



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

This workshop is designed to give the participant an advanced understanding of the evaluation and management of traumatic skin and soft tissue injuries. The focus of this program is wounds from injury through repair and healing with an opportunity for the participant to take part in a supervised suture workshop.

0.5 Pharmacology/3.5 non-pharmacology credits

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

Explore the application of yoga practices throughout the lifespan including the safe use of asana (postures), pranayama (breathwork), yamas and niyamas (philosophy), and meditation from prenatal to geriatric care.

0 Pharmacology/3 non-pharmacology credits

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. This session will review the latest advances in the management of atrial fibrillation including newer anti arrhythmic medication and ablation techniques. We will review the patient selection for the different ablation strategies available currently for management of patients with Atrial fibrillation. In addition, the session will review the latest advances in the management of atrial fibrillation including newer antiarrhythmic medication and ablation techniques. We will review the patient selection for the different ablation strategies available currently for management of patients with Atrial fibrillation.

0.625 Pharmacology/0.625 non-pharmacology credits

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

This session will review common eye complaints seen in primary care. A discussion of history and physical examination findings and evaluation will be discussed. Tarsal plate eversion, eye irrigation, fluorescein staining and foreign body removal will be demonstrated.

0.5 Pharmacology/0.75 non-pharmacology credits

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

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

School avoidance is on the rise, challenging NPs to become more proficient in managing this anxiety-related condition. The presentation will provide an overview of the condition, describe a framework to help the NP assess and treat the child, and offer pearls from the presenter's practice as a PMNHP working in Child/Adolescent Psychiatry.

0.25 Pharmacology/1 non-pharmacology credits

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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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 Weiskohl, 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

Explore the complexities of Polycystic Ovary Syndrome (PCOS) beyond menstrual irregularities. This session covers diagnosis, management, and long-term care strategies in primary care to address hormonal, metabolic, and emotional challenges for improved patient outcomes.

0.25 Pharmacology/1 non-pharmacology credits

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, APRN, PMHNP-BC, CNE

This session will equip nurse practitioners with advanced strategies for assessing and treating adult ADHD, including guidance on when to refer patients. Attendees will delve into diagnostic challenges, comorbid conditions, and evidence-based treatment approaches to optimize patient outcomes.

0.5 Pharmacology/0.75 non-pharmacology credits

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

Get a glimpse into the world of wound care. This session will look at the many different types of wounds. The treatment for acute wounds will differ from treatment of chronic wounds. Discussion will include physical exam findings as well as basic treatments for the different types of wounds that you will encounter in your practice.

0.25 Pharmacology/1 non-pharmacology credits

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

This session explores implicit bias in healthcare, guiding nurses to identify, analyze, and mitigate biases. Using reflective tools, case studies, and actionable strategies, participants will enhance equitable decision-making and foster culturally sensitive patient care practices.

0 Pharmacology/1.25 non-pharmacology credits



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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

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