



TEXAS TECH UNIVERSITY  
HEALTH SCIENCES CENTER™

School of Nursing

3601 4th Street STOP 6233  
Lubbock, Texas 79430-6233  
806.743.3653



«Intelligent Mail barcode»

«Label Numb» «Opt. Endorsement Line»

«FirstName» «LastName»

«Company»

«DelAddr»

«City» «St» «ZIPCode»



# NURSE PRACTITIONER conference

MARCH 9-10, 2023

[www.nursing.ttuhschool.edu/  
npconference/2023](http://www.nursing.ttuhschool.edu/npconference/2023)

CONFERENCE OFFERED SYNCHRONOUSLY  
FOR IN-PERSON + VIRTUAL ATTENDEES

NO ACCESS TO RECORDINGS

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 accredited education.



TEXAS TECH UNIVERSITY  
HEALTH SCIENCES CENTER™  
School of Nursing

## REGISTRATION INFORMATION

### CONFERENCE SCHEDULE

<b>Thursday, March 9</b>	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. – 4:00 p.m.
<b>Friday, March 10</b>	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. – 3:30 p.m.

### REGISTRATION

Registration is open January 4 – March 6, 2023. The cost for both days is \$250 if you register before February 27, 2023 and \$300 thereafter. Student registration is \$125.

Visit [HTTPS://WWW.NURSING.TTUHSC.EDU/NPCONFERENCE/2023](https://www.nursing.ttuhschool.edu/npconference/2023) 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 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 \$109 per night. The deadline for reservations is February 13, 2023. To make a reservation call (806) 741-0200 or go online:

[HTTPS://WWW.HYATT.COM/EN-US/HOTEL/TEXAS/HYATT-PLACE-LUBBOCK/LBBZL?CORP\\_ID=G-TNPC](https://www.hyatt.com/en-us/hotel/texas/hyatt-place-lubbock/lbbzl?corp_id=g-tnpc)

**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 \$105 per night. The deadline for reservations is February 15, 2023. Contact the Staybridge Suites Lubbock directly at (806) 765-8900 and ask for the 2023 Nurse Practitioner Conference rate when making the reservation or online using group code **HSC**.

### 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

This conference is offered SYNCHRONOUSLY for in-person and virtual attendees. Should this conference transition to a virtual only conference due to developments in the pandemic, registered attendees will be informed by February 20, 2023. Those who registered to attend in-person will be given the option to attend virtually or offered a full refund.

### CONFERENCE POLICIES

The TTUHSC School of Nursing does not permit any audio recording, video recording, screen capture, screen recording, or any other type of recording of sessions from this conference. Registered attendees must be present in real time to attend the sessions and receive CE credit. This conference will not be recorded for attendees to watch at a later time.

This conference is intended for registered attendees only. Sharing passwords or zoom links to this conference is prohibited.

### CO-SPONSORED BY:



### SUPPORTERS:



**THURSDAY, MARCH 9, 2023** -----

*Presented by:* Wendy L. Wright, DNP, ANP-BC, FNP-BC, FAANP, FAAN, FNAP

**8:00 A.M. - 9:15 A.M.**

### **Identifying Warning Signs During Routine Patient Encounters**

#### **PURPOSE/GOALS**

Frequently, the Advanced Practice Clinician is confronted by abnormal findings noted during an acute visit, a routine follow-up and even a comprehensive physical examination. This lecture will focus on the abnormalities encountered which might be suggestive of a significant health and would warrant further evaluation.

#### **COURSE OBJECTIVES**

- Discuss abnormalities on physical examination which might warrant additional evaluation.
- Discuss treatment options for patients with these abnormalities.
- Identify those abnormalities noted on physical examination which warrant emergent evaluation by specialty or emergency room.

**9:30 A.M. - 10:45 A.M.**

### **Treating Depression and Anxiety in Primary Care in 2023: Latest in Pharmacologic Treatment Options**

#### **PURPOSE/GOALS**

Depression and anxiety are frequently encountered in the primary care setting. Treatment often combines both non-pharmacologic and pharmacologic therapies. It is often difficult to decide between the various agents currently on the market. An experienced nurse practitioner 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.**

### **Coding and Reimbursement: Optimizing Your Billables and Collectables**

#### **PURPOSE/GOALS**

Clinicians are often not educated about CPT coding and reimbursement in their educational programs. Many are forced to learn on the job and as a result, many clinicians code inappropriately. This results in undercoding and overcoding; both of which can substantially affect collections. Listen as an experienced nurse practitioner and an owner of an NP-owned and operated practice teaches you coding in a useable and fun manner.

#### **COURSE OBJECTIVES**

- Identify some of the most common CPT codes utilized in a primary care setting, specialty settings.
- Discuss ways to effectively code in order to optimize billing and collections.
- Identify common mistakes made with coding.

**1:00 P.M. - 2:15 P.M.**

### **Dizziness and Vertigo: Diagnosis and Treatment Options**

#### **PURPOSE/GOALS**

Patients presenting with dizziness or vertigo require a comprehensive history and physical examination. Nurse practitioners must be skilled after differentiating potential etiologies, including High Frequency Sensorineural Hearing Loss, BPV, Basilar Migraines as well as central nervous system and cardiac etiology. This lecture will provide the clinician with diagnostic and treatment options for these patients.

#### **COURSE OBJECTIVES**

- Review etiology of dizziness and vertigo.
- Discuss diagnostic options for the individual presenting with dizziness and vertigo.
- Identify treatment options for the individual with dizziness and vertigo.

**2:30 P.M. - 3:45 P.M.**

### **New Drug Update 2023: 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, risks associated with various medications.

**FRIDAY, MARCH 10, 2023** -----

*Presented by:* Wendy L. Wright, DNP, ANP-BC, FNP-BC, FAANP, FAAN, FNAP

**8:00 A.M. - 9:00 A.M.**

### **Managing Insomnia Across the Lifespan: Latest Treatment Options**

#### **PURPOSE/GOALS**

More than 60 million individuals in the United States have issues with sleep and 23 million meet the official definition of insomnia. The purpose of this session is to educate nurse practitioners regarding the latest recommendations for the evaluation and treatment of insomnia across the lifespan. This session will focus on the treatment of insomnia using evidence-based interventions.

#### **COURSE OBJECTIVES**

- Discuss the incidence and prevalence of insomnia across the lifespan.
- Identify the appropriate work-up of the individual with insomnia.
- Discuss pharmacologic treatment options for the patient with insomnia.

**9:15 A.M. - 10:45 A.M.**

### **Hypertension 2023: What's New in the Treatment Guidelines**

#### **PURPOSE/GOALS**

The purpose of this presentation is to provide tools for the nurse practitioner to assist with the early identification of patients at risk for target organ damage from hypertension, determine classes of antihypertensive medications designed to attenuate/avoid target organ damage, and mechanisms, and to evaluate impact of these medications and their potential adverse effects. Interactive case studies will enhance and cement the knowledge gleaned from the discussion and apply newest hypertension guidelines.

#### **COURSE OBJECTIVES**

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

**10:45 A.M. - 12:00 P.M.**

### **Outpatient Protocols for Post-COVID (Long-COVID) Syndrome: Acute Management and Long-Term Surveillance**

#### **PURPOSE/GOALS**

COVID-19 has infected millions of our fellow Americans, many of whom continue to suffer with long-term sequelae months and years after the infection. This lecture will focus on current recommendations regarding the diagnosis of Post-COVID Syndrome and the treatment options for this condition.

#### **COURSE OBJECTIVES**

- Review diagnostic criteria for Post-COVID Syndrome.
- Identify symptoms associated with Post-COVID Syndrome.
- Discuss treatment options for the patient with Post-COVID Syndrome.

**1:00 P.M. - 2:00 P.M.**

### **Osteoporosis: Latest in Treatment Recommendations**

#### **PURPOSE/GOALS**

Millions of American men and women are affected by osteopenia and osteoporosis. This lecture will focus on the latest guidelines for screening and treatment of these common conditions. Controversies regarding current therapies will be presented.

#### **COURSE OBJECTIVES**

- Discuss the pathophysiology of osteoporosis.
- Identify the non-pharmacologic and pharmacologic agents available for the treatment of osteopenia and osteoporosis.
- Compare and contrast newer pharmacologic agents with older agents with regard to benefits, risks, side effects, and drug interactions.

**2:15 P.M. - 3:15 P.M.**

### **Innovation in Nursing: Transforming Care One Nurse at a Time**

#### **PURPOSE/GOALS**

Innovation in nursing is happening in every sector of healthcare, from education to the bedside, to primary and specialty clinics. This session will focus on opportunities for nurses to innovate with the goal of inspiring innovative ideas and processes from those who attend.

#### **COURSE OBJECTIVES**

- Discuss the definition of innovation.
- Discuss the impact of nursing innovation on the healthcare community.
- Identify opportunities for innovation.