



2026 ANNUAL CONFERENCE

AT-A-GLANCE MARCH 19-22, 2026

HYATT REGENCY RESTON

THURSDAY, MARCH 19

11:00 AM - 4:30 PM CONFERENCE REGISTRATION DESK OPEN

12:30 PM - 1:45 PM BREAKOUT SESSIONS

Beyond the Clinic: Empowering Nurses for Fellowships, Task Forces, and Advisory Roles (Professional Issues)

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

Explore how nurses can expand their influence beyond the bedside through fellowships, task forces, and advisory roles. Learn practical strategies to navigate leadership opportunities and translate clinical expertise into policy impact.
0 Pharmacology/1.25 non-pharmacology credits

Bridging the Gap: Telehealth Strategies for PrEP and STI Prevention (Primary Care)

Caroline Stowe, DNP, FNP-BC, AAHIVS, AQH, MSCP

Learn practical telehealth strategies to expand PrEP and STI prevention, improve access, streamline workflows, and reduce disparities through evidence-based virtual care models.
0.25 Pharmacology/1 non-pharmacology credits

Common Pediatric Penis and Testicle Issues (Pediatrics)

Katy Morgan, MSN, RN, CPNP-AC

We will discuss common pediatric penis and testicle concerns: care for the circumcised and uncircumcised male, management of scrotal pain, and other common penile and scrotal conditions. Come with all your questions and be prepared for some myth busting!
0 Pharmacology/1.25 non-pharmacology credits

Pharmacological Management of Type II Diabetes (Primary Care)

Tauna Gulley, PhD, FNP-BC, PMHNP-BC, CNE

Randi Earls, PharmD, CDECS

Type 2 Diabetes is a complex, chronic condition that requires continuous health maintenance and care to ensure positive health outcomes. The role of the nurse practitioner in the pharmacologic management of the patient with type 2 diabetes is critical because routine care and follow-up is necessary to avoid or delay complications. This presentation will discuss the role of primary care in the management of type 2 diabetes, the current ADA pharmacologic standards of care, and risk management for reduction of complications from the disease.
0.75 Pharmacology/0.5 non-pharmacology credits

Preventing Missed or Delayed Diagnosis of Bipolar Disorder in the Primary Care Setting (Mental Health, Primary Care)

Elizabeth Onyejekwe, DNP, PMHNP, APRN

Enhance PCPs' knowledge of bipolar disorder and strengthen their ability to distinguish it from unipolar depression and other mood conditions. Outline a streamlined primary care algorithm utilizing a PCP-friendly pragmatic screening tool that improves bipolar disorder detection/diagnosis. Discuss safe interim psychopharmacological decisions that bridge the gap until psychiatric evaluation.
0.5 Pharmacology/0.75 non-pharmacology credits

1:55 PM - 3:10 PM BREAKOUT SESSIONS

A Strategic Collaboration Between Urology and Infectious Disease Specialists to Optimize Patient Outcomes (Acute Care, Professional Issues)

Hyunsun Ko, FNP-C, APRN-BC

Janice Lavoie, MSN, AGPCNP-BC

Description TBD

Pharmacology/non-pharmacology credits TBD

Alterations in Mental Health Related to Infectious or Environmental Exposure (Mental Health, Primary Care)

Billinda Tebbenhoff, DNP, RN, PMHNP, PMHCNS

Urinary tract infections in older adults, P.A.N.D.A.S., Post-COVID brain fog, and Lyme Disease are a few of the examples of infections that can have short-term and long-term impacts on mental health. We'll discuss some of the theories of how infections impact mental health and current treatments for patients.
0.25 Pharmacology/1 non-pharmacology credits

Menopause and the Microbiome: Understanding How Gut Health Affects Hormone Wellness (Women's Health, Primary Care)

Julie Spencer, DNP, FNP-BC, CUNP, AFMC

A clinical session on menopause and the microbiome, exploring how gut function, microbial diversity, inflammation, and nutrient metabolism directly influence hormonal wellness and outlining practical strategies to improve symptoms and outcomes for midlife women.

0 Pharmacology/1.25 non-pharmacology credits

Severe Asthma: Emerging Phenotypes and Therapeutic Options (Primary Care)

Stephanie Bork, MSN, APRN, FNP-BC

This presentation will review the current definitions of difficult to treat and severe asthma. It will explore a guideline driven approach to the management of this subtype of asthma and review new and emerging therapeutic options.
0.5 Pharmacology/0.75 non-pharmacology credits

You Can Do This! Supporting Healthy Parenting (Pediatrics)

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

The presenter, dual certified in family and psychiatric mental health, will discuss three evidence-based parent education programs to help strengthen the parent/child relationships and improve disruptive behaviors. NPs in primary care frequently observe how poor parenting skills can lead to conflictual family relationships and burnout - but effective solutions exist! Although parent education programs are not frequently delivered in primary care, understanding the approaches and methods can help us better guide our parents towards healthier relationships with their children.

0 Pharmacology/1.25 non-pharmacology credits



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3:20 PM - 4:35 PM BREAKOUT SESSIONS

Advanced EKG Interpretation in Myocardial Infarction (Primary Care, Acute Care)

Charles Hickey, FNP

We will discuss the EKG findings in acute myocardial infarction. We will review morphology of QRS waves in acute MI and compare it to mimics of MIs that are commonly misinterpreted.
0 Pharmacology/1.25 non-pharmacology credits

Let's Talk About Sex, Baby! (Primary Care)

Lori Conyers, DNP, FNP-C, APRN

This session examines the role of comprehensive sexual health in primary care, offering inclusive communication strategies, pathophysiology review, evidence-based treatments, and clear referral criteria to optimize patient-centered management of sexual health concerns across the lifespan.
0.25 Pharmacology/1 non-pharmacology credits

Trauma Care: Understanding Management and Outcomes (Acute Care)

Jennifer Sherman, AGACNP-BC

Explore fast-paced trauma care through real-world cases, critical decision points, and key pharmacologic strategies—designed to challenge and elevate experienced NPs managing complex injuries in acute and emergency settings.
0.25 Pharmacology/1 non-pharmacology credits

Zoonotic Diseases 101: What Every Provider Should Know About Infections That Cross from Animals to Humans (Primary Care)

Hyunsun Ko, FNP-C, APRN-BC

This session equips nurse practitioners and clinicians with essential skills to recognize, manage, and prevent zoonotic diseases by focusing on exposure history, early signs, infection identification, and appropriate treatment strategies applicable across diverse care settings.
0 Pharmacology/1.25 non-pharmacology credits

5:00 PM - 7:00 PM VCNP BOARD MEETING & DINNER

7:00 PM - 8:30 PM OPENING RECEPTION WITH EXHIBITORS & POSTER PRESENTERS

FRIDAY, MARCH 20

7:00 AM - 8:00 AM BREAKFAST WITH EXHIBITORS & POSTER PRESENTERS

7:00 AM - 5:30 PM CONFERENCE REGISTRATION DESK OPEN

8:00 AM - 9:30 AM GENERAL SESSION

Conference Keynote: Dr. Nurse: Science, Politics, & the Transformation of American Nursing (Professional Issues)

Dominique Tobbell, PhD

This lecture explores the knowledge claims, strategies, and politics involved as academic nurses negotiated their roles and nursing's future in the 20th century, revealing how they transformed nursing education and health care delivery.
0 Pharmacology/1.25 non-pharmacology credits

9:30 AM - 10:45 AM GENERAL SESSION

General Session: Scam-Savvy Care: The NP's Role in Detecting Cognitive Decline and Financial Exploitation (Primary Care)

Martha Purvis, DNP, FNP-BC

Leigh Ann Breckenridge, DNP, MSN, RN

Financial scams targeting vulnerable adults are rising rapidly, often intersecting with cognitive decline, dementia, mental health challenges, loneliness, and impaired judgment. Nurse practitioners are uniquely positioned to identify early warning signs of exploitation during routine clinical encounters. This presentation explores the NP's role in recognizing scam vulnerability, assessing cognitive and psychosocial risk factors, initiating protective interventions, and collaborating with families and community partners to safeguard patients. Through case examples and practical tools, participants will learn how to integrate scam-savvy screening, documentation, and advocacy into everyday practice to protect some of our most at-risk patients.
0 Pharmacology/1.25 non-pharmacology credits

10:45 AM - 11:15 AM BREAK

11:15 AM - 12:30 PM GENERAL SESSION

General Session: From Gatekeepers to Game Changers: How Virginia's Legislative Journey Shapes Everyday NP Practice (Professional Issues, Government Relations)

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

Ashley Apple, DNP, APRN, FNP-C, CNE

Over the past decade, nurse practitioners in Virginia have transitioned from being regulated gate-kept providers to influential policy leaders shaping the Commonwealth's healthcare landscape. This session examines the legislative evolution towards full practice authority for Virginia nurse practitioners, highlighting the strategic advocacy, coalition-building, and political navigation that made these changes possible. Drawing on firsthand experience from the Virginia Nurses Association and the Virginia Council of Nurse Practitioners, the presenters will unpack key bills, legislative turning points, and lessons learned from successful—and unsuccessful—advocacy efforts. Attendees will gain insight into how nurses and NPs can move beyond participation toward leadership in health policy, leveraging professional credibility, data, and relationships to effect durable legislative change. The session emphasizes actionable strategies, empowering participants to translate Virginia's experience into advocacy approaches applicable across practice settings and future policy battles.
0 Pharmacology/1.25 non-pharmacology credits

12:30 PM - 1:45 PM SPONSORED LUNCH: ALDOSTERONE AS AN UNDERLYING DRIVER OF HYPERTENSION & ADVERSE CARDIOVASCULAR & KIDNEY OUTCOMES; SPONSORED BY ASTRAZENECA. RSVP ON: [HTTP://WWW.ESVW.COM/RSVP/VCNP](http://www.esvw.com/RSVP/VCNP)
SPONSORED LUNCH: ENHANCING CANCER DETECTION IN PRIMARY CARE WITH COLOGUARD PLUS™ AND CANGERGUARD; SPONSORED BY EXACT SCIENCES. RSVP ON: [HTTP://WWW.ESVW.COM/RSVP/VCNP](http://www.esvw.com/RSVP/VCNP)
SPONSORED LUNCH: SOMETIMES THE CULPRIT IS RIGHT IN FRONT OF YOU: HYPOPHOSPHATASIA; SPONSORED BY ALEXION/ASTRAZENECA RARE DISEASE. RSVP ON: [HTTP://WWW.ESVW.COM/RSVP/VCNP](http://www.esvw.com/RSVP/VCNP)

1:45 PM - 3:00 PM GENERAL SESSION

General Session: Culinary Medicine: Building Healthy Kitchens to Empower Healthy Living (Primary Care)

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

Rachel Cloutier, PhD, RN, AGNP-BC

Culinary medicine, an evidence-based blending of nutrition with the art of cooking, offers innovative health promotion strategies to manage chronic disease, and empower patients towards positive eating habits. Participants will learn practical tools and resources to incorporate culinary medicine into practice.
0 Pharmacology/1.25 non-pharmacology credits

3:00 PM - 3:40 PM AFTERNOON COFFEE BREAK WITH EXHIBITORS & POSTERS



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3:40 PM - 4:55 PM BREAKOUT SESSIONS

Coming of Age: Unraveling Geriatric Syndrome (Geriatric Care, Primary Care)

Linda Hart, DNP, RN, ACNP-BC, FACC

Follow a case study to help define geriatric syndromes, risk factors, and clinical impact. Practical strategies, tools for assessment and risk related to pharmacokinetics of geriatrics and deprescribing will be integrated into the presentation.

0.25 Pharmacology/1 non-pharmacology credits

Managing Tick-Borne Illness in Primary Care (Primary Care)

Jenny Hall, EdD, MCHES

Sarah Knoeckel, DNP, FNP

Tick-borne diseases (TBDs) make up over 75% of all vector-borne disease in the U.S. each year. The burden of TBDs is increasing and TBD cases are expanding. Providers can help minimize long term consequences with early identification and proper treatment.

0.5 Pharmacology/0.75 non-pharmacology credits

Normal Pressure Hydrocephalus: To Shunt or Not to Shunt (Primary Care)

Crystal Allen, MSN, RN, AGACNP-BC

This presentation assists clinicians in recognizing the triad of iNPH symptoms in the older adult population. The presentation will identify imaging characteristics, differential diagnoses, clinical workup, as well as definitive treatment options for iNPH.

0 Pharmacology/1.25 non-pharmacology credits

The Heart's Missteps: Exploring Premature Ventricular Contractions (Acute Care)

Maheswari Murugesan, RN, MSN, PhD

The session will discuss about the pathophysiology, assessment, diagnosis and treatment of patients with Premature Ventricular Contractions

0 Pharmacology/1.25 non-pharmacology credits

The Right Drug for the Bug (Acute Care, Primary Care)

Jennifer Broyles, DNP, AGACNP-BC

This session reviews core microbiology, antibiotic mechanisms, and major antimicrobial classes, then applies them to real-world infection cases to strengthen clinical decision-making when choosing the right drug for the bug.

0.5 Pharmacology/0.75 non-pharmacology credits

5:00 PM - 6:00 PM GR COMMITTEE MEETING

5:00 PM - 6:15 PM GENERAL SESSION

VCNP 101

Morgan McDowell, MSN, WHNP-BC, AGCNP-BC

Monique Farrington, DNP, FNP-C

This introductory course is designed for both new and experienced nurse practitioners who want to deepen their understanding of the Virginia Council of Nurse Practitioners (VCNP)—the professional organization dedicated to advancing NP practice in the Commonwealth. Participants will gain a clear overview of VCNP's mission, vision, and organizational structure, including how its leadership, committees, and regional chapters work together to support NPs across Virginia. The session will explore VCNP's advocacy efforts, legislative priorities, and its pivotal role in implementing full practice authority. Attendees will also learn about the benefits of membership, professional development opportunities, and ways to engage in VCNP initiatives—from policy advocacy to leadership and community outreach. By the end of the session, participants will have a solid understanding of who VCNP is, what the organization does, and how it operates to elevate the NP profession and improve patient care statewide.

0 Pharmacology/1.25 non-pharmacology credits

6:30 PM - 8:00 PM SPONSORED DINNER: A CONVERSATION WITH PROVIDERS: ENDOMETRIOSIS-RELATED PAIN AND OVERACTIVE BLADDER; SPONSORED BY SUMITOMO PHARMA AMERICA MEDICAL AFFAIRS. RSVP ON: [HTTP://WWW.ESVW.COM/RSVP/VCNI](http://www.esvw.com/rsvp/vcni)
 SPONSORED DINNER: A TREATMENT OPTION FOR ADULTS WITH MODERATE-TO-SEVERE OSA AND OBESITY; SPONSORED BY LILLY. RSVP ON: [HTTP://WWW.ESVW.COM/RSVP/VCNP](http://www.esvw.com/rsvp/vcnp)
 SPONSORED DINNER: THE FIRST FDA-APPROVED TREATMENT INDICATED FOR NON-CYSTIC FIBROSIS BRONCHIECTASIS; SPONSORED BY SUMITOMO PHARMA AMERICA MEDICAL AFFAIRS. RSVP ON: [HTTP://WWW.ESVW.COM/RSVP/VCNP](http://www.esvw.com/rsvp/vcnp)

SATURDAY, MARCH 21

7:00 AM - 8:00 AM BREAKFAST WITH EXHIBITORS & POSTER PRESENTERS

7:00 AM - 5:00 PM CONFERENCE REGISTRATION DESK OPEN

8:00 AM - 9:15 AM GENERAL SESSION

Leslie Herdegen Rohrer Memorial Session: Three Things That Stick

Gale Adcock, FNP-BC, North Carolina State Senator

Interested in ramping up your advocacy, but unsure where to start? Drawing from her dual expertise in policy and practice, NC Senator Gale Adcock offers her unique brand of humor, insight, and wisdom to make advocacy inviting, exciting, and doable for busy nurse practitioners.

0 Pharmacology/1.25 non-pharmacology credits

9:15 AM - 10:30 AM GENERAL SESSION

General Session: The Green Dilemma: What Every Nurse Practitioner Should Know About Herbal Supplements (Primary Care)

Shelia Talbott, DNP, FNP-C

This session explores the clinical use of herbal supplements in primary care, examining their risks, benefits, and evidence base. Learn how to counsel patients effectively and integrate safe, informed practices into everyday NP care.

1 Pharmacology/0.25 non-pharmacology credits

10:30 AM - 12:00 PM FINAL EXHIBIT HALL BREAK

12:00 PM - 1:20 PM AWARDS LUNCH AND GENERAL MEMBERSHIP MEETING



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1:25 PM - 2:40 PM BREAKOUT SESSIONS

Clinical Approach to Preventing Suicide: An Introduction (Mental Health, Primary Care)

Emily Bell, MSN, RN, APRN, PMHNP-BC

Ali Walker, DHSC, PA-C, RRT Physician Assistant

Clinical Approach to Preventing Suicide: An Introduction (CAPS) provides an introductory overview of the clinician's role in preventing suicide among patients, and covers risk and protective factors, warning signs, screening tools, brief interventions, and treatment options.

0 Pharmacology/1.25 non-pharmacology credits

GLP-1s and Mental Health (Mental Health, Primary Care)

Fawn Workman, APRN, MSN, FNP-C, PMHNP-BC

Explore clinical and off-label uses of GLP-1 receptor agonists for obesity, binge eating, and antipsychotic-induced weight gain, plus their emerging role in mood, cognition, addiction, and appetite regulation at the mental-metabolic health intersection.

0.85 Pharmacology/0.4 non-pharmacology credits

Is It Migraine or Is It Something Else? (Primary Care)

Sabrina Johnson, DNP, FNP-BC, CBIS

This presentation explains how to diagnose a migraine versus other types of headaches, proper treatment, and when to refer a patient to a specialist. It also explains homeopathic treatments that patients may use and how those treatments can interact with pharmacologic treatments being prescribed.

0.25 Pharmacology/1 non-pharmacology credits

Optimizing Postpartum Hypertension Management: Evidence-Based Guidelines and Interventions (Women's Health, Primary Care)

Sharmaine McCoy, DNP, APRN, ACNP-BC

Explore evidence-based strategies for managing postpartum hypertension, emphasizing guideline-driven interventions, cardiometabolic risk assessment, and practical approaches to reduce future cardiovascular events and optimize maternal health outcomes.

0.5 Pharmacology/0.75 non-pharmacology credits

When the Beat is Off: Arrhythmias in Primary Care (Primary Care)

Alap Shah, MD

Overview of common cardiac arrhythmias for primary care clinicians, focusing on recognition, initial evaluation, and when to refer, with practical guidance to support timely management and improved patient outcomes.

0.25 Pharmacology/1 non-pharmacology credits

2:50 PM - 3:50 PM GENERAL SESSION

General Session: Targeting Aldosterone in HF and CKD (Primary Care)

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

Despite advances in the management of patients with heart failure (HF) and chronic kidney disease (CKD) in recent years, significant knowledge and care gaps exist among clinicians. Novel, emerging mechanisms and therapies, such as directly targeting aldosterone in HF and CKD are less familiar to clinicians. Effective diagnosis and treatment of HF and CKD require early identification and diagnosis, implementation of evidence-based, guideline-recommended therapies, and multidisciplinary care.

1 Pharmacology/0 non-pharmacology credits

4:00 PM - 5:15 PM BREAKOUT SESSIONS

Beyond the Mask: Emerging Oral Therapies for Obstructive Sleep Apnea (Primary Care)

Theresa Long, DNP FNP-BC

Learn about promising oral and non-injectable OSA therapies in development, highlighting mechanisms, early clinical evidence, and future clinical applications that may expand treatment options beyond traditional PAP therapy.

0.5 Pharmacology/0.75 non-pharmacology credits

Diagnosing and Treating GSM and HSDD in Midlife and Beyond (Women's Health)

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

Genitourinary Syndrome of Menopause (GSM) and Hypoactive Sexual Desire Disorder (HSDD) are highly prevalent but frequently underdiagnosed conditions that significantly impact quality of life, particularly in midlife and menopausal women. This 75-minute session equips Nurse Practitioners with the clinical tools, language, and confidence to address these sensitive topics in a respectful, evidence-based manner. The lecture will cover updated diagnostic criteria, therapeutic options (including non-hormonal and hormonal strategies), and patient-centered communication approaches to optimize care for this population.

0.5 Pharmacology/0.75 non-pharmacology credits

Man Boobs Matter: NP's Guide to Gynecomastia (Mental Health, Primary Care, Acute Care)

Cassie Sheffey, DNP, APRN, FNP-C

Learn to confidently assess, diagnose, and manage gynecomastia in male patients using evidence-based strategies. This session covers clinical evaluation, treatment options, red flags, and patient education.

0.5 Pharmacology/0.75 non-pharmacology credits

Pacemakers & ICDs for the Non-cardiology Provider (Acute Care)

Elizabeth Lamb, MSN, NP-C, CCDS

Pacemakers and ICDs can be completely overwhelming for providers practicing outside of cardiology. This session will seek to demystify what exactly these devices do, who benefits, and other need-to-know information.

0 Pharmacology/1.25 non-pharmacology credits

The Renal Transplant Patient in Primary Care (Primary Care)

Randi Thompson, AGPCNP

Johanna Christensen, FNP-BC

Explore best practices for managing renal transplant patients in primary care, including immunosuppression monitoring, infection prevention, and long-term health maintenance. Learn collaborative strategies to optimize outcomes and address unique challenges in this complex patient population.

0.5 Pharmacology/0.75 non-pharmacology credits

6:00 PM - 8:00 PM 2ND ANNUAL GOLDEN BRAIN TRIVIA GAME & SOCIAL PAC FUNDRAISER 2ND ANNUAL GOLDEN BRAIN TRIVIA GAME & SOCIAL PAC FUNDRAISER TEAM TICKET

SUNDAY, MARCH 22

7:00 AM - 10:00 AM CONFERENCE REGISTRATION DESK OPEN

7:00 AM - 8:00 AM NON-CME SPONSORED BREAKFAST: UNDERSTANDING AMYLOID TRANSTHYRETIN (ATTR) AMYLOIDOSIS



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8:00 AM - 9:15 AM GENERAL SESSION

General Session: Top New Medications in Primary Care (Primary Care)

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

Keeping up with new medications, particularly given the recent trend towards direct to consumer advertising, is one of the true challenges of primary care. Ms. Wright will focus on the top new, widely used medications, including their appropriate uses, adverse effects and drug interactions.

1.25 Pharmacology/0 non-pharmacology credits

9:15 AM - 9:45 AM BREAK

9:45 AM - 11:45 AM PRE-CONFERENCE WORKSHOP

Workshop Add-on: Building Resilience for Professional Burnout Using the Tools of Yoga (Mental Health)

Nancy Harvey, MSN, FNP, MS, Yoga Therapy

Health care providers in today's practice environment face increasing stress of managing time constraints, technology that often increases stress, loss of the satisfaction that comes from directly relating to individuals' and helping them reach their goals, and even a loss of the sense of purpose that lead them into health care. This experiential workshop will help participants find that sense of purpose again through the use of yoga tools (movement, breathwork, meditation, mindfulness).

0 Pharmacology/2 non-pharmacology credits

9:45 AM - 1:00 PM PRE-CONFERENCE WORKSHOPS

Workshop Add-on: Common Hand and Nail Problems (Primary Care)

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 gamekeepers thumb. NPs practicing in primary, emergency and urgent care are commonly called to assess and manage common hand and nail problems. This workshop provides knowledge and skills to assess and manage conditions in practice, and when to and how to appropriately refer for more definitive care. Workshop includes practice in toenail removal.

0.75 Pharmacology/2.5 non-pharmacology credits

Workshop Add-on: Strength-Based Leadership for Professional Growth (Professional Issues)

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

Carla Nye, DNP, CPNP-PC, CNE, CHSE

The ability to lead yourself and others arises from a combination of personal attributes, training and experience. Strengths-Based Leadership is a leadership approach that aims to improve the efficiency, productivity, and success of an organization by focusing on and continuously developing the strengths of people within the organization. It does not ignore weaknesses, but rather focuses on an individual's talents, which are "naturally occurring patterns of thought, feeling or behavior that can be productively applied." Learning individual strengths can facilitate one's development to self-manage, to lead others, and to apply strengths to new challenges. This seminar will assist nurse practitioners at all levels of expertise expand and enhance understanding of their unique leadership strengths and how to enhance those strengths in their work setting. Participants will gain an increased understanding of their unique leadership strengths, will explore how their strengths are demonstrated, will learn how to recognize and navigate when their strengths are not operating productively; and learn how to leverage their strengths in the workplace to improve self-management, communication, and overall productivity.

0 Pharmacology/3.25 non-pharmacology credits

9:45 AM - 12:00 PM PRE-CONFERENCE WORKSHOP

Workshop Add-on: So You Want to Start A Practice? (Professional Issues)

Katia Hall, DNP, APRN, FNP-BC, PMHNP-BC

Learn how to launch and lead your own independent practice. This session guides Nurse Practitioners through the legal, financial, and operational essentials of transitioning from clinician to confident practice owner.

0 Pharmacology/2.25 non-pharmacology credits