23rd Annual
Nurse Practitioner
CONFERENCE
March 7-8, 2019

www.nursing.ttuhsc.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.
THURSDAY MARCH 7, 2019
Presented by: Amelie Hollier, DNP, FNP-BC, FAANP
8:00 a.m. – 9:15 a.m.
Things that go BOOM! Common Dangerous Drug Interactions

PURPOSE/GOALS
This presentation will make the participant aware of several common drug interactions that can occur in the course of clinical practice. Some are driven by reduced hepatic metabolism and/or other mechanisms. They all are avoidable with prescriber awareness.

COURSE OBJECTIVES
• Develop strategies for avoidance of dangerous drug interactions
• Identify 10 medication combinations that are involved in drug interactions
• Identify the most common CYP 450 drug interactions involving common medications

PURPOSE/GOALS
Patient safety and pill burden don’t always go hand in hand. This presentation will highlight some common medications/classes that should be considered for deprescribing. Patient assessment during this process and management of side effects will be highlighted.

COURSE OBJECTIVES
• Name 5 medication classes that should be considered for deprescribing in older adults
• Develop a patient safety plan for deprescribing medications/classes
• Evaluate patient outcomes during follow-up/course of deprescribing

10:45 a.m. – Noon
Help! My Patient Doesn’t have Much Money: Cost Effective Prescribing to Treat Common Illnesses

PURPOSE/GOALS
This presentation focuses on utilization of generic medications, $4 medication lists, and savvy prescribing to make cost effective choices for patient who need medications for treatment of common illnesses and chronic diseases.

COURSE OBJECTIVES
• Describe cost effective strategies to manage common chronic illnesses
• Develop cost effective strategies to manage common acute illnesses using OTCs and generic medications
• Develop strategies to increase cost effectiveness of current medication regimen

1:00 p.m. – 2:15 p.m.
Breaking News: Practice Changes for Primary Care Providers

PURPOSE/GOALS
This presentation will highlight changes and updates in practice that have occurred in the last 12-18 months that impact prescriber practice. These changes are the result of new research, updated practice guidelines, or new information about medications.

COURSE OBJECTIVES
• Describe changes in patient management related to use of new medications, dosage changes, or changes in medication use
• Describe updated guidelines that are useful for treatment and prevention of common diseases seen in primary care
• Describe changes in patient management related to use of new generic medications

10/10 is the New High: Strategies to Manage Hypertension

PURPOSE/GOALS
If you really want to control blood pressure, you must protect the kidney! In the world of the new high systolic blood pressure “120 mm Hg”, savvy strategies to manage blood pressure are even more important. This presentation will focus on antihypertensive medications, use of combinations of these medications, and strategies to reduce blood pressure and slow down progression of chronic kidney disease.

COURSE OBJECTIVES
• Utilize the 2017 ACC/AHA Blood Pressure guidelines in adults to guide medication choices
• Evaluate and compare primary pharmacologic agents (dosages, mechanism of action, side effects, desired effects) to help treat hypertension/renal disease in adults
• Evaluate and compare pharmacologic agents (dosages, mechanism of action, side effects, desired effects) with attention to nonselective effects

FRIDAY, MARCH 8, 2019
Presented by: Capt. James Dickers, DNP, RN, FNP-BC, FAANP
A National Nurse Practitioner Overview
8:00 a.m. – 9:30 a.m.
Integrative Medicine and Pain: Additional Tools in Your Toolbox

PURPOSE/GOALS
This session will review current research regarding the effectiveness and safety of Integrative Medicine approaches to treat painful conditions, both acute and chronic. Specific modalities will be discussed so participants will have the opportunity to increase their comfort with recommending evidence-based approaches to their patients struggling with painful conditions.

COURSE OBJECTIVES
• Review evidence-based Integrative Medicine approaches to treat painful conditions
• Identify useful applications of current research regarding the role of nutrition in the treatment of painful conditions
• Identify useful applications of current research regarding the role of mind-body approaches to the treatment of painful conditions

2:30 p.m. – 3:45 p.m.
SUPPORTERS: