

26TH ANNUAL

NP

NURSE PRACTITIONER

CONFERENCE

MARCH 3 - 4 // 2022

PRESENTED  
IN-PERSON  
+ VIRTUALLY  
VIA ZOOM

www.nursing.ttuhsoc.edu/  
npconference/2022

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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 12.75 contact hours of accredited education.

TEXAS TECH UNIVERSITY  
HEALTH SCIENCES CENTER

School of Nursing

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TTU HSC  
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## REGISTRATION INFORMATION //

### CONFERENCE SCHEDULE

#### Thursday, March 3

CHECK-IN + LOG-IN: 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.

#### Friday, March 4

CHECK-IN + 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. - 4:00 p.m.

### REGISTRATION

Registration is open January 5 - February 28, 2022. The cost for both days is \$200 if you register before February 21, 2022 and \$250 thereafter. Student registration is \$100. **NOTE:** In-person seating is limited due to TTUHSC pandemic restrictions.

Visit [HTTPS://WWW.NURSING.TTUHSC.EDU/NPCONFERENCE/2022](https://www.nursing.ttuhsoc.edu/npconference/2022) for registration information. Email [SON.CNE@TTUHSC.EDU](mailto:SON.CNE@TTUHSC.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

**Hyatt Place Lubbock** (2309 Mac Davis Lane, Lubbock, TX 79401, TEL (806) 741-0200)

A block of rooms has been set aside for the special rate of \$99 per night. The deadline for reservations is February 11, 2022. To make a reservation call (806) 741-0200 or go online to [HYATT.COM](http://HYATT.COM) and enter the group/corporate number G-NPCF.

**Staybridge Suites** (2515 19th Street, Lubbock, Texas 79410, TEL (806) 765-8900)

A block of rooms has been set aside for the special rate of \$114 per night. The deadline for reservations is February 2, 2022. Contact the Staybridge Suites Lubbock directly at (806) 765-8900 and ask for the 2022 Nurse Practitioner Conference rate when making the reservation.

### CANCELLATIONS

Registration cancellation requests can be made by email to [SON.CNE@TTUHSC.EDU](mailto:SON.CNE@TTUHSC.EDU) or through Eventbrite. A refund of the cost of registration, minus the payment processing fee and the service fee, will be issued. Cancellation requests can be made up until 48 hours before the conference.

In the event that the NP Conference has to be cancelled for whatever reason, a full refund of the cost of registration will be provided to those who have already registered.

### PANDEMIC NOTICE

We are planning for an in-person and virtual conference. Should this conference transition to a virtual only conference due to developments in the pandemic, registered attendees will be informed by February 14, 2022. Those who registered to attend in-person will be given the option to attend virtually or offered a full refund.

### CO-SPONSORED BY:



### SUPPORTERS:



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

## THURSDAY \ MARCH 3, 2022

8:00 a.m. - 9:15 a.m.

Presented by: Wendy Wright, DNP, ANP-BC, FNP-BC, FAANP, FAAN, FNAP  
**Updates in Diabetes Care 2022: A Focus on Treatment Options**

### PURPOSE/GOALS

With the increasing rates of obesity in the US, the incidence of diabetes has reached epidemic proportions. According to the CDC, 28 million Americans have diabetes and 89 million have pre-diabetes. Approximately 7 million of those with diabetes are unaware. Diabetes is a multi-faceted disease with serious complications arising from untreated or inadequately treated diabetes. Treatment often requires a multitude of nonpharmacologic and pharmacologic options as well as multitude of healthcare professionals. This seminar will focus on the latest diagnostic and treatment options for the patient with diabetes; including self-care, medication management, insulin options, and the importance of preventing complications.

### COURSE OBJECTIVES

- Discuss the impact of diabetes mellitus in the United States
- Discuss the nonpharmacologic and pharmacologic treatments for the patient with Type 2 diabetes
- Compare/contrast pharmacologic options

9:30 a.m. - 10:45 a.m.

**Pharmacologic Management of Obesity Throughout the Lifespan**

### PURPOSE/GOALS

Obesity is on the rise globally. The purpose of this presentation is to educate nurse practitioners on health risks that are associated with obesity and identify behavioral modalities to assist with weight loss. Pharmacological strategies for use in the care of obese individuals will be discussed including side effects, risks, and benefits of medications.

### COURSE OBJECTIVES

- Discuss the health risks associated with obesity
- Identify the various behavioral modalities utilized to assist with weight loss
- Discuss pharmacologic strategies for weight stabilization or loss in the overweight or obese individual

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

**Evaluation of the Patient with Common and Not So Common Pulmonary Disorders**

### PURPOSE/GOALS

Patients present frequently with complaints of a chronic cough and other pulmonary symptoms. This session will focus on the various common and not so common pulmonary disorders.

### COURSE OBJECTIVES

- Identify various causes of chronic cough and pulmonary complaints
- Discuss the workup for patients with a chronic cough and other pulmonary disorders
- Discuss treatment options for the patient with a chronic cough, asthma, postnasal drip syndrome, GERD, and pertussis

1:00 p.m. - 2:30 p.m.

**New Drug Update 2022: What's Hot and What's Not**

### PURPOSE/GOALS

To educate nurse practitioners regarding newly released medications and to discuss the side effects, risks, benefits, and indications of each. Keeping up with new medications, particularly given the recent trend towards direct to consumer advertising, is one of the true challenges of primary care.

### 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.

2:30 p.m. - 3:45 p.m.

Presented by: Rebecca Burpo, DNP, APRN, CNM, FACNM  
**Vaccines During the Childbearing Year: An Update**

### PURPOSE/GOALS

This update reviews the latest recommendations for common CDC-recommended vaccines during pregnancy and postpartum, including the COVID-19 vaccine. Vaccines have a 100+ year history of saving hundreds of millions of lives from infectious diseases globally. However, the pandemic has brought smoldering emotions surrounding safety and hesitancy to the international stage. Thus, strategies for dealing with hesitancy will also be addressed.

### COURSE OBJECTIVES

- Describe the trialing and characteristics of common vaccines recommended during pregnancy and postpartum
- Connect the timing, effectiveness, and safety of common vaccines in respect to the effect on the fetus
- Create strategies for communicating with those who are vaccine hesitant or "anti-vaccine"

## FRIDAY \ MARCH 4, 2022

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

Presented by: Sally K. Miller, PhD, AGACNP, AGPCNP, FNP-BC, PMHNP-BC, FAANP  
**Controlled Substances: A Focus on Safe and Effective Prescribing**

### PURPOSE/GOALS

This presentation focuses on prescribing of opioids, including differentiating evidence-based guideline from state-mandated legislative issues. We will discuss the use and limitations of validated risk assessment tools as they contribute to safe management of patients. Finally, we will briefly consider safe and effective prescribing of non-opioid medications.

### COURSE OBJECTIVES

- Analyze CDC guidance for chronic pain management
- Discuss legislative considerations in opioid prescribing
- Evaluate opioid risk assessment tools

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

**Case Studies in Cardiovascular and Autoimmune Disorders**

### PURPOSE/GOALS

This presentation offers the opportunity to critically analyze case presentations of cardiopulmonary and autoimmune etiology that require a critical analysis of nebulous symptoms, ill-defined or absent physical findings, and laboratory and diagnostic studies to determine the correct diagnosis when patient presentation falls outside classic textbook discussion.

### COURSE OBJECTIVES

- Analyze symptoms, physical findings, and laboratory analysis of autoimmune disease in a 72-year-old female
- Critically analyze acute onset shortness of breath in a 41-year-old female
- Synthesize assessment and diagnostic findings to identify atypical cardiovascular conditions in patients with no apparent risk factors.

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

**Evaluation of Dizziness, Syncope and Vertigo**

### PURPOSE/GOALS

This presentation offers a clear, succinct analytical approach to the patient with the chief complain of "dizziness." Using deductive reasoning, the dizziness is more accurately defined as vertigo, ataxia, or near-syncope, allowing the clinician the opportunity to accurately determine etiology of symptoms and implement best treatment strategies.

### COURSE OBJECTIVES

- Differentiate among causes of syncope, near syncope, vertigo, and ataxia including adverse drug effects
- Analyze differences between central and peripheral vertigo
- Evaluate management strategies for the disorders presented

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

**Diagnosis and Management of ADHD in Adults and Children**

### PURPOSE/GOALS

In this presentation we consider diagnostic criteria for ADD and its subtypes to analyze varying presentations in both adult and pediatric patients. The pharmacology of stimulant and non-stimulant options are analyzed in the context of safe and effective management for patients across the lifespan.

### COURSE OBJECTIVES

- Evaluate diagnostic criteria for ADD in children and adults
- Analyze the pharmacology of stimulant and non-stimulant options
- Apply pharmacologic options presented in case study discussion

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

**Mental Health Concepts for the Primary Care Provider**

### PURPOSE/GOALS

This presentation is designed for the primary care provider faced with the assessment and management of mental health symptoms. Differentiating unipolar from bipolar depression and accurate diagnosis of anxiety disorders is emphasized.

### COURSE OBJECTIVES

- Identify strategies to rule out bipolar depression in all patients presenting with depressive symptoms
- Differentiate diagnostic criteria among various anxiety disorders
- Apply appropriate treatment strategies for the conditions presented