



**Virginia Crossings Hotel & Conference Center
1000 Virginia Center Parkway
Glen Allen, Virginia 23059**

- 7:45 AM - 8:00 AM Welcome**
- 8:00 AM - 8:15 AM General Session**
Keynote Speaker: Delegate Roxann Robinson O.D.
- Delegate Roxann Robinson O.D.
Introduce changes to Nurse Practitioners
0 Pharmacology/0.25 non-pharmacology credits
- 8:15 AM - 9:15 AM General Session**
HTN: So, Why Do I Need To Take These Medications, Anyways?
- Farin Bala, PA-C
Teach Nurse Practitioners the management of difficult to treat hypertension, indications for secondary hypertension work-up, and understand the definition of resistant hypertension.
1 Pharmacology/0 non-pharmacology credits
- 9:15 AM - 10:15 AM General Session**
COPD: "The What, Why and When of Therapy"
- Brant Seth, MD
The purpose of this discussion is to assist Nurse Practitioners in the diagnosis of COPD through symptoms and PFTs and the pharmacological treatments.
1 Pharmacology/0 non-pharmacology credits
- 10:15 AM - 10:45 AM Break**
- 10:45 AM - 11:45 AM General Session**
An Introduction to Medical Cannabis
- Dawn Adams, DNP ANP-BC
An overview of the history, use, and precautions of medical cannabis in Virginia.
1 Pharmacology/0 non-pharmacology credits

**11:45 AM - 12:45
PM**

Lunch with Vendors

**12:45 PM - 1:45
PM**

General Session

"Not All That Shakes is Parkinson's....."

- Debbie Lindsey, MS APRN ACNP-BC

The purpose of this discussion is to assist Nurse Practitioners in differentiating between essential tremor and Parkinson's tremor and review the different types of medications and possible side effects for both types of tremor. This discussion will also review the non-motor symptoms associated with Parkinson's disease and review the pharmacologic and non-pharmacologic options available.

1 Pharmacology/0 non-pharmacology credits

1:45 PM - 2:45 PM

General Session

Optimizing Treatment in MDD: Strategies for Treating Residual Symptoms

- Kirby Williams, PMHNP-BC

Assist Nurse Practitioners how to diagnose depression, differentiate between inadequate treatment response and remission, considerations prior to augmenting antidepressant treatment or switching to new agent, and discuss pharmacologic and complementary treatment strategies for residual depression symptoms

1 Pharmacology/0 non-pharmacology credits

2:45 PM - 3:00 PM

Break with Vendors

3:00 PM - 4:00 PM

General Session

**Pharmacologic Care of the Diabetic Patient in Primary Care:
Beyond Metformin**

- Dana Burns, DNP, FNP-BC

Assist Nurse Practitioners with learning to apply the ADA guidelines for the pharmacological care of the diabetic patient, identify first and second-line medications based upon diabetic patient with comorbidities, and initiate and manage basic insulin treatment plans.

1 Pharmacology/0 non-pharmacology credits

4:00 PM - 4:15 PM

Announcements