



24th Annual
Nurse Practitioner Conference
March 5-6, 2020

<https://www.nursing.ttuhsu.edu/npconference/2020/>

Texas Tech University Health Sciences Center
3601 4th Street, Academic Event Center
Lubbock, Texas 79430

Co-Sponsored by: South Plains Nurse Practitioners 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 5 Registration: 7:30 a.m. – 7:55 a.m.
Welcome & Introductions: 7:55 a.m. – 8:00 a.m.
Class: 8:00 a.m. – 4:15 p.m.
Lunch: 11:15 a.m. – 12:15 p.m.

Friday, March 6 Registration: 7:45 a.m. – 8:00 a.m.
Class: 8:00 a.m. – 4:00 p.m.
Lunch: 12:00 p.m. – 1:00 p.m.

REGISTRATION

Registration opens January 6, 2020. The cost for both days is \$210 if you register before February 22, 2020 and \$260 thereafter. Student registration is \$110. Breakfast, lunch and snacks will be provided each day.

Visit <https://www.nursing.ttuhsu.edu/npconference/2020/> for registration information.
Email son.cne@ttuhsu.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 79410, TEL (806) 765-8900
www.staybridge.com/lubbocktx

A block of rooms have been set aside for the special rate of \$89 per night. The deadline for reservations is February 4, 2020. Ask for the **2020 Nurse Practitioner Conference** when making the reservation.

Courtyard by Marriott

308 Ave. V, Lubbock, Texas 79416, TEL (806) 368-8403
<https://www.marriott.com/hotels/travel/lbbdt-courtyard-lubbock-downtown-university-area>
A block of rooms have been set aside for the special rate of \$94.00 per night. Ask for the **2020 Nurse Practitioner Conference** when making the reservation.

The requested dates are 3/04/2-3/07/20. The deadline for reservations is February 21, 2020.

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

PARKING

Our conference will be held at our new Academic Event Center. There are 61 first come, first serve parking spaces in D2, which is the parking area directly in front of the AEC. If those spaces are full, you will need to park in F3.
Visit <https://www.nursing.ttuhsu.edu/npconference/2020/> 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 <https://www.nursing.ttuhsu.edu/npconference/2020/> for notice regarding possible or likely cancellation due to inclement weather.

THURSDAY, MARCH 5, 2020

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

Presented by: Barb Bancroft, MSN, PNP
Neurotransmitters in Health and Disease

PURPOSE/GOALS

Keeping up with the myriad of neurotransmitters, their functions, and the drugs used to manipulate them can be a daunting task for any practitioner. This session will discuss the “too-much, too-little” approach to acetylcholine, serotonin, dopamine, melatonin, and norepinephrine. Clinical conditions will be correlated with the neurotransmitters and the “brain circuit” approach will also be discussed. Drug classes will also be discussed as an approach to treatment, bearing in mind that there is no perfect drug for any given treatment. Integrative approaches will also be described.

COURSE OBJECTIVES

- Describe common clinical conditions associated with an excess or a deficiency of the common neurotransmitters.
- Examine the classes of drugs that affect the various neurotransmitters.
- Analyze alternative and complementary therapies that may be used in addition to traditional pharmaceutical agents.

9:45 a.m. - 11:15 a.m.

Lab Tests with a Pharm Focus

PURPOSE/GOALS

It's not enough to just know the lab tests used to diagnose and treat various clinical conditions. NPs need to also understand how common drugs and complementary therapies (such as vitamins) can not only influence the lab test result, but can also complicate treatment decisions.

COURSE OBJECTIVES

- Analyze recommendations for lipid levels and statin therapy.
- Evaluate interpretation of common tests used to diagnose anemias.
- Discuss the interference of drugs and supplements with accurate test results

12:15 a.m. - 1:30 p.m.

Autoimmune Diseases - What Every NP Should Know

PURPOSE/GOALS

Over 80 autoimmune diseases have been identified. Fifty million Americans have been diagnosed with an autoimmune disease and 75% of autoimmune diseases are in women. Most autoimmune diseases in women are diagnosed during the years of peak ovarian function. NP's should be aware of the most common autoimmune diseases, their clinical manifestations, the lab tests used to diagnose and/or follow the autoimmune disease, and the common treatment regimens. Barb will answer the following: What is the “optimal” TSH in patients with autoimmune hypothyroidism? What infectious diseases should be tested for prior to starting the TNF-alpha inhibitors, Janus kinase inhibitors, and TNF-alpha receptor binders in patients with autoimmune diseases? How long does it take for Prednisone to reduce inflammation when used as bridge therapy for RA patients?

COURSE OBJECTIVES

- Describe the clinical manifestations of common autoimmune diseases.
- Analyze the laboratory tests utilized to diagnose the above diseases.
- Evaluate the common classes of drugs used to treat the above diseases—from the old “standby's” to the newer monoclonal antibodies and Janus kinase inhibitors.

1:30 p.m. - 2:45 p.m.

Keeping Up with a Failing Heart

PURPOSE/GOALS

Changing times (the deluge of older patients and diabetes), changing names (HFREF, HFpEF, HFmEF), and updated treatment regimens—and the same old signs and symptoms—that's the name-of-the-game in patients with heart failure. Barb will review the pathophysiology, the common causes, the clinical use of the BNP for diagnosis and prognosis, and the myriad of drugs used in the patient with heart failure.

COURSE OBJECTIVES

- Describe the newest classification of heart failure using ejection fractions.
- Analyze use of the BNP to diagnose and monitor severity of heart failure.
- Discuss medications used for heart failure.

3:00 p.m. - 4:00 p.m.

Presented by: Kelly Klein, M.D.
Breaking Bad...News

PURPOSE/GOALS

Communicating information to patients can be difficult, especially in the case of serious illness. This session will identify and discuss some keys to making those conversations easier.

COURSE OBJECTIVES

- Discuss how to clarify goals of care with patients who have poor prognosis and their families.
- Evaluate methods of initiating conversations about advance care planning.

FRIDAY, MARCH 6, 2020

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

Presented by: Wendy L. Wright, APRN, FAANP
A Picture's Worth a Thousand Words: Dermatology Across the Lifespan

PURPOSE/GOALS

Knowledge obtained during this presentation will enhance nurse practitioner knowledge in identifying and managing various dermatological conditions across the lifespan.

COURSE OBJECTIVES

- Identify various dermatology conditions including chicken pox, coxsackie virus, fifth's disease, erythema migrans, seborrheic keratoses, actinic keratoses, malignant melanoma, and squamous cell carcinoma.
- Discuss those conditions warranting a referral such as squamous, basal and malignant melanoma.
- Develop an appropriate plan for evaluation, treatment and follow-up of individuals with dermatologic complaints.

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

Depression & Anxiety: The Latest in Treating Anxiety and Depression in Primary Care

PURPOSE/GOALS

Depression and anxiety are frequently encountered in a primary care setting. Treatment often combines both non-pharmacologic and pharmacologic therapies. This presentation will provide a review of the latest in treatment options for the patient with depression and anxiety and will make recommendations based upon patient presentation.

COURSE OBJECTIVES

- Discuss signs and symptoms of the patient with depression and anxiety.
- Discuss various pharmacologic treatments for the patient with depression and anxiety.
- Compare and contrast various pharmacologic agents currently available.

10:45 a.m. - 12:00 p.m.

Emerging Infectious Diseases 2020: A Discussion of New and Upcoming Infections

PURPOSE/GOALS

This presentation will provide information regarding emerging trends in infectious disease. Discussion includes the management of common viral and bacterial infections such as MRSA, Influenza, Pertussis, Ebola, Enterovirus, Lyme Disease, and Herpes Simplex.

COURSE OBJECTIVES

- Discuss presentations of various viral and bacterial infections
- Identify the most common tests to identify etiology of various infectious diseases
- Describe treatment options for various emerging viral and bacterial infections

1:00 p.m. - 2:00 p.m.

Hypertension 2020: What's New in the Treatment Guidelines

PURPOSE/GOALS

Interactive case studies will be used to discuss early identification of patients at risk for target organ damage from hypertension, classes of antihypertensive medications designed to attenuate/avoid target organ damage, and mechanisms to evaluate impact of these medications and their potential adverse effects.

COURSE OBJECTIVES

- Identify complications associated with hypertension.
- Discuss the newest in AHA/ACC Hypertension guidelines.
- Discuss nonpharmacologic and pharmacologic options for the treatment of hypertension.

2:15 p.m. - 3:45 p.m.

New Drug Update 2020: 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 top 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, and risks associated with various medications.

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