



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 |
| 15:00 – 15:15 | Refreshment Break | Sponsored by Boston Mountain Rural Health Center |
| 15:15 – 17:00 | Coding Clicks, Documentation Details, & Billing Bonuses | Lynn Rapsilber, DNP, APRN, ANP-BC, FAANP |
| 17:00 – 18:30 | Welcome Reception | Sponsored by BioMedix Lab |

Friday, April 17, 2026: Conference Day 1

| | | |
|---------------------------------------|--|--|
| 07:00 | Registration Desk Opens | |
| 07:15 – 07:50 | Breakfast Symposium (Not for CE credit) Understanding SI Joint Pain | Sponsored by Arkansas Surgical Hospital 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 |
| 09:15 – 10:15 <i>Hall A</i> | Unopposed Exhibit Hall | |
| 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 |
| 11:45 – 13:45 | Exhibit Hall Open | |
| 12:00 – 13:00 | Lunch in Exhibit Hall | Sponsored by Physicians' Laboratories of America, LLC |
| 12:30 – 13:30 | Attended Posters | Poster Presenters |
| 13:45 – 15:45 | Afternoon Workshop | |
| <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 | Breakout Session 1 (3 options) | |
| <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 |
| 14:45 – 15:00 | Refreshment Break | Friday Drink Sponsor – Vital Care of Little Rock |
| 15:00 – 16:00 | Breakout Session 2 (3 options) | |
| <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 |
| 16:00 – 16:15 | Break | |
| 16:15 – 17:15 <i>Room 207-209</i> | The Importance of Antimicrobial Stewardship | Ryan Dare, DO |



ARKANSAS NURSE PRACTITIONER ASSOCIATION

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

Saturday, April 18, 2026: Conference Day 2

| | | |
|--------------------------------------|---|---|
| 07:00 | Registration Desk Opens | |
| 07:15 – 07:50 | Breakfast Symposium (Not for CE Credit) Advances in HTN: Evidence Paving the Way for a Paradigm Shift | Sponsored by AstraZeneca Speaker Drew Heiple, MD |
| 08:00 – 09:15 <i>Room 207-209</i> | KEYNOTE The Juggling Act: How to Juggle Work, Change, & Performance in the Post-COVID Workplace | Cody Byrns |
| 09:15 – 09:45 | Break Symposium (Not for CE Credit) Atrial Fibrillation: The Pathway from Identification to Treatment | Sponsored by AtriCure 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 | Refreshment Break | |
| 11:00 – 12:00 | Breakout Session 3 (4 options) | |
| <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 | Lunch Symposium (Not for CE Credit) Screen Plus Detect Early Cancer: How the Cologuard Plus Test and Cancerguard Tests can Help you Expand Early Detection and Confidence | Sponsored by Exact Sciences Mark Kirkikis, PharmD, Medical Science Liaison |
| 13:00 – 15:00 | Afternoon Workshops | |
| <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 | Breakout Session 4 (2 options) | |
| <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 | Refreshment Break | |



ARKANSAS NURSE PRACTITIONER ASSOCIATION

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

| | | |
|--------------------------------------|--|---|
| 14:15 – 15:15 | | Breakout Session 5 (2 options) |
| <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 | | Break |
| 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 | | Closing |

Poster Presentations

| | |
|---|---|
| Allison Davis, BSN, RN, EMT-B (DNP Student) | Exploration of Pediatric Autism Perceptions Held by Marshallese Community in Northwest Arkansas |
| Kimberley Stickley, DNP, APRN, FNP-C, PMHNP-BC 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 |
| Melissa Darnell, PhD, DNP, APRN, FNP-BC, CNE Shelly Daily, SNP, APRN, FNP-BC, CNE Terri McKown, DNP, APRN, FNP-BC | From Clinic to Classroom: What Motivates APRNs to Become Nurse Educators |
| Anh Pham, BSN, RN Leonie DeClerk, PhD, DNP, APRN, FNP-BC, FAANP Martha Rojo, PhD, RN | Nurse Practitioners' Experiences Transitioning to Full Practice Authority in Arkansas |
| Michel Villiger, MSN, APRN (DNP Student) | Enhancing Pediatric Lipid Screening Rates by Implementing Electronic Health Record-Based Reminders |
| Alexa Treml Hall, MSN, RN, OCN (DNP Student) | Improving Lung Cancer Screening Rates Through Implementation of an HER-Based Eligibility Reminder |
| Bridget McCarty, DNP, APRN, AGACNP-BC 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 |
| Cassie Jankowski Jones, BSN, RN Leonie DeClerk, PhD, DNP, APRN, FNP-BC, FAANP Dominique DuBois, PhD, APRN, CNM | Ketamine versus Electroconvulsive Therapy for Major Depressive Episode: A Literature Review |
| Jessaca Hope, DNP, APRN, AGACNP-BC Teneicie Sabb, MNSc, APRN, AGPCNP | Psychogenic NonEpileptic Seizures (PNES): Improving Recognition and Initial Management in Non-Neurology Settings |
| Leonie DeClerk, PhD, DNP, APRN, FNP-BC, FAANP | Nurse Practitioners in Arkansas: Where Are We Now? |
| Amber Westpheling, DNP, APRN, AGACNP-BC, CCRN-CSC-CMC | The ECMO Paradox: When Support Harms Before it Heal |
| Lindsey Bourne, MNSc, APRN, AGACNP-BC, ANVP-BC, CNIC-BC Wesley Fiser, MD Kasey Grimmatt, BSN, RN | Identifying Populations at Risk for 30-Day Event Monitor Non-Compliance |

*Presenting author(s) are bolded