

# 2016 *Conference*

**MARCH  
9 - 12  
2016**

at the Omni Homestead Resort in Hot Springs, Virginia



## Virginia Council of Nurse Practitioners

250 West Main Street • Suite 100 • Charlottesville, VA 22902  
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Nurse Practitioners: Partners for a Healthier Tomorrow



# Virginia Council of Nurse Practitioners

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## Virginia Council of Nurse Practitioners *Nurse Practitioners: Partners for a Healthier Tomorrow*

Dear Nurse Practitioner Colleagues and Students,

Welcome to the Virginia Council of Nurse Practitioners Annual Conference. We hope that you will find the topics presented valuable and that there are many suited to your area of interest. For those who are able to attend early, we are pleased to offer five pre-conference workshops as an opportunity to earn additional CEUs. The committee has worked to provide a variety of topics to address the varied needs of our membership. Our keynote speaker, Mimi Secor, will discuss ways in which we can advance the Nurse Practitioner role and the importance of caring for ourselves.

I would again like to recognize Denise Chernitzer, our Education Chair, and the members of the conference planning committee for the time and energy they have spent planning our program. I would also like to acknowledge Elaine Attridge, our management team at Easter Associates, and Matt Van Wie for their assistance in moving our ideas forward and gaining the support necessary to run our program.

I hope that by attending this conference, each of you gains at least one new piece of knowledge that you can take back to your workplace and share with your colleagues, and that you have an opportunity to network with other Nurse Practitioners from all over the state. Finally, I hope the energy and ideas gleaned, encourages you to become more involved with our vital organization.

Sincerely,  
Maribeth O. Capuno, RN, MSN, ANP-BC  
President, Virginia Council of Nurse Practitioners

## The VCNP Mission

*To facilitate the advancement and foster the professional growth of nurse practitioners, and to advocate for the improvement of health and access to care for all Virginians.*

## Bring Your Checkbook to the Conference!

*All 2016 conference attendees will have an opportunity to donate to the VCNP Political Action Committee (PAC) during the lunch session on Friday. PAC contributions will be distributed to legislators who are supportive of VCNP issues and who sit on committees that hear legislation pertaining to NP practice. All contributions to legislators are made on a bipartisan basis. Help us continue to build relationships with our elected officials. Help us get our message out! Donations to the VCNP PAC are not tax deductible.*

## Annual Raffle Scheduled!

*VCNP will have its Annual Raffle to benefit the NP Scholarship Fund with each region providing a special basket!*

# VIRGINIA COUNCIL OF NURSE PRACTITIONERS

# 2016 ANNUAL CONFERENCE

Virginia Council of Nurse Practitioners (VCNP) invites you to attend the 2016 Annual Conference at the Omni Homestead Resort in Hot Springs, Virginia. VCNP is continuing to offer online conference registration, and online session evaluations. This year, all speaker presentations will be available online before and after the conference.

This year's program will feature several general sessions, concurrent specialty interest sessions, optional pre-conference workshops, breakfast sessions, lunch sessions and the exhibit hall, featuring the latest information on patient products and services. Professional networking activities include the poster sessions, opening reception and the Annual Meeting with the VCNP Board, including a professional issues presentation.

## Networking Opportunities

Take advantage of opportunities to extend learning beyond the classroom by spending time with colleagues to exchange ideas, ask questions and share your knowledge during the continental breakfasts and breaks. Be sure to visit the exhibit hall to learn about the latest industry products and services. Join us on Wednesday for the Opening Reception at 7:00 p.m. and attend the Annual Meeting with the Board during the lunch session on Friday for more VCNP updates from the organization's leaders.

## Contact Hours

Virginia Council of Nurse Practitioners is an approved provider of continuing nursing education by the Virginia Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Conference participants will have the opportunity to earn up to **21 contact hours** based on attendance of a pre-conference workshop and the entire conference.

## MAKE YOUR HOTEL RESERVATIONS NOW!

**Single / Double occupancy group rate is \$145/night**

*plus state and local taxes and applicable hotel fees*

Reservations  
must be made  
directly with  
the Omni Homestead  
Resort,  
NOT VCNP  
Headquarters.

Visit the VCNP website at [www.vcnp.net](http://www.vcnp.net) and look for the 2016 conference information under the "Events" heading. Under the conference links you can make your online booking with the Omni Homestead Resort.

Visit: <http://www.omnihotels.com/hotels/homestead-virginia/meetings/va-council-of-nurse-practitioners>

Group room rates are available until February 25, 2016 or until the room block fills up, whichever comes first.



## 2016 Annual Conference Planning Committee

### Chairperson

Denise Chernitzer, RN, MSN, CPNP, CFNP

### President

Maribeth O. Capuno, RN, MSN, ANP-BC

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Chris Daley, MN, ANP

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### Tidewater

John Lyons, APRN, FNP-C, MSN

**Make Your Reservations Early. The Room Block Fills Quickly!**

# VCNP 2016 ANNUAL CONFERENCE

## PROGRAM

Pre-conference workshops are offered to provide opportunities to enhance clinical skills and/or knowledge. These workshops are 3.5 hours in duration and are structured in a didactic format; sessions may include interactive discussion, case studies and/or hands-on opportunities. Workshops will have a limited number of participants.

### WEDNESDAY MARCH 9, 2016

11:00 a.m. - 4:30 p.m. Conference Registration

#### Pre-Conference Workshops

12:30 p.m. - 4:30 p.m. Workshop #1 ( 3.5 Non-Pharmacology credits, 0 Pharmacology credit )

##### **ECG Interpretation: Acute Coronary Syndromes, Bundle Branch Blocks, Axis & Fascicular Blocks**

Juanita Reigle MSN, ACNP-BC, CHFNP

*The purpose of this session is to provide participants the skills and knowledge to interpret the 12 lead ECG for acute coronary syndromes, complete bundle branch blocks, axis calculation and fascicular blocks.*

Workshop #2 ( 1.5 Non-Pharmacology credits, 2 Pharmacology credits )

##### **Updating the CDC STD Guidelines, 2015**

Dyan Aretakis MSN, FNP

*Issued in January of 2015 the newest STD treatment guidelines from the CDC refine treatments for gonorrhea based on resistance; offers new treatment for warts; improved detection and treatment of trichomonas and more.*

Workshop #3 ( 3.5 Non-Pharmacology credits, 0 Pharmacology credits )

##### **Marketing the NP Role**

Mimi Secor MS, M.Ed, FNP-BC, FAANP

*Discuss how to secure media interviews, prepare for an interview, learn about do's and don'ts of being interviewed and practice being interviewed by a national NP radio host.*

Workshop #4 ( 3.5 Non-Pharmacology credits, 0 Pharmacology credit )

##### **Healing From the Inside Out: Body Mapping for Chronic Illness**

Michelle Earnest FNP-BC, EEM-AP, MSN, DMin

*Our bodies speak our minds! Learn Body Mapping -an easy to learn and use innovative clinical tool for working with the puzzle of chronic illness. Construct your own map as a template for teaching others!*

Workshop #5 ( 3 Non-Pharmacology credits, 0.5 Pharmacology credits )

##### **Men's Health**

Teresa Golden FNP, CUNP

*This workshop will provide an overview of anatomy, health promotion focusing on GU tract, and treatments of problems associated with male GU.*

Workshop #6 (0 Non-Pharmacology credit, 0 Pharmacology credit )

##### **VCNP 101: New Leader Orientation**

Chris Daley RN, MSN, FNP-C

Maribeth Capuno BSN, MSN, ANP-BC

*The VCNP Board of Directors invites anyone interested in becoming more involved at the local or state level to attend VCNP101 for the purpose of introduction and orientation of new leadership to the organization. This workshop does not offer CE credits.*

5:00 p.m. - 7:00 p.m. **Board of Directors Meeting and Dinner**

7:00 p.m. - 9:00 p.m. **Opening Reception / Exhibit Hall / Grand Rounds Poster Sessions**

WORKSHOPS

Conference participants will have the opportunity to earn up to 21 credits.



# THURSDAY MARCH 10, 2016

7:00 a.m. - 5:30 p.m. Conference Registration

7:00 a.m. - 8:00 p.m. Continental Breakfast with Exhibitors

8:00 a.m. - 9:15 a.m. **Keynote Address:** (1.25 Non-Pharmacology credit, 0 Pharmacology credits)

## **Stress Proofing Your Life: The Extreme Self-Care Solution**

Mimi Secor MS, M.Ed, FNP-BC, FAANP

*During this keynote, learn from a recovering type A about the effects of stress and causes of burnout for NPs. Define "extreme self-care" and resilience focusing on the benefits of both concepts. Develop strategies for life long prevention of stress effects and burnout. Your happiness depends on it!*

9:15 a.m. - 10:30 a.m. General Session (0.92 Non-Pharmacology credit, 0.33 Pharmacology credits)

## **Cancer Prevention-Nutritional Application in our Daily Practice Session**

Kathleen Haden RN MSN ANP-C

Carole Havrila RD, CSO

*This session will provide a detailed information on cancer prevention nutrition exploring recent studies/ literature as well as cancer prevention medications.*

10:30 a.m. - 11:00 a.m. **Beverage Break with Exhibitors**

11:00 a.m. - 12:15 p.m. Generalist Tract (0 Non-Pharmacology credit, 1.25 Pharmacology credits)

## **Understanding PrEP**

Judy Wessell DNP, APRN BV

*To provide an understanding of the use and prescribing of Truvada as "PrEP" - HIV Pre Exposure Prophylaxis for the prevention of HIV.*

Pediatrics Tract (1 Non-Pharmacology credit, 0.25 Pharmacology credits)

## **Assessing Pain in Children with Severe Neurological Impairment**

Shirl Dutton MSN RN PNP-C

*A theoretical approach is used to guide contextual pain assessment and planning interventions for pediatric patients with severe neurological impairment.*

Women's Health Tract (1.25 Non-Pharmacology credits, 0 Pharmacology credit)

## **Happy Hormones at Any Age! Using Integrative Medicine for Hormone Balancing**

Michelle Earnest FNP-BC, EEM-AP, MSN, DMin

*Mood swings, PMS, Hot Flashes- Does this sound like you? Learn easy integrative medicine techniques to balance hormones, process emotions, and reduce stress. Real hands-on tools for the innovative practitioner!*

Mental Health Tract (0.5 Non-Pharmacology credits, 0.75 Pharmacology credits)

## **Primary Care Mental Health: A Mind-Body Approach**

Bridgette Vest DNP, PMHNP-BC, GNP-BC

Michelle Rowsome PMHNP-BC

*Motivational interviewing techniques will be taught as participants learn non-pharmacological strategies addressing sleep hygiene, stress management and pain management. Primary care level psychopharmacology interventions will also be discussed.*

Acute Care Tract (1.25 Non-Pharmacology credits, 0 Pharmacology credit)

## **Sepsis 2016: Early Goal-Directed Therapy or Not?**

Mary Duggan MS RN CCRN ACNP-BC

*This session will review diagnostic criteria for sepsis and early goal directed therapy including antibiotics, fluid resuscitation, vasopressor support, fluid responsiveness and hemodynamic monitoring with updated sepsis guidelines based on evidence from three recent sepsis clinical trials (ProCESS, ARISE, ProMISE)*

12:30 p.m. - 2:00 p.m. **Non-CME Luncheon**

2:00 p.m. - 2:30 p.m. **Beverage Break with Exhibitors**

2:30 p.m. - 3:45 p.m. General Session (1.25 Non-Pharmacology credit, 0 Pharmacology credits)

## **An Approach to Anticoagulation in 2016**

Mary Stack ANCC

CONCURRENT BREAKOUT SESSIONS

# THURSDAY, MARCH 10, 2016 (CONTINUED)

## CONCURRENT BREAKOUT SESSIONS

4:00 p.m. - 5:15 p.m.	<p><b>Women's Health Tract</b> (0.75 Non-Pharmacology credit, 0.5 Pharmacology credits)</p> <p><b>Vulvar Dermatology</b> Mimi Secor MS, M.Ed, FNP-BC, FAANP <i>Learn about the current classification system for vulvar diseases. Recognize various lesions, both cancerous &amp; benign. Discuss when/how to perform a vulvar biopsy. Describe diagnosis and treatment of selected conditions including the "lichen". Not everything that itches is yeast.</i></p> <hr/> <p><b>Pediatrics Tract</b></p> <p><b>When to Refer (or not) a Child to a Surgeon</b> (1.25 Non-Pharmacology credits, 0 Pharmacology credit) Terri Wattsman MD <i>More common entities seen in the pediatric population by the NP in the outpatient setting, including lymphadenopathy, soft tissue masses, ventral wall hernias, inguinal hernias, hydroceles, undescended testes, and vascular and lymphatic malformations will be discussed. The initial work up required for these entities will be discussed, as will the recommended timetable for referral to a surgeon for each.</i></p> <hr/> <p><b>Generalist Tract</b> (1 Non-Pharmacology credit, 0.25 Pharmacology credits)</p> <p><b>Call to Action: Chronic Kidney Disease and the Primary Care Practitioner</b> Lynn Poole FNP-BC <i>Focus on the primary care practitioner's role in the recognition, diagnosis and treatment of conditions leading to chronic kidney disease. Recognition of complications of CKD and available treatments and importance of vein preservation.</i></p> <hr/> <p><b>Mental Health Tract</b> (1 Non-Pharmacology credit, 0.25 Pharmacology credits)</p> <p><b>Epigenetic's in Psychiatry</b> Beatrice Klusman BSN, MSN, MSW <i>The content will include the introduction of this new field of research and how it interfaces with the development of mental illness. Research will be cited that supports inter generational transmission of trauma and lifestyle issues as expressed in subsequent generations and its implications in treatment. In addition, DNA testing in psychiatry as a tool to facilitate the selection of psychotropics will be discussed for the last fifteen minutes .</i></p> <hr/> <p><b>Acute Care Tract</b> (1 Non-Pharmacology credits, 0.25 Pharmacology credits)</p> <p><b>Wounds of Distinction and Differentiation</b> Ferne Alderfer MSN, FNP-BC, CWON Valentina Lucas NP <i>Presentation of five wounds, associated with health conditions: each will contain case series, with RX, wound management Calciphylaxis, Pyoderma, sickle cell, vasculitis wound, Marjolin</i></p> <hr/> <td>5:30 p.m. - 7:00 p.m.</td> <td> <p><b>Topics in Professionalism</b> (1.5 Non-Pharmacology credits, 0 Pharmacology credit)</p> <p><b>Too Prepared to Fail: Tools for Being an Outstanding Preceptor</b> Rhonda Arthur DNP, CNM, WHNP-BC, FNP-BC Tonya Nicholson DNP, CNM, WHNP-BC, CNE <i>This presentation will cover tools preceptors need to take on the job of precepting students. We will review the prelaunch checklist, the one minute preceptor, learning plans, and when to call the Cavalry.</i></p> <hr/> <td>6:30 p.m. - 8:30 p.m.</td><td> <p><b>Government Relations Committee Dinner</b></p> <hr/> <td>7:00 p.m. - 8:00 p.m.</td><td> <p><b>Sponsored Non CME Dinner Symposiums</b></p> <hr/> </td></td></td>	5:30 p.m. - 7:00 p.m.	<p><b>Topics in Professionalism</b> (1.5 Non-Pharmacology credits, 0 Pharmacology credit)</p> <p><b>Too Prepared to Fail: Tools for Being an Outstanding Preceptor</b> Rhonda Arthur DNP, CNM, WHNP-BC, FNP-BC Tonya Nicholson DNP, CNM, WHNP-BC, CNE <i>This presentation will cover tools preceptors need to take on the job of precepting students. We will review the prelaunch checklist, the one minute preceptor, learning plans, and when to call the Cavalry.</i></p> <hr/> <td>6:30 p.m. - 8:30 p.m.</td> <td> <p><b>Government Relations Committee Dinner</b></p> <hr/> <td>7:00 p.m. - 8:00 p.m.</td><td> <p><b>Sponsored Non CME Dinner Symposiums</b></p> <hr/> </td></td>	6:30 p.m. - 8:30 p.m.	<p><b>Government Relations Committee Dinner</b></p> <hr/> <td>7:00 p.m. - 8:00 p.m.</td> <td> <p><b>Sponsored Non CME Dinner Symposiums</b></p> <hr/> </td>	7:00 p.m. - 8:00 p.m.	<p><b>Sponsored Non CME Dinner Symposiums</b></p> <hr/>
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# FRIDAY MARCH 11, 2016

7:00 a.m. - 5:00 p.m.	<b>Registration</b>
7:00 a.m. - 8:00 a.m.	<b>Continental Breakfast with Exhibitors</b>
8:00 a.m. - 9:30 a.m.	<p>(1.25 Non-Pharmacology credits, 0 Pharmacology credit)</p> <p><b>Leslie Roher Herdigan Memorial Lecture: The Virginia Center For Health Innovation: What is the Work of the VCHI and What are the Implications for NPs?</b> Beth Bortz, MPP</p> <hr/> <p><b>Legislative Update</b> (1 Non-Pharmacology credit, 0 Pharmacology credit) Mark Coles RN BA MSN NP-C Richard Grossman JD <i>An overview of VCNP legislative history and strategy, with specific reference to the 2016 General Assembly Session.</i></p> <hr/>
9:45 a.m. - 10:45 a.m.	

Conference participants will have the opportunity to earn up to 21 credits.



# FRIDAY, MARCH 11, 2016 (CONTINUED)

CONCURRENT BREAKOUT SESSIONS

10:45 a.m. - 11:45 a.m.	<b>Final Beverage Break with Exhibitors</b>	
11:45 a.m. - 1:00 p.m.	<b>Membership Luncheon, Awards Ceremony and Regional Baskets Raffle</b>	
1:00 p.m. - 2:00 p.m.	General Session <b>Bringing Back the Kindness: Civility in Nursing Practice and Education</b> Rhonda Arthur DNP, CNM, WHNP-BC, FNP-BC Tonya Nicholson DNP, CNM, WHNP-BC, CNE <i>Incivility in practice and in education is on the rise. This negatively impacts communication, education, job satisfaction and patient care. Tools for increasing civility in the workplace and in learner/mentor relationships will be provided.</i>	(1 Non-Pharmacology credit, 0 Pharmacology credit)
2:00 p.m. - 2:15 p.m.	<b>Break</b>	
2:15 p.m. - 3:30 p.m.	Generalist Tract <b>Diagnosis and Management of Atypical Diabetes</b> Karla Giese DNP, FNP, CDE <i>Recognition and management of non-Type 2 and variations of Type 2 diabetes is a critical skill for NPs, especially in light of the shortage of endocrinologists.</i>	(0.75 Non-Pharmacology credits, 0.5 Pharmacology credits)
	Acute Care Tract <b>MRSA &amp; Soft Tissue Infections: Don't be Afraid</b> Terri Wattsman MD <i>The history of MRSA, rationale for antibiotic choice, nuances of how to do an incision and drainage of site, colonization, parental/guardian education, and when to refer to a surgeon will be covered.</i>	(1 Non-Pharmacology credit, 0.25 Pharmacology credits)
	Women's Health Tract <b>Gynecological Cancer</b> Patrice Malena MS, FNP-BC	(1.25 Non-Pharmacology credit, 0 Pharmacology credits)
	Mental Health Tract <b>Transgender Health: Hormone therapy, primary care and beyond</b> Elke Jones Zschaebitz DNP, FNP-BC Eleanor Hutchens MD <i>This Roundtable Presentation is designed to educate NPs interested in engaged compassionate transgender (TG) healthcare. The panel includes an endocrinologist specializing in TG hormones, a parent of a TG individual, a TG activist addressing legal and insurance issues as well as discussion on the lived experience of those transitioning and how NPs can increase access to care for these individuals and families</i>	(0.67 Non-Pharmacology credits, 0.58 Pharmacology credits)
	Pediatrics Tract <b>Prematurity and Development: The first year after birth</b> Joshua Attridge MD <i>This session will provide an overview of developmental assessment for pediatric patients and the modifications and resources available in Virginia when a baby has been born prematurely.</i>	(1.25 Non-Pharmacology credits, 0 Pharmacology credit)
3:45 p.m. - 5:00 p.m.	Women's Health Tract <b>Non-obstructive CAD in Women: Novel Strategies to Identify and Reduce Risk of Our #1 Killer</b> Lynn Cofer-Chase, MSN, RN, FNLA, FPCNA <i>Explain the physiologic danger of non-obstructive CAD and present novel biomarkers to help identify subclinical disease or increased near term risk of a CV event. Present a "hybrid" approach to expert cholesterol guidelines re: lipid/lipoprotein targets and the newest dietary and pharmacologic approaches to reduce CV risk.</i>	(1.25 Non-Pharmacology credit, 0 Pharmacology credits)
	Pediatrics Tract <b>Pediatric Hypertension for the Primary Care Practitioner</b> Bethany Coyne PhD, CPNP, RN <i>This session will review the evaluation, diagnosis and management of pediatric hypertension.</i>	(0.92 Non-Pharmacology credits, 0.33 Pharmacology credits)
	Acute Care Tract <b>Intracranial Hemorrhage-When do I Panic?</b> Cindy Zerfoss MSN, RN, ACNP-BC <i>This presentation reviews traumatic and nontraumatic intracranial hemorrhage. Brain anatomy, radiographic imaging, neurologic examination, medical and surgical treatment strategies, pharmacologic intervention and reversal agents will be discussed. Target audience: NPs in acute/primary care practices.</i>	(1 Non-Pharmacology credit, 0.25 Pharmacology credits)

Conference participants will have the opportunity to earn up to 21 credits.

## FRIDAY, MARCH 11, 2016 (CONTINUED)

Generalist Tract (1.25 Non-Pharmacology credits, 0 Pharmacology credit )

### **Assessment of the Diabetic Foot in Primary Care**

Tara Beuscher DNP, RN-CS, CGCNS-BC, ANP-BC, CWOCN, CFCN

*The diabetic foot exam can be daunting for the primary care provider. Learn what constitutes a diabetic foot exam and how to easily incorporate this into your daily practice.*

Mental Health Tract

(0.5 Non-Pharmacology credits, 0.75 Pharmacology credits )

### **The Anxious Patient**

Beatrice Klusman BSN,MSN,MSW

*This session will discuss the DSM V criteria for anxiety disorders. Presentation with various populations: age, cardiac and substance abusers treatment modalities, pharmacology, and therapies.*

7:00 p.m. - 8:00 p.m.

### **Sponsored Non-CME Dinner Symposiums**

## SATURDAY MARCH 12, 2016

7:00 a.m. - 8:00 a.m.

### **Continental Breakfast**

7:00 a.m. - 8:30 a.m.

### **Registration**

8:00 a.m. - 10:30 a.m.

General Session

(0 Non-Pharmacology credits, 2.5 Pharmacology credit )

### **New Drug Update**

Mark Johnson PharmD, BCPS

*New FDA-approved drugs approved over the last year for use in general practice will be presented in case-based format. Comparisons will be made to existing drugs in determining their place in therapy.*

10:45 a.m. -12:00 p.m.

General Session

(1.25 Non-Pharmacology credits, 0 Pharmacology credit )

### **Improving your Motivational Interviewing Skills for Primary Care**

Alison Gregory FNP-BC

Carla Nye DNP, CPNP, CNE

*Frustrated with patients who refuse to make lifestyle changes? This session provides practical applications of principles of Motivational Interviewing for primary care NPs. Targeted for those with basic or intermediate Motivational Interviewing skills.*

## IMPORTANT CONFERENCE DETAILS!

The meeting presentations will be available for you to print prior to the conference if received by the faculty presenter. We encourage you to print out all of the materials from the conference as internet access will not be available in the meeting rooms. In addition, conference registration and session evaluations will be available online at **[www.vcnp.net](http://www.vcnp.net)** to save you time and effort.



VIRGINIA COUNCIL OF NURSE PRACTITIONERS

# 2016 ANNUAL CONFERENCE



We're ROCKIN' the RECEPTION at the Annual Conference this Year!

Wednesday, March 9, 2016

7 p.m. - 9 p.m.

The Grand Ballroom and Foyer  
The Homestead

GRAND ROUNDS POSTER SESSIONS • EXHIBITS • HORS D'OEUVRES • NETWORKING

WITH LIVE MUSIC FROM RICHMOND, VIRGINIA'S OWN



## Sons of Zebedee

Sponsored by



# VCNP 2016 ANNUAL CONFERENCE REGISTRATION

Payment by credit card available through online registration only at [www.vcnp.net](http://www.vcnp.net)

Name: \_\_\_\_\_ Credentials (ex. RN, MSN, etc.): \_\_\_\_\_  
 Specialty: \_\_\_\_\_ Region: \_\_\_\_\_  
 Practice Setting: ☐ Urban ☐ Suburban ☐ Rural ☐ Military/Government ☐ University ☐ School ☐ Other \_\_\_\_\_  
 Mailing Address: \_\_\_\_\_  
 City/State/Zip: \_\_\_\_\_  
 Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_  
 Email: (MOST IMPORTANT) \_\_\_\_\_ Membership #: \_\_\_\_\_

## Registration and Refund Policy

**STUDENTS** — Those registering as STUDENTS must include a copy of a student ID or class schedule to verify full time status. The student conference rate only applies to students who are currently VCNP student members. Nurse practitioners who have returned to school to pursue either a PhD or DNP, and are full VCNP members cannot register at the student conference rate.

**REFUNDS/SUBSTITUTIONS** — Refund requests must be submitted in writing and received by 1/15/16. A \$25 administrative fee will be deducted from such requests. No refunds will be made after 1/15/16. Refunds will be determined by date written cancellation is received. Registration fee includes beverage breaks, continental breakfast and planned lunch based on sponsorship.

**Please mark all choices carefully** (Circle appropriate amounts, check appropriate boxes and fill in blanks) and be sure to total choices at the far right hand column and bottom of form.

## CONFERENCE REGISTRATION — YOU MAY PREFER TO REGISTER ONLINE AT [WWW.VCNP.NET](http://WWW.VCNP.NET)

	Dates	Mbr. Early By 1/25/16	Mbr. Late After 1/25/16	Non-Mbr. Early By 1/25/16	Non-Mbr. Late After 1/25/16	Student Early By 1/25/16	Student Late After 1/25/16	
<input type="checkbox"/> Entire Conference Fee	3/10 – 3/12	\$350	\$400	\$500	\$550	\$200	\$225	= \$ _____
<input type="checkbox"/> One Day Fee	<input type="checkbox"/> 3/10 <input type="checkbox"/> 3/11 <input type="checkbox"/> 3/12	\$210	\$250	\$250	\$310	\$100	\$100	= \$ _____
<i>One day registration is good for <u>one day only</u>. Please indicate which day you are requesting.</i>								
<input type="checkbox"/> Opening Reception with Exhibitors – Wednesday, March 9								= \$ <u>N/C</u>
<input type="checkbox"/> Continental Breakfast – Thursday, March 10								= \$ <u>N/C</u>
<input type="checkbox"/> Non-CME Luncheon – Thursday, March 10 (BASED ON SPONSORSHIP)								= \$ <u>N/C</u>
<input type="checkbox"/> Continental Breakfast – Friday, March 11								= \$ <u>N/C</u>
<input type="checkbox"/> General Membership Luncheon & Awards Ceremony – Friday, March 11								= \$ <u>N/C</u>
<input type="checkbox"/> Continental Breakfast – Saturday, March 12								= \$ <u>N/C</u>

## PRE-CONFERENCE WORKSHOP REGISTRATION

Complete the reverse side of this form and enter your **Wednesday, March 9, 2016 Workshop Total** to the right. ➤

<input type="checkbox"/> NP Scholarship Fund Donation (Donations can be made online using a credit card or by check.)	<b>Registration Total</b> = \$ <u>N/C</u>
<input type="checkbox"/> VCNP Political Action Committee Donation (Donations can be made online using a credit card or by check.)	<b>Workshop Total</b> = \$ <u>N/C</u>
<i>Donations to the VCNP PAC are not tax deductible.</i>	<b>Scholarship Donation</b> = \$ <u>N/C</u>
	<b>PAC Donation</b> = \$ _____
	<b>TOTAL DUE</b> = \$ _____

▶ Are you a first time attendee? ☐ Yes ☐ No  
 ▶ Do you require vegetarian meals? ☐ Yes ☐ No  
 ▶ How did you learn about the conference? ☐ Postcard ☐ Brochure ☐ Email ☐ Website ☐ Colleague Referral ☐ Other \_\_\_\_\_

## METHOD OF PAYMENT

☐ Make checks (US currency) payable to: **Virginia Council of Nurse Practitioners**,  
 250 West Main Street, Suite 100, Charlottesville, VA 22902 or fax to (434) 979-2439

Deposit Check Rec'd NP: \_\_\_\_\_  
 Date: \_\_\_\_\_ Check #: \_\_\_\_\_

If you do not receive a confirmation letter from the VCNP office within 30 days of submitting your registration form, please call the office to confirm that your registration material has been received at (434) 977-3716.



# SESSION REGISTRATION

Sessions are available on a first come, first served basis. Please indicate your selections as a first, second and third choice to the left of each title. If all of your choices are sold out, you will receive an e-mail notification from the VCNP office presenting you with other options. Please enter the total amount due (where applicable) for your selections on the other side of this page. There will be a \$15 late fee after January 25, 2016.

- SPACE IS LIMITED -

## WEDNESDAY – MARCH 9, 2016

Please indicate your first, second and third choices below.

### 12:30 p.m. - 4:30 p.m. Pre-conference Workshops (includes 30 minute break)

CHOICE	WORKSHOP & FEE	BEFORE OR ON 1/25/16	AFTER 1/25/16	AMOUNT
<input type="checkbox"/>	ECG Interpretation: Acute Coronary Syndromes, Bundle Branch Blocks, Axis and Fascicular Blocks .....	\$100.....	\$115	_____
<input type="checkbox"/>	Updating the CDC STD Guidelines, 2015 .....	\$100.....	\$115	_____
<input type="checkbox"/>	Marketing the NP Role .....	\$100.....	\$115	_____
<input type="checkbox"/>	Healing From the Inside Out: Body Mapping for Chronic Illness.....	\$100.....	\$115	_____
<input type="checkbox"/>	Men's Health.....	\$100.....	\$115	_____
<input type="checkbox"/>	VCNP 101: New Leader Orientation .....		No Charge	_____

PLEASE ENTER YOUR PRE-CONFERENCE WORKSHOP TOTAL ON THE REGISTRATION FORM

TOTAL DUE \$ \_\_\_\_\_

## THURSDAY – MARCH 10, 2016

### 11:00 a.m. - 12:15 p.m. Breakout Sessions (Please indicate your first, second and third choices below.)

- ☐ WOMEN'S HEALTH TRACT: Happy Hormones at Any Age! Using Integrative Medicine for Hormone Balancing
- ☐ PEDIATRIC TRACT: Assessing Pain in Children with Severe Neurological Impairment
- ☐ ACUTE CARE TRACT: Sepsis 2016: Early Goal Directed Therapy or Not?
- ☐ GENERALIST TRACT: Understanding PrEP
- ☐ MENTAL HEALTH TRACT: Primary Care Mental Health: A Mind-Body Approach

### 4:00 p.m. - 5:15 p.m. Breakout Sessions (Please indicate your first, second and third choices below.)

- ☐ WOMEN'S HEALTH TRACT: Vulvar Dermatology
- ☐ PEDIATRIC TRACT: When to Refer (or not) a Child to a Surgeon
- ☐ ACUTE CARE TRACT: Wounds of Distinction and Differentiation
- ☐ GENERALIST TRACT: Call to Action: Chronic Kidney Disease and the Primary Care Practitioner
- ☐ MENTAL HEALTH TRACT: Epigenetic's in Psychiatry

## FRIDAY – MARCH 11, 2016

### 2:15 p.m. - 3:30 p.m. Breakout Sessions (Please indicate your first, second and third choices below.)

- ☐ WOMEN'S HEALTH TRACT: Gynecological Cancer
- ☐ PEDIATRIC TRACT: Prematurity and Development: The first year after birth
- ☐ ACUTE CARE TRACT: MRSA & Soft Tissue Infections: Don't be Afraid
- ☐ GENERALIST TRACT: Diagnosis and Treatment of Atypical Diabetes
- ☐ MENTAL HEALTH TRACT: Transgender Health: Hormone Therapy, Primary Care and Beyond

### 3:45 p.m. - 5:00 p.m. Breakout Sessions (Please indicate your first, second and third choices below.)

- ☐ WOMEN'S HEALTH TRACT: Non-obstructive CAD in Women: Novel Strategies to Identify and Reduce Risk of Our #1 Killer
- ☐ PEDIATRIC TRACT: Pediatric Hypertension for the Primary Care Practitioner
- ☐ ACUTE CARE TRACT: Intracranial Hemorrhage-When do I Panic?
- ☐ GENERALIST TRACT: Primary Care in the Diabetic Foot
- ☐ MENTAL HEALTH TRACT: The Anxious Patient

Your Name (please print) \_\_\_\_\_ Email \_\_\_\_\_

# VCNP 2016 CONFERENCE FACULTY

**Ferne Alderfer, MSN, FNP-BC, CWON**  
Henrico, Virginia

**Dyan Aretakis, MSN, FNP**  
Crozet, Virginia

**Rhonda Arthur, DNP, CNM, WHNP-BC, FNP-BC**  
Floyd, Virginia

**Joshua Attridge, MD**  
Charlottesville, Virginia

**Beth Bortz, MPP**  
Henrico, Virginia

**Lynn Cofer-Chase, MSN, RN, FNLA, FPCNA,**  
Chicago, IL

**Mark Coles, RN, BA, MSN, NP-C**  
Virginia Beach, Virginia

**Bethany Coyne, PhD, CPNP, RN**  
Charlottesville, Virginia

**Chris Daley, RN, MSN, FNP-C**  
Yorktown, Virginia

**Mary Duggan, MS, RN, CCRN, ACNP-BC**  
Oakton, Virginia

**Shirl Dutton, MSN, RN, PNP-C**  
Norfolk, Virginia

**Michelle Earnest, FNP-BC, EEM-AP, MSN, DMin**  
Fredericksburg, Virginia

**Karla Giese, DNP, FNP, CDE**  
Albuquerque, New Mexico

**Teresa Golden, FNP, CUNP**  
Lynchburg, Virginia

**Alison Gregory, FNP-BC**  
Richmond, Virginia

**Richard Grossman, JD**  
Richmond, Virginia

**Kathleen Haden, RN, MSN, ANP-C**  
Charlottesville, Virginia

**Carole Havrila, RD, CSO**  
Charlottesville, Virginia

**Eleanor Hutchens, MD**  
Charlottesville, Virginia

**Mark Johnson, PharmD, BCPS**  
Winchester, Virginia

**Elke Jones Zschaebitz, DNP, FNP-BC**  
Charlottesville, Virginia

**Beatrice Klusman, BSN, MSN, MSW**  
Yorktown, Virginia

**Valentina Lucas, NP**  
Richmond, Virginia

**Patrice Malena, MS, FNP-BC**  
Newport News, Virginia

**Tonya Nicholson, DNP, CNM, WHNP-BC, CNE**  
Dexter, Georgia

**Carla Nye, DNP, CPNP, CNE**  
Richmond, Virginia

**Lynn Poole, FNP-BC**  
Washington DC

**Juanita Reigle, MSN, ACNP-BC, CHFN**  
Charlottesville, Virginia

**Michelle Rowsome, PMHNP-BC**  
Roanoke, Virginia

**Mimi Secor, MS, M.Ed, FNP-BC, FAANP**  
Newton, Massachusetts

**Mary Stack, ANCC**  
Charlottesville, Virginia

**Bridgette Vest, DNP, PMHNP-BC, GNP-BC**  
Salem, Virginia

**Terri Wattsman, MD**  
Roanoke, Virginia

**Judy Wessell, DNP, APRN BV**  
Norfolk, Virginia

**Cindy Zerfoss, MSN, RN, ACNP-BC**  
Vinton, Virginia





## Virginia Council of Nurse Practitioners

250 West Main Street, Suite 100  
Charlottesville, VA 22902

## Needs Assessment/Objectives

The Virginia Council of Nurse Practitioners (VCNP) is a non-profit 501(c)6 organization with nearly 1,800 members. The organizational mission is to facilitate the advancement of the nurse practitioner (NP) profession, enhance continuing professional development through local meetings and the state conference. VCNP leadership promotes political advocacy to influence state and national health policy. The objectives of the VCNP Annual Conference are to provide an educational curriculum and enhance the knowledge and skills of NP's in varied practice roles. The conference also offers collegial networking opportunities, emerging trends in practice management and highlights political issues affecting NP roles and practice. VCNP is committed to providing education for NP's. Educational needs are identified through surveys, practice pattern analysis, previous contact hours activity evaluations, current practice issues and emerging technology. The conference curriculum is developed by the conference planning committee comprised of 11 NP representatives from the regions, the VCNP President, President-Elect and the Conference Chair. It is anticipated that over 500 NP's will be in attendance at the 2016 Annual Conference held at the Omni Homestead Resort, March 9-12, 2016. The Virginia Council of Nurse Practitioners is an approved provider of continuing nursing education by the Virginia Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Contact hours and Pharmacology hours will be available at this conference. Conference participants will have the opportunity to earn up to **21 contact hours** based on the Preconference Workshops. Accessing educational grant monies and industry support is critical to the organization's ability to continue to offer a superior and affordable educational program for NP's throughout the state of Virginia. Educational grant monies help make possible a quality educational program enhancing NP knowledge and skills, which promote improved patient care and health outcomes.

### COMMENTS FROM LAST YEAR'S VCNP ANNUAL CONFERENCE

*"The conference was friendly, welcoming, and provided great networking and educational opportunities. The vendors were excellent as well."*

...

*"I supplemented my current knowledge in a variety of topics."*

...

*"Perhaps the best conference that I have been to!"*

...

*"Great presentations with useful information."*

...

*"This was the best conference I have attended in several years. Great speakers, great topics and great accommodations."*

Visit [www.vcnp.net](http://www.vcnp.net)

Prior to Arrival, Download and Print any Session Materials you Would like to Bring With You.  
Presentations can be downloaded at [vcnp.net](http://vcnp.net).