



VIRGINIA COUNCIL OF NURSE PRACTITIONERS 2023 ANNUAL CONFERENCE

MARCH 22-25, 2023 | HOTEL ROANOKE & CONFERENCE CENTER | ROANOKE, VA

WEDNESDAY, MARCH 22

11:30 AM - 5:00 PM **Conference Registration**

12:30 PM - 4:30 PM **Pre-Conference Workshops**

Coding & Documentation: Know Your Worth

- Lynn Rapsilber, DNP APRN ANP-BC FAANP

It is every APRNs fiscal responsibility to understand the revenue stream within a practice whether employed or owner of a practice. APRN education focuses on the clinical aspects of training and little on the business side of generating revenue for a practice by correct coding and documentation for APRN services. Evaluation and management (E&M) documentation guidelines provide criteria for medical decision-making vs time to secure a billable for the APRN service. Without a thorough understanding in utilization of E&M guidelines, documentation to support CPT and ICD-10 coding levels, practice revenue stream can be affected. When a service is under coded, revenue is lost. When a service is overcoded, overvaluing increases potential liability. Learn how to reduce the likelihood of denials which affect the bottom line. Learn about value-based reimbursement and be prepared for outcome based payment. This workshop will provide education and hands on through case scenarios. Learn the tools to enhance documentation and reduce burden to have more time with patients and better work life balance. APRNs that can accurately document and code their services bring value to a practice and add to the evidence base for the quality and cost-effectiveness of APRN care

0.25 Pharmacology/3.25 non-pharmacology credits

Managing Common Hand & Nail Conditions

- Laurie Anne Ferguson, DNP, APRN, ANP-BC, FNP-C, CPNP, FNAP, FAANP

Hand and nail problems can result in serious disability if not managed appropriately. This session will review diagnosis and treatment of common acute hand and nail problems, such as paronychia, felon, tenosynovitis, subungual hematoma and game-keepers thumb.

1 Pharmacology/2.5 non-pharmacology credits

12:30 PM - 2:00 PM **Pre-Conference Workshop**

VCNP 101

- Alysia Pack, DNP, APRN, FNP-C

- Olivia Newby, DNP, FNP-BC, CDCES, FAANP

- Katy Morgan, MSN, RN, CPNP-AC

Description TBD

0 Pharmacology/1.5 non-pharmacology credits

2:30 PM - 4:30 PM **Pre-Conference Workshop**

Past & Present Support for Healing Properties of Yoga & Yoga Session - BRING YOUR OWN YOGA MAT

- Nancy Harvey, MSN, FNP, MS, Yoga Therapy

This experiential workshop combines review of the current literature supporting yoga in health care and yoga practices specific to certain health care needs.

0 Pharmacology/2 non-pharmacology credits



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2:30 PM - 4:00 PM

Pre-Conference Workshop

VCNP Leadership Training

- Pamela Maxson, PhD, PCC, SPHR

Dr. Pamela Maxson, an executive and leadership coach, has partnered with hundreds of advanced practice providers in coaching and professional development. She specializes in helping leaders at all levels use their voice, leadership identity, courage, and strengths to enrich their professional and personal lives. Pam will offer an engaging pre-conference workshop, Intentionally Packing the Leadership Backpack, combining learning, fun, and community. Learn how WD-40, duct tape, and sunglasses are related to leadership.

0 Pharmacology/1.5 non-pharmacology credits

4:00 PM - 5:00 PM

Board Reception - Board Members Only

5:00 PM - 7:00 PM

VCNP Board of Directors Meeting - Board Members

7:00 PM - 8:30 PM

Opening Reception - Visit Exhibitors & Poster Presentations

THURSDAY, MARCH 23

7:00 AM - 5:30 PM

Conference Registration

7:00 AM - 8:00 AM

Continental Breakfast & Visit Exhibitors

8:00 AM - 9:15 AM

General Session

Keynote Speaker: Beth Macy

- Beth Macy

Description TBD

Pharmacology/non-pharmacology credits TBD

9:15 AM - 9:30 AM

Beth Macy - Book Signing with Book No Further Book Store

9:30 AM - 10:45 AM

General Session

Detoxing & Dopesick

- Sarah Tiesing, RN, MSN, FNP-C

Description TBD

Pharmacology/non-pharmacology credits TBD

10:45 AM - 11:15 AM

Visit Exhibitors & Poster Presentations



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11:15 AM - 12:30 PM

Breakout Sessions

Breakout Session: Acute Care - Things We Do For No Reason in Acute Care

- Sarah Tiesing, RN, MSN, FNP-C

Description TBD

Pharmacology/non-pharmacology credits TBD

Breakout Session: Generalist - Bumps, Itches & Rashes

- Laurie Anne Ferguson, DNP, APRN, ANP-BC, FNP-C, CPNP, FNAP, FAANP

Dermatological or skin conditions can be some of the most daunting complaints that present in primary and urgent care. This session will provide a systematic approach to the diagnosis and treatment of common dermatological/skin conditions, as well as provide guidance for important symptoms not to miss.

0.5 Pharmacology/0.75 non-pharmacology credits

Breakout Session: Generalist - Resilience: Moving Beyond Exercise, Nutrition, and Sleep

- Karen Higgins, DNP, FNP-BC

Nurse practitioners know the importance of exercise, sleep, and good nutrition to improve health. But is there more that can be done? In this presentation, NPs will learn evidence-based practices to strengthen resilience and wellness.

0 Pharmacology/1.25 non-pharmacology credits

Breakout Session: Mental Health -Helping Patients Taper Off of Benzodiazepines

- Lisa Beauvois, CRNP, FNP-BC, PMHNP-BC

Benzodiazepines are commonly prescribed by NPs in primary care for various physical and psychiatric ailments. Studies show that patients can develop physiological dependency after as little as 2 weeks of treatment, so understanding how to help patients taper and discontinue benzodiazepines is a vital skill for NPs to develop. After discussing method of action and common uses of benzodiazepines, the presenter will review evidence-based technique to approach to tapering.

0.25 Pharmacology/1 non-pharmacology credits

Breakout Session: Pediatrics - Selection of Psychiatric Meds for Children and Adolescents

- Lisa Onega, PhD, RN, MBA, FNP-BC, CNS-BC, GNP-BC

Description TBD

Pharmacology/non-pharmacology credits TBD

12:30 PM - 1:30 PM

LUNCH ON OWN

1:30 PM - 2:30 PM

Visit Exhibitors & Poster Presentations

2:30 PM - 3:45 PM

General Session

Treatment for Autoimmune Diseases--something old and lots NEW!

- Barb Bancroft, RN, MSN, PNP

*Autoimmune disease and drugs--what every practitioner needs to know...Old drugs...MTX, hydroxychloroquine, NSAIDs and Steroids; new drugs? MABs, receptor binders, Tyrosine and Janus Kinase Inhibitors and more...

1 Pharmacology/0.25 non-pharmacology credits



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3:50 PM - 5:05 PM

Breakout Sessions

Breakout Session RAPID FIRE: Professionalism - Transitioning to Acute Care/Autonomous Practice

- Janice Lavoie, AGPCNP-BC, MSN
- Tammy Maloney, FNP-BC, DNP, AE-C
- Clareen Wiencek, PhD, RN, ACNP, ACHPN
- Rachel Duke, MS, NP, CANS

Description TBD

Pharmacology/non-pharmacology credits TBD

Breakout Session: Mental Health - Care For All: Promoting Best Outcomes for LGBTQIA+ Patients

- Lee Moore, DNP, MEd, LNP, PMHNP-BC, CNE

Description TBD

0 Pharmacology/1.25 non-pharmacology credits

Breakout Session: Acute Care - Spontaneous Coronary Artery Dissections

- Elizabeth Armstrong, DNP, NP-C

Review new updates on diagnosis, treatment and management of SCAD and FMD in both acute care and primary care settings

0.25 Pharmacology/1 non-pharmacology credits

Breakout Session: Generalist - The Ill Returning Traveler

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

Description TBD

Pharmacology/non-pharmacology credits TBD

Breakout Session: Professionalism - Tell the Truth, the Whole Truth & Nothing But the Truth

- Judy B. Jenks, DNP, FNP-BC
- Susan Wirt, MSN, RN, CRRN, CCM, CLCP, CRP, CNLCP

Description TBD

Pharmacology/non-pharmacology credits TBD

5:15 PM - 6:30 PM

General Session

The Dyad Model: A Creative Alternative to Precepting

- Leigh Ann Breckenridge, DNP, MSN, RN
- Dana Burns, DNP, FNP-BC
- Allison Gregory, MS, FNP
- Carla Nye, DNP, CPNP, CNE

Description TBD

Pharmacology/non-pharmacology credits TBD

6:40 PM - 7:00 PM

Optional Dinner Symposium Registration

6:45 PM - 8:30 PM

GR Committee Dinner - GR Committee Members Only

7:00 PM - 8:00 PM

Optional Dinner Symposium TBD

Optional Dinner Symposium TBD

Optional Dinner Symposium TBD

FRIDAY, MARCH 24



VIRGINIA COUNCIL OF NURSE PRACTITIONERS 2023 ANNUAL CONFERENCE

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7:00 AM - 5:00 PM **Conference Registration**

7:00 AM - 8:00 AM **Continental Breakfast & Visit Exhibitors**

8:00 AM - 9:15 AM **General Session**

Leslie Herdegen Rohrer Memorial Session

- Jacqueline Cranford, JD

In this session, we will explore how implicit bias impedes progress towards greater diversity, equity, and inclusion, consider the impact of not addressing implicit bias, and discuss tools for minimizing bias.

Pharmacology/non-pharmacology credits TBD

9:15 AM - 10:30 AM **General Session**

Food For Thought

- Barb Bancroft, RN, MSN, PNP

a holistic approach to Mental Well-Being (nutrition, supplements (what works and what doesn't--ie, PrevaGen), sleep hygiene, exercise, decreasing insulin resistance, synapse maintenance, how stress damages the brain, drugs that boost neurogenesis, anti-cholinergic drugs in mid-life, brain games and boosters--do they work?)...it's not only for the patient, but also for the practitioner!

0.5 Pharmacology/0.75 non-pharmacology credits

10:30 AM - 11:30 AM **Visit with Exhibitors**

11:30 AM - 1:15 PM **VCNP General Membership Luncheon & Meeting**

1:15 PM - 2:30 PM **General Session**

Polypharmacy & Cytochromes

- Darleen Hoffert, DNP, RN, AGNP-C, LNC

The Medication Without Harm initiative was launched in 2017 to reduce medication-related harm 50% globally by 2022. Case studies utilizing an evidence-based, patient-centered approach to cytochrome mapping to reduce polypharmacy are discussed as exemplars.

1 Pharmacology/0.25 non-pharmacology credits



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2:35 PM - 3:50 PM

Breakout Sessions

Breakout Session: Acute Care - Managing Behavioral Disturbances in Neurocognitive Disorders

- Kirby Williams, PMHNP-BC

Discussion of non-pharmacologic and pharmacologic interventions to treat behavioral disturbances in Neurocognitive disorders.

0.5 Pharmacology/0.75 non-pharmacology credits

Breakout Session: Generalist - Inspiration, Innovation & Insight: Health Informatics

- Susan Conaty-Buck, DNP, MFA, FNP-C, FAANP

Description TBD

0 Pharmacology/1.25 non-pharmacology credits

Breakout Session: Generalist - Stage A and B Heart Failure in the Primary Care Setting

- Vera Barton-Maxwell, PhD, APRN, FNP-BC

This presentation will concentrate on how to define, recognize signs and symptoms, facilitate mitigation of modifiable risk factors, diagnose, and manage Stage A and Stage B Heart Failure in the Primary Care setting.

0.5 Pharmacology/0.75 non-pharmacology credits

Breakout Session: Women's Health - Understanding Urinary Incontinence in Women of All Ages

- Leigh Ann Breckenridge, DNP, MSN, RN

- Allison Gregory, MS, FNP

Description TBD

Pharmacology/non-pharmacology credits TBD

CE Supported by UVA - Breakout Session : Mental Health - Responding to Disrespectful & Biased Behavior in Health Care.

Separate CE certificate 1.25 CE

- Kathryn Reid, PhD, RN, FNP-C

Health care workers commonly experience hateful, discriminatory, and disrespectful treatment by others, including patients and family members. This session uses video vignettes of real situations to teach a framework for providers to respond to disrespect in health care settings.

Pharmacology/non-pharmacology credits TBD



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3:55 PM - 5:10 PM

Breakout Sessions

Breakout Session - Generalist - Caring for Those Experiencing Homelessness

- Emily Horvath, DNP, FNP-BC

Do you know how do you identify someone who is homeless? Do you know what they are at risk for? Can you make a plan of care with appropriate interventions for someone experiencing homelessness? We will discuss this and more to prepare you to screen, assess, and implement patient centered care for one of our most vulnerable populations.

0.25 Pharmacology/1 non-pharmacology credits

Breakout Session: Acute Care - Stroke Mimics & Chameleons

- Keiko Kuykendall

Description TBD

Pharmacology/non-pharmacology credits TBD

Breakout Session: Generalist - Move Mountains Medical Missions

- Patricia Vanhook, PhD, APRN, FAAN

- Paula Hill-Collins

- Ethan Collins

The Health Wagon is the nation's oldest mobile health provider with five mobile units and four stationary clinics that provides nurse-led access to routine healthcare. Yet, the Health Wagon's community events attendance demonstrates the continued need beyond brick-and-mortar access points.

0 Pharmacology/1.25 non-pharmacology credits

Breakout Session: Professionalism - How to Be an Effective Expert Witness

- Jerry Canaan, JD

This session will discuss the importance of expert witnesses in health care disputes; how you can be an effective expert; and how you can establish a business as an expert.

0 Pharmacology/1.25 non-pharmacology credits

Breakout Session: Women's Health - Women's Health in Orthopedics

- Shannon Nicholson, DNP, FNP-BC

A review of the effects of hormones on the musculoskeletal system and their implications in females. A look at orthopedic considerations in the menstruating, pregnant, perimenopausal and menopausal female.

0 Pharmacology/1.25 non-pharmacology credits

5:10 PM - 5:30 PM

Optional Dinner Symposium Registration

5:30 PM - 6:30 PM

Optional Dinner Symposium TBD

Optional Dinner Symposium TBD

Optional Dinner Symposium TBD

SATURDAY, MARCH 25

7:00 AM - 8:00 AM

Conference Registration

Continental Breakfast



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8:30 AM - 10:45 AM

Supported CE Session

Supported CE Session - Pain Management & Opioids Update. Separate CE certificate 2.0 CE

- Wendy Wright, DNP, ANP-BC, FNP-BC, FAANP,

Description TBD

Pharmacology/non-pharmacology credits TBD

10:45 AM - 12:00 PM

General Session

Mind Your Meds- Ceasing the Stigma of Substance Use Disorder

- Camille Schrier, Miss America 2020

Description TBD

Pharmacology/non-pharmacology credits TBD