,600 patient transports during his tenure with Vanderbilt LifeFlight. Dr. Gooch also practices as an emergency NP in Vanderbilt's regional operations control center, and at a community ED. He is a nationally recognized speaker regarding varied emergency and transport medicine topics. He serves on the editorial board for the *Advanced Emergency Nursing Journal* as a column editor.

FEATURED SPEAKERS



Dr Jaime Seeman is a board certified Obstetrician and Gynecologist practicing in Omaha, Nebraska. Born and raised in the state she played collegiate softball for the Cornhuskers. She has a Bachelor of Science degree in Nutrition, Exercise and Health Sciences. She then went on to graduate medical school and completed her OBGYN residency at The University of Nebraska Medical Center. She currently is in private practice at Mid City OBGYN offering a full range of services in obstetrics, gynecology, robotic surgery and primary care. She has completed her fellowship in Integrative Medicine at The University of Arizona School of Medicine. She is a board certified ketogenic nutrition specialist through The American Nutrition Association. She has a passion for fitness, preventative medicine and nutrition therapy not only in her medical practice but in her own life. She is an author, podcast host and TEDx speaker.



Denise Ramponi DNP, FNP-C, ENP-BC, FAANP, FAEN has been a Nurse Practitioner for over 40 years. She is a Professor, in the DNP Program in the School of Nursing & Human Studies at Robert Morris University, Moon Township, near Pittsburgh, PA. She also works as NP in Urgent Care settings at Heritage Valley Health System in Sewickley, PA. She is the Radiology column editor for the Advanced Emergency Nursing Journal. She has authored over 35 peer-reviewed articles and 6 book chapters in a variety of advanced nursing practice journals & textbooks.

THURSDAY, FEBRUARY 15TH

7:00 am	Registration for Attendees/Exhibitor Set Up	
7:30 am	Breakfast	
8:00 am	Sugar, The Gateway Drug	Anna Fruehling Certified Primal Health Coach, Certified Keto Coach, SUGAR C/L, CHPC
9:15 am	Pulmonary Imaging and Interpretation	Jennifer Miller PhD, APRN-BC, ACNPC-AG
	Constipation and Diarrhea Management	Cynthia Hammond DNP, APRN
10:15 am	Exhibitors and Poster Presentations	
11:00 am	Advanced Hypertension Management	Keith Miller, MD, PhD, FACC
	HIV/AIDS	Dan Smith MD
12:00 pm	Lunch and Poster Awards Exhibitors	
1:00 pm	State and Federal Legislative Updates 2024	Miranda Kliment DNP, APRN Karen Wenner DNP, APRN
	Vaccines and Vaccine Hesitancy	Alison Keyser-Metobo MPH
2:15 pm	Current Efforts to Recognize Sugar/Food Addiction	Anna Fruehling Certified Primal Health Coach, Certified Keto Coach, SUGAR C/L
	Precision Medicine with Female Cancers	Mary Jane Glade DNP, APRN
3:15 pm	Exhibitors and break	
4:00 pm	Diabetes and Low Carb Nutrition	Douglas Kosmicki, MD
	Cancer Survivorship	Mary Jane Glade DNP, APRN
5:15 pm	Case Studies in Geriatric Polypharmacy and ECGs	Michael Gooch DNP, APRN, CCP, ACNP-BC, FNP-BC, ENP-C
	Individualize Hormone Therapy with Compounding	Timothy Redline PharmD
6:30 pm	Industry Dinners - Please see Conference Tracker for options and RSVP information	
8:00 pm	Music Bingo and Silent Auction benefitting Threads of Grace	

THURSDAY, FEBRUARY 15TH

NEBRASKA NURSE PRACTITIONERS PRESENTS A NIGHT OF FUN...JOIN US FOR

MUSIC BINGO

PLUS A SILENT AUCTION (PURSES, BILLFOLDS, AND WINE!!) + PRIZES +
WINE GROUPINGS + MORE!!!

Join us for a fun-filled night, as The Music Bingo People play forgotten gems and greatest hits from over 7 decades of music. You'll get hints and trivia about the artists and songs, and winners get prizes!!

FEATURING:

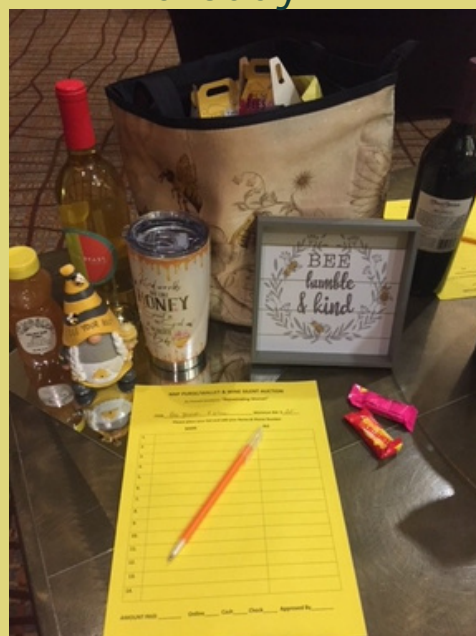
THE MUSIC BINGO PEOPLE

8:00 PM
15 February, 2024
Holiday Inn Convention Center,
Kearney, NE

All proceeds will go to benefit the nonprofit organization, Threads of Grace.

Wine and Purse Auction

Help support our charity this year by bringing your favorite wine/beverage, purse/wallet paired with anything creative. Not feeling creative but want to bring the basics? Our committee members will take single item donations and create a fantastic offering. Please drop off items at the NNP front desk by noon on Thursday.





We are a nonprofit organization providing new clothing and necessities to youth in crisis.

Threads of Grace provides brand new outfits and other necessities such as socks, shoes, underwear, outerwear, and other items that children may need when moving to a new foster home or going into a shelter.

Threads of Grace is a nonprofit organization created by Kelly Augustin and Julie Samuelson that serves children birth to 19 years of age who are being placed into foster care or into shelter with enCourage Advocacy Center in Adams County.

Threads of Grace provides brand new outfits and other necessities such as socks, shoes, underwear, outerwear, and other items that children may need when moving to a new foster home or going into a shelter. Once children have finished picking out and trying on their new clothing, they will take their items home with them in a duffel bag or backpack that is theirs to keep. We are also providing diapers and wipes and car seats and booster seats when needed.

Our intent is to restore the dignity in these children they desire and deserve.

Threads of Grace hopes to soften some of the stress for kids that are transitioning into a new foster home as well as in the shelter and provide them with some basic needs. This may help to relieve the initial financial burden that many foster families face within the first 24 hours of placement.

Threads of Grace will partner with retailers to purchase brand new clothing at a discount utilizing donated funds. It is our goal to provide 5 outfits for each child.

Future Goals is to collaborate with local schools to fulfill children's specific needs.

FRIDAY, FEBRUARY 16TH

7:00 am	Registration	
7:30 am	Breakfast	
8:00 am	NNP Annual Business Meeting	NNP Executive Board
9:15 am	Problem Based Learning Discussion - The Picky/Confrontational Patient	Stacy Waldron PhD, LP
	Pharmacology and Over Prescribing in the Older Adult	Ellen Steffensmeier APRN
9:15 am - 12:15pm	<p>Minor Office Procedures - must preregister for this session as space is limited to 25 participants.</p> <p>This hands-on workshop for advanced practice nurses will explore the performance of minor office procedures. Topics will include management of nursemaid's elbow, release of subungual hematoma, drainage of paronychia, splinter removal, hair-thread tourniquet removal, tick removal, ring removal, fish hook removal, cerumen removal, management of tooth fracture, administration of local anesthesia, digital blocks, incision and drainage of abscesses, resection of ingrown toenail, and removal of foreign bodies of the eyes, ears, nose and body in this hands-on practicum.</p> <p>Extra fee applies</p>	Denise Ramponi, DNP, FNP-C, ENP-BC, FAANP, FAEN
10:30 am	Navigating "The Talk" - End of Life Discussions	Angela Davies APRN-NP, BC
	Safer Prescribing with Geriatric Patients	Michael Gooch DNP, APRN, CCP, ACNP-BC, FNP-BC, ENP-C
11:35 am	When Baby Boomers Crash and Fall	Michael Gooch DNP, APRN, CCP, ACNP-BC, FNP-BC, ENP-C
	Case-based Management of Osteoporosis	Heather Sorensen MSN APRN-BC
12:35 pm	Keynote Luncheon "Place Your Own Oxygen Mask First"	Jaime Seeman MD, FACOG, CKNS

FRIDAY, FEBRUARY 16TH

1:45 pm	Geriatric Psychiatry Common Diagnoses and Medication Management	Thomas Magnuson MD
	Menopause and Hormone Replacement Therapy	Jaime Seeman MD, FACOG, CKNS
2:45	Break	
3:00 pm	Hand & Wrist Injuries	Denise Ramponi, DNP, FNP-C, ENP-BC, FAANP, FAEN
	Lymphedema Diagnosis and Treatment	Jillian Negri DNP, APRN-BC
4:10 pm	Checklist Complete, Cleared to Launch! A complete guide for APRNs launching air medical assets	Luke Ballmer RN, BSN, CFRN, FP-C, EMS-I
	Independent Practice Startup and Management	Jeremy Young MS, CRNA, APRN
5:15 pm	Closing Remarks and Drawings	



We appreciate your support of our annual education conference. If you are interested in helping with next year's conference, see or email [Barb Kolden](#) during the conference.