

VNPA

Vermont Nurse Practitioners Association

29th

Annual Conference

Join us for the largest Vermont NP gathering of the year - more sessions than ever before!

Best rates prior to March 1.

Register online at www.vtnpa.org

NPs ● Leading the Way
● to Health Equity

April 4-5, 2019
Stoweflake Mountain Resort
Stowe, Vermont

DAY
1

Thursday, April 4 - Workshops & Dinner Discussion & MORE

~ Plan to join us for the entire conference beginning Thursday afternoon at 4:00pm ~



Sophia L. Thomas, DNP,
APRN, FNP-BC, PPCNP-BC,
FNAP, FAANP

Thursday Evening Dinner Discussion Advancing NP Health Policy: Make Your Voice Count

6:00-7:45pm

The annual dinner discussion provides an excellent forum for colleagues to discuss a number of issues affecting NPs' scope of practice. Regulated by health policy at the state level, it is important for NPs to understand policy and advocacy and get involved at the grassroots level to advance and protect scope of practice laws.

The VNPA is pleased to announce Dr. Sophia Thomas will lead the conversation at Thursday evening's dinner discussion and present the keynote address the next morning.

Over her 23-year nurse practitioner career, Sophia L. Thomas DNP, FNP-BC, PPCNP-BC, FNAP, FAANP, has been active within several professional organizations, including AANP, FAANP and the Louisiana Association of Nurse Practitioners (LANP). Dr. Thomas has been chosen by her fellow nurse practitioners as the President-Elect of the American Association of Nurse Practitioner for the 2019-2021 term. She has served in several elected and appointed leadership positions, including as the President of LANP and as the AANP Region 6 Director. She has been appointed to

numerous committees within each of these organizations. She was inducted as a Fellow of the AANP in 2012 and of the National Academy of Practice in Nursing in 2013.

Dr. Thomas advocates for NP scope of practice legislation and for improving patient access to quality, affordable health care. She has been a health policy voice for the NP profession on both the state and national levels. In addition to her advocacy, she impacts NP education as clinical faculty for Georgetown University's FNP program as well as through publications and presentations on multiple clinical topics. Dr. Thomas is a legal Expert Witness, testifying regarding nurse practitioner scope of practice issues. Her multimedia reach includes print, radio and television, and she has been an AANP spokesperson, including being featured in Money Magazine and on NBC News with Brian Williams. The interview aired on 110 NBC stations to an audience of 4.9-million.



CONCURRENT WORKSHOPS

4:00-5:30pm

Th-1: Low Back Pain: Assessment & Treatment

Elizabeth Ogden, MS, PT

Physical Therapy Staff Member

Be Fit Physical Therapy

4:00-5:30pm

Th-2: Sharpening ECG Skills with a Case-Based Approach

Bruce W. Andrus, MD, MS

Medical Director, Intermediate Cardiac Care Unit

Dartmouth-Hitchcock Medical Center

5:30-6:00pm

VNPA Business Meeting

6:00-7:45pm

Dinner Discussion

Advancing NP Healthy Policy: Make Your Voice Count

Sophia L. Thomas, DNP, APRN, FNP-BC,

PPCNP-BC, FNAP, FAANP

7:45pm

Reception

DAY
2

VNIPA
Vermont Nurse Practitioners Association

29th Annual Conference

Friday, April 5

7:30-8:15am **Registration | Exhibits | Breakfast**

8:15-8:30am **Welcome (1.5 | 0.0)**

Martha Whitfield, MEd, MS, FNP-BC

President

Vermont Nurse Practitioners Association

8:30-9:30am **Keynote Address**

Nurse Practitioners Making a Difference in Healthcare

Sophia L. Thomas, DNP, FNP-BC, PPCNP-BC, FNAP, FAANP

President-Elect

American Association of Nurse Practitioners

Nurse practitioners must understand the role and impact of our profession on US healthcare. We will discuss trends in health policy which reduce barriers to practice and discuss engagement within policy.

9:30-10:30am **Plenary Session**

Get Into Your Self Care Rhythm

Without Skipping a Beat

Joni J. Foster-Robison, MS, FNP

Specialist, Integrative Care and Lifestyle Medicine

Springfield Medical Care Systems

Springfield, Vermont

10:30-11:00am **Break with Exhibitors**

11:00-Noon **Concurrent Sessions – A –**

**A-1: Next Generation Diabetes Management:
Titratable Fixed-Ration Combination Therapy
with Basal Insulin/GLP-1 RA to Better Manage
Type 2 Diabetes**

**Jane Jeffrie Seley, DNP, MSN, MPH, GNP, RN BC-ADM,
CDE, CDT, FADE, FAAN**

Diabetes Nurse Practitioner

New York Presbyterian Hospital/

Weill Cornell Medicine Medical College

New York, NY

**A-2: New Approaches to Adolescent
& Young Adult Headache**

Allyson Bazarsky, DO, MS

Assistant Professor of Neurology

University of Vermont Medical Center

Burlington, Vermont

Noon-1:00pm **Lunch | Exhibits**

1:00-2:00pm **Concurrent Sessions – B –**

**B-1: Managing Type 1 Diabetes in Primary Care:
What are the Essentials?**

Robin Myers, DNP, FNP-BC, CDE

Nurse Practitioner, Diabetes & Cardiovascular Care

Brandon Medical Center - CHCRR

Brandon, Vermont

B-2: Veterans: A Primary Care Approach & Resources

Rebecca A. Bent, DNP, APRN, AGPCNP-BC

Rodrick Thomas, MSN, APRN, FNP-C

NP Residents

VA Medical Center

White River Junction, Vermont

Heejung Charron, DNP, APRN, AGNP-C

Alyssa K. Turley, DNP, AGPCNP-BC

NP Residents

VA Medical Center

Burlington, Vermont

B-3: Lyme Disease Update

Jean Dejaice, MD

Assistant Professor of Medicine, Infectious Disease Unit

University of Vermont

Burlington, Vermont

2:10-3:10pm **Concurrent Sessions – C –**

C-1: Geriatric Mental Health: Trends & Treatments

C. Nicole Hackney, DNP, APRN, FPMHP-BC

Psychiatric Nurse Practitioner

University of Vermont - CVPH

Plattsburgh, New York

C-2: Addressing Fertility in the Setting of Cancer

Jennifer Dundee, MD, MS

Assistant Professor in ObGyn

University of Vermont

University of Vermont Medical Center

Burlington, Vermont

**C-3: Coding for Quality: Increase Reimbursement
& Improve Patient Outcomes**

LaRena Fitz-Gerald, CPC

Billing and Coding Manager

Community Health Centers of the Rutland Region, Inc.

Rutland, Vermont

3:30-4:30pm **Concurrent Sessions – D –**

D-1: Fibromyalgia: Barriers-Options-Action

Gary Starecheski, BSc Pharmacy

Clinical Staff Pharmacist

University of Vermont

Burlington, Vermont

**D-2: Access & Equity: Trends and Innovations
in Adolescent and Family Substance**

Abuse Treatment

Mitchell Barron, LICSW, LADC

Executive Director

Danielle Jatlow, LICSW, LADC

Director of SAMH Services

Centerpoint



Vermont Nurse Practitioners Association

Not Yet a Member?

Joining VNPA is affordable and easy. Becoming actively involved with VNPA not only opens up educational and networking opportunities, but it can also help you hone valuable leadership skills.

BE HEARD Focus on delivering high-quality care in your community, the VNPA is your voice at the state and national level.

STAY CURRENT Receive regular updates on current policy to advocate for your patients and NP practice.

SAVE MONEY Get discounts to the VNPA Conference for essential networking opportunities and continuing education (CE) credits, including pharmacology credits.

GET DISCOUNTS Preceptors and advanced practice nursing students enjoy a discounted membership to the VNPA!

STAY CONNECTED Stay connected with other NPs and access career opportunities through the VNPA website.

Join VNPA or renew your membership at: www.VTNPA.org

29th Annual Conference



REGISTRATION, MEMBERSHIP: Participants who are current VNPA members receive a reduced registration rate. VNPA dues for 2019 must be paid by **March 1** in order to receive the lower, member registration rate.

There is a \$25 conference cancellation fee. No refunds after March 29, however you may send a substitute in your place without penalty. For more information:

Julie Basol, Conference Director JNB Marketing, LLC
Ph: 802.598 7424 Fax: 802.425.5507 JNB@gmavt.net

Kate Goyette, MSN, FNP Program Chair katefishvt@gmail.com

CONTINUING EDUCATION: This education activity will soon be submitted to the American Association of Nurse Practitioners for approval of up to **9.25** contact hours of accredited education.

CONFERENCE SITE, ACCOMMODATIONS: 1746 Mountain Road (Rt. 108), Stowe, VERMONT **800.253.2232**

The 29th Annual VNPA Conference will be held at the Stoweflake Mountain Resort & Spa on Thursday and Friday, April 4-5, 2019. A block of overnight rooms have been reserved and are available for participants the night of April 4. To obtain the reduced rate of **\$148** + tax (per night, single/double), call **800.253.2232** or **802.253.7355**. *You must specify that you are attending the VNPA Conference in order to receive the reduced overnight room rate.* Deadline for securing the reduced rate is: **March 4, 2019**.

The Stoweflake is a AAA Four-Diamond resort with an abundance of amenities, including their world class spa, state-of-the-art fitness facilities, two award-winning restaurants and luxurious accommodations. For Spa services, please contact the Resort at least one week in advance. www.stoweflake.com

DIRECTIONS TO THE CONFERENCE: FROM I-89: Take Exit 10, Waterbury/Stowe/Rt. 100. Turn onto Rte. 100 at the end of the exit ramp toward Stowe. Continue for ~ 11 miles. Turn left at the blinking red light in the village onto Rt. 108/Mtn. Road. Continue on Rte.108 for ~ 2 miles - the Stoweflake will be on the right.

2019 Conference Planning Committee

Program Chair Kate Goyette, MSN, FNP
Nicole Hackney, DNP, APRN, FPMHNP-BC
Callan Janoweic, DNP, FNP
Alexander Johnston, APRN, PMHNP
Elizabeth McDonald, APRN

Amy O'Meara, DrNP, WHNP, AGNP
Dayna Stimson, RN, DNP Student
Michelle Wade, MSN/Ed, APRN, AGNP-C
Ellen Watson, FNP-BC, APRN

April 4-5, 2019

Vermont Nurse Practitioner Association

Registration Form

29th Annual Conference

REGISTRATION, PAYMENT: For the best rates, register by **Friday, March 1.**

Register online at www.VTNPA.org - or, complete the registration form below.

Pay to the order of: **Vermont Nurse Practitioners Association**

Mail to: : **741 Hand Road | N. Ferrisburgh, VT 05473**

Questions: 802.598.7424

Name/Credentials: _____

Position Title: _____

Organization: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

REGISTRATION OPTIONS			
Member	Early Bird - 3/1	After > 3/1	On Site
Full Conference (1)	<input type="checkbox"/> \$225	<input type="checkbox"/> \$255	<input type="checkbox"/> \$285
Thursday only (2)	<input type="checkbox"/> \$95	<input type="checkbox"/> \$125	<input type="checkbox"/> \$155
Friday only	<input type="checkbox"/> \$195	<input type="checkbox"/> \$225	<input type="checkbox"/> \$255
Non Member	Early Bird - 3/1	After > 3/1	On Site
Full Conference (1)	<input type="checkbox"/> \$285	<input type="checkbox"/> \$315	<input type="checkbox"/> \$345
Thursday only (2)	<input type="checkbox"/> \$125	<input type="checkbox"/> \$155	<input type="checkbox"/> \$185
Friday only	<input type="checkbox"/> \$225	<input type="checkbox"/> \$255	<input type="checkbox"/> \$285
Student Rate	Early Bird - 3/1	After > 3/1	On Site
Full Conference (1)	<input type="checkbox"/> \$160	<input type="checkbox"/> \$175	<input type="checkbox"/> \$175
Thursday only (2)	<input type="checkbox"/> \$75	<input type="checkbox"/> \$100	<input type="checkbox"/> \$100
Friday only	<input type="checkbox"/> \$100	<input type="checkbox"/> \$125	<input type="checkbox"/> \$125

For your convenience,
a payment by
credit card option
is available on line at
www.VTNPA.org

1. Current membership status is required in order to receive the lower, member registration rate. To verify current status, visit www.VTNPA.org/membership
2. Student fee applies to currently enrolled NP students; verification may be requested.

TOTAL FEES
 Registration: \$ _____
 VNPA Scholarship \$ _____
 Donation _____
Total: \$ _____

If you require special accommodations or have additional needs in order to participate, please check this box. Indicate your requests in writing and include with your registration form.

Ck #: _____