

**Thursday, 10:00-11:15**

**A1**

**Gut Health**

Traci Komorek, RDN, LD

Learn more about ideal digestion - stomach acid and digestive enzymes, food sensitivities, SIBO, and small intestinal fungal overgrowth. What is the best diet plan to heal the gut? What about supplements?

**A2**

**Pediatric Bowel and Bladder Dysfunction**

Bridget Linehan Logan, PhD, APRN

Pediatric voiding dysfunction (UTIs, urgency, frequency, dysuria, day or night incontinence) frequently exists and needs to be co-managed with bowel dysfunction. This session will discuss the anatomy and physiology of normal function, the causative factors, and best strategies for treatment and follow up. Relevant factors including diet, habits, behavior, developmental delays, psychiatric and cognitive disorders, and life stressors will also be discussed.

*This session is eligible for 10 minutes of pharmacology credits.*

**A3**

**Medication Assisted Therapy for Opioid Use Disorder (OUD) in the Primary Care Setting: Impact on Practice**

Pamela Rosen, APRN, FP-C

Ann Branen, RN, CARN

Nurse Practitioners commonly have patients present with substance use disorders and we are powerless to help, or are we? As of 2017, Nurse Practitioners are allowed by waiver to prescribe medications such as Buprenorphine and Methadone. While Methadone cannot be done in a primary care setting, medications such as Suboxone, Subutex, and now Sublocade are available. Participants will also gain increased awareness of other developed medications that do not require a waiver, such as Vivitrol.

*This session is eligible for 45 minutes of pharmacology credits.*

**A4**

**HPV and the Pap Smear: All You Need to Know!**

Danielle Albushies, MD

Learn the history of the pap smear, the role of HPV in cervical and other cancers, gain insight about the HPV vaccine and when to perform a pap smear. Co-testing will be made simple.

**WS1 (Part 1)**

**Suturing Skills Workshop**

Meaghan O'Leary, MSN, APRN, AGACNP, RNFA

Carey Barry, PA-C

Obtain a brief overview of wound categories, suture types, and suturing techniques followed by group and one-on-one skills stations practicing suturing and knot tying.

**Thursday, 11:30-12:45**

**B1**

**Skin is a Canvas: Pattern Recognition in Dermatology**

Dorothy Sullivan, MSN, APRN, ANP-C (PhD Candidate)

The "art of seeing" and pattern recognition is the foundation of dermatology. Works in art history will be used as comparative examples to train the eye to recognize important dermatologic features of lesions and common conditions. For the artists among you, this is an interesting introduction to the organ which comprises about 10 lbs and approximately 20 square feet of your body surface area!

## **B2**

### **Improving Diagnostic Reasoning in APRN Practice**

Gene Harkless, DNSc, APRN, FNP-BC, CNL, FAANP

This presentation will focus on addressing the challenges presented in Improving Diagnosis in Health Care (National Academy of Medicine, 2015) by examining the diagnostic reasoning process and its relationship to the causes and impact of diagnostic error. Strategies to minimize diagnostic error in APRN practice will be provided.

## **B3**

### **Fever in the Wooded Northeast-Tick-borne Diseases: A Diagnosis You Cannot Miss**

Ashley Pinkham, CNL, APRN, FNP-C

Tick-borne diseases are an emerging public health threat. Here we will review key epidemiology, clinical, & diagnostic features of tick-borne infections endemic to the Northeast, review treatment strategies, and discuss current prevention efforts.

*This session is eligible for 30 minutes of pharmacology credits.*

## **B4**

### **Update on Pharmacologic Treatment Options in Menopause Care**

Holly Buckley, DNP, APRN, ANP-BC, WHNP, NCMP

Many new pharmacologic options have emerged for the treatment of menopause symptoms. This presentation reviews updated treatment guidelines along with evidence-based hormonal and non-hormonal treatment strategies for nurse practitioners providing care to midlife women.

## **B5**

### **Functional Neurologic Disorders**

Lindsay M. Schommer, MSN, APRN, ANP-BC, WHNP-BC

Functional neurologic disorders (FNDs), also known as conversion disorders, exist at the intersection of neurology and psychiatry. This talk will focus on the evolving field of treatment of these historically misunderstood diseases. We will look at the changing theories regarding their underlying mechanisms, as well as the identification, diagnosis, and treatment of the patient with FND.

## **WS1 (continued)**

### **Suturing Skills Workshop**

Meaghan O'Leary, MSN, APRN, AGACNP, RNFA

Carey Barry, PA-C

Obtain a brief overview of wound categories, suture types, and suturing techniques followed by group and one-on-one skills stations practicing suturing and knot tying.

**Thursday, 2:30-3:45**

## **C1**

### **Just Another Day in the Office - Adult Immunizations**

Nancy Dirubbo, DNP, FNP, FAANP, CTH

Immunizing your adult patients is one of the most important activities you can do to reduce morbidity and mortality in your patients. But those charts are so confusing and what if your patient doesn't fit the guidelines? This session offers a practical approach to adult immunizations in everyday practice.

*This session is eligible for 75 minutes of pharmacology credits.*

## **C2**

### **Address ACEs: Early Detection and Intervention for Child Abuse**

Cornelia Gonsalves, MSN, APRN, CPNP

Deborah Pullin, APRN, MPH

Child abuse, with potential negative impact on immediate and long-term health, is common and often undetected. This presentation reviews risk factors for abuse, recent literature regarding early detection and intervention, best practice for mandated reports, local resources, effective referrals, and strategies for talking with children and caretakers.

## **C3**

### **Evaluation and Management of Patients with Migraine Headache Disorder**

Barbara L. Nye, MD

We will discuss the approach to the migraine patient, including pearls that can be integrated into the providers clinical practice. We will discuss the currently available medications, devices, procedures and interventions that should be considered when managing headache prevention and exacerbations.

*This session is eligible for 20 minutes of pharmacology credits.*

## **C4**

### **Frailty in the Elderly: Opportunities for Prevention in the Primary Care Setting**

Gary Moak, MD

Frailty is a phenotype of pathological aging. It is an emerging construct in geroscience and clinical geriatrics. This talk will define the frailty syndrome in clinical terms and discuss its implications. It then will review the biology of senescence and the pathophysiological pathways suspected of leading to frailty. This will include a focus on psychiatric disorder and chronic stress as midlife risk factors for frailty in later life. Finally, preventive interventions that clinicians might wish to incorporate into current practice will be proposed.

## **WS2**

### **Strategies for Improving Diagnostic Accuracy in Clinical Practice**

Donna Pelletier, DNP, APRN, FNP-BC

Diagnostic error is a complex and multifaceted problem that continues to harm an unacceptable number of patients. This presentation will focus on strategies to reduce diagnostic error and improve the quality of care. Attendees will learn about the diagnostic process and strategies to improve diagnostic accuracy including AI and metacognition.

**Thursday, 4:15-5:30**

## **D1**

### **The Fight Against Obesity: Management, Trends, and the Future**

Andrew Wu, MD, FACS, FASMBS

This talk will describe the current state of obesity in New Hampshire and in the United States. Attendees will learn about the current medical and surgical treatment of obesity, know how to manage common medical problems after weight loss surgery, and learn about the future of obesity.

*This session is eligible for 10 minutes of pharmacology credits.*

## **D2**

### **Pediatric Sleep**

Dorothy Luongo, DNP, FNP

Why won't my child sleep through the night? Why does my child need me to sleep? Sleep is a common problem in the pediatric patient and these are common questions asked during the well-child visit. This presentation will discuss healthy sleep habits and how to coach parents to correct the problems.

## **D3**

### **ICU Aftermath: What Does ICU Survivorship Really Look Like?**

Jessica Fellman, MSN, AGACNP

Erin McDonough, DNP, AGACNP

Post-Intensive Care Syndrome refers to the chronic symptoms up to 80% of patients experience following critical illness. It can manifest as anxiety, depression, PTSD, cognitive deficits or ICU-acquired weakness. We strive to mitigate risk for inpatients, but partnership with our primary care colleagues is essential in treating this condition.

## **D4**

### **Changing the Culture Around Mental Illness: It's Way Past Time**

John T. Broderick Jr.

This presentation will discuss Mr. Broderick's family journey with mental illness and what he learned. He encourages listeners to learn the five most common signs of mental illness, to change the way they REACT when they see emotional suffering in someone, and to be a positive force to change the culture that surrounds mental illness.

## **WS3**

### **Preparing for Practice 2020 and Beyond**

Gene Harkless, DNSc, APRN, FNP-BC, CNL, FAANP

Rosemary Smith, MSN, APRN

Caille Souza Roy, MS, APRN, FNP-BC

Victoria Kendziora, APRN

Paula Smith, MBA, EdD

Join in a discussion about nurse practitioner education, practice and policy. The panel will review demographic projections for NPs, highlight the Nurse Practitioner Fellowship in NH and engage in a conversation with participants about how to set up the next generation of NPs for success.

## **Friday, 8:30-9:45**

## **E1**

### **Hepatitis C: Is It Time to Treat Hepatitis C in Primary Care?**

Rachel Jeffers, MSN, AGNP

Treatment of Hepatitis C has evolved greatly over the past 10 years, and today we have medications that are highly effective and safe. Join in to explore the basics of treating Hepatitis C, including how to treat in a primary care setting. The session will address the changing epidemiology of Hepatitis C, treatment strategies, the health benefits of treating Hepatitis C and alternative treatment models including treating Hepatitis C via telehealth appointments with a specialist.

*This session is eligible for 20 minutes of pharmacology credits.*

## **E2**

### **Caring for Teens: Update on Issues Impacting Adolescent Health**

Susan Feeney, DNP, FNP-BC, NP-C

The current literature is replete in information impacting adolescent health and well-being. Join Susan Feeney as she highlights the most current evidence on emerging health risks such as vaping, sexting, social media, and increased suicidality, and discusses strategies to address these risks in caring for your patients and your communities.

*This session is eligible for 15 minutes of pharmacology credits.*

## **E3**

### **Million Dollar Vascular Questions: When to Phone a Friend**

Patricia Furey, MD, FACS

Many patients are referred to the Vascular Specialist for concerns of peripheral vascular disease. This session will provide guidance in differentiating vascular symptoms from other disease processes. Patricia Furey will discuss the presentation and evaluation of common vascular problems, review management within the primary care setting, and identify when to call your friend The Vascular Specialist.

## **E4**

### **Update on Cardiovascular Disease Prevention & Treatment in Women**

Holly Buckley, DNP, APRN, ANP-BC, WHNP, NCMP

For the past three decades there has been a better appreciation of the differential and emerging, non-traditional risk factors unique to women with cardiovascular disease. Gender-specific medicine has improved cardiovascular disease recognition, prevention and management for women. Unfortunately, only 45% of women identify heart disease as a health concern. It is imperative APRN and PA providers become familiar with gender-specific risk factors to educate and screen women in their practice for cardiovascular disease.

*This session is eligible for 25 minutes of pharmacology credits.*

## **WS4 (Part 1)**

### **The Good, the Bad and the Ugly: I&D, Excisions, and Closures**

Pamela Meyer, RN, MSN, APRN, FNP-C

Attendees will learn hands-on skills for I&D of cysts, excisions of superficial skin masses, simple closures, and aftercare. Instruction will address the importance of knowing when it is more appropriate to perform a procedure, to manage conservatively, or to refer to surgery.

*This session is eligible for 30 minutes of pharmacology credits.*

## **Friday, 10:15-11:30**

## **F1**

### **An Expanded View of Environmentally Acquired Illness**

Margaret DiTulio, APRN, MS, MBA, DNP(c)

Today's environmentally acquired illnesses are a far cry from the straightforward conditions of allergy, asthma, and lead poisoning. High levels of arsenic and PFAS in New Hampshire require the attention of all health care professionals.

## **F2**

### **Bariatric Surgery: What Primary Care Providers Need to Know**

Jessica Pollack, MSN, BS, RN, APRN, FNP-BC

Two out of three Americans are diagnosed with overweight or obesity. Bariatric surgery offers a treatment option for patients with obesity. In the past decade, the number of bariatric surgeries performed in the

United States has been rising. This presentation will prepare nurse practitioners in primary care to: identify candidates for bariatric surgery, understand the most common bariatric procedures, and provide short- and long-term support to patients who have undergone bariatric surgery.

### **F3**

#### **Updates in Hematology**

Anna Schaal, APRN

The world of malignant hematology is changing fast! Chances are you will be seeing patients who now take oral chemotherapy or immunotherapy treatments. What do you need to know about all of these new oral medications? What are the latest treatment strategies? What kind of survivorship issues do these patients experience? All of this and more will be discussed in Updates in Hematology.

*This session is eligible for 50 minutes of pharmacology credits.*

### **F4**

#### **Opioid Prescribing: Universal Precautions across the Continuum**

Kathleen Broglio, DNP, ANP-BC, ACHPN, CPE, FPCN

Lisa Stephens, MSN, ANP-BC, APRN, ACHPN

Nurse practitioners may have concerns about prescribing opioids given the current opioid epidemic and resultant prescribing guidelines. This session will review strategies for implementing universal precautions for opioid risk assessment and management in both the acute care and ambulatory care settings, ensuring continuity across the spectrum.

*This session is eligible for 60 minutes of pharmacology credits.*

### **WS4 (continued)**

#### **The Good, the Bad and the Ugly: I&D, Excisions, and Closures**

Pamela Meyer, RN, MSN, APRN, FNP-C

Attendees will learn hands-on skills for I&D of cysts, excisions of superficial skin masses, simple closures, and aftercare. Instruction will address the importance of knowing when it is more appropriate to perform a procedure, to manage conservatively, or to refer to surgery.

### **WS5**

#### **Telehealth - The Future of Health Care**

Marguerite Corvini, MSW

Deborah Cross, APRN

Rachel Jeffers, MSN, AGNP

Gene Harkless, DNSc, APRN, FNP-BC, CNL, FAANP

Emily Proulx, APRN, WHNP-BC

Lisa Weldon, PMHNP-BC

The aim of telehealth is to bring the right healthcare to patients where and when they need it. This presentation will review types of, and current regulations for telehealth practice at the federal and state level. A review of for-profit telehealth services potentially providing care to your patients is provided. Panelists will discuss their experiences with telehealth.

### **Friday, 12:45-2:00**

### **G1**

#### **An Integrative Approach to Pediatric Headaches: Why Aren't My Medications Working?**

Matthew Hand, DO

Supplements and herbs are extensively used by patients for general health and to treat conditions. This program will introduce the practitioner to supplements/botanicals, how to review them, resources,

controversies and indications. The speaker will highlight supplements/botanicals used for frequently seen conditions in the primary care office.

## **G2**

### **Medical Care of Gender Expansive and Transgender Youth**

Jessica Smith, MS, APRN, NP-C

Gain an overview of medical/endocrine care of gender expansive children, from toddlerhood through late teenage years. Pharmacology of gonadotropin-releasing hormone analogues ("blockers") and gender-affirming hormones (estrogen and testosterone) will be reviewed. The presentation will conclude with important considerations for ensuring inclusivity of care within the primary-pediatric care setting.

*This session is eligible for 20 minutes of pharmacology credits.*

## **G3**

### **Understanding the Thyroid**

Michelle Campbell, APRN, MSN, ADM-BC

Assessment of thyroid function will be discussed including laboratory findings and interpretation. Causes of hypothyroidism and hyperthyroidism and management of these conditions will be examined. A goal of the presentation is to provide the primary care provider a better understanding of their role in initial work-up of abnormal thyroid findings. This will include review of appropriate laboratory and diagnostic testing in different situations.

*This session is eligible for 15 minutes of pharmacology credits.*

## **G4**

### **Kidney Stones and the Primary Care Provider**

Jennifer Gaudet-Esenwine, MS, APRN, NP-C

What do you know about kidney stones? During this session participants will briefly review anatomy and physiology, discuss stone compositions, risk factors, and diagnostic evaluation. Options for outpatient medical expulsive therapy and pharmacologic management, indications for referral and surgical management, and current special populations such as pediatrics and pregnancy will be briefly discussed.

*This session is eligible for 30 minutes of pharmacology credits.*

## **WS6**

### **National and State Policy Issues Affecting Advanced Practice**

Sandra Keddy, BSN, MSNA, CRNA

Mary Vigeant, APRN, MSN

Miriam Cordell, APRN, CNM

Nancy O'Rourke, PhD, ACNP, ANP, FAANP

Kerry Nolte, PhD, FNP-C

Mary Bidgood-Wilson, FNP, CNM, FAANP, FACNM

Health policy leaders will discuss state and national issues that impact our practice and patients. The panelists will review current legislation and updates in health policy.

## **Friday, 2:10-3:25**

## **H1**

### **Botanical Boot Camp for the Practitioner**

Matthew Hand, DO

Supplements and herbs are extensively used by patients for general health and to treat conditions. This program will introduce the practitioner to supplements/botanicals, how to review them, resources,

controversies and indications. The speaker will highlight supplements/botanicals used for frequently seen conditions in the primary care office.

## **H2**

### **Approach to Epileptic and Non-Epileptic Seizures During Childhood**

Anna Lecticia Pinto, MD, PhD

The lecture will review diagnosis, differential diagnosis and appropriate diagnostic and prognostic tools.

## **H3**

### **Afib Management: From A (Amiodarone) to Z (ZioPatch)**

Jennifer Thompson, MS, APRN

This will be a comprehensive review of diagnosis and management of atrial fibrillation for the primary care provider.

## **H4**

### **Project ECHO®: An Educational Tool to Enhance Clinical Practice**

Marcy Doyle, DNP, MHS, MS, RN, CNL

Dayle Sharp, PhD., DNP, McPH, FNP-BC, APRN

Margaret Shepard, PhD, MSN, BSN

Kathleen Broglio, DNP, ANP-BC, ACHPN, CPE, FPCN

ECHO® has been used at UNH linking community-based sites and nurse practitioner students with faculty experts. During ECHO sessions, an expert mentor and providers share their expertise via case-based learning, enabling primary care practice teams to treat patients with complex conditions fostering a culture that understands addiction as a chronic disease. The presentation will discuss how clinical practice is enhanced using shared telepractice learning. Implications for students and community practices will be discussed.