

25TH ANNUAL

NP

NURSE PRACTITIONER
CONFERENCE
MARCH 4 - 5 // 2021

PRESENTED
VIRTUALLY
VIA ZOOM

[www.nursing.ttuhschool.edu/
npconference/2021](http://www.nursing.ttuhschool.edu/npconference/2021)

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Co-Sponsored by: South Plains Nurse
Practitioner Association

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

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REGISTRATION INFORMATION //

CONFERENCE SCHEDULE

Thursday, March 4 Log in: 7:40 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.

Friday, March 5 Log in: 7:40 a.m. - 7:55 a.m.
Welcome & Introductions: 7:55 a.m. - 8:00 a.m.
Class: 8:00 a.m. - 3:45 p.m.

REGISTRATION

Registration is open January 6 - March 2, 2021. The cost for both days is \$200 if you register before February 21, 2021 and \$250 thereafter. Student registration is \$100.

Visit <https://www.nursing.ttuhschool.edu/npconference/2021/> 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 for that session.

This education activity will be submitted to the American Association of Nurse Practitioners for approval of up to 12.25 contact hours of accredited education.

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.

CO-SPONSORED BY:



SUPPORTERS:



TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER
LARRY COMBEST
COMMUNITY HEALTH &
WELLNESS CENTER



THURSDAY \ MARCH 4, 2021

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

Presented by: Amelie Hollier, DNP, FNP-BC, FAANP
Diagnosing Anemia Like a Pro

PURPOSE/GOALS

Anemia can be a major disease or be a clue to a major disease. This presentation walks the learner through an organized and methodical approach to evaluating patients who present with anemia.

COURSE OBJECTIVES

- Describe pathophysiology of RBC production/destruction.
- Evaluate components of CBC for preliminary diagnosis of anemia.
- Select and interpret complementary lab studies to systematically diagnose anemias.

9:15 a.m. - 10:15 a.m.

Skin Manifestations of Systemic Disease

PURPOSE/GOALS

This presentation teaches the nurse practitioner in primary care that the skin can be a wealth of information as to the patient's diagnosis when the pertinent clues are identified. Reactions of the skin to disease and medications, and even internal malignancies can provide clues to diagnosis when you know what to look for. This will be an enlightening presentation!

COURSE OBJECTIVES

- Compare diseases of the skin with reactions of the skin to diseases.
- Evaluate some cutaneous reactions to medications.

10:15 a.m. - 11:30 a.m.

Abnormal Liver Function Tests: What's Up and What Do I Do?

PURPOSE/GOALS

This presentation walks the learner through the six most important liver enzymes, laboratory evaluation of these, clinical implications of elevations, and how to manage them. The participant will learn to methodically develop an efficient and cost-effective approach to the patient who has elevated liver enzymes.

COURSE OBJECTIVES

- Discuss most common reasons for elevations in liver enzymes.
- Evaluate elevations of liver enzymes and determine hepatic etiology.
- Develop a methodical approach to evaluation of the patient with elevated liver enzymes.

12:30 p.m. - 2:00 p.m.

Coughs, Wheezes, and Respiratory Diseases

PURPOSE/GOALS

This is an evidence-based approach to etiology, diagnosis, and treatment of community acquired pneumonia and acute bronchitis. This presentation will explore clues to etiologic agents, identify strategies for sound antibiotic choices, and will give lots of pearls for clinical practice. The role of pneumococcal vaccine, cough suppressants, and steroids will all be discussed.

COURSE OBJECTIVES

- Develop an evidence-based medication plan to relieve symptoms in patients who have acute bronchitis.
- Develop an evidence-based medication plan to relieve symptoms in patients who have community acquired pneumonia.
- Identify patients who are candidates for the pneumococcal vaccine.

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

Pharmacology Update

PURPOSE/GOALS

The presentation will highlight new developments in the world of pharmacology that relate to safe prescribing: new drugs, new warnings, and new generic 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.
- Develop prescribing strategies for avoidance of drug interactions and adverse events.

3:45 p.m. - 4:15 p.m.

Live Q&A with Amelie Hollier

FRIDAY \ MARCH 5, 2021

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

Presented by: Lisa D. Sullivan
**The Opioid Epidemic and the Practice of Legitimate Medicine
(Live Presentation)**

PURPOSE/GOALS

There is an epidemic in the United States that involves opioid prescriptions. The opioid overdose epidemic is one of our nation's most pervasive drug issues. Since 2008, drug overdoses have increasingly been the leading cause of accidental death in the US. In this presentation, the Diversion Program Manager for the Dallas Field Division will address Opioids, Regulations and the Diversion of Pharmaceuticals.

COURSE OBJECTIVES

- Describe the history and ethics of prescribing opioids.
- Identify at least three strategies to prevent prescription drug misuse, abuse and diversion.
- Identify DEA responses to the heroin and prescription opioid pill crisis.

9:45 a.m. - 11:00 a.m.

Presented by: Rebecca H. Burpo, DNP, APRN, CNM, FACNM
Improving All of Us: Confronting Implicit Bias in the Care of Women

PURPOSE/GOALS

Long term health disparities have led to persistent and often times catastrophic outcomes for all women, especially African American women. Several factors contribute, including implicit bias—an unconscious behavior pattern within our healthcare system. This session focuses on the role of the nurse practitioner in acknowledging how we may contribute to undesirable health outcomes, recognizing bias when caring for women and developing approaches to eliminate it from our interactions with the women we serve.

COURSE OBJECTIVES

- Discuss the role that nurse practitioner implicit bias plays in contributing to disparities within the healthcare system.
- Present specific examples of implicit bias among clinicians in women's health care.
- Identify strategies, within the primary care nurse practitioner scope of practice, to reduce implicit bias in women's health care.

11:00 a.m. - 12:00 p.m.

Carolyn Buppert, MSN, JD, Law Office of Carolyn Buppert
Avoiding Malpractice and Practicing Safely in 2021

PURPOSE/GOALS

Learning how to prevent malpractice is preferable to coping with a patient injury and a lawsuit. In this session, the speaker, a former nurse practitioner and current attorney, analyzes malpractice cases to determine what went wrong and how clinicians can reduce their risks.

COURSE OBJECTIVES

- Describe three situations where NPs were sued.
- Analyze ways to decrease the risk of malpractice.
- Discuss the malpractice considerations when providing services via telehealth.

1:00 p.m. - 2:15 p.m.

Tara Bearden, Susan Calloway, James Dickens, Steph Hoelscher
**Telehealth in a Pandemic
(Live Panel Discussion)**

PURPOSE/GOALS

Telehealth has been used in the US since 1879 when telephone and radio allowed delivery of health care remotely. In the 20th century, NASA allocated vast resources to create a way to service astronauts' health remotely. By 2016, boosted by HRSA grants, telehealth was being expanded to provide people in remote areas access to specialists. Then in 2020, a pandemic hit. Fortunately, telehealth was developed enough that health visits could be made over the internet or by telephone. Our panelists will answer your questions live in this freeform discussion.

COURSE OBJECTIVES

- Discuss current policies related to payment for telehealth.
- Describe current drivers of growth in telehealth.
- Examine methods of performing history, physical exam remotely and documentation for reimbursement.

2:30 p.m. - 3:30 p.m.

Susan J. Calloway, PhD, FNP-BC, PMHNP-BC, FAANP
Help for the Healer: Practical Skills for Promoting Resilience

PURPOSE/GOALS

In this session, participants will be given a brief review of the research related to the impact of a public health emergency on mental health among health care professionals and the impact of burnout on the quality of patient care. The majority of the session will be spent in analyzing individual coping skills, completing an inventory to measure individual burnout scores and providing recommendations for daily skills to foster resilience and promote mental health.

COURSE OBJECTIVES

- Examine the impact of public health emergencies on the mental health of health care providers.
- Analyze personal coping skills and individual burnout scores.
- Incorporate daily skills for fostering resilience.