



# 2025 ANNUAL CONFERENCE

## AT-A-GLANCE MARCH 26-29, 2025

### HILTON NORFOLK THE MAIN

WEDNESDAY, MARCH 26

- 11:00 AM - 5:00 PM REGISTRATION DESK OPEN
- 12:30 PM - 4:30 PM PRE-CONFERENCE WORKSHOPS
- Advanced Suturing**  
Laurie Anne Ferguson, DNP, APRN, ANP-BC, FNP-C, CPNP, FNAP, FAANP  
*Description TBD*  
Pharmacology/non-pharmacology credits TBD
- IUD insertion in the Primary Care Setting**  
Angelina Harman, DNP, FNP-BC  
*The first hour will be covering the different types of IUDs available, indications, contraindications, Side effects discussion of recommendation for managing pain during insertion.*  
1 Pharmacology/3 non-pharmacology credits
- Joint Injection & Abscess Management/I&D workshop**  
Elizabeth Melcher, FNP-BC  
Courtney Caughey  
*Description TBD*  
Pharmacology/non-pharmacology credits TBD
- 1:30 PM - 4:30 PM PRE-CONFERENCE WORKSHOP
- Yoga throughout the Lifespan**  
Nancy Harvey, MSN, FNP, MS, Yoga Therapy  
*Description TBD*  
Pharmacology/non-pharmacology credits TBD
- 2:15 PM - 2:30 PM BREAK
- 2:30 PM - 4:30 PM PRE-CONFERENCE WORKSHOP
- VCNP 101**  
Morgan McDowell, MSN, WHNP-BC, AGPCNP-BC  
*Description TBD*  
Pharmacology/non-pharmacology credits TBD
- 4:30 PM - 5:00 PM VCNP 101 REGIONAL RECEPTION
- 5:00 PM - 7:00 PM VCNP BOARD MEETING (BOARD MEMBERS ONLY)
- 7:00 PM - 8:30 PM OPENING RECEPTION W/EXHIBITORS & POSTER PRESENTERS (NO CHARGE)

THURSDAY, MARCH 27

- 7:00 AM - 8:00 AM BREAKFAST WITH EXHIBITORS (NO CHARGE)
- 7:00 AM - 5:00 PM REGISTRATION DESK OPEN
- 8:00 AM - 9:30 AM GENERAL SESSION
- General Session: Thriving in our Modern World: Prioritizing NP Well-Being for Lasting Impact**  
Eileen O'Grady, PhD., RN, NP  
*In this session, we'll acknowledge and validate your unique experiences as a Nurse Practitioner in today's fast-paced healthcare landscape. You'll gain insight into the latest science behind well-being and human flourishing, and explore adaptive mindsets tailored to the NP role. With evidence-based tools and practical strategies, we'll help you place your well-being at the center of your personal and professional life, empowering you to thrive.*  
0 Pharmacology/1.25 non-pharmacology credits



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9:30 AM - 10:45 AM

#### GENERAL SESSION

##### **Leveraging AI for Enhanced Productivity**

**Ona Omorogbe, MSN, APRN, FNP-C**

*Dive into the future of healthcare with artificial intelligence transforming clinical documentation and productivity. This presentation will explore how AI technologies streamline documentation processes, reduce administrative burdens, and enhance overall efficiency in clinical settings. Attendees will gain insights into the latest AI tools, their implementation, and practical applications that can significantly improve workflow and patient care. Join us to discover how AI can revolutionize your practice, allowing healthcare professionals to focus more on patient care and less on paperwork.*

0 Pharmacology/1.25 non-pharmacology credits

10:45 AM - 11:15 PM

#### BREAK

11:15 AM - 12:30 PM

#### BREAKOUT SESSIONS

##### **Anticoagulation for A-Fib in the Outpatient Setting/Advances in the Management of Atrial Fibrillation**

**Maheswari Murugesan, RN, MSN, PhD**

**Ryleigh Hawker, DNP, FNP-BC**

*This session will review the latest guidelines for patients with AF. We will review the indications and contraindications for anticoagulation. We will discuss the decision-making process, including bleeding risk and stroke risk. Finally, we will review anticoagulants and dosing.*

Pharmacology/non-pharmacology credits TBD

##### **Contraceptive Updates/Vaginal Candida Glabrata Identification and Treatment**

**Sarah Knoeckel, DNP, FNP**

**Chimere Clark, DNP, APRN, WHNP-BC**

*This program will highlight the 2024 contraceptive updates put out in the US Medical Eligibility Criteria and review new options for contraceptive management.*

0.75 Pharmacology/0.5 non-pharmacology credits

##### **Dealing with Difficult Others**

**Eileen O'Grady, PhD., RN, NP**

*In this session, you'll learn a practical triage system to identify and understand the different types of difficult people you may encounter in your work and life. We'll explore proven leadership strategies to manage these interactions effectively, reduce stress responses, and prevent destructive patterns from taking hold. By mastering these skills, you'll be equipped to foster more positive, productive relationships and maintain your own well-being in the face of challenges.*

0 Pharmacology/1.25 non-pharmacology credits

##### **Red Eye**

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

*Description TBD*

Pharmacology/non-pharmacology credits TBD

##### **School Avoidance: What can NPs do to help kids and families?**

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

*Description TBD*

Pharmacology/non-pharmacology credits TBD

12:30 PM - 2:05 PM

#### SPONSORED LUNCH OR LUNCH ON OWN

1:45 PM - 2:30 PM

#### BREAK WITH EXHIBITORS & POSTER PRESENTERS

2:30 PM - 3:45 PM

#### GENERAL SESSION

##### **Unified Advocacy for Nurse Practitioners**

**Colleen Leners, DNP, FNP-BC, FAAN, FAANP**

*Discover how leveraging AANP's powerful resources and united advocacy strategies empowers nurse practitioners to shape policy, eliminate practice barriers, and forge impactful collaborations, driving the profession forward and transforming healthcare delivery nationwide.*

0 Pharmacology/1.25 non-pharmacology credits



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3:50 PM - 5:05 PM

#### BREAKOUT SESSIONS

##### **Healer, Heal Thyself**

**Tabitha Hapeman, DNP, APRN, RN, PMHNP-BC**

*Half of the healthcare workforce is considering changing careers, retiring, or quitting altogether, citing burn out and increased stress post pandemic. Stress has been a known issue, particularly in mental health care professionals, for decades. Caregivers are accustomed to one-way caregiving, rarely finding time to engage in the self-care needed to prevent burnout. As the need for clinicians and caregivers increases, it becomes ever more important for PMHNPs to care for themselves so they can continue to have good quality of life and be their best selves when caring for patients.*

1.25 Pharmacology/0 non-pharmacology credits

##### **Health Equity: Addressing Weight Bias & Stigma**

**Kimberly Sapre, DMSc, PA-C, CAQ-EM, DFAAPA**

*Weight bias, both explicit and implicit, exists at every level of healthcare and it negatively affects people of all sizes. In this talk we will uncover the ways in which weight stigma is found in healthcare research, training, tools, and best practices, and the impacts it has. We will learn options to avoid and/or mitigate weight bias as practitioners, patients, and advocates, as well as ways that we can all work to end weight bias in healthcare.*

0 Pharmacology/1.25 non-pharmacology credits

##### **It is Time to Break the Barriers: Hormone Therapy Counseling & Prescribing Insights**

**Christine Hart Kress, DNP, APRN, WHNP-BC, NEA-BC, MSCP**

*Description TBD*

Pharmacology/non-pharmacology credits TBD

##### **Operator Syndrome and the Role of the Nurse Practitioner**

**Kimberly Freisenbruch, DNP, APRN, PMHNP-BC, CCM**

*Overview of Operator Syndrome and how nurse practitioners can have an impact on treatment*

0 Pharmacology/1.25 non-pharmacology credits

##### **Unlocking Sweet Dreams**

**Chastity Van Pelt, MSN, FNP-BC**

*Discover the science of pediatric sleep! Explore sleep physiology and architecture, development in early childhood, common pediatric sleep challenges, and effective behavioral interventions. Unlock the secrets to healthy sleep and child well-being.*

0 Pharmacology/1.25 non-pharmacology credits

5:10 PM - 6:25 PM

#### GENERAL SESSION

##### **Independent, Now What? Autonomous Practice in Healthcare Systems**

**Morgan McDowell, MSN, WHNP-BC, AGPCNP-BC**

**Katie Page, MSN, CNM**

*This session will provide information about federal, state, and local practice policies that influence full practice authority for advanced practice nurses and midwives. Strategies to implement full practice authority in practice settings will be given.*

0 Pharmacology/1.25 non-pharmacology credits

6:30 PM - 8:00 PM

#### GR COMMITTEE DINNER (COMMITTEE ONLY)

6:30 PM - 7:30 PM

#### SPONSORED DINNER

#### SPONSORED DINNER

#### SPONSORED DINNER

### FRIDAY, MARCH 28

7:00 AM - 8:00 AM

#### BREAKFAST WITH EXHIBITORS (NO CHARGE)

7:00 AM - 5:00 PM

#### REGISTRATION DESK OPEN

8:00 AM - 9:15 AM

#### GENERAL SESSION

##### **General Session: Leslie Herdegen Rohrer Memorial**

**Jen Kiggans, (VA-02)**

*Description TBD*

Pharmacology/non-pharmacology credits TBD



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### HILTON NORFOLK THE MAIN

9:15 AM - 10:30 AM

#### GENERAL SESSION

##### **Empath: An Innovative Approach**

**Drew White, MSN, PMHNP-BC**

*In this session, the Empath (Emergency Psychiatric Assessment, Treatment and Healing) model of care for psychiatric emergencies will be discussed. This innovative approach was implemented at Centra in Lynchburg, Va by an NP led team with stellar results.*

0 Pharmacology/1.25 non-pharmacology credits

10:30 AM - 12:00 PM

#### FINAL BREAK WITH EXHIBITORS

12:00 PM - 1:20 PM

#### LUNCH BANQUET & AWARDS (NO CHARGE, ALL ARE WELCOME)

1:25 PM - 2:40 PM

#### BREAKOUT SESSIONS

##### **Did I Do That? The Importance of Great Documentation**

**Sandra Nichols, PhD, APRN, FNP-BC, GNP-BC, PMHNP-BC**

*Description TBD*

Pharmacology/non-pharmacology credits TBD

##### **Early Pregnancy Loss: A Comprehensive Approach for Nurse Practitioners**

**Kara Pravdo, MSN, CRNP**

*This presentation provides first trimester options for early pregnancy loss management. Discussion will include how to incorporate miscarriage care into your practice which may involve diagnosing, treating, referring and or giving resources and supporting patients and families.*

0.25 Pharmacology/1 non-pharmacology credits

##### **Eating Disorders In Primary Care**

**Kathryn Shepley, NP**

**Courtney Salaway, RN, MSN, FNP-BC**

*Review management of eating disorders in the primary care setting. Review DSM criteria, etiology/epidemiology, screening tools, signs/symptoms, labs, follow-up, complications, when to refer and special considerations- men, transgender clients, GLP 1 agonists, atypical presentations*

0 Pharmacology/1.25 non-pharmacology credits

##### **Mastering Insulin Management in Primary Care/Continuous Glucose Monitoring**

**Jack Weisskohl, MSN, FNP-BC**

**Dana Burns, DNP, FNP-BC, BC-ADM**

*We will review core concepts for insulin management, including continuous glucose monitoring interpretation and analysis, in the care of patients with diabetes in primary care settings.*

0.5 Pharmacology/0.75 non-pharmacology credits

##### **More Than Just Cramps: PCOS in Primary Care**

**Shelia Talbott, DNP, FNP-C**

*Description TBD*

Pharmacology/non-pharmacology credits TBD

2:45 PM - 4:00 PM

#### GENERAL SESSION

##### **Drug-drug Interactions and the Impact on Patients with COVID and Other Chronic Conditions**

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

*The FDA has released information that more and more reports of adverse events due to drug interactions are being reported in those being treated for COVID - 19. This session will focus on common reports, avoidance of interactions and safe prescribing.*

1.25 Pharmacology/0 non-pharmacology credits



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4:10 PM - 5:25 PM

#### BREAKOUT SESSIONS

##### **Adult ADHD: Assessment and Treatment for Complex Presentations**

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

Description TBD

Pharmacology/non-pharmacology credits TBD

##### **Direct-to-Consumer Genetic Testing: Practical Cases for Clinical Practice**

Karen Whitt, PhD, APRN, FNP-C, AGN-BC, FAANP

Nguyen Park, DMSc, MS, PA-C, DFAAPA

*This session aims to enhance nurse practitioners' knowledge and skills in managing patients with Direct-to-Consumer Genetic Testing (DTC-GT) questions related to carrier and disease risks and pharmacogenomic results.*

0.5 Pharmacology/0.75 non-pharmacology credits

##### **My patient has a bladder issue..now what?**

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

Description TBD

Pharmacology/non-pharmacology credits TBD

##### **Obesity Management in Primary Care**

Emily Stevens, MSN, RN, FNP-BC

*This presentation provides information for APRN practice to improve obesity management. The impact of weight stigma and bias, communication techniques for discussing body weight, and comprehensive obesity management plans including anti-obesity medications will be discussed.*

0.5 Pharmacology/0.75 non-pharmacology credits

##### **Perinatal psychiatric treatment: A rational approach to prescribing**

Lyons Hardy, PMHNP

*This presentation will discuss a decision making process that clinicians can use related to the use of psychotropic medications during pregnancy and lactation. Specific medication classes will also be covered.*

1.25 Pharmacology/0 non-pharmacology credits

##### **Wound Care Made Simple**

Kim Kennedy, AGACNP-BC, CWON-AP

Description TBD

Pharmacology/non-pharmacology credits TBD

5:30 PM - 7:00 PM

#### GAME NIGHT SOCIAL W/CASH BAR (NO CHARGE)

### SATURDAY, MARCH 29

7:00 AM - 12:00 PM

#### REGISTRATION DESK OPEN

7:00 AM - 8:00 PM

#### SPONSORED BREAKFAST (NO CHARGE)

8:00 AM - 9:15 AM

#### GENERAL SESSION

##### **Implicit Bias**

Malinda Myers, DNP, RN, FNP-BC

Description TBD

Pharmacology/non-pharmacology credits TBD

9:15 AM - 10:30 AM

#### GENERAL SESSION

##### **Prescribing Safely: Avoiding Malpractice and Litigation**

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

*Nurse practitioners are performing more services, seeing more patients, and writing more prescriptions. In addition, the number of malpractice claims made against many health care professionals is on the rise. It is essential that the nurse practitioner take every possible step to avoid being at the receiving end of a malpractice claim. Dr. Wendy Wright, a family nurse practitioner with extensive experience in reviewing cases for medical malpractice attorneys, will present information that every nurse practitioner must hear.*

1.25 Pharmacology/0 non-pharmacology credits

10:30 AM - 10:45 AM

#### BREAK



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### HILTON NORFOLK THE MAIN

10:45 AM - 12:00 PM

GENERAL SESSION

**The Nurse Practitioners' Approach to Modern Day Slavery**

Charles Hickey, FNP

*Human trafficking is a worldwide phenomenon with its presence in every part of Virginia. Trafficked victims are in all our communities. They seek medical care. An overwhelming majority have been seen in healthcare facilities without detection.*

0 Pharmacology/1.25 non-pharmacology credits