

2018
Conference

Hyatt Regency Reston, Virginia

March
8-11
2018



Virginia Council of Nurse Practitioners

250 West Main Street • Suite 100 • Charlottesville, VA 22902

(434) 977-3716 • Fax (434) 979-2439 • Email: vcnp@vcnp.net • www.vcnp.net

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Nurse Practitioners: Partners for a Healthier Tomorrow

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Virginia Council of Nurse Practitioners *Nurse Practitioners: Partners for a Healthier Tomorrow*

Dear Nurse Practitioner Colleagues and Students,

Welcome to the Virginia Council of Nurse Practitioners 2018 Conference. The VCNP is proud to sponsor an annual conference that benefits Nurse Practitioners across the State of Virginia. The goal in hosting this conference is to provide a high level quality program for nurse practitioners to enhance and expand his or her clinical knowledge by offering relevant presentations. We are pleased to offer VCNP members a discounted rate to the conference. As always, we welcome nonmembers and nurse practitioners from neighboring states. The VCNP Conference provides a number of pharm and non-pharm credits for attendees in a number of professional tracks as well as general and specialty workshops offered to further enhance the skills of the nurse practitioner.

The VCNP 2018 Conference has been planned by the VCNP Conference Committee, Chaired by Denise Chernitzer. Along with Denise the Conference Committee consists of representation from all of the VCNP regions. We offer a variety of education tracts to include Acute Care, Women's Health, Mental Health, Pediatrics and Primary Care. Many of our presenters are state and nationally recognized speakers. Attendees may overlap courses from various tracts. We encourage attendees to register early to reserve their desired sessions.

We look forward to the Northern Virginia Region hosting the 2018 VCNP Conference in Reston. Join us in Reston and take advantage of the many activities and sights that the area has to offer. We welcome all APRNs across the state to attend. We look forward to seeing you there!

Sincerely,

Christine Daley, MN, ANP
President, Virginia Council of Nurse Practitioners

The VCNP Mission

To facilitate the advancement and foster the professional growth of nurse practitioners, and to advocate for the improvement of health and access to care for all Virginians.

Bring Your Checkbook to the Conference!

All 2018 conference attendees will have an opportunity to donate to the VCNP Political Action Committee (PAC) during the lunch session on Saturday. PAC contributions will be distributed to legislators who are supportive of VCNP issues such as Full Practice Authority and who sit on committees that hear legislation pertaining to NP practice. All contributions to legislators are made on a bipartisan basis. Help us continue to build relationships with our elected officials. Help us get our message out!

Donations to the VCNP PAC are not tax deductible.

Annual Raffle Scheduled!

VCNP will have its Annual Raffle to benefit the NP Scholarship Fund with each region providing a special basket!

2018 Annual Conference

Virginia Council of Nurse Practitioners (VCNP) invites you to attend the 2018 Annual Conference at the Hyatt Regency Reston in Reston, Virginia. VCNP is continuing to offer Online conference registration, online session evaluations and an attendee portal that will allow attendees to access speaker presentations online before and after the conference.

This year's program will feature several general sessions, concurrent specialty interest sessions, optional pre-conference workshops, breakfast sessions, lunch sessions and the exhibit hall, featuring the latest information on patient products and services. Professional networking activities include the poster sessions, opening reception and the Annual Meeting with the VCNP Board, including a professional issues presentation.

Networking Opportunities

Take advantage of opportunities to extend learning beyond the classroom by spending time with colleagues to exchange ideas, ask questions and share your knowledge during the continental breakfasts and breaks. Be sure to visit the exhibit hall to learn about the latest industry products and services. Join us on Thursday for the Opening Reception at 7:00 p.m. and attend the Annual Meeting with the Board during the lunch session on Saturday for more VCNP updates from the organization's leaders.

Contact Hours

Virginia Council of Nurse Practitioners is an approved provider of continuing nursing education by the Virginia Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Conference participants will have the opportunity to earn up to **21 contact hours** based on attendance of a pre-conference workshop and the entire conference.

MAKE YOUR HOTEL RESERVATIONS NOW!

Single / Double occupancy group rate is \$152/night

plus state and local taxes and applicable hotel fees

Reservations must be made directly with the Hyatt Regency Reston, NOT VCNP Headquarters.

Visit the VCNP website at www.vcnp.net and look for the 2018 conference information under the "Events" heading. Under the conference links you can make your online booking with the Hyatt Regency Reston.

Visit: <https://aws.passkey.com/go/VCNP2018Conference>

Group room rates are available until February 14, 2018 or until the room block fills up, whichever comes first.



2018 Annual Conference Planning Committee

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Make Your Reservations Early. The Room Block Fills Quickly!

VCNP 2018 ANNUAL CONFERENCE

Program

Pre-conference workshops are offered to provide opportunities to enhance clinical skills and/or knowledge. These workshops are 3.5 hours in duration and are structured in a didactic format; sessions may include interactive discussion, case studies and/or hands-on opportunities. Workshops will have a limited number of participants.

Thursday, March 8, 2018

10:00 a.m. - 5:00 p.m. **Conference Registration**

Pre-Conference Workshops

12:30 p.m. - 4:30 p.m.

Workshop#1 (3.0 Non-Pharmacology credits, 0.5 Pharmacology credits)

Basic Suturing PLUS

Rosie Taylor-Lewis, DNP, ANP-BC, GNP & Faculty

In this interactive 3.5 hour skills workshop, the participants will: 1. Discuss the components in the evaluation, treatment and management of minor to moderately complex lacerations. 2. Explain pharmacological agents used for repair of lacerations including when antibiotics are indicated to support wound healing and medications for the management of pain. 3. Describe, demonstrate and practice simple interrupted, continuous, horizontal mattress, vertical mattress and subcutaneous suturing procedures.

Workshop#2 (3.0 Non-Pharmacology credits, 0.5 Pharmacology credits)

Women's Health Potpourri

Shaughanasee Williams, DNP, CNM

This presentation will outline common topics in gynecology including diagnosis, management and treatment options for uterine fibroids, ovarian cysts, abnormal uterine bleeding, pelvic pain, female sexual functioning and will assist the practitioner to apply medical, surgical and behavioral treatments to the women with sexual dysfunction within the primary care and women's health settings.

Workshop#3 (3.5 Non-Pharmacology credits, 0 Pharmacology credits)

Mastering ME: A Mini Retreat for the Busy NP

Eileen T. O'Grady, Ph.D., RN, NP

Reaching one's greatest potential requires gathering motivation and resilience tools you can use to navigate healthfully through trying times. You will explore theories and practices that energize you, help you say 'yes' to what is important and 'no' to the things that drain you. You will distinguish selfishness from self-care and learn how to set and attain your own goals, how to use your strengths more creatively, build your emotional intelligence and rebalance your life when it goes off kilter. Making long lasting, intentional change in life requires applying strong and personalized evidence-based tools which are immediately useful in habit formation.

Workshop#4 (2.5 Non-Pharmacology credits, 1.0 Pharmacology credits)

NP Role in HIV Care and Prevention 2018

Judy Wessell, APRN, BC

HIV Prevention, with an appreciation of treatment as prevention, pre-exposure prophylaxis, post exposure prophylaxis and the NP role with prescribing and support.

Workshop #5 (0 Non-Pharmacology credits, 0 Pharmacology credits)

VCNP 101: New Leader Orientation

Chris Daley, RN, MN, FNP-C / Maribeth Capuno, RN MSN, ANP-BC

The VCNP Board of Directors invites anyone interested in becoming more involved at the local or state level to attend VCNP 101 for the purpose of introductions and orientation of new leadership to the organization. This workshop does not offer CE credits.

5:00 p.m. - 7:00 p.m. **Board of Directors Meeting and Dinner**

7:00 p.m. - 9:00 p.m. **Opening Reception/Exhibit Hall/Grand Rounds Poster Sessions**

Friday, March 9, 2018

7:00 a.m. - 5:30 p.m. **Conference Registration**

7:00 a.m. - 8:00 a.m. **Continental Breakfast/Exhibit Hall**

7:30 a.m. - 8:00 a.m. **Late Breaking Legislative Update** (0 Non-Pharmacology credits, 0 Pharmacology credits)

Chris Daley, RN, MN, FNP-C HoChong Gilles, RN, MS, FNP; Cindy Fagan, FNP-BC

Conference participants will have the opportunity to earn up to 21 credits.

FRIDAY, MARCH 9, 2018 (CONTINUED)

CONCURRENT BREAKOUT SESSIONS

- 8:00 a.m. - 9:15 a.m. **Keynote Address** (1.25 Non-Pharmacology credits, 0 Pharmacology credits)
Nurse Practitioners - Impacting Change in Healthcare
Cindy Cooke, DNP, FNP-C, FAANP
NPs are on the front line of health care in the US impacting the patient lives daily. This session discusses facing professional challenges in today's healthcare environment to truly improve the health of our nation.
- 9:15 a.m. - 10:30 a.m. **General Session** (0 Non-Pharmacology credits, 1.25 Pharmacology credits)
Addiction Treatment & The Nurse Practitioner: Great Opportunities!
Hughes Melton, MD, MBA, FAAFP, FABAM
Addiction is a chronic, relapsing disease similar to and as common as depression and diabetes. Modern science has significantly changed our understanding of the nature of the chronic brain disease of addiction. Primary care providers must operate off a current understanding of the disease in order to address it effectively in their daily practice.
- 10:30 a.m. - 11:00 a.m. **Exhibit Hall Break**
- 11:00 a.m. - 12:15 p.m. **Women's Health Tract** (1.25 Non-Pharmacology credits, 0 Pharmacology credits)
Prevention of Heart Disease in Women
Rachel Berger, MD, FACC
This lecture will provide an overview of the epidemiology and identification of heart disease in women and the unique role of heart disease prevention in caring for women patients. It will review unique cardiac risk factors in women and approach to clinical management.
- Pediatric Tract** (1.0 Non-Pharmacology credits, 0.25 Pharmacology credits)
The Wonderful World of Immunizations: So What's New?
Margaret (Maggie) Venzke, DNP, FNP-BC
This session will review updates on adult and children vaccine schedules, the new recommended 16 year old visit for immunizations, current issues and gaps in meeting Healthy People 2020/2030 goals. Vaccines, vaccines references/apps and what is new on the vaccine horizon.
- Acute Care Tract** (0.75 Non-Pharmacology credits, 0.5 Pharmacology credits)
HAP, VAP and So Long HCAP: Implementing the Latest Pneumonia Management Guidelines
Lori Brien, MS, ACNP / Catherine Tierney, MSN, ACNP
Hospitalized-acquired and ventilator-associated pneumonia are frequent complications of hospitalized patients, accounting for eighteen percent of all hospitalized infections. In 2016, the Infectious Diseases Society of America (IDSA) and the American Thoracic Society (ATS) updated their 2005 guidelines for the treatment of HAP and VAP and removed healthcare-associated pneumonia (HCAP) from the guidelines. This session will outline the changes and rationale behind the new recommendations. The diagnostic work up for patients with suspected pneumonia will be discussed and the pharmacological management of HAP and VAP will be described.
- Generalist Tract** (1.0 Non-Pharmacology credits, 0.25 Pharmacology credits)
Review of Common Rashes in Primary Care
Deborah Quinn, MSN, FNP-C
A review of the most common rashes seen in primary care with important updates in paradigm shifts and treatments. Will also present differential diagnoses and case presentations to illustrate differences in similar appearing rashes.
- Mental Health Tract** (0.5 Non-Pharmacology credits, 0.75 Pharmacology credits)
A Spectrum for Depression?
Elizabeth Wheatley, DNP, FNP-C, PMHNP-BC
Recognition of depression and Bipolar as a spectrum disorder with review of DSM-V criteria as well as new mood guidelines released in January 2017. Symptoms indicating activation by SSRI/SNRI medications, treatment of mood spectrum disorders and the medications indicated (mood stabilizers and antipsychotics) will be reviewed. Case studies will be presented.
- 12:30 p.m. - 2:00 p.m. **General Lunch Session**
- 2:00 p.m. - 2:30 p.m. **Exhibit Hall/Break**
- 2:30 p.m. - 3:45 p.m. **General Session** (1.25 Non-Pharmacology credits, 0 Pharmacology credits)
Patient Engagement: The New Blockbuster Drug
Eileen T. O'Grady, Ph.D., RN, NP
If patient engagement is the new 'blockbuster drug', coaching is the delivery system. This session will present practical evidence-based coaching strategies to gather patient motivation, identify learning needs and barriers, set goals and build accountability. The evidence base on goal attainment and how to more effectively engage patients will be emphasized.

Conference participants will have the opportunity to earn up to 21 credits.

FRIDAY, MARCH 9, 2018 (CONTINUED)

- 4:00 p.m. - 5:15 p.m. **Women's Health Tract** (1.25 Non-Pharmacology credits, 0 Pharmacology credits)
Intervention: Measuring Nurses' Knowledge, Attitudes and Intent To Support Maternal Breastfeeding
Sandra Hearn, MSN, CPNP
A pre- and post- test measuring nurses' knowledge, attitudes and intent to support maternal breastfeeding in inpatient setting before and after completion of a comprehensive breastfeeding curriculum in a military facility.
-
- Geriatric Tract** (1.0 Non-Pharmacology credits, 0.25 Pharmacology credits)
Oral Health for Adults With Chronic Illness, Diabetes, and the Geriatric Population
Loretta Vece, DNP, FNP-BC
This will help NPs integrate oral health into their patient care for at risk populations including elderly, those with diabetes, and those with chronic illnesses who are often left with unmet oral health needs that affect their overall health and quality of life.
-
- Acute Care Tract** (0.75 Non-Pharmacology credit, 0.5 Pharmacology credits)
Heart Failure (rEF and pEF): Putting Guidelines into Practice
S. Craig Thomas, MSN, RN, ANCP, CHFNP
Review of epidemiology and pathophysiology of rEF and pEF. Review of AHA and ACC guidelines, discussion of application of the guidelines in clinical practice. Review of medications as well as new medication recently added to guidelines.
-
- Generalist Tract** (1.25 Non-Pharmacology credits, 0 Pharmacology credits)
The Ups & Downs of BBPV: How To Recognize & Treat This Common Peripheral Vertigo
Deena Hollingsworth, MSN, FNP-BC, CORLN
Many patients in primary care complain of dizziness. This presentation will review the basics of vertigo prior to a more detailed discussion of benign paroxysmal positional vertigo. BPPV can easily be diagnosed and treated with basic canalith repositioning maneuvers prior to referral to ENT.
-
- Mental Health Tract** (1.25 Non-Pharmacology credits, 0 Pharmacology credits)
CBT-I: A Non Pharmacological, Evidence-Based Treatment For Insomnia
Clio Long, Psy.D.
This presentation will offer a review of CBT-I: theoretical underpinnings, core treatment elements, treatment length and outcome data. Learn to conduct differential diagnosis in primary care settings and offer patients the most appropriate treatment options.
-
- 5:30 p.m. - 7:00 p.m. **Topics in Professionalism** (1.5 Non-Pharmacology credits, 0 Pharmacology credits)
Telehealth: A Tool for Empowering Nurse Practitioners and Optimizing Health Care
Rebecca Bates, DNP, APRN, FNP-C & Tina Haney, DNP, APRN, CNS
This presentation will introduce telehealth as a tool to connect patients to care and to improve patient outcomes, to review current Virginia telehealth legislation, and to discuss the future of telehealth in Virginia.
-
- 5:30 p.m. - 7:30 p.m. **UVA Nursing School Reception**
UVA School of Nursing is hosting a reception for UVA School of Nursing Alumni and their friends. This event is scheduled from 5:30 to 7:30 p.m. at the in-house restaurant, Tavern 64. There is no registration required for this event.
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- 7:00 p.m. - 7:30 p.m. **Optional Dinner Symposia Registration**
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- 7:00 p.m. - 8:00 p.m. **Government Relations Dinner**
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- 7:30 p.m. - 8:30 p.m. **Optional Dinner Symposia**

Saturday, March 10, 2018

- 7:00 a.m. - 5:00 p.m. **Conference Registration**
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- 7:00 a.m. - 8:00 a.m. **Continental Breakfast with Exhibitors**
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- 8:00 a.m. - 9:30 a.m. **General Session (Leslie Herdegen Rohrer Memorial):** (1.5 Non-Pharmacology credits, 0 Pharmacology credits)
Advanced Practice Nursing in the 21st Century: New Threats & New Opportunities
Winifred Carson-Smith, Esq.
This session will educate nurses about changed motivation, strategies and legislative opportunities in the 21st century for advanced practice nurses.

Conference participants will have the opportunity to earn up to 21 credits.

SATURDAY, MARCH 10, 2018 (CONTINUED)

- 9:45 a.m. - 10:45 a.m. General Session (1 Non-Pharmacology credits, 0 Pharmacology credits)
From ObamaCare to TrumpCare
Carolyn Long Engelhard, MPA
Overview of the status of the ACA and changes under Trump Administration and 115th Congress.
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- 10:45 a.m. - 11:45 a.m. **Final Beverage Break with Exhibitors**
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- 11:45 a.m. - 12:00 p.m. **General Membership Luncheon Meeting**
Chris Daley, MN, ANP / HoChong Gilles, RN, MS, FNP
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- 12:00 p.m. - 1:00 p.m. **Business Meeting**
Becky Compton DNP, RN, FNP-BC
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- 1:00 p.m. - 2:00 p.m. Professional Issues Session (1 Non-Pharmacology credits, 0 Pharmacology credits)
Hot-Spotting in a Nurse Practitioner-Managed Free Clinic
Rebecca Bates, DNP, APRN, FNP-C
This program describes the efficiency and efficacy of telehealth in a nurse practitioner-managed free clinic, utilizing interdisciplinary healthcare teams to provide access to care and improve patient outcomes within current health policy restraints.
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- 2:00 p.m. - 2:15 p.m. **Break**
-
- 2:15 p.m. - 3:30 p.m. Women's Health Tract (0.75 Non-Pharmacology credits, 0.5 Pharmacology credits)
Pills, Rings and Other Things: Helping Clients Choose Contraception Wisely
Elizabeth Sova, MSN, CNM
Contraceptive misconceptions abound, even among care providers who are asked to help clients choose. This presentation will discuss risks and benefits of available methods of contraception and will highlight resources available to assist clients in decision making.
-
- Pediatric Tract (1.0 Non-Pharmacology credits, 0.25 Pharmacology credits)
The Food Revolution: Do You Know What You Are Eating?
Amy Johnson, DNP, FNP-C
Consumers encounter a menagerie at the grocery store: GMO, Natural, Antibiotic Free - what do these mean? Do you know what you are recommending to parents? Find out from the perspective of an agriculturalist/ healthcare provider.
-
- Acute Care Tract (1.0 Non-Pharmacology credits, 0.25 Pharmacology credits)
Caring for the Patient Post Transcatheter Aortic Valve Replacement: What ICU Providers Need to Know
Catherine Tierney, RN, MS, ACNP-BC / Lori Brien, MS, RN, ACNP-BC
This presentation identifies patients who benefit from Transcatheter Aortic Valve Replacement. The procedure will be reviewed and anatomical approaches and valves will be discussed along with their post-operative implications. Post-operative complications with recommendations for management will be described and the current evidence based guidelines for post-operative care of the TAVR patient will be provided.
-
- Generalist Tract (1.25 Non-Pharmacology credits, 0 Pharmacology credits)
Understanding Respiratory Devices in Primary Care
Tammy Maloney, DNP, AE-C
Explain and demonstrate various medication delivery devices, mucous clearing devices, peak flows and ICS. Discuss guidelines for O₂ prescriptions and traveling with oxygen and Cpap devices.
-
- Mental Health Tract (0 Non-Pharmacology credits, 1.25 Pharmacology credits)
The Addicted Brain
Laura Leahy, DrNP, APRN, PMH-CNS/FNP, CARN-AP, FAANP
This session will discuss the neuroanatomy & neurophysiology of the brain as it relates to addiction. The presentation will include discussion of the neurochemicals, pathways and genetic factors related to substance use disorders.
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- 3:45 p.m. - 5:00 p.m. Women's Health Tract (1.25 Non-Pharmacology credits, 0 Pharmacology credits)
Reducing Primary Cesarean Birth Through Bundle Implementation
Katie Page, MSN, CNM
This session will give present current evidence of labor duration and practices to promote physiologic labor and birth and reduce primary cesarean birth through patient safety bundle implementation.
-
- Geriatric Tract (0.5 Non-Pharmacology credits, 0.75 Pharmacology credits)
Primary Palliative Care: What Every Nurse Practitioner Needs To Know
Clareen Wiencek PhD, RN, CNP, ACHPN

Conference participants will have the opportunity to earn up to 21 credits.

SATURDAY, MARCH 11, 2018 (CONTINUED)

Every nurse practitioner should provide primary palliative care for persons with serious or life-limiting illnesses. The session will distinguish primary from specialist primary care and examine pharmacologic management of pain and common symptoms including care of the actively dying.

Acute Care Tract (1.25 Non-Pharmacology credits, 0 Pharmacology credits)

Quality Improvement in Acute Stroke: How Functional Status Impacts Readmission and Reimbursement

Cindy Zerfoss MSN, RN, ACNP-BC, DNP student

This session will explore the role of functional status as it relates to hospital readmissions following acute stroke. Are we able to prevent un-necessary readmissions but identifying functional status deficits?

Generalist Tract (1.0 Non-Pharmacology credits, 0.25 Pharmacology credits)

“Let’s Get Real, Controlled A1C’s Matter” The 3 E’S to move the A1C: Educate + Empowerment + Efficacy

Olivia Newby, DNP, FNP-BC, CDE

Pharmacologic approaches to glycemic treatment for Type 2 Diabetes at diagnoses and based on A1C targets.

Mental Health Tract (0.75 Non-Pharmacology credits, 0.5 Pharmacology credits)

Cannabis in Clinical Practice: What Clinicians Need To Know

Marianne Beare, ANP-BC

Over 50% of the country has medical cannabis laws in place allowing for the use of cannabis as medication. Healthcare providers need to understand the research and evidence of efficacy, safety, and use to properly advise their patients.

NO SPONSORED MEALS SATURDAY - Dinner On Your Own

7:00 p.m. - 11:00 p.m. **Washington, DC Bus Tour**

VCNP Northern Virginia Region has scheduled a bus tour of Washington, DC and the spectacular monuments with a professional tour guide on Saturday night from 7 p.m. to 11 p.m. for only \$35. Attendees and their families are welcome to register. Space is limited. There will be an opportunity to see some sights up close so dress accordingly. Those interested in registering can do so on the 2018 VCNP Annual Conference registration page.

Sunday, March 11, 2018

8:30 a.m. - 9:30 a.m. **Conference Registration**

8:30 a.m. - 9:30 a.m. **Continental Breakfast**

9:30 a.m. - 10:45 a.m. General Session (0 Non-Pharmacology credits, 1.25 Pharmacology credits)

Anticoagulants: Prescribing Information and Practice Implications for the Advanced Practice Nurse

Lori Brien, MS, ACNP

Anticoagulant medications are prescribed to many patients for a variety of reasons to include atrial fibrillation, acute coronary syndrome, mechanical heart valves, vascular disease or thrombosis. In addition, patients are prescribed anticoagulant agents to prevent clot formation while immobilized due to critical illness or surgery. Warfarin was the mainstay of oral anticoagulation therapy for many years. While Warfarin was widely available, effective, inexpensive and had a reversal agent, it also had many limitations. Warfarin has a delayed onset of action, a narrow therapeutic window and interacts with many medications and foods. Due to these limitations, newer agents were developed to replace Warfarin. The newer oral anticoagulants include direct thrombin inhibitors and factor Xa inhibitors. The mechanism of action of these medications will be reviewed with relation to their effect on the clotting cascade. The dosing, pharmacokinetics, pharmacodynamics and side effects of each agent will be discussed. The availability of reversal agents will also be reviewed as will the perioperative management of patient’s prescribed direct oral anticoagulants.

10:45 a.m. - 12:00 p.m. General Session (1.0 Non-Pharmacology credits, 0.25 Pharmacology credits)

Ocular Manifestations of Systemic Disease

Cecelia Koetting, OD, FAAO, ABO

This lecture will explore the ocular manifestations of different common systemic disease and common medications,1 ocular involvement of said diseases and discussion of different commonly used medication and their potential ocular side effects.

The meeting presentations will be available for you to print prior to the conference if received by the faculty presenter. We encourage you to print out all of the materials from the conference as Internet access will not be available in the meeting rooms. In addition, conference registration and session evaluations will be available online at www.vcnp.net to save you time and effort.

VIRGINIA COUNCIL OF NURSE PRACTITIONERS

2018 *Annual Conference*



JOIN US FOR
NETWORKING & MINGLING
AT THE OPENING RECEPTION

AT THE ANNUAL CONFERENCE THIS YEAR!

THURSDAY, MARCH 8, 2018

7 P.M. - 9 P.M.

GRAND ROUNDS POSTER SESSIONS • EXHIBITS • HORS D'OEUVRES • NETWORKING

VCNP 2018 *Annual Conference* REGISTRATION

Payment by credit card available through online registration only at www.vcnp.net

Name: _____ Credentials (ex. RN, MSN, etc.): _____
 Specialty: _____ Region: _____
 Practice Setting: Urban Suburban Rural Military/Government University School Other _____
 Mailing Address: _____
 City/State/Zip: _____
 Telephone: _____ Fax: _____
 Email: (MOST IMPORTANT) _____ Membership #: _____

Registration and Refund Policy

STUDENTS — Those registering as STUDENTS must include a copy of a student ID or class schedule to verify full time status. The student conference rate only applies to students who are currently VCNP student members. Nurse practitioners who have returned to school to pursue either a PhD or DNP, and are full VCNP members cannot register at the student conference rate.

REFUNDS/SUBSTITUTIONS — Refund requests must be submitted in writing and received by 1/15/18. A \$25 administrative fee will be deducted from such requests. No refunds will be made after 1/15/18. Refunds will be determined by date written cancellation is received. Registration fee includes beverage breaks, continental breakfast and planned lunch based on sponsorship.

Please mark all choices carefully (Circle appropriate amounts, check appropriate boxes and fill in blanks) and be sure to total choices at the far right hand column and bottom of form.

CONFERENCE REGISTRATION — YOU MAY PREFER TO REGISTER ONLINE AT WWW.VCNP.NET

	Dates	Mbr. Early By 1/25/18	Mbr. Late After 1/25/18	Non-Mbr. Early By 1/25/18	Non-Mbr. Late After 1/25/18	Student Early By 1/25/18	Student Late After 1/25/18	
<input type="checkbox"/> Entire Conference Fee	3/9– 3/11	\$350	\$400	\$500	\$550	\$200	\$225	= \$ _____
<input type="checkbox"/> One Day Fee	<input type="checkbox"/> 3/9 <input type="checkbox"/> 3/10 <input type="checkbox"/> 3/11	\$210	\$250	\$250	\$310	\$100	\$100	= \$ _____
<i>One day registration is good for one day only. Please indicate which day you are requesting.</i>								
<input type="checkbox"/> Opening Reception with Exhibitors – Thursday, March 8								= \$ N/C
<input type="checkbox"/> Continental Breakfast – Friday, March 9								= \$ N/C
<input type="checkbox"/> Non-CME Luncheon – Friday, March 9 (BASED ON SPONSORSHIP)								= \$ N/C
<input type="checkbox"/> Continental Breakfast – Saturday, March 10								= \$ N/C
<input type="checkbox"/> General Membership Luncheon & Awards Ceremony – Saturday, March 10								= \$ N/C
<input type="checkbox"/> Washington, D.C. Bus Tour – Saturday, March 10 (\$35)								= \$ _____
<input type="checkbox"/> Continental Breakfast – Sunday, March 11								= \$ _____

PRE-CONFERENCE WORKSHOP REGISTRATION

Complete the reverse side of this form and enter your **Thursday, March 8, 2018 Workshop Total** to the right. ►

NP Scholarship Fund Donation (Donations can be made online using a credit card or by check.) Scholarship Donation = \$ _____
 VCNP Political Action Committee Donation (Donations can be made online using a credit card or by check.) PAC Donation = \$ _____
Donations to the VCNP PAC are not tax deductible. **TOTAL DUE** = \$ _____

- Are you a first time attendee? Yes No
- Do you require vegetarian meals? Yes No
- Do you require gluten free meals? Yes No
- How did you learn about the conference? Brochure Email Website Colleague Referral Other _____

METHOD OF PAYMENT

Make checks (US currency) payable to: Virginia Council of Nurse Practitioners, 250 West Main Street, Suite 100, Charlottesville, VA 22902 or fax to (434) 979-2439

Deposit Check Rec'd NP: _____
 Date: _____ Check #: _____

If you do not receive a confirmation letter from the VCNP office within 30 days of submitting your registration form, please call the office to confirm that your registration material has been received at (434) 977-3716.

By registering for this event, you acknowledge and agree to grant VCNP the right to record, film and photograph your likeness in its media, marketing, promotional and educational efforts.

Session REGISTRATION

Sessions are available on a **first come, first served basis**. Please indicate your selections as a first, second and third choice to the left of each title. If all of your choices are sold out, you will receive an e-mail notification from the VCNP office presenting you with other options. Please enter the total amount due (where applicable) for your selections on the other side of this page. There will be a \$15 late fee after January 25, 2018.

- SPACE IS LIMITED -

THURSDAY – MARCH 8, 2018

Please indicate your first, second and third choices below.

12:30 p.m. - 4:30 p.m. Pre-conference Workshops (includes 30 minute break)

CHOICE	BEFORE OR ON 1/25/18	AFTER 1/25 /18	AMOUNT
<input type="checkbox"/> Basic Suturing Plus	\$150.....	\$165	_____
<input type="checkbox"/> Women's Health Potpourri	\$100.....	\$115	_____
<input type="checkbox"/> Mastering Me	\$100.....	\$115	_____
<input type="checkbox"/> NP Role in HIV Care and Prevention 2018	\$100.....	\$115	_____
<input type="checkbox"/> VCNP 101: New Leader Orientation.....	No Charge		_____

PLEASE ENTER YOUR PRE-CONFERENCE WORKSHOP TOTAL ON THE REGISTRATION FORM

TOTAL WORKSHOP AMOUNT DUE: \$ _____

FRIDAY – MARCH 9, 2018

11:00 a.m. - 12:15 p.m. Breakout Sessions (Please indicate your first, second and third choices below.)

CHOICE

- (MENTAL HEALTH) A Spectrum of Disordered Moods
- (GENERALIST) Review of Common Rashes in Primary Care
- (ACUTE CARE) HAP, VAP and So Long HCAP: Implementing the Latest Pneumonia Management Guidelines
- (PEDIATRICS) The Wonderful World of Immunizations: So What's New?
- (WOMEN'S HEALTH) Prevention of Heart Disease in Women

4:00 p.m. - 5:15 p.m. Breakout Sessions (Please indicate your first, second and third choices below.)

CHOICE

- (MENTAL HEALTH) CBT-I: A Non Pharmacological, Evidence Based Treatment for Insomnia
- (GENERALIST) Ups and Downs of BPPV: How to Recognize and Treat this Common Peripheral Vertigo
- (ACUTE CARE) Heart Failure (rEF and pEF): Putting Guidelines into Practice
- (GERIATRICS) Oral Health for Adults with Chronic Illness, Diabetes and the Geriatric Population
- (WOMEN'S HEALTH) Intervention: Measuring Nurses' Knowledge, Attitudes, and Intent to Support Maternal Breast Feeding

SATURDAY – MARCH 10, 2018

2:15 p.m. - 3:30 p.m. Breakout Sessions (Please indicate your first, second and third choices below.)

CHOICE

- (MENTAL HEALTH) The Addicted Brain
- (GENERALIST) Understanding Respiratory Devices in Primary Care
- (ACUTE CARE) Caring for Patients Post Transcatheter Aortic Valve Replacement: What ICU Providers Need to Know
- (PEDIATRICS) The Food Revolution: Do You Know What You Are Eating?
- (WOMEN'S HEALTH) Contraception: Pills, Rings, and Other Things

3:45 p.m. - 5:00 p.m. Breakout Sessions (Please indicate your first, second and third choices below.)

CHOICE

- (MENTAL HEALTH) Cannabis in Clinical Practice: What Clinicians Need To Know
- (GENERALIST) Let's Get Real, Controlled AICs Matter: The 3 E's - Educate + Empower = Efficacy
- (ACUTE CARE) Quality Improvement in Acute Stroke: How Functional Status Impacts Readmission & Reimbursement
- (GERIATRICS) Primary Palliative Care: What Every Nurse Practitioner Needs To Know
- (WOMEN'S HEALTH) Reducing Primary Cesarean Birth Through Bundle Implementation

Your Name (please print) _____ Email _____

VCNP 2018

Conference Faculty



Rebecca Bates, DNP, APRN, FNP-C

Marianne Beare, ANP-BC

Rachel Berger, MD, FACC

Lori Brien, MS, ACNP

Diane Campbell, DNP, RN, FNP-C

Maribeth Capuno, RN, MSN, ANP-BC

Winifred Carson-Smith, Esq.

Chris Daley, RN, MN, FNP-C

Carolyn Engelhard, MPA

Tina Haney, DNP, APRN, CNS

Sandra Hearn, MSN, CPNP

Deena Hollingsworth, MSN, FNP-BC,

CORLN

Amy Johnson, DNP, FNP-C

Cecelia Koetting, OD, FAAO, ABO

Laura Leahy, APRN, PMH-CNS/FNP, C

Clio Long, Psy. D.

Tammy Maloney, FNP-BC, DNP, AE-C

S. Hughes Melton, MD, MBA

Olivia Newby, DNP, FNP-BC, CDE

Eileen O'Grady, PhD., RN, NP

Katie Page, MSN, CNM

Clifford Pyne, ACNP-BC

Deborah Quinn, MSN, FNP-C

Carolyn Rutledge, Ph.D., APRN, FNP-BC

Elizabeth Sova, MSN, CNM

Rosie Taylor Lewis, DNP, ANP-BC, GNP

Catherine Tierney, RN, MS, ACNP-BC

Loretta Vece, DNP, FNP-BC

Maggie Venzke, MSN, FNP-BC

Judy Wessell, DNP, APRN BV

Elizabeth Wheatley, DNP, FNP-C,

PMHNP-BC

Clareen Wiencek, PhD, RN, DNP, ACHPN

Shaughanasee Williams, DNP, CNM

Cindy Zerfoss, MSN, RN, ACNP-BC



Virginia Council of Nurse Practitioners

250 West Main Street, Suite 100
Charlottesville, VA 22902

Needs Assessment/Objectives

The Virginia Council of Nurse Practitioners (VCNP) is a non-profit 501(c)6 organization with nearly 1,800 members. The organizational mission is to facilitate the advancement of the nurse practitioner (NP) profession, enhance continuing professional development through local meetings and the state conference. VCNP leadership promotes political advocacy to influence state and national health policy. The objectives of the VCNP Annual Conference are to provide an educational curriculum and enhance the knowledge and skills of NP's in varied practice roles. The conference also offers collegial networking opportunities, emerging trends in practice management and highlights political issues affecting NP roles and practice. VCNP is committed to providing education for NP's. Educational needs are identified through surveys, practice pattern analysis, previous contact hours activity evaluations, current practice issues and emerging technology. The conference curriculum is developed by the conference planning committee comprised of NP representatives from the regions, the VCNP President, President-Elect and the Conference Chair. It is anticipated that over 500 NPs will be in attendance at the 2018 Annual Conference held at the Hyatt Regency Reston, March 8-11, 2018. The Virginia Council of Nurse Practitioners is an approved provider of continuing nursing education by the Virginia Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Contact hours and Pharmacology hours will be available at this conference. Conference participants will have the opportunity to earn up to **21 contact hours** based on the Preconference Workshops. Accessing educational grant monies and industry support is critical to the organization's ability to continue to offer a superior and affordable educational program for NP's throughout the state of Virginia. Educational grant monies help make possible a quality educational program enhancing NP knowledge and skills, which promote improved patient care and health outcomes.

Comments from Last Year's VCNP Annual Conference

"Overall this was a valuable educational opportunity"

•••

"This was one of the best conferences I have attended in the past several years."

•••

"The speakers were bright, engaging, and presented relevant and up to date clinical information."

•••

"Just such a great conference year after year!"

•••

"The content of the sessions was diverse and applicable to all areas of my practice and interest."

Visit www.vcnp.net

Prior to Arrival, Download and Print any Session Materials you Would like to Bring With You.
Presentations can be downloaded at vcnp.net.

VCNP FEEDS VIRGINIA



**We will be supporting the Cornerstones
Foodbank during the Annual VCNP
Conference in Reston, Virginia.**

MARCH 8-11, 2018

**PLEASE CONSIDER A FOOD
OR DOLLAR DONATION!**

*Virginia Council of Nurse Practitioners Nurse Practitioners:
Partners for a Healthier Tomorrow*

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