**2025 NNPS Keystone**

**Topic/Speaker Brochure**

**Tuesday, July 15th 9:00 am – 5:00 pm**

**(5:00 pm – 7:30 pm Wagon Ride and Dinner)**

**A1 - A Leadership Retreat for Advanced Practice Providers 0% Rx 7.0 CE Hours**

(see full description on The Retreat page under the For Attendees tab)

As healthcare grows increasingly complex, nurse practitioners are uniquely positioned to lead. Your clinical expertise, interpersonal skills, and cross-disciplinary knowledge make you an ideal catalyst for positive change. Explore how to harness these strengths and build your leadership capacity.

*Eileen T. O'Grady, PhD, RN, ANP-BC; Founder, The School of Wellness, LLC; McLean VA and Executive Coach and Facilitator, Leadership Institute, School of Nursing, University of California - San Francisco ; San Francisco CA*

**Wednesday July 16th**

**8:00 am – 9:00 am 1.0 CE Hour**

**A1 – A Leadership Retreat for Advanced Practice Providers**

**(continuation of Tuesday session, must attend both)**

**9:00 am – 10:00 am 1.0 CE Hours**

**B1 - New Drugs in Dermatology: Integrating Them into Your Practice 100% Rx**

Primary care providers address 80% of dermatologic complaints by patients. New advances in dermatology science and drugs therapies are life changing for both children and adults. These new therapies are available for both acute and chronic skin diseases, and should be considered as the standard of care option. Gain essential knowledge to develop confidence in utilizing these new drugs in your practice.

*Margaret Bobonich, DNP, FNP-C, DCNP, FAANP; Founder/Owner, Center for Dermatology Nursing Practice; Silver Lake OH and Assistant Professor, School of Medicine and Frances Payne Bolton School of Nursing, Case Western Reserve University; Cleveland OH*

**B2 - Get on Board! Opportunities and Importance of Board Service in Your Community 0% Rx**

Clinicians are uniquely aware of community health needs as seen in the patients they treat, and can therefore bring fresh insights and expertise to organizational boards while impacting social determinants of health. There are a wide range of board service opportunities available, including advisory, non-profit, private and public corporate boards, appointments and commissions. Serving in these strategic and fiduciary roles provides you with the prospect of shaping the strategy within and outside the health ecosystem to benefit patients, families, communities, and populations.

*Nancy Mannion, DNP, RN, CEN, FAEN; President, NMB Global Leadership LLC; Lancaster PA and Board Chair, Nurses on Boards Coalition; Lancaster PA*

**10:00 am – 12:00 pm Non-CE**

**SS1 – Bayer IUDs (Mirena, Kyleena, Skyla): An Overview**

This program will review the safety and efficacy of Bayer's Intrauterine Devices (IUDs): Kyleena®, Mirena® and Skyla®. Following a didactic overview, attendees will have an opportunity to practice IUD placement.

*Kelly Schmidt, MSN, WHNP-BC*

**SS2 – NEXPLANON® (etonogestrel implant) 68mg Radiopaque Clinical** **Training Program**

You are invited to join your colleagues at a Clinical Training Program for NEXPLANON (etonogestrel implant) 68 mg Radiopaque. During the Clinical Training Program for NEXPLANON, you will receive hands-on training for insertion and removal procedures, as well as implant localization techniques.

IMPORTANT: **Registration for this training program is required**. Must have an active US State License number or NPI number Clinical Training Program for NEXPLANON is available only to US clinicians authorized to perform procedures entailed in insertion and removal of Nexplanon under their state practice act. These clinicians include:

• MD, DO, PA, NP, CNM, Naturopathic MD and/or ND

• Residents with state and/or prescriptive licenses

• Military providers with a US State License and/or NPI number

• Licensed Registered Nurses who are enrolled in advanced practice studies

• Medical students or Physician Assistant students without a US state license or NPI number may not certify

• Once trained and state/prescriptive licenses are validated with authorized distributor HCP can order NEXPLANON

Please note: This program is not an accredited CME program. It is Organon’s policy to verify all clinicians’ practice, license, and eligibility information in advance of the training. Organon will contact you directly if there is a problem. Attendees are expected to attend the entire training which is just over 2 hours in duration. Certificates of attendance will not be issued to those who arrive late or leave early.

**10:15 am – 11:30 am 1.25 CE Hours**

**C1 - Vaping Health Effects and Treatment: A Review for Nurse Practitioners**

**25% Rx**

The rapid rise of electronic nicotine delivery systems (ENDS), especially among adolescents and young adults, has significantly changed the landscape of tobacco use and nicotine dependence. ENDS use poses serious health risks, making it a critical public health concern. Explore the health implications of ENDS and evidence-based strategies for intervention, including the "Ask, Advise, Refer" framework. The use of pharmacotherapy like nicotine replacement therapies, bupropion, and varenicline will also be discussed. Gain insights into ENDS' health effects, treatment approaches, and the role of clinicians in advocating for prevention and policy changes, particularly in underserved populations.

*Mykell Barnacle, FNP; Associate Professor of Practice, School of Nursing, North Dakota State University; Fargo ND*

*Allison Peltier, DNP, APRN, FNP-C; Assistant Professor of Practice, School of Nursing, North Dakota State University; Fargo ND*

**C2 - Strengthening Your Practice’s Financial Core: A Revenue Integrity Blueprint for APPs 0% Rx**

Explore the critical role you play in maintaining revenue integrity within your healthcare organization. Through real-life case examples, learn how to identify common pitfalls that lead to revenue leakage, from under-coding services to miscommunication with billing teams. The importance of accurate documentation in capturing the complexity of patient care will be addressed. Understand how adopting best practices in revenue integrity can bolster the financial sustainability of your practice or organization.

*Leslie Boles, BA, CCS, CPC, CPMA, CHC, CPC-I, CRC; Co-Owner & President, Revu Healthcare; North Brunswick NJ*

**11:30 am - 1:00 pm**

**Product Theatre Lunches**

**(Topic and speaker updates to be announced)**

**SS4 or 5? Menopause: A Patient’s Journey**

Each year, 2 million US women enter menopause, and up to 80% may experience Vasomotor Symptoms (VMS) including hot flashes and night sweats, as they go through menopause. Although VMS are considered a hallmark of menopause, their etiology is not well understood.

Please join us for a program to learn more about the science of menopause, VMS, and resources for patient-centered counseling:

* Understand how to characterize the different stages of reproductive aging and how to confirm menopause
* Review the HPO axis and introduce developing scientific understandings of the neurophysiology of menopausal VMS
* Present a counseling approach for discussing VMS with patients
* Review principles of patient-centered counseling using the SHARE model (Seek, Help, Assess, Reach, Evaluate)

*Barb Dehn, NPWH*

**1:00 pm – 3:00 pm Non-CE**

**SS6 – Bayer IUDs (Mirena, Kyleena, Skyla): An Overview**

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*Kelly Schmidt, MSN, WHNP-BC*

**SS7 – NEXPLANON® (etonogestrel implant) 68mg Radiopaque Clinical** **Training Program**

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**1:15 pm – 3:15 pm 2.0 CE Hours**

**D1 - Pain Management & Opioids: A Patient-Centered Approach 100% Rx**

Explore a series of cases which support content mapped to segments of the FDA Blueprint. The pathophysiology of pain as it relates to the concepts of pain management will be described, in order to accurately assess patients in pain. Learn how to develop a safe and effective pain treatment plan, while identifying evidence-based non-opioid options for the treatment of pain. The risks and benefits of opioid therapy will be presented, along with how to manage ongoing opioid therapy.

This program meets many states’ requirements for opioid education and is fully compliant with the Opioid Analgesic Risk Evaluation and Mitigation Strategy (REMS) education requirement (“Blueprint”), issued by the U.S. Food & Drug Administration in October 2023. As of June 27, 2023, DEA registrants are to have completed a total of at least 8 hours of training on opioid or other substance use disorders.

The curriculum was developed by the Collaborative for REMS Education (CO\*RE) http://core-rems.org and is supported by an independent educational grant from the Opioid Analgesic REMS Program Companies (RPC).

Presented by Nurse Practitioner Healthcare Foundation, a member of the Collaborative on REMS Education (CO\*RE), ten interdisciplinary organizations working together to improve pain management and prevent adverse outcomes, including AAFP, AANP, AAPA, AAHPM, AOA, ASAM, CAFP, IPMA, NPHF & AAOS. For more information, please contact NPHF or visit www.core-rems.org.

*Theresa Mallick-Searle, MS, PMGT-BC, ANP-BC; Adult Nurse Practitioner, Division of Pain Medicine, Stanford Health Care; Redwood City CA*

**D2 - Compliance Made Clear: An APP's Guide to Accurate Billing and Coding**

**0% Rx**

Hear a comprehensive overview of key compliance regulations and guidelines shaping billing and coding practices. How to properly document patient encounters to meet regulatory requirements and reduce the risk of claim denials will be discussed. Through practical examples, best practices and current trends in billing compliance relevant to advanced practice providers will be highlighted. Leave equipped with the knowledge and tools needed to safeguard your practice against compliance pitfalls.

*Leslie Boles, BA, CCS, CPC, CPMA, CHC, CPC-I, CRC; Co-Owner & President, Revu Healthcare; North Brunswick NJ*

**3:30 – 5:00 pm 1.5 CE Hours**

**E1 - Hematology & Coagulation: A Comprehensive Overview for Advanced Practice Providers 0% Rx**

Explore the pathophysiology of common hematologic conditions, histologic findings, diagnostic tests, and evidence-based treatment strategies. Conditions such as leukopenia, anemia, and thrombocytopenia can be identified with an understanding of the fundamentals of hematology. Coagulation is vital to the proper monitoring and care of patients at risk for clotting disorders, such as deep vein thrombosis, pulmonary embolism, and heritable clotting disorders. Gain insights into recognizing critical signs and symptoms, interpretations of laboratory results, seeking appropriate consultation and referral, and implementing appropriate therapeutic interventions to enhance patient outcomes.

*Patricia Cullen, PhD, CPNP-PC; Assistant Dean for Graduate Programs and Professor, Loretto Heights School of Nursing, Regis University; Denver CO*

**E2 – Assessment and Treatment of Behavioral and Psychological Symptoms in Dementia and Delirium: From Behavioral Strategies to Pharmacology 50% Rx**

Delirium and dementia are disparate and heterogenous conditions with overlapping and potentially debilitating symptomatology. Although primarily differentiated by acuity, onset, course and source, both conditions may overlap and result in increased institutionalization and mortality. Advanced practice providers are often tasked with assessing these conditions and guiding family members on treatment options. Hear up- to-date insights on assessing the subtypes of both delirium and dementia. Building on this essential diagnostic foundation, learn about current clinical practice guidelines for comprehensive behavioral strategies and mindful pharmacologic approaches. The ultimate goal is to promote less restrictive treatment and reduce harm, while managing known risks of medications in these conditions.

*Joseph Lyon, MSN, RN, FNP-BC, PMHNP-BC; Nurse Practitioner, Division of Medical Psychiatry, Stanford Health Care; Palo Alto CA*

**E3 - Intrauterine Contraception: Challenging Cases 50% Rx**

Acquire in-depth knowledge on managing challenging cases associated with Intrauterine Contraception (IUC) insertion and removal. Strategies to reduce the number of unsuccessful IUC placements will be explored, as well as how to minimize the risk of adverse events with placement and removal of IUC. Learn how to minimize the risk of perforation, and advanced techniques for missing string removals.

*Kristin Metcalf-Wilson, DNP, WHNP-BC; Project Director, Clinical Training Center for Sexual + Reproductive Health, School of Nursing & Health Sciences, University of Missouri - Kansas City; Kansas City MO*

**5:15 pm – 6:45 pm**

**Welcome Reception in Exhibit Hall and Learning Lounge**

**Thursday July 17th**

**7:30 am – 4:00 pm**

**The Hub and Learning Lounge Open**

**9:00 am – 4:00 pm**

**Exhibits Open**

**8:00 am – 9:30 am 1.5 CE Hours**

**F1 - RASH Decisions: An Algorithmic Approach for Diagnosing Skin Eruptions 0% Rx**

Dermatology is a challenging specialty, especially when patients present with "rashes". Skin eruptions can range from infections to life-threatening conditions. An accurate diagnosis is essential for management and patient outcomes. Learn an algorithmic approach to key primary morphology to make an accurate diagnosis. This diagnostic knowledge and tool will enable you to confidently apply it in your clinical practice.

*Margaret Bobonich, DNP, FNP-C, DCNP, FAANP; Founder/Owner, Center for Dermatology Nursing Practice; Silver Lake OH and Assistant Professor, School of Medicine and Frances Payne Bolton School of Nursing, Case Western Reserve University; Cleveland OH*

**F2 - Antibiotic Essentials: High Yield Insights on Beta-Lactams 100% Rx**

Antibiotic prescribing is a common and essential modality for treating patients in both inpatient and outpatient settings, and when used appropriately, it can be lifesaving. Annually, over 200 million antibiotic prescriptions are written in outpatient settings, and more than 50% of hospitalized patients receive at least one antibiotic during their stay. To optimize the clinical use of these antibiotics and avoid overprescribing or misuse, a comprehensive understanding of their properties is essential for making informed and effective prescribing decisions. Explore the four major sub-classes of beta-lactam antibiotics, their antimicrobial coverage, and clinical relevance, while applying this knowledge to case-based discussions.

*Essence Carter-Griffin, DNP, MBA, MAOL, APRN, ACNP-BC; Chief Learning Officer, Exceed Healthcare; Dallas TX and Assistant Professor, Clinical, Graduate Nursing, University of Texas at Arlington; Arlington TX*

**F3 - Responding to Your Female Patients’ Sexual Concerns 50% Rx**

Many women experience sexual problems, which can negatively impact their interpersonal relationships and quality of life. They expect their clinicians to be comfortable talking about these issues, and able to provide accurate information and advice. Learn how to counsel patients on specific sexual concerns, and when and how to employ medical modalities to help them enjoy a healthy sex life.

*Jan Shepherd, MD, FACOG; Medical Director, Women's Wellness Connection, Colorado Department of Public Health & Environment; Denver CO and Clinical Associate Professor, Obstetrics & Gynecology, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO*

**F4 - Diagnosis and Management of Pediatric Asthma from Infancy to Adolescence 25% Rx**

Review the epidemiology of asthma from infancy to adolescence concentrating on the role of atopy in childhood asthma. Some of the differences between pre-school and school age asthma will be discussed, including common asthma triggers. Learn about basic tests, including use of peak flow, spirometry, exhaled nitric oxide, and impulse oscillometry, as well as use of controller therapies, including SMART therapy as a new approach to treatment.

*Nathan Rabinovitch, MD, MPH; Pediatric Allergist and Immunologist, National Jewish Health; Denver CO and Professor, Pediatrics - Allergy, Immunology, Rheumatology, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO*

**F5 - AFib – What You Need to Know from the New American College of Cardiology and European Society of Cardiology Guidelines 50% Rx**

Atrial Fibrillation (AFib) is the most common sustained cardiac arrhythmia, and the lifetime risk of AFib is about 1 in 3–5 individuals after the age of 45 years. Both the American College of Cardiology and the European Society of Cardiology released new guidelines for the management of AFib in 2024. These recommendations include important changes to prior treatment approaches. Gain an overview of AFib and the new ACC classifications and review of the most impactful risk factors related to its development. New and updated pharmacological and lifestyle modification treatment guidelines will be discussed, including considerations for special populations.

*Michael Horne, DNP, MBA, AGNP-BC, CCK; Assistant Professor, College of Nursing, University of Colorado Anschutz Medical Campus; Denver CO and Cardiology Nurse Practitioner, Optum; Denver CO*

**9:45 am -11:30 am**

**Awards Ceremony and Keystone Summit**

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**Loretta C. Ford Lifetime Achievement Award**

**​NNPS Scholarship Awards**

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**TS - THE SUMMIT – 1.5 CE Hours**

Celebrating the longevity, impact and future of Advanced Practice Providers. Nurse Midwifery had been practiced in ancient times, but the founding of the American College of Nurse-Midwives in 1955 lead to greater acceptance and legitimacy of midwifery as a profession. With her recent passing in January, Loretta Ford is again at the forefront of many people’s minds, recognizing the significance of what she began in her partnership with Henry Silver, MD to create the Pediatric Nurse Practitioner program in 1965 at the University of Colorado. The year 1965 also saw the nation’s first Physician Assistant program developed at Duke University. Join us as we take a deep dive into the value Advanced Practice Practitioners bring to the healthcare system. Leading healthcare professionals will discuss the future of Advanced Practice and how APPs will be instrumental in addressing the future of healthcare.

**11:30 am –1:30 pm**

**Lunch in the Exhibit Hall and Learning Lounge**

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**1:30 pm -3:00 pm**

**CIC - Challenges in Care 1.5 CE Hours**

Explore innovative approaches to overcoming barriers to practice, ethical dilemmas and challenges currently faced by Advanced Practice Providers. Some of the current, hot topics in healthcare will be discussed by panel members, with plenty of opportunity for audience questions and feedback. Work together to discuss issues, share experiences, define strategies, and propose solutions for some of the challenges that APPs are currently facing.

**3:00 pm –3:30 pm**

**Poster Sessions .5 CE Hours**

**3:30 pm – 4:30 pm 1.0 CE Hours**

**G1 - Breathing Pattern Disorder in the Post-COVID Patient 0% Rx**

Breathing pattern disorder is commonly observed in post-COVID patients and can contribute to symptoms such as breathlessness, dizziness, chest tightness, and fatigue. It often results from abnormal breathing patterns, rather than structural lung damage. Though the exact cause is unclear, breathing pattern disorder is treatable without the need for further medication management.

*Cori Fratelli MSN, FNP-C, Nurse Practitioner, Division of Pulmonary, Critical Care & Sleep Medicine, National Jewish Health; Denver, CO*

**G2 - Diabetes Case Studies: Reducing Clinical Inertia and Improving Outcomes 25% Rx**

Type 2 diabetes affects 40 million Americans and 100 million more have pre-type 2 diabetes. In addition, 2 million Americans live with type 1 diabetes. Focus on emerging technologies and treatments that can be utilized in primary care to improve glycemic and cardiometabolic outcomes for people living with diabetes. Case studies will be utilized to explore best practices in diabetes care, based on the American Diabetes Associations Standards of Care 2025 and other clinical guidelines. Special attention will be paid to emerging therapies, achieving glycemic targets, and strategies to support improved cardiometabolic health.

*Anastasia Albanese-O'Neill, PhD, APRN/CPNP-PC, CDCES; AVP, Community Screening and Clinical Trial Education, Breakthrough T1D; New York NY*

**G3 -- Managing Risk for Breast Cancer: Patients, Primary Care Providers, and Breast Health Specialists 25% Rx**

Individualized breast cancer risk assessment and screening tactics are recommended to detect breast disease as soon as possible. Gain an overview of current genetic counseling and testing strategies, including differences in screening guidelines for women at average, intermediate, and high risk of developing breast cancer. Case studies and practical tips from the speakers’ experience within an advanced practice-led high-risk breast clinic will be shared.

*Ashley Johnson, DNP, APRN, FNP-C; Ingram Cancer Center Outpatient Advanced Practice Manager, Surgical Sciences, Vanderbilt University Medical Center; Nashville TN*

*Kathryn Anderson, PA-C; Physician Associate, Surgical Breast Oncology, Vanderbilt University Medical Center; Nashville TN*

**G4 - Understanding the Newborn: Tips and Tricks for Newborn Physical Assessment 0% Rx**

Newborns are different than adults! A timely and complete assessment of the newborn is essential for determining potential problems that may lead to complicated diagnoses. While much of the exam is similar, there are some things that occur only in the newborn period and some ways that the approach to a newborn physical differs from that of the adult. Learn tips for examining the newborn, review those things that are unique to this population, and findings that may require follow-up by pediatric specialties.

*Catherine Witt, PhD, NNP-BC; Dean, Loretto Heights School of Nursing, Regis University; Denver CO*

**G5 - Managing Various Types of Staphylococcal Infections in Primary and Acute Care 50% Rx**

Infections caused by various types of Staphylococcal infections continue to be a common problem, and are often mistreated in primary care, emergency rooms and hospital settings. Outbreaks of community acquired (CA-MRSA) have been identified in multiple areas and are incorrectly identified. Serious infections from hospital acquired (HA-MRSA) also continue to be a problem. Focus on the identification of types of Staphylococcal infection and the treatment of these lethal infections.

*Kristine Scordo, PhD, APRN, ACNP-BC, FAANP; Acute Care Nurse Practitioner, Infectious Diseases, TriHealth; Cincinnati OH*

**4:45 pm – 5:45 pm 1.0 CE Hours**

**H1 - Taking-on Opioid Use Disorder in Primary Care: Empowering APPs to Drive Change 25% Rx**

The opioid crisis continues to devastate communities across the U.S. with over 2 million Americans affected by prescription opioid addiction. In 2021, nearly 107,000 drug overdose deaths were reported, with opioids (both prescription and illicit) involved in nearly 75% of those fatalities. Hear how increased access to opioid use disorder (OUD) treatment through primary care settings is essential to addressing the widespread and growing opioid crisis.

*Amanda Hartman, DNP, APRN, FNP-C; Assistant Professor Graduate Education, School of Nursing, Washburn University; Topeka KS and Family Nurse Practitioner, Student Health Services, Washburn University; Topeka KS*

*Michele Reisinger, DNP, APRN, FNP-BC, PMHNP-BC; Director, Family Nurse Practitioner Program, Graduate School of Nursing, Washburn University; Topeka KS and Psychiatric Mental Health Nurse Practitioner, Community Rural Health Clinics; Onaga KS*

**H2 - Pre-op Assessment for the Primary Care Provider - "Prehabilitation and Optimization" versus "Clearance" - Making an Impact on Outcomes 0% Rx**

Primary care providers are called on regularly to complete pre-surgical evaluations for their patients. Evidence-based perioperative guidelines must be followed to ensure appropriate testing is completed and unnecessary testing is avoided. Improvements in medical conditions, nutrition, and physical fitness can improve outcomes. Learn how to determine appropriate pre-op testing, and how to guide your patients in making lifestyle changes prior to planned surgery, thus leading to improved outcomes.

*Laura Hildebrand, BSN, MSN, APRN, ANP-C; Lead Nurse Practitioner, Impact Clinic, Preprocedural Services-North, University of Colorado Health Medical Group; Fort Collins CO*

**H3 - From Diagnosis to Crisis: Preeclampsia Across the Continuum 25% Rx**

Preeclampsia is growing in prevalence, and significantly contributes to maternal morbidity and mortality. With the United States leading first-world countries in rates of maternal morbidity and mortality, it is essential to carefully assess diagnoses most significantly impacting our maternal population. Preeclampsia represents a unique and mysterious disease process that may require management across multiple specialties. Focus on the variation in acuity and resulting interprofessional framework necessary to care for the preeclamptic patient across the disease continuum.

*Samantha Crouch, DNP, CNM, IBCLC; Program Director, College of Nursing, University of Arkansas for Medical Sciences; Fayetteville AR*

*Maggie Thompson, DNP, RN, AGACNP-BC, CNE; Assistant Professor, College of Nursing, University of Colorado Anschutz Medical Campus; Aurora CO*

**H4 - Advancing the Diet of Food Allergic Infants and Children 0% Rx**

Hear the most up to date literature on pediatric food allergies, including prevalence, common food allergies, and how they are diagnosed. How to assess nutritional concerns for pediatric patients on restricted diets will be discussed, including growth chart review, laboratory review, and how a diet recall can be helpful. Learn tips and tricks on feeding infants and toddlers who are selective eaters and how to advance their diet. Current recommendations on how to introduce all of the common food allergens during infancy will be reviewed.

*Taryn VanBrennan, RD; Clinical Dietitian, Children’s Hospital Colorado; Aurora CO*

**H5 - Advancements in Heart Failure Management 75% Rx**

Heart failure management has undergone significant transformations in recent years with the introduction of new innovative treatment approaches, technologies, and evidence-based guidelines. Understanding the importance of careful examination of the patient's ambulatory hemodynamic status, including assessment of preload and afterload, when initiating and titrating heart failure medication can be challenging. Gain an overview of the latest pharmacotherapy developments, practical strategies to optimize guideline directed pharmacotherapy, and their impact on patient outcomes and quality of life.

*Nicole Dellise, DNP, FNP-BC, NEA-BC, CHFN; Assistant Professor of Clinical Nursing, School of Nursing, Vanderbilt University; Nashville TN*

*K. Melissa Hayes, DNP, ANP-BC, CHFN; Assistant Professor of Nursing, School of Nursing, Vanderbilt University ; Nashville TN and Nurse Practitioner, Advanced Heart Failure Outreach Program, Vanderbilt Heart and Vascular Institute, Vanderbilt University Medical Center; Nashville TN*

**Friday July 18th**

**7:30 am - 3:00 pm**

**The Hub and Learning Lounge Open**

**9:00 am - 3:00 pm**

**Exhibits Open**

**8:00 am – 9:15 am 1.25 CE Hours**

**J1 - Optimizing Nutrient Intake and Body Composition in Patients on GLP-1 Agonists: Practical Strategies 0% Rx**

Explore the latest insights into the impact of GLP-1 agonists on energy, nutrient intake and body composition. As the use of anti-obesity medications expands, so does the need for clinicians to offer guidance that ensures optimal patient outcomes during weight loss and support for the long-term weight maintenance journey. Emerging evidence and clinical gaps surrounding GLP-1 therapy will be examined. Learn practical strategies to help patients using GLP-1 agonist medications to maintain muscle mass and meet nutrient needs during weight loss.

*Monica Reinagel, MS, LDN, CNS; Owner, Wellness Works Here; Baltimore MD*

*Nina Crowley, PhD, RD; Director of Clinical Education & Partnerships, seca ; Mount Pleasant SC*

**J2 - Role of Topical Analgesics in the Treatment of Neuropathic Pain 100% Rx**

Acquire knowledge about topical analgesics and their role in the treatment of neuropathic pain. Utilizing a review of clinical recommendations on the use of topical analgesics, particular emphasis will be placed on factors that impact the selection of analgesics. Illustrative patient case studies will be used to apply the clinical guidelines for treatment of neuropathic pain.

*Theresa Mallick-Searle, MS, PMGT-BC, ANP-BC; Adult Nurse Practitioner, Division of Pain Medicine, Stanford Health Care; Redwood City CA*

*Srinivas Nalamachu, MD; Attending Physician, Spine Pain and Rehab; Independence MO and Clinical Associate Professor, Kansas City University of Medicine and Biosciences; Kansas City MO*

**J3 - Navigating Obstetric Triage for APPs: From Routine Assessments to Emergencies 25% Rx**

Gain advanced skills to confidently assess, diagnose, and treat obstetric complaints by addressing common challenges, errors, and best practices. Practical strategies such as performing differential diagnoses, consulting effectively, and managing treatments will be highlighted to ensure safe and timely care. The legal, historical, and clinical foundations of obstetric triage will be explored, along with the importance of interprofessional collaboration and learning to strengthen the triage processes and outcomes.

*Sara Price, DNP; Senior Instructor, College of Nursing, University of Colorado Anschutz Medical Campus; Aurora CO*

**J4 - Identification and Access: Supporting Neurodiversity in 2025 and Beyond 0% Rx**

The prevalence rate of autism has grown exponentially over the past several decades --317% since the year 2000. It is the world’s fastest growing developmental difference. Consequently, developmental specialists are far outnumbered by the ever growing need for evaluation and diagnostic identification. Necessary not only for valuable service provision, but also for accurate and compassionate identity and advocacy development for neurodivergent patients and families. Hear about the current climate related to autism evaluation, treatment, and identity, and how medical providers across specialties play a role in providing efficient and neuro-affirming care.

*Elizabeth Coan, PsyD; Clinical Psychologist and Assistant Professor, Children's Hospital Colorado; Aurora CO*

**J5 - Abdominal Aortic Aneurysms: Why Should We Worry? 0% Rx**

Abdominal aortic aneurysms (AAAs) are a critical vascular condition associated with significant morbidity and mortality. The prevalence of AAAs increases with age, particularly among males and individuals with a history of smoking, hypertension, or family history. The asymptomatic nature of AAAs is the most problematic consideration, as often the initial presentation can be life-threatening. Learn how early detection of AAAs through appropriate diagnostic screening can significantly reduce mortality.

*Tiffany Street, DNP, ACNP-BC; Associate Nursing Officer, Vanderbilt Heart and Vascular Institute, Vanderbilt University Medical Center; Nashville TN*

**9:15 am - 10:00 am**

**Poster Sessions .75 CE Hours**

**10:00 am – 11:30 am 1.5 CE Hours**

**K1 - Migraine Management in Primary Care: Pharmacological and Non-pharmacological Approaches 50% Rx**

Migraine is a chronic neuroinflammatory disease with episodic exacerbations. It is one of the most common diseases seen by primary care providers, and often is undiagnosed or misdiagnosed. The three-item ID Migraine screener is a valid and reliable screening instrument with a positive predictive value of 93% for migraine headaches, which helps identify patients with undiagnosed migraine. Focus on a combination of pharmacological and non-pharmacological therapies, including biobehavioral therapies, neuromodulation devices, nutraceuticals and supplements, complementary and integrative treatment modalities, biofeedback, and patient support groups.

*Vera Gibb, DPN, APRN, FNP-C, AQH, CCTP; Assistant Professor, Department of Graduate Studies, School of Nursing, University of Texas Medical Branch at Galveston; Galveston TX and Family Nurse Practitioner, Village Medical; Friendswood TX*

*Cheryl Juneau, DrPH, MSN, APRN, FNP-C; Associate Professor, School of Nursing, University of Texas Medical Branch; Galveston TX and Family Nurse Practitioner, St. Vincent’s Nurse Managed Clinic, UTMB Health; Galveston TX*

**K2 - Healthcare-Associated Infections and Community-Acquired Pneumonia**

**25% Rx**

Review the current data, etiology, diagnosis pitfalls, and current trends in the ever-changing world of pulmonary infections. The current diagnostic tools for Community- acquired Pneumonia could be a source of uncertainty, and clarification could improve patient care and also save time for medical providers. Indications for admission in these cases can be complex and difficult to evaluate the level of care needed. Healthcare-associated Infections continue to be an area of continuous improvement due to the morbidity and mortality associated with them. Learn about outpatient management and inpatient complications of these pulmonary infections with real cases to highlight pearls for your day-to-day practice.

*Fernando Fuentes, MD, FACP, FCCP, DABFM; Physician, Pulmonary, Critical Care and Sleep Medicine, National Jewish Health; Denver CO and Assistant Professor, Pulmonary and Critical Care, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO*

**K3 - Syphilis: Statistics, Stages, Treatment and Follow-up 75% Rx**

Syphilis continues to be a significant public health concern, with rising rates reported across diverse populations. Accurate diagnosis, staging, and treatment are crucial for controlling the spread of syphilis and preventing complications, including congenital syphilis. Hear about the differences between traditional and reverse screening algorithms, and the interpretation of syphilis titers to distinguish between new and past infections.

*Tammy Bennett, DNP, WHNP-BC; Associate Director of Clinical Training , Clinical Training Center for Sexual + Reproductive Health, School of Nursing & Health Sciences, University of Missouri-Kansas City; Kansas City MO*

**K4 - Apixaban, Rivaroxaban, Warfarin, Enoxaparin, So Many Choices! Plus, What If They Bleed?! Anticoagulation Made Easy and Understandable 100% Rx**

Learn about anticoagulation, the coagulation cascade, and reversal agents, in a method that is easy to understand and remember. Different anticoagulation treatments will be summarized in terms of action, potential side effects, and potential barriers to use. Become better prepared to discuss medication options with patients, and understand how to overcome potential financial and other barriers.

*Nancy Balch, PharmD; Emergency Medicine Pharmacist, Massachusetts General Hospital; Boston MA*

**K5 - Are You Ready For It: Augmenting Quality Improvement Initiatives through Academic-Practice Partnerships 0% Rx**

Harnessing the power of innovation through quality improvement empowers nurse practitioners to participate in the ongoing work of improving healthcare quality. Academic-practice partnerships provide an opportunity for health systems to develop partnerships with nearby academic institutions, who are educating the next nursing leaders. Hear how these partnerships increase the awareness of the benefits of DNPs to the organization, provide a venue for access to a DNP Coordinator, interdisciplinary teams, and the health system strategic quality priorities, while increasing the quality initiatives that the health system advances.

*Laura Peters, DNP, FNP-C, FACC, FHFSA; Nurse Practitioner, Advanced Heart Failure & Cardiac Transplant, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO and Assistant Professor, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO*

*Laura Rosenthal, DNP, ACNP, FAANP; Assistant Dean of DNP Programs, College of Nursing, University of Colorado Anschutz Medical Campus; Aurora CO*

*Jennifer Rodgers, DNP, APRN, ACNP-BC, FAANP; Chief Nursing Officer and Vice President Advanced Practice, UCHealth University of Colorado Hospital; Aurora CO and Assistant Clinical Professor, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO*

**11:30 am -1:30 pm**

**Lunch in the Exhibit Hall and Learning Lounge**

**1:30 pm - 2:00 pm**

**Poster Sessions .5 CE Hours**

**2:00 pm – 3:30 pm 1.5 CE Hours**

**L1 - Better Sleep for Better Health: Diagnosing and Managing Obstructive Sleep Apnea and Insomnia 0% Rx**

Sleep is critical for health. The consequences of poor and/or insufficient sleep are widespread and affect nearly every body system. Obstructive sleep apnea (OSA) and insomnia are the two most common sleep disorders, and a large portion of the population is afflicted with these conditions. Gain a better understanding of how to recognize, diagnose and treat OSA and insomnia.

*Ann Cartwright, MPAS; Physician Associate, Sleep Medicine Clinic, University of Colorado Anschutz Medical Campus; Aurora CO*

**L2 - Emerging Therapies in Type 1 Diabetes 25% Rx**

Explore emerging therapies in type 1 diabetes, including guidelines related to early detection and FDA approved treatments to delay daily insulin replacement. Current research in type 1 diabetes will be reviewed, including adjunctive therapies such as GLP-1 receptor agonists and SGLT drugs, immunomodulatory therapies to delay type 1 diabetes, and first in human cell therapies to restore the ability to produce insulin. The clinical paradigm in type 1 diabetes is changing rapidly due to new advances in technology, early disease detection, and therapies to delay insulin replacement. Primary care clinicians are essential partners in communicating these advancements and engaging the patient in shared decision making.

*Anastasia Albanese-O'Neill, PhD, APRN/CPNP-PC, CDCES; AVP, Community Screening and Clinical Trial Education, Breakthrough T1D; New York NY*

**L3 - What's New in Menopause Care? 100% Rx**

Menopausal Hormone Therapy (MHT) is the most effective way to manage symptoms of menopause, but many patients and their clinicians have concerns about its safety. Review the most recent evidence on the risks and benefits of MHT, along with best practices for prescribing it. For patients who can’t or choose not to take MHT, there are several evidence-based alternatives. Explore these options including risks, benefits, and best prescribing practice.

*Jan Shepherd, MD, FACOG; Medical Director, Women's Wellness Connection, Colorado Department of Public Health & Environment; Denver CO and Clinical Associate Professor, Obstetrics & Gynecology, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO*

**L4 – Care of the Child with Obesity: How to Incorporate Anti-obesity Medications 50% Rx**

Hear a brief review of the American Academy of Pediatrics' clinical practice guideline for children and adolescents with overweight and obesity published in early 2023. Weight-loss medication for patients age 12 and older will be discussed, as adjunct treatment to intensive behavioral treatment. Understand patient selection, patient education, pre-medication work up, dosing and dose escalation, ongoing monitoring, and discontinuation criteria. Become equipped to identify patients with obesity, recognize the stigma associated with the treatment of obesity, and safely and confidently use anti-obesity medication in your pediatric practice.

*Suzanne Paul, DNP, FNP-C, Program Coordinator, Lifestyle Medicine, Children’s Hospital Colorado; Aurora CO and Assistant Professor, Nutrition Section, Pediatrics Department, University of Colorado Anschutz Medical Campus; Aurora CO*

*Stacie Schreiner, FNP-BC; Program Manager, Lifestyle Medicine, Children’s Hospital Colorado; Aurora CO*

**L5 - Advanced Cardiovascular Assessment 0% Rx**

Differentiating normal from abnormal heart sounds is important in daily clinical practice. Research, however, demonstrates that clinicians often miss abnormal heart sounds indicative of various clinical entities. From the recognition of chronic valvular heart disease to identifying life-threatening conditions, assessments are crucial to safe patient care. Review normal anatomy and physiology to understand the origin of various normal and abnormal heart sounds, along with the associated clinical findings.

*Kristine Scordo, PhD, APRN, ACNP-BC, FAANP; Acute Care Nurse Practitioner, Infectious Diseases, TriHealth; Cincinnati OH*

**3:45 pm – 5:15 pm 1.5 CE Hours**

**M1 - Trauma Informed Care: Where to Go from Here and How to Make the Patient Feel Heard 25% Rx**

According to the WHO about 70% of people experience a traumatic event in their life. The Women's Health study done in 2018-2023 showed approximately 90% of patients had symptoms such as undiagnosed abdominal pain, migraines and body aches that were found to be associated with a trauma response. Caring for patients should be all inclusive. Not only do patients need physical care, but emotional and psychological support is necessary to give the best patient outcomes and treat the patient as a whole. Hear how trauma informed care should be implemented in every visit and taken into consideration as a differential diagnosis.

*Christina Oldfield Proulx, FNP-BC; Family Nurse Practitioner, Med Now Clinics; Colorado Springs CO*

**M2 - Wound Care Dressing Selection Specifics: See, Touch, and Feel 0% Rx**

Learn about the dressings used in wound care in more detail with an opportunity to evaluate examples. Common diagnosis encountered when treating wound patients will be discussed, along with wound types that are easily cared for prior to consultation with a specialist.

*Amanda Bailey, ACNP-BC, CWS, CPSN, ISPAN-F; Acute Care Nurse Practitioner and NP Team Lead, Department of Plastic Surgery, Vanderbilt University Medical Center; Nashville TN and Adult Wound Care Team Member, Hospital Wide Consult Service, Vanderbilt University Medical Center; Nashville TN*

**M3 - Clinical Updates in Sexually Transmitted Infection 50% Rx**

Sexually transmitted infections (STIs) continue to increase in the United States. Untreated STIs can lead to adverse outcomes: pelvic inflammatory disease, infertility, chronic pelvic pain, and pregnancy complications, such as ectopic pregnancy, early pregnancy loss, stillbirth, and neonatal transmission. Hear clinical updates for sexually transmitted infection screening, diagnosis, and treatment. Healthy People 2030 goals, ACOG guidance, and CDC recommendations will be reviewed. Other topics will include: specific guidance for syphilis screening and management of mpox during pregnancy, Mycoplasma genitalium screening and treatment, and consideration for extragenital screening for gonorrhea and chlamydia.

*Kristina Tocce, MD, MPH; Vice President and Medical Director, Planned Parenthood of the Rocky Mountains; Denver CO*

**M4 - Real-Life Cases from the ER 75% Rx**

Hear about typical cases and those less common, presenting to the Emergency Department, which can't be missed. These conditions require providers to be able to formulate a diagnosis and treatment plan based on introductory/background information, as well as physiology and pathophysiology. Discussion of these cases will provide tips and tricks, personal experience with the management of each of the cases, and a follow-up description of the outcome.

*Nancy Denke, DNP, ACNP-BC, FNP-BC, FAEN, CEN, CCRN; Nurse Practitioner, Toxicology Consultants of Arizona; Scottsdale AZ and Clinical Faculty, DNP Program, School of Nursing, Arizona State University; Phoenix AZ*

**M5 - Empowering Advanced Practice Providers: Strategies for Public Policy Influence and Impact 0% Rx**

Join an empowering session on the vital role advanced practice providers play in shaping public policy and addressing healthcare challenges. Explore key legislative trends, political ideologies, and their impact on practice, from workforce regulations to reimbursement structures. Gain essential knowledge about the legislative process, and discover practical strategies for advocacy and policy engagement. Learn how to collaborate with policymakers, influence policy discussions, and drive meaningful changes in healthcare. Become equipped with the tools to become a proactive leader, ensuring policies align with professional values and improve patient care.

*Deborah Roybal, RN, MS, PhD; Associate Professor, Loretto Heights School of Nursing, Regis University; Denver CO*

**6:00 pm - 9:00 pm**

**NNPS Keystone Block Party**

**Saturday July 19th**

**8:00 am – 9:30 am 1.5 CE Hours**

**N1 - These "Joints" Are Legal in All 50 States: Evaluation and Presentation for Shoulder, Hand, Hip, and Knee in Primary Care 0% Rx**

Review the most commonly affected joints and their associated pathologies, with a focus on the shoulder, hand, hip, and knee. Emphasis will be placed on provocative testing essential for clinical decision-making. Through the use of images and videos, there will be a demonstration of hands-on evaluation techniques to enhance diagnostic accuracy and patient care.

*Christopher Hemmer, DNP, ANP, ONP-C, FAANP, FNAON; Assistant Professor, Trudy Busch Valentine School of Nursing, Saint Louis University; St. Louis MO*

**N2 - Integrative Approaches to Post Traumatic Headache Management in Veterans 25% Rx**

The percentage of Veterans diagnosed with migraine and chronic daily headache has increased secondary to the combat missions in the post-9/11 years. As the majority of these Veterans are seen in primary care, clinicians need to be aware of how to identify and evaluate Veterans with these complex headache disorders and offer possible treatment options. Learn about psychosocial issues and lifestyles that impact these patients, along with tools and resources that will facilitate integration of patient centered/holistic care into clinical practice.

*Karen Williams, DNP, FNP-BC, AQH, FAANP; President/NP Educator, KDW Health Management LLC.; Pensacola FL*

**N3 - PCOS: Insights from a Multidisciplinary Clinic 25% Rx**

Polycystic ovary syndrome (PCOS) is the most common endocrine disorder in females, affecting 10% of the population globally. PCOS has significant health implications and impacts long term health, but its diagnosis is challenging. Understand how the patient -centered approach from a multidisciplinary team is necessary for improving PCOS patients' health.

*Genevieve Hofmann, DNP, WNHP-BC; Assistant Professor, OB/GYN, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO*

**N4 - Pediatric and Adolescent Sleep 25% Rx**

Sleep problems are common in children and adolescents with implications for health, growth, learning, and quality of life. Learn about the most common sleep problems affecting children and adolescents. Typical clinical presentations will be reviewed, including signs and symptoms of common sleep problems, such as obstructive sleep apnea and insomnia. Diagnostic evaluation and initial management approaches to common sleep problems in children and adolescents and when to refer to a sleep specialist will be covered.

*Pinar Polat, MD; Assistant Professor, Pediatrics Pulmonary Medicine, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO*

**N5 - Immunologic Principles in Your Practice: What You Need to Know! 75% Rx**

Immunology is quickly escalating its presence in almost every aspect of care of the acute and critically ill patient. Administration of drugs including immunoglobulins and monoclonal antibodies are common interventions. Testing for diseases using immunoassays, antigen testing and other tests involving the antigen-antibody interaction are the building blocks of immunology. Gain a better understanding of these immunologic principles.

*Nancy Munro, RN, MN, ACNP-BC, FAANP; Acute Care Nurse Practitioner, Critical Care Medicine Department, National Institutes of Health; Bethesda MD*

**9:45 am – 11:15 am 1.5 CE Hours**

**P1 - Metabolic Syndrome Update 2025 50% Rx**

Metabolic syndrome consists of any three of these five conditions: Type 2 diabetes mellitus, hypertension, elevated serum triglycerides, low serum HDL cholesterol, and abdominal obesity. It is also strongly associated with accelerated atherosclerosis, Alzheimer's disease, metabolic dysfunction-associated fatty liver disease, reproductive dysfunction (including PCOS), increased cancer risk, and impaired longevity. Insulin resistance is the major pathophysiologic driver of metabolic syndrome and therefore treatment is primarily focused on reducing insulin resistance, most importantly with weight loss. Focus on a holistic approach that includes lifestyle measures, along with appropriate pharmacologic management of individual metabolic syndrome components necessary to ensure the optimal quality of life and longevity for affected patients.

*Michael T. McDermott, MD; Director, Endocrinology Practice, University of Colorado Hospital; Aurora CO and Lucas Family Endowed Chair in Diabetes and Endocrinology, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO*

**P2 - Skin Cancers: Recognition and Management for the Primary Care Provider 25% Rx**

In the U.S., skin cancer is the most prevalent form of cancer. The primary care provider is often the first to recognize and diagnose skin cancers. Gain an overview of the clinical presentation of Basal Cell Carcinomas (BCC), Squamous Cell Carcinoma (SCC) and cutaneous melanoma skin cancers. Clinical guidelines for management and

treatment of skin cancers will also be covered, according to the updated guidelines from the American Academy of Dermatology. Learn about treatment guidelines to educate and prepare your patients for treatment, and know when to refer. Actinic Keratoses will also be discussed.

*Emily Reynolds. RN, MSN, FNP-BC, DCNP; Dermatology Nurse Practitioner, Vanguard Skin Specialists; Colorado Springs CO*

**P3 - Regulation, Protection, and Reproductive Planning: The Role and Impact of Oral Birth Control from Adolescence and Beyond 100% Rx**

Oral contraceptive pills (OCPs) offer benefits beyond pregnancy prevention, including menstrual regulation, acne management, and long-term reproductive planning from adolescence through adulthood. As the most commonly utilized contraceptive method in the U.S., OCPs come in diverse formulations that impact hormonal balance, side effects, and overall well-being. Hear an evidence-based exploration of OCP prescribing, emphasizing how to tailor recommendations based on a patient’s medical history, priorities, and reproductive goals. The latest research on the best practices for OCP counseling and prescribing will be examined, with a focus on adolescent care. Leave equipped with the knowledge and strategies to enhance patient-centered contraceptive counseling and optimize OCP use across the lifespan.

*Leah Rashidyan, MSN, WHNP-BC, CNM; Assistant Professor of Clinical Practice and Out-Patient Practice Lead, Center for Midwifery, College of Nursing, University of Colorado Anschutz Medical Campus; Aurora CO*

**P4 - The Right Tool for the Job: Utilizing Palliative Care for Complex Symptom Management in Primary Care 50% Rx**

With an aging population and increasing multimorbidity, integrating palliative care (PC) into primary care is essential for optimizing symptom management and improving patient outcomes. Unlike hospice care, which is limited to end-of-life scenarios, PC can be provided alongside curative treatments at any stage of illness, effectively reducing symptom burden, healthcare costs, and hospitalizations. Despite its benefits, only 14% of eligible patients receive PC, largely due to provider knowledge deficits regarding appropriate referrals. Hear how to turn the tide and enhance symptom management through greater education and awareness of the multitude of benefits of palliative care.

*Cecilia Benns, DNP, FNP-C; Assistant Professor, Loretto Heights School of Nursing, Regis University; Denver CO*

**P5 - Population Health Strategies for Your Practice 0% Rx**

Most practice payment arrangements include value-based payments, yet many clinicians do not understand how to improve their rates to enhance revenues in such incentive arrangements. Addressing opportunities for improvement with population health strategies is key to improving outcomes, but population health is not well understood by many. Gain a better understanding of population health measures, assessments, strategies, and evaluation, which in turn enhance your leadership opportunities and contributions to your practice.

*Nancy Rudner, DrPH, MSN, APRN; NP, Independent Scholar; Casselberry FL*

**11:15 am – 12:45 pm**

**Product Theatre Lunches – Non-CE**

**SS8 - Endometriosis Related Pain and Overactive Bladder:  A Conversation with Providers**

Following a brief presentation, small groups will discuss medical treatment approaches to endometriosis related pain and overactive bladder. This session is designed to promote interaction between providers from various practice settings to facilitate a better understanding of current trends in management of these common conditions experienced by women.

*Speaker TBA*

**12:45 pm – 2:00 pm 1.25 CE Hours**

**Q1 - At Least It Is Only Fractured and Not Broken - Radiological Case Studies**

**0% Rx**

Focus on the most frequently encountered fractures in primary and acute care settings. The clinical presentation, key diagnostic findings, and red flags associated with these injuries will be discussed. Utilizing a variety of digital imaging modalities, we will analyze osseous findings to enhance your understanding and improve diagnostic accuracy.

*Christopher Hemmer, DNP, ANP, ONP-C, FAANP, FNAON; Assistant Professor, Trudy Busch Valentine School of Nursing, Saint Louis University; St. Louis MO*

**Q2 - Breathe Deep, and Help Patients Breathe Better Using the 2024 GOLD COPD Update 100% Rx**

The 2024 GOLD COPD Report provides the most current data for treatment. Differentiate between long-acting beta-agonist (LABA), long-acting antimuscarinic agent (LAMA), bronchodilator, and inhaled corticosteroid (ICS) therapies. Understanding treatment recommendations and the differentiation of the treatments will assist in providing the best care possible for these patients.

*Nancy Balch, PharmD; Emergency Medicine Pharmacist, Massachusetts General Hospital; Boston MA*

**Q3 - Improving Obstetric Outcomes: Common Patient Care Scenarios, Medication Updates, and the Role of APPs in Reducing Maternal Morbidity and Mortality 25% Rx**

The maternal mortality rate in the U.S. is 22 deaths per 100,000 births, due to causes including limited access to care, systemic biases, and lack of standardized protocol. Up to 80% of these maternal deaths are preventable with timely and appropriate interventions. Focus on evidence-based practice strategies to diagnose and treat common obstetric complications, recognizing how social determinants of health can improve perinatal outcomes.

*Jules Javernick, CNM, DNP; Associate Professor, Loretto Heights School of Nursing, Regis University; Denver CO*

**Q4 - Lichen Sclerosus and Hidradenitis Suppurativa 75% Rx**

Learn about two of the most common women’s health dermatology conditions seen in the primary care clinic: hidradenitis suppurativa and lichen sclerosus. These conditions significantly affect the quality of life of afflicted female patients. Both can be time consuming to manage and difficult to treat. A clinical toolbox on how best to manage these conditions will be provided, as well as information on identifying key

factors that would require a dermatology referral.

*Emily Reynolds. RN, MSN, FNP-BC, DCNP; Dermatology Nurse Practitioner, Vanguard Skin Specialists; Colorado Springs CO*

**Q5 - It’s Natural So What is the Harm: Mixing Medications and OTC Supplements 100% Rx**

Some consumers believe that a so-called “natural” product, such as an herbal supplement or fish oil, can’t hurt them. Combining dietary supplements and medications could have dangerous and even life-threatening effects. Gain a better understanding of over-the-counter supplements, their potential interactions with prescription medications, and where to find reliable dietary supplement resources.

*Nancy Denke, DNP, ACNP-BC, FNP-BC, FAEN, CEN, CCRN; Nurse Practitioner, Toxicology Consultants of Arizona; Scottsdale AZ* *and Clinical Faculty, DNP Program, School of Nursing, Arizona State University; Phoenix AZ*

**2:15 pm – 3:30 pm 1.25 CE Hours**

**R1 - Benzodiazepines, Opioids and Psychostimulants: Prescribing Safely and Avoiding Misuse and Addiction 100% Rx**

Prescribing controlled substances is an integral and routine part of practice for providers of all disciplines. The ongoing opioid epidemic has appropriately increased caution and anxiety. However opioids, benzodiazepines and psychostimulants remain essential in specific contexts. Hear an update on the true scope and risk of prescribing controlled substances, sensitive to their potential for misuse and dependency. Important insights into recognizing opioid, benzodiazepine, and stimulant use disorders will be discussed, along with guidance on making appropriate referrals.

*Joseph Lyon, MSN, RN, FNP-BC, PMHNP-BC; Nurse Practitioner, Division of Medical Psychiatry, Stanford Health Care; Palo Alto CA*

**R2 - Updates: Management of Chronic Obstructive Pulmonary Disease (COPD) Across the Continuum 50% Rx**

COPD is the 3rd leading cause of death in the world, and COPD Exacerbation (AECOPD) is the top reason for hospitalization in the world. Applying the GOLD guidelines to COPD management is very important for clinicians in all settings. There is increased risk for re-admissions, increased morbidity and mortality when AECOPD occurs, so it is key to have individualized care plans that are evidenced based. Gain a better understanding of how to apply pharmacologic and non-pharmacologic treatment options. Diagnostic testing and test interpretation related to COPD patients across the continuum will also be explored.

*Jennifer Rodgers, DNP, APRN, ACNP-BC, FAANP; Chief Nursing Officer and Vice President Advanced Practice, UCHealth University of Colorado Hospital; Aurora CO and Assistant Clinical Professor, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO*

**R3 - Improving Mental Health Care in the Obstetrical Setting for Patients with Perinatal Mood and Anxiety Disorders 25% Rx**

The perinatal period is a high-risk time for developing a new mental health condition or exacerbating a preexisting one. Untreated or undertreated mental health conditions cause serious short-term and long- term complications for both the mother and child. Understand how a comprehensive perinatal mental healthcare model extends beyond screening to include assessment, referral, treatment, and follow-up. Actionable strategies for integrating these guidelines into clinical practice will be presented.

*Kelly Devine Arch, DNP, CNM, PMHNP; Clinical Instructor, OB/GYN and Midwifery, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO*

**R4 - Risky Business: Emerging Adolescent Health Threats 0% Rx**

Adolescents today face unprecedented challenges as technological advancements fuel new and alarming risk-taking behaviors. From sadfishing and sextortion to chroming and deepfakes, these emerging threats are contributing to a mental health crisis marked by skyrocketing rates of anxiety, depression, and suicide. Learn therapeutic communication techniques, evidence-based screening methods, and prevention strategies to protect at-risk teens. Legal and ethical considerations surrounding privacy, consent, and provider liability will also be discussed.

*Jessica Peck, DNP, APRN, CPNP-PC, CNE, CNL, FAANP, FAAN; Clinical Professor, Louise Herrington School of Nursing, Baylor University; Dallas TX*

**R5 - Adrenal Insufficiency: Multiple Causes, Multiple Manifestations and Physiologic Treatment 50% Rx**

Adrenal insufficiency results from multiple conditions that impair the ability of the adrenal glands to make stress hormones that are required for life. It can result from disease of the adrenal glands, pituitary gland or hypothalamus, and is most commonly a result of the use of glucocorticoid (steroid) therapy or opioids. An acute adrenal crisis is a life-threatening emergency that must be quickly recognized and promptly treated. Treatment of primary adrenal insufficiency consists of physiologic replacement of glucocorticoids and mineralocorticoid, and sometimes adrenal androgens. Understand how optimal management requires establishment of physiologic doses for usual non-stressed days and stress up-dosing in doses that are appropriate for the existing amount of physiologic stress.

*Michael T. McDermott, MD; Director, Endocrinology Practice, University of Colorado Hospital; Aurora CO and Lucas Family Endowed Chair in Diabetes and Endocrinology, School of Medicine, University of Colorado Anschutz Medical Campus; Aurora CO*

**3:45 pm – 5:00 pm 1.25 CE Hours**

**S1 - Contemporary Approach to Men's Health: Hypogonadism, Erectile Dysfunction, Peyronie's Disease & More 25% Rx**

Men represent an undertreated and at-risk population within the American healthcare system. Erectile Dysfunction is a common and treatable condition, but it is also a harbinger of greater cardiovascular disease and mortality. Peyronie’s disease is a psychologically devastating condition with different treatment options. Hear updates on Testosterone and how new Level I data proves cardiovascular safety of testosterone therapy. Prostate Cancer Screening will also be discussed.

*Jeff Morrison, MD; Assistant Professor, Surgery, Division of Urology, University of Colorado Anschutz Medical Campus; Aurora CO*

**S2 - Updates in Outpatient Diabetes Management: Emphasizing Technology and Medication Advancements 25% Rx**

Learn the latest advancements in outpatient diabetes management, focusing on technology and medication updates. Continuous glucose monitoring (CGM) systems, automated insulin delivery (AID) systems and other innovative tools will be discussed, along with newly available diabetes medications. Gain insights into the updated 2024 ADA guidelines for personalized, effective diabetes management to confidently incorporate these advancements into clinical practice and improve your patients’ diabetes care and quality of life.

*Sima Sitaula, DNP, FNP-C, BC-ADM; Endocrinology Nurse Practitioner, Department of Endocrinology, UC Davis Health; Sacramento CA*

**S3 - Human Trafficking: Equipping Healthcare for Effective Response 0% Rx**

Human trafficking is a pervasive public health crisis, with millions of individuals exploited globally. Research indicates that 88% of trafficking victims interact with healthcare professionals without being recognized as victims. This underscores the urgent need for clinicians to be equipped with knowledge and skills to identify, support, and refer these individuals appropriately. Hear about evidence-based, trauma-informed, and culturally-responsive strategies to provide effective treatment and aftercare. Become part of a movement to make a difference through advocacy and coordination across the healthcare continuum.

*Jessica Peck, DNP, APRN, CPNP-PC, CNE, CNL, FAANP, FAAN; Clinical Professor, Louise Herrington School of Nursing, Baylor University; Dallas TX*

**S4 - Emerging Infectious Diseases and Climate Change 50% Rx**

As emerging infectious diseases evolve with climate change, it is imperative that clinicians maintain current practice in this field. This area of infectious disease practice is complex and requires coordinated communication and education at all levels so that our healthcare system can respond quickly when needed. Molecular assay tests and nucleic acid testing are the more efficient methods for detection of various infectious diseases, and clinicians need to understand the proper use of these tests. Focus on some of the new monoclonal antibodies and other drugs used to combat emerging infectious diseases.

*Nancy Munro, RN, MN, ACNP-BC, FAANP; Acute Care Nurse Practitioner, Critical Care Medicine Department, National Institutes of Health; Bethesda MD*

**S5 - CMS New Age Friendly Hospital Measure: Importance of Nurse Practitioners**

**0% Rx**

The Centers for Medicare & Medicaid New Age Friendly Hospital Measure goes into effect January 1, 2025. This new measure will evaluate hospitals' progress toward improving care for patients aged 65 and older in the inpatient hospital setting. Hospitals that do not meet requirements could face significant financial penalties in the future. Hear how Adult-Gerontological trained Nurse Practitioners can improve the older patient's care and outcomes, and also help the hospital continue to receive payment from CMS.

*JoAnn Coleman, DNP, ACNP-BC, GCN; Reviewer for Geriatric Surgery Verification Program, American College of Surgeons; Chicago IL*