



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

- Dr. Alysia Pack, DNP, APRN, FNP-C

- Katy Morgan, MSN, RN, CPNP-AC

Join VCNP state leaders and colleagues for this new interactive and in-depth presentation, from the who to the why of the VCNP organization and the opportunities it provides.

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

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 VCNP Board of Directors Reception - Board Members Only

5:00 PM - 7:00 PM VCNP Board of Directors Meeting & Dinner - Board Members



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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, Journalist & Award Winning Author

- Beth Macy

Beth Macy explores how America's twenty-plus year struggle with opioid addiction started, how it spread from the inner-city to the distressed small communities in Central Appalachia to wealthy suburbs; and it's heartbreaking trajectory that illustrates how this national crisis has persisted for so long and become so firmly entrenched. Through unsparing, yet deeply human portraits of the families and first responders struggling to ameliorate this epidemic, each facet of the crisis comes into focus. In these politically fragmented times, Beth Macy shows, astonishingly, that the only thing that unites Americans across geographic and class lines is opioid drug abuse. But in the end, Macy still finds reason to hope - and see's signs of the spirit and tenacity necessary to build a better future for communities, families and those addicted.

0 Pharmacology/1.25 non-pharmacology credits

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

This presentation will explore a brief history, the symptomatology and treatment of the advancing diseases of alcohol and opioid addiction. The learner will be empowered to effectively identify acute alcohol and opioid withdrawal and provide the most current and scientifically rigorous treatment plan.

0.5 Pharmacology/0.75 non-pharmacology credits

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

This presentation will identify three low value healthcare practices that have been identified by the American Board of Internal Medicine as targets for practice improvement. These three practices include daily lab draw practices, continuous telemetry monitoring and transfusion practices in acute care medicine.

0.25 Pharmacology/1 non-pharmacology credits

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

This presentation aims to help nurse practitioners select psychiatric medications for children and adolescents. Categories of medications, the need for diagnostic accuracy, and factors that guide medication selection will be discussed.

1.25 Pharmacology/0 non-pharmacology credits

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

Navigating Aesthetic Practice Ownership Under the Role of an Autonomous Provider

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

This session will walk participants through the process of caring for an ill traveler returning from international travel--from collecting a travel-focused HPI and ROS to formulating a DDx based on destination and activities while abroad. We will briefly cover testing for several common travel-related illnesses (Malaria, Dengue, etc) and CDC resources to assist providers caring for ill-returning travelers.

0 Pharmacology/1.25 non-pharmacology credits

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

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

This session will explore the evidence-based recommendations for providing holistic and effective care to LGBTQIA+ individuals. Emphasis will be placed on the needs of both provider and patient while "take-aways" will be offered to attendees.

0 Pharmacology/1.25 non-pharmacology credits

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
- Sarah Jessee, JD
- John Johnson, JD

The purpose of this presentation is to promote critical thinking and allow for assimilation of knowledge relative to what may happen in the course of trial testimony. The audience will serve as the jury members to review mock testimony of a NP accused of malpractice and that of the NP-expert witness to discuss, evaluate, and determine the final outcomes of this hypothetical case.

0 Pharmacology/1.25 non-pharmacology credits

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-PC, CNE, CHSE

This presentation identifies preceptor challenges and successes. It reviews current trends in precepting and offers an alternative option for precepting APRN students.

0 Pharmacology/1.25 non-pharmacology credits

6:35 PM - 6:40 PM RSVP for ANY sponsored meal: www.esvw.com/rsvp/vcnp

6:40 PM - 7:00 PM Optional Dinner Symposium Registration

6:45 PM - 8:30 PM Government Relations Committee Meeting & Dinner - GR Committee Members Only

7:00 PM - Dinner Symposium Sponsored by Alexion: Recognizing the Clinical Consequences of Low ALP Diagnosing HPP, Jacqueline Kernaghan, PA

8:00 PM - Dinner Symposium Sponsored by Idorsia: QUVIVIQ: Redefining the Treatment of Insomnia, Dr. Gregg Friedman, Psychiatrist

8:00 PM - Dinner Symposium Sponsored by Novo Nordisk: Achieve Meaningful, Long-term Weight Loss with Wegovy, Christine Kessler, MN, CNS, ANP, BC-ADM, FAANP



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FRIDAY, MARCH 24

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: Advancing Diversity, Equity, & Inclusion - Everyone Has A Role To Play

- 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.

0 Pharmacology/1.25 non-pharmacology credits

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

1.25 CE Supported by UVA - Mental Health - Responding to Disrespectful & Biased Behavior in Health Care

- 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

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

This session will provide a basic understanding of the causes and pathophysiology of urinary incontinence in women.

Additionally, assessment and treatment options for Urinary Incontinence will be discussed.

0.25 Pharmacology/1 non-pharmacology credits



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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

Learn how to effectively screen, assess, and care for those experiencing homelessness through an integrated care model
0.25 Pharmacology/1 non-pharmacology credits

Breakout Session: Acute Care - Stroke Mimics & Chameleons

- Keiko Kuykendall

Diagnosing stroke can be challenging. During this session, we will review the most frequent clinical cases of stroke mimics and chameleons.

0.25 Pharmacology/1 non-pharmacology credits

Breakout Session: Generalist - Move Mountains Medical Missions

- 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

5:05 PM - 5:10 PM RSVP for ANY sponsored meal: www.esvw.com/rsvp/vcnp

5:10 PM - 5:30 PM Optional Dinner Symposium Registration

5:30 PM - 6:30 PM Dinner Symposium Sponsored by Corium: A Discussion About AZSTARYS, Samantha Shawn-Marsh, DNP, MSN, PMHNP-BC

PM Dinner Symposium Sponsored by Exact Sciences: Using Comprehensive Genomic Profiling to Enhance Patient Care, Megan McKenna, MS, CGC

SATURDAY, MARCH 25

7:00 AM - 7:05 AM RSVP on www.esvw.com/rsvp/vcnp

7:01 AM - NON-CE Session & Breakfast Sponsored by AstraZeneca: Management of CKD and Hyperkalemia, Michael Bentley, PharmD, FCCP, FCCM, FNAF

8:00 AM

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,

There is a need for advanced practice nurses to increase their knowledge and skills regarding the latest evidence for managing pain in patients and to apply that information to their practices to improve their patient outcomes. This newly updated course is designed to meet the FDA's Opioid Analgesic REMS.

Pharmacology/non-pharmacology credits TBD



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10:45 AM - 12:00 PM

General Session

Mind Your Meds- Ceasing the Stigma of Substance Use Disorder

- Camille Schrier, Miss America 2020

Understand the impact of the current opioid epidemic and techniques to support patients struggling with substance use disorders

0.25 Pharmacology/1 non-pharmacology credits