

VIRGINIA COUNCIL OF NURSE PRACTITIONERS 2022 ANNUAL CONFERENCE

MARCH 2-5 | THE OMNI HOMESTEAD RESORT | HOT SPRINGS, VA



2022 ANNUAL CONFERENCE

Virginia Council of Nurse Practitioners (VCNP) invites you to attend the 2022 Annual Conference at The Omni Homestead Resort in Hot Springs, VA. 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, 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 Wednesday for the Opening Reception and attend the Annual Meeting with the Board during the lunch session on Friday for more VCNP updates from the organization's leaders.

CONTACT HOURS

Virginia Council of Nurse Practitioners is approved as a provider of continuing nursing education by the Virginia Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Provider Number VNA#: 17-06-03P. Conference participants will have the opportunity to earn up to 19.5 contact hours (pending approval) based on attendance of a pre-conference workshop and the entire conference.

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.

DONATE TO PAC

All 2022 conference attendees will have an opportunity to donate to the VCNP Political Action Committee (PAC) during the General Membership Luncheon. PAC contributions will be distributed to legislators who are supportive of VCNP issues 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

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

2022 VCNP CONFERENCE PLANNING COMMITTEE

Helen Willis, ACNP Education & Conference Chair

Maureen Flattery, ANP CE & Primary Nurse Planner

Rebekah Compton, DNP, RN, FNP-BC President

Olivia Newby, DNP, FNP-BC, CDE, FAANP VCNP President -Elect

Maribeth Capuno, DNP, RN, ANP-BC Blue Ridge Bylaws, Policy & Operations

Hishani Perera, DNP, APRN, FNP-C Fredericksburg

Cathy Tierney, LNP Northern Virginia

Michele Brushrow, MSN, FNP-BC, ACHPN Piedmont

Julie Lear, MSN, RN, CCRN Peninsula

Kelly Szerenyikv, FNP Richmond

Kim Grossman, ANP-BC Southside

Christie Stallter, FNP-BC Tidewater

LETTER FROM THE PRESIDENT

Self-compassion is simply giving the same kindness to ourselves that we would give to others. – Christopher Germer

Dear Nurse Practitioner Colleagues and Students,

Welcome to the 2022 VCNP Annual Conference! VCNP is excited to host an in-person program once again! We know the past two years have been extremely challenging and we appreciate you taking the time to join us. Please be sure to take some time for yourself over these next few days as well, to support your own well-being and rejuvenate.

You will find that the VCNP Conference Committee, chaired by VCNP Education Chair, Helen Willis, ACNP, has put together an amazing program. Our conference includes high-quality programming on timely topics from experienced and diverse speakers that expands the clinical knowledge and advocates for advanced practice nurses through a variety of evidence-based presentations. It also offers multiple networking opportunities to foster the professional development of nurse practitioners across the Commonwealth. The conference provides pharmacy and non-pharmacologic credits across various specialty education tracts. We hope you enjoyed the member discount and encourage you to join, if you are not a member.

As part of our efforts to continue the dialogue on racial challenges, we have hosted experts to speak on various topics

at multiple CE events, and we have continued this focus in our conference programming. I know we will all benefit from learning from Jackie Cranford as she speaks on microagressions. My hope is that we will learn a lot to positively impact efforts to reduce racism, implicit bias, and microagressions.

I took over as VCNP President in March of 2020, just a few days before our country shut down in response to the COVID-19 pandemic. Over the next 18 months nearly everything occurred virtually, including our 2021 conference, which was quite successful! While I have appreciated being able to continue operations virtually. I have really missed seeing our members and being able to meet at various functions. Without hesitation I note that I am extremely grateful we are able to gather in person as we welcome our new president.

While my presidency occurred during an unprecedented time, we continued to work diligently towards reducing practice barriers for NPs and took the opportunity to review member benefits and revise various support programs and develop new member resources. Over the past two years, it has been my absolute honor to represent NPs across our state and make several improvements to support our organization and its members. Here are a few of the highlights from my term.

At the onset of the pandemic, we developed regular communication to support our members through those confusing, and often emotional, first few months. VCNP's COVID-19 resource webpage and resource emails saw record open rates and underwent a format revision to help readers quickly find the information most important to them.

While the pandemic was the main topic of conversation for most, VCNP was very mindful to engage in some other difficult topics, such as racism, implicit bias, and microaggression. As we expanded our social media presence from Facebook and Twitter and added YouTube and Instagram, part of my commitment was to raise awareness of racial equity challenges and highlight the contributions that minorities have had on health care and specifically our profession.

My work as a Director for Quality Improvement came in handy as I identified the need to establish a process for onboarding and supporting leadership transitions. VCNP now has a procedure and resource materials to support the transition process at the board level. Your President-Elect has undergone this process and been part of regular meetings to ensure she is prepared to take over her new role as our new president.

In order to improve communication, we developed a dedicated email address for each Board role. These emails are passed on as leadership changes and ensure that there is no delay in communications during times of transition.

I am grateful to the staff who help manage VCNP. To ensure we were taking the needed time to review contracts and recognize staff for their contributions, we developed a process for contract review and staff evaluation.

To meet the virtual needs to educate members and promote VCNP I worked with staff to develop membership and promotional videos, which were shared in multiple settings.

We also worked diligently to make our website more user friendly, including providing training documents for use by regional leaders and committee chairs and easier access to member forms and resources, including and checklist if you are considering opening your own practice. After receiving member feedback, we also ensured that our website has a search function!

Finally, autorenewal is now available, and we hope you were able to take advantage of it when you renewed! And while you may opt out, we also developed a program by which we can send important text messages to members.

To expand on collaborative opportunities, I was part of the team that organized meetings among presidents of other advanced practice provider organizations. During these monthly meeting we had important dialogues regarding various legislative and practice updates. These meetings have been hugely successful, and I look forward to collaborating more to grow our support for our APP colleagues! VCNP is also represented in leadership roles with AANP and VCHI.

And certainly not least, it was my pleasure to represent our organization before the Virginia House and Senate to promote our 2021 legislation. I look forward to similar opportunities this upcoming year as we work to maintain our two years to autonomous practice. If you do not have your autonomous practice license yet, please consider applying today! And if you have questions, reach out! I, or one of our team members, are happy to help!

> Sincerely, Rebekah (Becky) Compton, DNP, FNP-BC President, Virginia Council of Nurse Practitioners

President Rebekah Compton, DNP, RN, FNP-BC

President-Elect Olivia Newby, dnp, fnp-bc, cdces, faanp

Past President HoChong Gilles, DNP, FNP-C

Secretary Dawn Bourne, DNP, FNP-C, HEC-C

Treasurer John Lyons, Aprn, fnp-c, msn

Government Relations Kimberly Bednar, DNP, FNP

Membership Kathryn Reid, phd, RN, FNP-C

Bylaws Maribeth Capuno, DNP, RN, ANP-BC

Public Relations Sara Hallowell, DNP, RN, CPNP, CNL

Nominations and Awards Kristen Johnson, MSN, RN, AG-ACNP-BC

Education & Conference Committee Helen Willis, ACNP

CE & Primary Nurse Planner Maureen Flattery, ANP

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Richmond President Crystal Allen, MSN, AGACNP-BC

Southside President April Cassady, MSN, FNP-BC

Southwest President Carole Everhart, DNP, FNP-BC

Fredericksburg President Linda Hazelgren, ACNP-BC

Peninsula President Julie Lear, MSN, AG-PCNP, CCRN

Lynchburg President Morgan McDowell, MSN, AGPCNP-BC, WHNP-BC

Piedmont Officers President Katy Morgan, MSN, RN, CPNP-AC

Shenandoah Officers President Erin Morris, рмнир-вс, гир-вс, ги

Tidewater Officers President Alysia Pack, DNP(c), MSN, APRN, FNP-C

Northern Virginia President Sharon Simon, DNP, ARNP, FNP-C

Northern Shenandoah Lynda Miller, RN, MSN, DNP, FNP-C, PMHNP-BC

Executive Director Doug Easter

Deputy Executive Director Amy Sales, CMP

Accountant Bill Murrill, CPA

Associate Director Betsy Crowell, CTP



WEDNESDAY, MARCH 2

11:00 AM - 5:00 PM	CONFERENCE REGISTRATION – REGENCY BALLROOM FOYER
12:30 PM - 4:30 PM	PRE-CONFERENCE WORKSHOPS
	Acupuncture: Locating 22 Effective Points and Clinical Applications - PIEDMONT ROOM - Abril Reck, DACM, FNP-C, LAc, Dipl. Om
	Advanced Suturing - DOMINION ROOM - Laurie Anne Ferguson, DNP, APRN, ANP-BC, FNP-C, CPNP, FNAP, FAANP
	Radiology – EMPIRE ROOM - Robert DeWitt, MD
12:30 PM - 3:30 PM	PRE-CONFERENCE WORKSHOP - MT. VERNON/STRATFORD ROOM
	VCNP 101 + Media Training & Legislative Relations
	- Becky Compton, DNP, RN, FNP-C
	- Dawn Bourne, DNP, FNP-C, HEC-C - Olivia Newby, DNP, FNP-BC, CDE, FAANP
	- Brian Chandler, APR
	- Alissa Poole, APR
2:15 PM - 2:30 PM	BREAK - REGENCY BALLROOM FOYER
4:00 PM - 4:30 PM	BOARD OF DIRECTORS RECEPTION - BOARD MEMBERS ONLY - THE WINE SHOP
5:00 PM - 7:00 PM	VCNP BOARD OF DIRECTORS MEETING - BOARD MEMBERS ONLY - COMMONWEALTH ROOM

7:00 PM - 8:30 PM OPENING RECEPTION - VISIT EXHIBITORS & POSTERS - GRAND BALLROOM

THURSDAY, MARCH 3

- 7:00 AM 5:30 PM CONFERENCE REGISTRATION REGENCY BALLROOM FOYER
- 7:00 AM 8:00 AM CONTINENTAL BREAKFAST & VISIT EXHIBITORS GRAND BALLROOM WEST
- 8:00 AM 9:15 AM GENERAL SESSION REGENCY BALLROOM Keynote Speaker - Oh, the Places Our Minds Can Go! - Jacqueline Cranford, JD
- 9:15 AM 10:15 AM SUPPORTED CE SESSION REGENCY BALLROOM A New Era in Influenza 1.0 CE - Charles Vega, MD
- 10:15 AM 10:45 AM VISIT EXHIBITORS & POSTERS GRAND BALLROOM WEST

PAGE 3

THURSDAY, MARCH 3

10:45 AM - 12:00 PM	BREAKOUT SESSIONS
	Acute Care: Things We Do For No Reason in Acute Care - DOMINION ROOM - Sarah Tiesing, RN, MSN, FNP-C
	Generalist: Adiposopathy Evidence Based Weight Loss - COMMONWEALTH ROOM - Christine Kessler, MN, CNS, ANP, BC-ADM, FAANP
	Mental Health: Building Your Mental Health Tool Kit - EMPIRE ROOM - Lisa Beauvois, CRNP, FNP-BC, PMHNP-BC
	Pediatrics: All Tied Up:Understanding Tongue & Lip Ties - GRAND BALLROOM EAST - Kate Bartholomay, MSN, FNP-BC, CORLN
	Women's Health: Menopause – MT. VERNON/STRATFORD ROOM - Mimi Secor, DNP, FNP-BC, FAANP, FAAN
12:00 PM - 1:30 PM	LUNCH ON YOUR OWN
12:05 PM - 1:00 PM	LUNCH SYMPOSIUM - SPONSORED BY ABBVIE HEP C – REGENCY BALLROOM
	HCV Disease State and Management Marc Covitz, MSN, FNP • RSVP <u>www.esvw.com/rsvp/vcnp</u>
1:30 PM - 2:30 PM	VISIT EXHIBITORS & POSTERS & ICE CREAM BREAK – GRAND BALLROOM WEST
2:30 PM - 3:45 PM	GENERAL SESSION – REGENCY BALLROOM
	The Art of Diagnosing - Judy B. Jenks, DNP, FNP-BC
3:50 PM - 5:05 PM	BREAKOUT SESSIONS Acute Care: Non-Invasive Valve Repair Options (Videotaped Session) - DOMINION ROOM - Varun Maheshwari, MD - Chiwon Hahn, MD - Robert Levitt, MD FACC Mental Health: Don't Blame it Just on Your Brain An Encompassing Approach for Diagnosing and Treating Mental Health - MT. VERNON ROOM - Mallory Fox, MS, DNP, FNP-C Generalist: Multiple Sclerosis for the Primary Care Provider - COMMONWEALTH ROOM - Denise Bruen, ANP-BC, MSCN Generalist: Summoned for a Deposition: Now What? - EMPIRE ROOM - Judy B. Jenks, DNP, FNP-BC - Susan Wirt, MSN, RN, CRRN, CCM, CLCP, CRP, CNLCP Generalist: Telehealth - GRAND BALLROOM EAST
	- Carolyn Rutledge, Ph.D., APRN, FNP-BC, FAAN
5:15 PM - 6:30 PM	GENERAL SESSION – GRAND BALLROOM EAST Professional Issues: Writing for Publication - Laurie Anne Ferguson, DNP, APRN, ANP-BC, FNP-C, CPNP, FNAP, FAANP
6:30 PM - 7:00 PM	OPTIONAL DINNER SYMPOSIUM REGISTRATION – REGENCY BALLROOM FOYER
6:45 PM - 8:30 PM	GR COMMITTEE MEETING - COMMITTEE MEMBERS ONLY - TOWER SUITE
7:00 PM - 8:00 PM	OPTIONAL DINNER SYMPOSIUM - SPONSORED BY ASTRAZENECA - REGENCY BALLROOM WEST Addressing Elevated Risk for Thrombotic CV Events in Patients Across the CAD Spectrum - Michael Bentley, PharmD, FCCP, FCCM, FNAP • RSVP <u>www.esvw.com/rsvp/vcnp</u>
	OPTIONAL DINNER SYMPOSIUM - SPONSORED BY AURINA - REGENCY BALLROOM EAST 2
	Treating Lupus Nephritis - Beth Sylvester, NP • RSVP <u>www.esvw.com/rsvp/vcnp</u>
	OPTIONAL DINNER SYMPOSIUM - SPONSORED BY NOVO NORDISK OBESITY - CRYSTAL ROOM

A Closer Look at Obesity: Recognizing Obesity as a Heterogeneous and Chronic Disease - Christine Kessler, NP • RSVP <u>www.esvw.com/rsvp/vcnp</u>

FRIDAY, MARCH 4		
7:00 AM - 5:00 PM	CONFERENCE REGISTRATION - REGENCY BALLROOM FOYER	
7:00 AM - 8:00 AM	CONTINENTAL BREAKFAST WITH EXHIBITORS – GRAND BALLROOM WEST	
8:00 AM - 9:00 AM	GENERAL SESSION – REGENCY BALLROOM	
	Leslie Herdegen Rohrer Memorial Session:Professional Issues: Department of Health Professions - Robin Hills, DNP, WHNP-BC	
9:00 AM - 10:00 AM	GENERAL SESSION - REGENCY BALLROOM	
	Opioid Therapy: When, Where, and How - Brett Snodgrass, FNP-C, CPE, ACHPN, FAANP	
10:00 AM - 11:00 AM	GENERAL SESSION – REGENCY BALLROOM	
	- Howard Li, MD	
11:00 AM - 12:00 PM	FINAL EXHIBIT HALL - GRAND BALLROOM WEST	
12:00 PM - 1:30 PM	VCNP GENERAL MEMBERSHIP LUNCH MEETING/AWARDS/BASKET RAFFLE - REGENCY BALLROOM	
1:30 PM - 2:30 PM	SUPPORTED CE SESSION – REGENCY BALLROOM	
	Turning Nays to Yays: Improving Shingles Vaccination 1.0 CE Pharm - Wendy L. Wright, DNP, ANP-BC, FNP-BC, FAANP, FAAN, FNAP	
2:35 PM - 3:50 PM	BREAKOUT SESSIONS	
	Acute Care: Symptom Management of the Ventilated ECMO Patients - COMMONWEALTH ROOM - Brett Snodgrass, FNP-C, CPE, ACHPN, FAANP	
	Generalist: Current Management of Chronic Heart Failure - MT. VERNON/STRATFORD ROOM - Vera Barton-Maxwell, PhD, APRN, FNP-BC	
	Generalist: Tired & On Fire: Managing Chronic Inflammation - GRAND BALLROOM EAST - Melanie Dorion, AGNP	
	Pediatric Mental Health: How to Identify Autism, ADHD and Anxiety	
	in Pediatric Patients - DOMINION ROOM - Lisa Beauvois, CRNP, FNP-BC, PMHNP-BC	
	Use of Medications for Opioid Use Disorder (MOUD) in the Office Based Opioid Treatment (OBOT) Setting - EMPIRE ROOM	
	- Adrian Thacker, MSN, LNP, CARN-AP, FNP-C - Willie Hamilton, FNP	
3:55 PM - 5:10 PM	BREAKOUT SESSIONS	
	Acute Care: Skull Base Neurosurgery for Brain Tumors & Vascular Care - COMMONWEALTH ROOM - Eric Marvin, DO	
	Functional & Oriental Medicine Strategies to Support Mental Health - EMPIRE ROOM - Abril Reck, DACM, FNP-C, LAc, Dipl. Om	
	Generalist: Gut Microbiome & Obesity - GRAND BALLROOM EAST - Melanie Dorion, AGNP	
	Generalist: Managing Common Nail & Hand Conditions - DOMINION ROOM - Laurie Anne Ferguson, DNP, APRN, ANP-BC, FNP-C, CPNP, FNAP, FAANP	

- Women's Health: Body Clock, Diet, Hormones & Metabolism MT. VERNON/STRATFORD ROOM
- Christine Kessler, MN, CNS, ANP, BC-ADM, FAANP

FRIDAY, MARCH 4

5:10 PM - 5:30 PM OPTIONAL DINNER SYMPOSIUM - REGISTRATION - REGENCY BALLROOM FOYER

5:30 PM - 6:30 PM OPTIONAL DINNER SYMPOSIUM - SPONSORED BY ALEXION - REGENCY BALLROOM WEST ANDEXXA: A Reversal Agent for Patients on Anticoagulation with Life-Threatening Bleeding Dr. David Burt • RSVP www.esvw.com/rsvp/vcnp

> **OPTIONAL DINNER SYMPOSIUM - SPONSORED BY SK LIFE SCIENCE - MT. VERNON/STRATFORD ROOM** Spotlight on XCOPRI (cenobamate tablets) CV for the Treatment of Partial-Onset Seizures Rahul Guha, MD Epileptologist • RSVP www.esvw.com/rsvp/vcnp

SATURDAY, MARCH 5

7:00 AM - 8:00 AM BREAKFAST - REGENCY BALLROOM FOYER

- 7:00 AM 8:00 AM CONTINENTAL BREAKFAST REGENCY BALLROOM NON-CE Breakfast Session Recent Updates and Guidelines in Atrial Fibrillation (AF) -Lana Konigsberg, PharmD • RSVP www.esvw.com/rsvp/vcnp
- 8:00 AM 9:15 AM GENERAL SESSION REGENCY BALLROOM COVID Update Danny Avula, MD

9:15 AM - 10:15 AM Optimizing the Benefits of GLP-1 Receptor Agonists in Type 2 Diabetes Mellitus 1.0 CE Pharm Wendy L. Wright, DNP, ANP-BC, FNP-BC, FAANP, FAAN, FNAP

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 NPs 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 NPs. Educational needs are identified though 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 300 NPs will be in attendance at the 2022 Annual Conference held at the Omni Homestead Resort, March 2-5, 2022. 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 19.5 contact hours (pending approval). 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 NPs 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.

Prior to arrival, download and print any available session materials you would like to bring with you. Presentations can be downloaded from <u>vcnp.net</u>.

2022 ANNUAL CONFERENCE FACULTY

Danny Avula, мо Kate Bartholomay, MSN, FNP-BC, CORLN Lisa Beauvois, CRNP, FNP-BC, PMHNP-BC Dawn Bourne, DNP, FNP-C, HEC-C Denise Bruen, ANP-BC, MSCN Brian Chandler, APR Becky Compton, DNP, RN, FNP-C Jacqueline Cranford, JD Vera Darton-maxwell, PhD, APRN, FNP-BC Robert Dewitt, MD Melanie Dorion, AGNP Laurie Anne Ferguson, DNP, APRN, ANP-BC, FNP-C, CPNP, FNAP, FAANP Mallory Fox, MS, DNP, FNP-C Chiwon Hahn, мр Willie Hamilton, FNP Robin Hills, DNP, WHNP-BC Judy B. Jenks, DNP, FNP-BC Christine Kessler, MN, CNS, ANP, BC-ADM, FAANP Robert Levitt, MD FACC Howard Li, MD Varun Maheshwari, MD Eric Marvin, DO Olivia Newby, DNP, FNP-BC, CDE, FAANP Alissa Poole, APR Abril Reck, DACM, FNP-C, LAC, Dipl. Om Carolyn Rutledge, ph.D., APRN, FNP-BC, FAAN Mimi Secor, DNP, FNP-BC, FAANP, FAAN Brett Snodgrass, FNP-C, CPE, ACHPN, FAANP Adrian Thacker, MSN, LNP, CARN-AP, FNP-C Sarah Tiesing, RN, MSN, FNP-C Charles Vega, мо Susan Wirt, MSN, RN, CRRN, CCM, CLCP, CRP, CNLCP Wendy Wright, DNP, ANP-BC, FNP-BC, FAANP