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TEXAS TECH UNIVERSITY
HEALTH SCIENCES CENTER™

School of Nursing

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3601 4th Street STOP 6233
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23rd Annual
Nurse Practitioner
CONFERENCE

March 7-8, 2019

www.nursing.ttuhscc.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 7 Registration: 7:30 a.m. – 7:55 a.m.
Class: 7:55 a.m. – 4:15 p.m.
Lunch: 12 p.m. – 1 p.m.

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

REGISTRATION

Registration opens January 2, 2019. The cost is \$210 before February 16, 2019 and \$260 thereafter. Student registration is \$110. Breakfast, lunch and snacks will be provided each day.

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

Email SON.CNE@ttuhscc.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 for that session.

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 6, 2019. 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 3/06/19 – 3/07/19. Enter the code **G-NRSP** in the “special offers” box to receive the special rate of **\$120 per night**. Deadline for reservations is February 6, 2019.

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

PARKING

Due to ongoing construction at TTUHSC, guests should park in Lot S1 in the northwest side of the lot. A shuttle to and from the parking lot at TTUHSC will be available.

Visit www.nursing.ttuhscc.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

The night before this offering, visit www.nursing.ttuhscc.edu/npconference/ for notice regarding possible or likely cancellation due to inclement weather.

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

9:30 a.m. – 10:45 a.m.

Easy to start, hard to stop: How do we Deprescribe?

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
- Evaluation of patient outcomes during/following 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

2:30 p.m. – 4:00 p.m.

130/80 is the New High: Strategies to Manage Hypertension

PURPOSE/GOALS

If you really want to control blood pressure, you must protect the kidneys! In the world of the new high systolic blood pressure "130 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 renoprotective effects

FRIDAY, MARCH 8, 2019

8:00 a.m. - 9:30 a.m.

Presented by: Capt. James Dickens, DNP, RN, FNP-BC, FAANP

A National Nurse Practitioner Overview

PURPOSE/GOALS

This session will discuss removing barriers to practice through health care policy and licensure laws. Topics will include the role of the NP in health care delivery models, care reimbursement, and support for NP education.

COURSE OBJECTIVES

- Review recent policy changes that impact NP practice
- Highlight policy trends at the state and federal level
- Discuss how individual NPs can engage to make a positive difference in health policy

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

Presented by: Jenna Kesity, MSN, RN, FNP-BC, CWS

Management of Wounds in the Ambulatory Care Setting

PURPOSE/GOALS

This session will cover wound history taking, assessment, diagnostic studies, various wound care strategies, and recommendations for referral. Wounds in combination with chronic diseases will be addressed. Additionally, common challenges in the management of patients with wounds will be covered. At the end of this session, the attendee will feel confident managing acute and chronic wounds in the ambulatory care environment.

COURSE OBJECTIVES

- Discuss acute and chronic wound management in the ambulatory care environment
- Identify referral criteria for chronic wound management
- Examine resources to maximize outcomes for patients with wounds

10:45 a.m. – Noon

Presented by: Celia Levesque, MSN, RN, CNS-BC, NP-C, CDE, BC-ADM

Options for Treating Prediabetes and Diabetes: Get your Patient to Goal

PURPOSE/GOALS

This lecture will discuss the most up-to-date statistics for prediabetes and diabetes, and recommendations for diabetes management. The major types of diabetes will be discussed. The Advanced Practice Nurse will learn how to choose target glycemic goals and treatment plan based on a thorough history and physical.

COURSE OBJECTIVES

- Differentiate types of diabetes and prediabetes
- Describe various treatment options for managing diabetes and prediabetes
- Discuss the treatment goals for patients with diabetes and prediabetes

1:00 p.m. – 2:15 p.m.

Presented by: Celia Levesque, MSN, RN, CNS-BC, NP-C, CDE, BC-ADM

Managing Complex Diabetes Cases: Medication Update

PURPOSE/GOALS

This lecture will discuss the diabetes medication classes, their major mechanism of action, advantages, disadvantages, precautions, and contraindications, and how they can be used as monotherapy or used in combination. The American Diabetes Association and American Association of Clinical Endocrinologist recommendations for medication management will be compared. Case studies will be incorporated into the lecture.

COURSE OBJECTIVES

- Describe how each diabetes medication class is used to treat diabetes
- Differentiate between the American Diabetes Association and American Association of Clinical Endocrinologists recommendations for medication management of people with diabetes
- Describe how to prescribe a custom diabetes medication plan based on the patient's needs and comorbidities

2:30 p.m. – 3:45 p.m.

Presented by: Kim Peck, M.D.

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 Integrative approaches to their patients struggling with painful conditions.

COURSE OBJECTIVES

- Review evidence-based Integrative Medicine approaches to treatment of painful conditions
- Identify useful applications of the 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

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