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TEXAS TECH UNIVERSITY
HEALTH SCIENCES CENTER™



School of Nursing

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Nurse Practitioner CONFERENCE

March 1 - 2, 2018

www.nursing.ttuhschool.edu/npconference/
Texas Tech University Health Sciences Center
3601 4th St. Room ACB 100 | Lubbock, Texas 79430

Co-Sponsored by: South Plains Nurse Practitioner Association

Accreditation: This education activity will be submitted to the American Association of Nurse Practitioners for approval of up to 12.75 contact hours of accredited education.

REGISTRATION INFORMATION

Conference Schedule

Texas Tech University Health Sciences Center, 3601 4th St. Room ACB 100

Thursday, March 1 Registration: 7:30 – 7:55 a.m.
Class: 8 a.m. – 4:15 p.m.
Lunch: Noon – 1 p.m.

Friday, March 2 Registration: 7:45 – 8 a.m.
Class: 8 a.m. – 4 p.m.
Lunch: Noon – 1 p.m.

Registration

Registration opens January 2nd. The cost is \$210 before February 16, 2018 and \$260 thereafter. Student registration is \$110. Breakfast, lunch and snacks will be provided each day.

Visit www.nursing.ttuhschool.edu/npconference/ for registration information.

Email SON.CNE@ttuhschool.edu or call (806) 743-3653 for more information.

Accreditation

This conference will offer segmented contact hour credit. You must attend the entire session to receive contact hour credit.

This education activity will be submitted to the American Association of Nurse Practitioners for approval of up to 12.75 contact hours of accredited education.

Hotel Accommodations

Staybridge Suites

2515 19th Street, Lubbock, Texas

(806) 765-8900

www.staybridge.com/lubbocktx

A block of rooms has been set aside for the special rate of \$89 per night. The deadline for reservations is January 28, 2018. Ask for the 2018 Nurse Practitioner Conference when making the reservation.

Hyatt Place Lubbock

2309 MacDavis Lane, Lubbock, Texas

(806) 741-0200

To make reservations online visit <https://lubbock.place.hyatt.com> and enter requested dates 2/28/17 – 3/2/17. Enter the code G-NRSP in the “special offers” box to receive the special rate of \$120 per night. Deadline for reservations is February 7, 2018.

**Shuttle services are not provided by these hotels. Alternative transportation arrangements should be made.*

Parking

Guests are encouraged to park in Lot S1 in the northwest side of the lot. This is a commuter satellite parking lot. A shuttle to and from TTUHSC will be available.

Visit www.nursing.ttuhschool.edu/npconference/ to access maps for parking.

Cancellations

The Texas Tech University Health Sciences Center School of Nursing makes decisions regarding continuation or cancellations of specific courses 10 working days prior to the scheduled date. If the School of Nursing cancels the course, full tuition will be refunded. If an individual cancels at least 10 working days prior to the course, a partial refund may be requested and 10 percent will be retained for administrative handling. An appropriate substitute participant may be selected to attend after the refund allowance time.

Inclement Weather Statement

In the case of cancellation due to inclement weather, visit www.nursing.ttuhschool.edu/npconference/.

Thursday March 1, 2018

(8 – 9:15 a.m.)

Presented by: Wendy L. Wright, APRN, FAANP

A Picture's Worth a Thousand Words: Dermatology Across the Lifespan

PURPOSE/GOALS

Nurse practitioners will be able to identify various dermatologic conditions in pediatric and adult patients.

COURSE OBJECTIVES

- Identify various dermatologic conditions
- Discuss those conditions that warrant a referral
- Develop an appropriate plan for evaluation, treatment and follow-up of individuals with dermatologic complaints

(9:30 – 10:45 a.m.)

Hyperlipidemia and Hypertension in 2018: What's New in the Treatment Guidelines

PURPOSE/GOALS

Coronary heart disease is the number one killer of men and women in this country. Many of these individuals have abnormal blood pressures and lipid profiles. Advanced practice clinicians will gain knowledge of the risks associated with hypertension and hyperlipidemia and discuss the various treatment options for these two common conditions.

COURSE OBJECTIVES

- Identify complications associated with hypertension and hyperlipidemia
- Discuss the newest AHA Lipid guidelines and JNC VIII guidelines
- Discuss nonpharmacologic and pharmacologic options for the treatment of hyperlipidemia and hypertension

(10:45 a.m. – Noon)

Attention-Deficit/Hyperactivity Disorder: Latest in Recommendations for Children and Adults

PURPOSE/GOALS

Nurse practitioners will learn the latest guidelines and treatment recommendations for children and adults with ADHD.

COURSE OBJECTIVES

- Discuss statistics pertaining to ADHD
- Identify diagnostic criteria for ADHD
- Review latest pharmacologic treatment options for adults and children with ADHD

(1 – 2:30 p.m.)

New Drug Update 2018: What's Hot and What's Not

PURPOSE/GOALS

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

COURSE OBJECTIVES

- Identify 10 – 20 new medications
- Discuss the use, side effects, drug-drug interactions and benefits of each of the medications
- Discuss updates related to labeling, indications, risks associated with various medications

(2:45 – 4 p.m.)

Presented by: Kathy Curry, P.T., DPT

Pelvic Floor Physical Therapy and the Nurse Practitioner: What's Going on Down There?

PURPOSE/GOALS

Pelvic floor physical therapy (PFPT) is a specialized area of treatment available for patients of all ages and sexes. This session will familiarize the audience with these nonpharmacological options for patients with pelvic conditions such as incontinence, pain, organ prolapse and sexual dysfunction. The relationship of child sexual abuse to adult pelvic complaints will be addressed. Common myths are exposed, including the usefulness of kegel exercises and commonly accepted processes of aging.

COURSE OBJECTIVES

- Discuss components of pelvic floor physical therapy
- Explore the role of the pelvic floor physical therapist as a vital part of an interprofessional team
- Develop strategies to access and refer clients to pelvic floor physical therapy

Friday, March 2, 2018

(8 - 9:30 a.m.)

Presented by: Shannon Tapia, M.D.

Essentials of Geriatrics

PURPOSE/GOALS

This presentation will explore evidence based strategies to improve care for elders. Content will address risks of polypharmacy and strategies for managing medications effectively. The presentation will include how to conduct a cognitive evaluation and the role of the NP in advance care planning.

COURSE OBJECTIVES

- Describe the challenge of polypharmacy for the elder patients and strategies to manage medications effectively in patients with chronic illness
- Identify components of an effective cognitive evaluation for patients with suspected cognitive decline/ impairment
- Explore advance care planning processes and advanced directives including ethical, legal and practical considerations

(9:45 - 10:45 a.m.)

Presented by: Kelly Klein, M.D., FAAHPM

Approaches for Palliative Care

PURPOSE/GOALS

Palliative care should begin soon after a patient receives any diagnosis of a chronic nature. Nurse practitioners have a role in educating the patient and family about their future life planning and in providing care in a collaborative health care setting. This presentation will provide information regarding the Chronic Disease Model, Trajectories of Dying and Breaking Bad News.

COURSE OBJECTIVES

- Describe differences between palliative care and hospice care
- Explore the role of the nurse practitioner in communicating key concepts of living with a chronic, terminal illness to patients and their families
- Discuss use of evidence based guidelines in maintaining quality of life through adequate pain management- both pharmacological and non-pharmacological

(10:45 a.m. – Noon)

Presented by: George Comiskey, Psy.D., LCDC

Marijuana: Evidence-based Approaches for Health Care Professionals

PURPOSE/GOALS

This presentation will explore the impact the use of marijuana will have in a primary care setting. Participants will receive an overview of short- and long-term side effects and relevant psycho-educational information related to marijuana for use in patient teaching.

COURSE OBJECTIVES

- Discuss assessment and impact of marijuana use on patients
- Explore cannabis therapy including legality and practicality
- Explore strategies to provide psycho-educational information to patients in a primary care setting

(1 – 2:15 p.m.)

Presented by: David R. Long, M.D.

Addiction: Better Understanding, Better Care

PURPOSE/GOALS

Addicts have long struggled to be accepted as patients with a true disease for decades. Emerging evidence supports addiction as an illness. This presentation will explore the impact of addiction on the health care system and its place within the realm of the disease model.

COURSE OBJECTIVES

- Describe effect of severe stress on the brain's pleasure system
- Explore health care advocacy for patients with addiction within local and national health care
- Identify evidence based guidelines for addiction in primary care

(2:30 – 3:45 p.m.)

Presented by: Bob Howell, M.Ed. , LCDC

Health Consequences of Trauma

PURPOSE/GOALS

The presence of unresolved post-traumatic stress disorder (PTSD) secondary to exposure to traumatic events is often channeled into various illnesses. The purpose of this presentation is to provide relevant information to nurse practitioners to promote the healing capacity of individuals that have been subjected to traumatic events.

COURSE OBJECTIVES

- Identify three illnesses which have a high correlation with trauma
- Describe pertinent assessment skills for use in evaluating for past exposure to trauma
- Explore treatment options and referral bases available for use in a primary care setting

CO-SPONSORED BY:

South Plains Nurse Practitioner Association

SUPPORTERS:

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