

# 34<sup>th</sup> Annual APRN Pharmacology & Clinical Update - VIRTUAL

LINK TO ONLINE EVALUATION FORM: <https://www.wisconsinnurses.org/aprn-eval/>

*Deadline to complete conference evaluation and earn the CE contact hours: September 4, 2020*

## SELF-STUDY OPPORTUNITIES AVAILABLE BEFORE AND DURING CONFERENCE

*Registrants are encouraged to 'check-in' to the conference platform in the days preceding conference and to complete these self-study options...*

<p><b>Welcome and Legislative Update</b> - View a recorded welcome message from the Chair of the WNA NP Forum, Tina Bettin, DNP, MSN, RN, FNP-BC, APNP, FAANP and learn about the response of WNA and the NP Forum to current legal issues and pending legislation impacting Advanced Practice Registered Nurses in Wisconsin. Complete the Self Studies section of the online evaluation to earn the CE credit. <i>(offers .50 contact hours/no Rx)</i></p>
<p><b>Virtual Poster Display</b> – Juried display of 7 APRN research and clinical project posters/brief presentations. Communication with the poster presenter by email is encouraged! Complete the Self Studies section of the online evaluation indicating the posters that you visited to earn the CE credit. <i>(offers .50 contact hours/no Rx)</i> <a href="#">VIRTUAL POSTER SESSION listing</a></p>

## MONDAY CONFERENCE SCHEDULE

MONDAY CONFERENCE August 17, 8:15-10:15 am BREAKOUT SESSION 1 <i>(each session offers 2.0 contact hours – choose one)</i>				
#	Rx	Title	Presenters	Session Description <span style="float: right;">Novice (N) or Experienced (E)</span>
1A	.75	Diabetes and Prediabetes Care involving CDE in Disease Management	Jean Roedl, FNP-BC, ADM-BC	Will promote the team approach to Prediabetes and Diabetes management, with attention to the important role of the Certified Diabetes Educator. Will also discuss the National Diabetes Prevention Program - a partnership of public and private organizations working to prevent or delay type 2 diabetes. Will address medications useful in disease management and strategies for maintaining a team management model during the COVID-19 Pandemic. <b>N + E</b>
1B	none	The Neurologic Exam for the Non-Neurologist	Lindsey Kregel, PA-C	A patient’s history and neurologic exam is essential to localizing any neurologic problem. We will review the neurologic exam, common errors, and discuss how to put a neurologic exam together to localize the problem. This will help you direct your work-up and treatment to the right problem. <b>N + E</b>
1C	2.0	What Your ID Specialist Wishes You Knew	Michael Richardson, MS, MPAS, PA-C	Review of common antibiotic prescribing pitfalls in both the inpatient and outpatient setting- from recurrent cellulitis to bacteremia . Material will be presented in a case-based fashion building off of work-through examples to help contextualize important prescribing principles . <b>N + E</b>
1D	none	How to Precept Virtually Anywhere	Kristen Panther, RN, MS, ANP-C	The quality of our new advance practice nurses is highly dependent on skilled graduate clinical preceptors. This course will cover time management pearls for precepting learners in any setting, with a focus on incorporating telemedicine modalities; working with a challenging preceptee, and feedback strategies. This session will be interactive and valuable for both the experienced and novice preceptor. <b>E</b>

**MONDAY CONFERENCE August 17, 10:30-12:30 BREAKOUT SESSION 2** (each session offers 2.0 contact hours – choose one)

#	Rx	Title	Presenters	Session Description	Novice (N) or Experienced (E)
2A	1.0	Type 2 DM: Insulin Therapy	Jean Roedl, FNP-BC, ADM-BC	Review of ADA 2020 Standards of Medical Care, how to individualize therapy for patients, review of types of insulins and some medications. Will include cases and work through examples. Participants are encouraged to work up cases from their practice to share – send ahead if possible to <a href="mailto:jmroedl@gmail.com">jmroedl@gmail.com</a>	N + E
2B	.50	Pharmacogenetics: Practical Information for Advanced Practice Providers	Anne L. Ersig, PhD, RN	I will first provide an overview of genetics and genomics, then a definition and overview of pharmacogenetics. After a review of recent updates in pharmacogenetics we will discuss practical examples of how pharmacogenetics may be used in practice.	N + E
2C	2.0	Pain Management and Opioids: Balancing Risks and Benefits	Wendy Wright, DNP, ANP-BC, FNP-BC	Sponsored by the <i>Nurse Practitioner Healthcare Foundation</i> ; CE contact hours awarded by NPHF From this session, learners will learn about the pathophysiology of pain as it relates to the concepts of pain management, and how to accurately assess patients in pain. They will increase their knowledge and skills in developing a safe and effective pain treatment plan including evidence-based non-opioid options and opioids for the treatment of pain. Learners will also be able to identify the risks and benefits of opioid therapy and how to manage ongoing opioid therapy, while recognizing behaviors that may be associated with opioid use disorder. The curriculum is developed by the Collaborative for REMS Education (CO*RE) <a href="http://core-rems.org">http://core-rems.org</a> and supported by an independent educational grant from the Opioid Analgesic REMS Program Companies (RPC). <i>Although you will complete the usual evaluation questions for this session on the online conference evaluation, the contact hours for this session will NOT be added to the conference Certificate of Completion - a SEPARATE Certificate from NPHF will be emailed for this session after September 4.</i>	
2D	none	Caring for Older Adults during a Pandemic: A Panel Discussion Across Care Settings	Kendra Deja, APNP, GNP-BC, ACHPN Carrie Bennett, DNP, RN, GCNS-BC Sarah M Smith, DNP, AGPCNP-BC	Nurses from across specialties and care settings will address the unique challenges of caring for older adults during the emergence of the SARS-CoV-2 virus. Assisted living, hospice and palliative care, skilled nursing, and inpatient geriatric specialty care will be represented on the panel. The focus of the discussion will be the unique needs of older adults in different settings of care, prevention of virus spread, communication and support for family members and caregivers, and trusted resources for ongoing adjustments to this rapidly changing situation. Participants are encouraged to share their own experiences as we engage in a facilitated discussion of geriatrics during the era of Covid-19.	N + E

**LUNCH 12:30-1:00 pm Visit the Virtual Poster Display**

**MONDAY CONFERENCE August 17, 1:00-2:15 pm PLENARY SESSION 1** (this session offers 1.25 contact hours/.25 Rx)

Providing Inclusive Care for Lesbian, Gay, Bisexual, Trans, NonBinary and Queer+ Identities in Healthcare	Willem K. Van Roosenbeek, BS, MS - Pride Center Director, Director of LGBTQA Services, University of Wisconsin-La Crosse	LGBTQ+ identities are everchanging. What does inclusive care look like for the older LGBTQ+ adult, or the young LGBTQ+ couple trying to have a baby, or the LGBTQ+ youth just figuring their gender identity out?? So much has changed in such a short period of time. We have seen some positive movement like same-sex marriage, became the law, LGBTQ+ people have run and won political offices, and LGBTQ+ people can openly serve in the military. We also see the backlash, hate, and violence against LGBTQ+ people and other underrepresented communities in our country. How do our places of employment deal with LGBTQ+ patients? What can we do as individuals? Please join us and learn how you can make a positive impact in your work.
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**MONDAY CONFERENCE August 17, 2:30-3:45 pm BREAKOUT SESSION 3** (each session offers 1.25 contact hours – choose one)

#	Rx	Specialty Track	Title	Presenters	Session Description	Novice (N) or Experienced (E)
3A	.50	Pediatric	To Pee or Not to Pee: Management of Pediatric Voiding Dysfunction	Katie Aussem Kressin, APNP	This presentation will address various causes of urinary incontinence in children, in addition to how to manage bowel and bladder dysfunction with both pharmacologic and nonpharmacologic treatment.	N + E

3B	.50	Acute Care	<b>Delirium in the Hospitalized Older Adult: Top 5 Tips for the Acute Care Practitioner</b>	Lauren Marshall, MS, PA-C	I will cover the following: Defining delirium, the importance of recognizing the syndrome, how to recognize it, prevent it, and manage it once it occurs. Additionally, I will discuss the importance of appropriate delirium management in the setting of a rapidly aging population. I will utilize cases and examples throughout my talk, will cover the latest evidence in the medical literature, and spend some time discussing the impact of prescribing practices on delirium. There will be opportunities for audience participation throughout my talk. <b>N + E</b>
3C	.75	Primary Care/ Geriatric	<b>Building Pathways in Pain Management: Osteoarthritis and Chronic Low Back Pain</b>	Wendy L. Wright, DNP, ANP-BC, FNP-BC, FAANP, FAAN, FNAP	Sponsored by the <i>Nurse Practitioner Healthcare Foundation</i> ; <b>CE contact hours awarded by NPHF</b> <i>The learner will increase their knowledge and skills in developing practical strategies to manage pain for patients with osteoarthritis (OA) and chronic low back pain (CLBP) by:</i> <ul style="list-style-type: none"> <li>- Using appropriate assessment, management, and educational tools and resources in caring for patients with OA and CLBP</li> <li>- Customizing chronic pain management for each patient's needs</li> <li>- Evaluating existing and emerging pharmacology therapies to manage pain</li> <li>- Partnering with patients to establish positive and realistic goals <b>N + E</b></li> </ul> <i>Although you will complete the usual evaluation questions for this session on the online conference evaluation, the contact hours for this session will NOT be added to the conference Certificate of Completion – a SEPARATE Certificate will be emailed by NPHF within 14 days of your completing their evaluation/posttest process at <a href="https://www.surveymonkey.com/r/BuildingPathwaysinPain">https://www.surveymonkey.com/r/BuildingPathwaysinPain</a> .</i> <i>The Nurse Practitioner Healthcare Foundation is accredited as a provider of continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.</i>
3D	.50	Psychiatric/ Women's Health	<b>Principles in the Care of Transgender Patients</b>	Amanda Strosahl, MD	Upon completion of this talk the participant should be able to: Explain the appropriate terminology of gender diverse population; Identify how to provide a welcoming environment for transgender patients; Describe the various medications used to assist transgender patients in their transition; and Recognize the various medical treatments provided for transgender patients. <b>N + E</b>

**MONDAY CONFERENCE August 17, 4:00-5:15 pm BREAKOUT SESSION 4 (each session offers 1.25 contact hours – choose one)**

#	Rx	Specialty Track	Title	Presenters	Session Description	Novice (N) or Experienced (E)
4A	.75	Pediatric	<b>Current Management of Tics and Tourette Syndrome</b>	Erika Pyzik PA-C, MPAS	Discuss clinical presentation of tic disorders and review current management options including a number of pharmacologic treatments and behavioral therapy. <b>N + E</b>	
4B	.50	Women's Health	<b>Best Practices for OB/GYN Care in Transgendered Persons</b>	Ruth E.H. Yemane, MD	Will include: establishing a positive relationship—language and environment; obtaining hx with sensitivity and without heterosexual bias; what to expect (physiologically and on exam) after gender confirming surgery and/or hormonal treatment, and how sexual functioning changes; how management of common gyn problems may differ in this population (AUB, vaginitis, fertility or contraception issues); best practices for routine gyn preventative health exams/tests; and specific issues for obstetrical/pre- and postnatal care management if transitioned either way. <b>N + E</b>	
4C	.50	Acute Care	<b>The Lab Result has an “L” Next to “eGFR” - Now What?</b>	Brian Ewert, MD, MMM	Approach to the patient with changes in kidney function. Goals are the following: 1) Be able to interpret kidney related lab tests in the overall context of specific patient characteristics; 2) Initial work up of abnormal kidney function; 3) Indications of urgent / emergent referral; 4) Lifestyle interventions for chronic kidney disease; and 5) Management of patients with chronic kidney disease. <b>E</b>	
4D	.75	Primary Care/ Geriatric	<b>Gotta Go Right Now: Evaluation and Management of Overactive Bladder</b>	Sarah McAchran, MD, FACS	This talk will cover the evaluation and management of overactive bladder with a special focus on pharmacotherapy including review of anticholinergic and beta-3 agonist medications. <b>N + E</b>	
4E	.75	Psychiatric	<b>Emerging Models of Community Pharmacy Involvement in the Opioid Crisis in Wisconsin</b>	David A. Mott, PhD Jay Ford, PhD	We will: Provide an overview of significant issues related to the opioid crisis; Explain how pharmacists have legal authority to participate in medication assisted therapy and naloxone dispensing; Describe emerging models of how pharmacists are involved in the administration of injectable naltrexone; Explain how pharmacists could assist nurse practitioners in medication assisted therapy with buprenorphine; and Provide an overview of how pharmacists are involved in naloxone education and dispensing. <b>N + E</b>	

## TUESDAY CONFERENCE SCHEDULE

TUESDAY CONFERENCE		August 18, 8:30 – 9:30 am		KEYNOTE ADDRESS <i>(this session offers 1.0 contact hour/no Rx)</i>	
<b>Forecasting the Futures of Health Care: Imperatives and Challenges for Advanced Practitioners</b>		<b>Jeffrey C. Bauer, PhD, FAANP(H)</b> - <i>Health Futurist and Medical Economist, Jeffrey C Bauer, PhD LLC</i>		Dr. Bauer will share his forecasts for the future of health care, with a special focus on the roles that advanced practitioners can and must play to create efficient and effective health care in Wisconsin as elaborated in his 25th anniversary edition of <i>Not What the Doctor Ordered: Liberating Caregivers and Empowering Consumers for Successful Health Reform</i> .	
TUESDAY CONFERENCE		August 18, 9:45 – 10:45 am		PLENARY SESSION 2 <i>(this session offers 1.0 contact hour/1.0 Rx)</i>	
<b>COVID19 Pharmacotherapy: Lessons Learned through Wave 1, Preparing for Wave 2, and Keys to Emerging from the Pandemic</b>		<b>Tom Dilworth, PharmD</b> - <i>Clinical Coordinator, Infectious Diseases, UW-Health System</i> <b>Lucas Schulz, PharmD, BCIDP</b> - <i>Infectious Diseases Pharmacist, AdvocateAuroraHealth</i>		During this session, the presenters will discuss the trials and tribulations of hydroxychloroquine, remdesivir, and corticosteroids. Convalescent plasma and immune-modulating therapies will be introduced and the most recent literature reviewed. Vaccine development, as a mechanism to end the pandemic will be explored. Finally, the presenters will discuss if we over-reacted to the pandemic and how we can help our patients understand the complexities of a novel infection.	
TUESDAY CONFERENCE		August 17, 11:00 am – 12:15 pm		BREAKOUT SESSION 5 <i>(each session offers 1.25 contact hours – choose one)</i>	
#	Rx	Specialty Track	Title	Presenters	Session Description <span style="float: right;">Novice (N) or Experienced (E)</span>
5A	1.0	Pediatric	<b>Management of Pediatric and Adolescent Migraine</b>	Ashley Andreoli, DNP, APNP, CPNP-PC	This presentation will provide an overview of the current pharmacological treatment of acute and chronic migraines in pediatric and adolescent patients, including both prescription medications as well as vitamins and supplements. Appropriate selection of medication, dosing, drug monitoring, and side effects will be discussed. <b>N</b>
5B	.25	Women's Health/ Primary Care/ Geriatric	<b>Primary Care Pearls of Practice for Geriatric Gynecology</b>	Kristina Krueger, WHNP-BC, MS	This session will cover common geriatric gynecology concerns in primary care. A case study approach will illustrate 3 common concerns: 1) Postmenopausal bleeding 2) vulvar symptoms including pharmacologic treatments 3) Pelvic Prolapse. A brief review of current Preventative Health Guidelines for cervical cancer screening, pros/cons of mammography and pelvic exams will also be discussed. <b>N + E</b>
5C	1.0	Acute Care	<b>Acute Management of Atrial Fibrillation</b>	Kathy Wackerle, RN, MSN, ANP-BC	Determination of anticoagulation needs for thromboembolic prevention including warfarin and the Non-Vitamin K antagonists. Overview of medications for rate control and rhythm control. Case studies will be used to highlight the use of these medications and diagnostic modalities. <b>N + E</b>
5D	.75	Psychiatric	<b>Is This Even Anxiety? And if it is, what do I do now?</b>	Jennifer Brandt, RN, MSN, APNP	Review of various diagnoses - GAD, OCD, social anxiety, separation anxiety, PTSD; Differential diagnoses; treatment options; and case studies. <b>N</b>
<b>LUNCH 12:15-12:45 pm Visit the Virtual Poster Session</b>					
TUESDAY CONFERENCE		August 18, 12:45 – 2:00 pm		BREAKOUT SESSION 6 <i>(each session offers 1.25 contact hours – choose one)</i>	
#	Rx	Specialty Track	Title	Presenters	Session Description <span style="float: right;">Novice (N) or Experienced (E)</span>
6A	.75	Pediatric	<b>Pediatric Autonomic Dysfunction</b>	Julie Banda, MSN, RN, CPNP	Case studies with pharmacological and lifestyle management of pediatric orthostatic disorders and comorbidities. <b>N + E</b>
6B	.50	Women's Health	<b>Endometriosis: The Whole Picture</b>	Grace Janik, MD	Endometriosis is a common enigmatic condition that significantly impacts an individual's quality of life, causing both pain and infertility. The session will discuss optimal diagnosis and treatment strategies to manage patients' needs from adolescence to menopause. Medical, surgical, and interdisciplinary management to support patient-centered goals will be reviewed. <b>N + E</b>
6C	1.0	Acute Care	<b>2020 Update in Infectious Disease – "Hot Button Topics"</b>	Meghann Martin, RN, APRN, DNP	Infectious Diseases continue to emerge and evolve. Given the vast amount of information available will discuss, through case presentations, pertinent updated guidelines, literature, and national data to inform diagnosis and treatment of endemic pathogens, recurrent infections, as well as STIs utilizing stewardship practices. Will also discuss new guidelines for immunizations and information regarding the use of probiotics. Heavy pharmacology content. <b>E</b>

6D	1.0	Primary Care/ Geriatric	Treatment of Sleep Difficulties in Older Adults with Dementia	Timothy Juergens, MD	Sleep is a vital in older adults, with good sleep predictive of better outcomes in physical and mental health. However, sleep difficulties are common and often difficult to effectively treat. In people with dementia those complexities increase. In this session common sleep issues in people with dementia will be identified with a focus on pharmacologic management, including impacts of medications that are FDA and non-FDA approved for sleep, medications for other conditions that may adversely or positively impact sleep, and special considerations for use in the elderly and in people with dementia. This presentation will include case examples. N + E
6E	.75	Psychiatric	Addressing Pain in People Who Live with Psychiatric Disorders	Ketty Thertus, MD	Review of symptoms of pain syndromes associated with mood disorders, review of pharmacology interventions for pain and mood disorders, and review of psychosocial interventions and provider management strategies. N + E
<b>TUESDAY CONFERENCE August 18, 2:15 – 3:30 pm BREAKOUT SESSION 7 (each session offers 1.25 contact hours – choose one)</b>					
#	Rx	Specialty Track	Title	Presenters	Session Description Novice (N) or Experienced (E)
7A	1.0	Pediatric	Innovation & Updates in Managing Diabetes in Pediatrics	Elaine Parton, RN, MA, CPNP	Overall review of new innovations and medications in the management of type 1 and type 2 diabetes. Will review New insulin pump systems, New sensors, New glucagon options, GLP-1 drugs approved for pediatrics and new data platforms. Highlighting resources and challenges through some case studies and audience participation reviewing new management strategies. Participants should have some background in basic pediatric care of diabetes. E
7B	.50	Women's Health	Beyond Fertility: Long Term Health Complications of Polycystic Ovary Syndrome	Laura Cooney, MD	Our objective will be to review the updated 2018 International PCOS guidelines for accurate PCOS diagnosis and management. We will focus on clinical cases that will highlight treatment options for depression, weight gain, menstrual irregularities and dermatologic manifestations associated with PCOS. N + E
7C	.50	Acute Care	Cigarettes, E-cigarettes, and the Shifting Landscape of Nicotine Addiction	Brian Williams, MD	This session will review traditional cigarette use as well as the rising use of E-cigarettes and vaping. Participants will learn more about the components of E-cigarettes and the perceived benefits and harms of E-cigarettes including the acute lung injury associated with vaping. Current best practice treatment of nicotine addiction will also be addressed. N + E
7D	1.25	Primary Care/ Geriatric	COPD Management: We'll Not Leave You Breathless	Daniel Wilk, PharmD Jacob Keeffe, PharmD, BCACP	Updates on management of COPD, including guidelines review, initial agent selection, chronic medication management, and treatment of acute exacerbations with application to practical cases. N + E
7E	1.0	Psychiatric	Recognizing and Treating Bipolar in Older Adults	Eileen Ahearn, MD, PHD	The session will include tips for making the diagnosis of bipolar disorder; pharmacologic treatment of mania, bipolar depression and maintenance care; and present case examples. N + E
<b>TUESDAY CONFERENCE August 18, 3:45-5:00 pm BREAKOUT SESSION 8 (each session offers 1.25 contact hours – choose one)</b>					
#	Rx	Specialty Track	Title	Presenters	Session Description Novice (N) or Experienced (E)
8A	1.0	Pediatric	Otitis Media Treatment in the 21 <sup>st</sup> century	Kristina Keppel, DNP, APNP, CPNP	Otitis media is one of the most common pediatric chief complaints in both general pediatrics and referral for consultation to pediatric otolaryngology. In financial totals, otitis media is a nearly 3-billion-dollar diagnosis in the United States alone. Pathogen shifts, effect of global pneumococcal vaccination, and knowledge on biofilms' effect on acute and chronic infections, has altered how we are currently treating this disease. This course will provide an overview on the etiology of otitis media, the pathogen shift in a post vaccine era, and recommended antibiotic prescription for children with otitis media. N + E
8B	1.25	Women's Health	Contraceptive Innovations: What's New and What's Next	Eliza Bennett, MD, FACOG	Review changes and updates to currently available contraceptives and discuss newly available contraceptive products on the market. Review internationally available contraceptive products that may be encountered in the US. Discuss contraceptive innovations currently under investigation. E
8C	.75	Acute Care	Navigating and Balancing Blood Viscosity for Mechanical Circulatory Device Therapy	Margaret Murray, RN, DNP, FAHA, FCNS, CCNS, CCRN- CSC	This session will present overview content of mechanical circulatory devices. With this introduction, there will be an overview of anticoagulation management for these patients who may encounter GI bleeds, cerebral ischemic or hemorrhagic stroke, pump thrombosis or hemolysis. A wide range of pharmacological therapy will be presented to balance blood viscosity. N + E

<b>8D</b>	<b>1.25</b>	Primary Care/ Geriatric	<b>Sleep Disorders in Primary Care</b>	Kari Fisher DNP, APNP, FNP-BC	In this session we will discuss an overview of sleep disorders in primary care, formulate methods of management for sleep disordered breathing, and evaluate treatment strategies in other sleep disorders. <b>N + E</b>
<b>8E</b>	<b>1.0</b>	Psychiatric	<b>The Pharmacology of Depression in Youth</b>	Jennifer Fiegel-Newlon, DNP, PMHNP, FNP, APNP	This presentation will include a comprehensive review of our current understanding of Depression in Children and Adolescents including symptoms, associations, epidemiological factors, with an emphasis on pharmacological treatment. Examples shall be included. <b>N + E</b>
<b>End of conference – 5:00 pm</b>					