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 TEXAS TECH UNIVERSITY  
HEALTH SCIENCES CENTER™

School of Nursing  
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# NURSE PRACTITIONER *conference*

MARCH 7-8, 2024


[www.nursing.ttuhschool.edu/  
npconference/2024](http://www.nursing.ttuhschool.edu/npconference/2024)

**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

**Thursday, March 7** 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. - 4:30 p.m.

**Friday, March 8** 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. - 3:30 p.m.

### REGISTRATION

Visit [HTTPS://WWW.NURSING.TTUHSC.EDU/NPCONFERENCE/2024](https://www.nursing.ttuhschool.edu/npconference/2024) for registration pricing and information.

Have questions? Contact [SON.CNE@TTUHSC.EDU](mailto:SON.CNE@TTUHSC.EDU) or call (806) 743-1208

### 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 accredited education.

### 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.

### TRANSFER REGISTRATION TO DIFFERENT EVENT FORMAT

A one-time transfer of a paid registration from in-person to virtual or virtual to in-person without a penalty will be allowed up until February 26, 2024. No registration transfers will be permitted after February 26 without a \$35 fee.

### CHANGE NOTICE

Should this conference transition to a virtual only conference to accommodate unforeseen circumstances, registered attendees will be informed via email as soon as possible. Those who registered to attend in-person will be given the option to attend virtually or be 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 links to this conference is prohibited.

### CO-SPONSORED BY:



### SUPPORTERS:



**THURSDAY, MARCH 7, 2024**

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

**8:00 A.M. - 9:30 A.M.**

### **New Drug Update 2024: What's Hot What's Not**

#### **PURPOSE/GOALS**

To educate health care providers regarding newly released medications and to discuss the side effects, risks, benefits, and indications of each.

#### **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.

**9:45 A.M. - 11:00 A.M.**

### **Pediatric Growth and Development and Screening Guidelines: Latest Recommendations**

#### **PURPOSE/GOALS**

To educate health care professionals regarding latest recommendations in pediatric growth and development screening guidelines.

#### **COURSE OBJECTIVES**

- Review normal growth/development and anticipatory guidance for infants and children.
- Identify latest screening guidelines for children and adolescents.

**11:00 A.M. - 12:00 P.M.**

### **Acute Pain Management and Opioids: Balancing the Risks Part 1**

#### **PURPOSE/GOALS**

Pain is the most commonly reported symptom in a primary care setting. This lecture will take you through the nuts and bolts of acute and chronic pain. Included in this discussion will be a focus on the importance of a comprehensive approach including acute pain management specialists, primary care providers, nurses, complementary therapies and modalities. In addition, a discussion on the importance of narcotic contracts and the regulation of controlled substances.

#### **COURSE OBJECTIVES**

- Describe the pathophysiology of acute pain as it relates to the concepts of pain management
- Identify evidence-based non-opioid options for the treatment of acute pain.
- Discuss the risks and benefits of opioid therapy in managing acute pain.
- Discuss newer management options for acute pain.

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

### **Acute Pain Management and Opioids: Balancing the Risks Part 2**

#### **PURPOSE/GOALS**

Pain is the most commonly reported symptom in a primary care setting. This lecture will take you through the nuts and bolts of acute and chronic pain. Included in this discussion will be a focus on the importance of a comprehensive approach including pain management specialists, primary care providers, nurses, complementary therapies and modalities. In addition, a discussion on the importance of narcotic contracts and the regulation of controlled substances.

#### **COURSE OBJECTIVES**

- Describe the pathophysiology of acute pain as it relates to the concepts of pain management.
- Identify evidence-based non-opioid options for the treatment of acute pain.
- Discuss the risks and benefits of opioid therapy in managing acute pain.
- Manage ongoing opioid therapy and recognize behaviors that may be associated with opioid use disorder.

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

### **The Red Eye: Recognizing Benign from Serious Conditions**

#### **PURPOSE/GOALS**

Nurse practitioners frequently encounter individuals with a red eye. A red eye can be a sign of a benign, serious, or systemic disease. It is essential that the nurse practitioner be able to differentiate between various conditions. This seminar will review for the nurse practitioner common and serious ocular conditions. Recommendations for treatment of each condition will also be included.

#### **COURSE OBJECTIVES**

- Identify various causes of a red eye.
- Differentiate between benign and serious ocular conditions.
- Discuss treatment options for patients with benign and serious ocular conditions.

**3:15 P.M. - 4:15 P.M.**

### **Prescribing Safely: Avoiding Malpractice and Litigation**

#### **PURPOSE/GOALS**

Pharmacology content is designed to enhance the learner's ability to prescribe and/or monitor patients on pharmacotherapy. It includes topics such as pharmacokinetics and clinical applications of drugs. Pharmacology credit must be supported by an activity's objectives and detailed content. Incidental mention of drugs or a pharmacological treatment does not qualify for pharmacology credit.

#### **COURSE OBJECTIVES**

- Discuss the most common mechanisms for drug-drug interactions.
- Discuss techniques to ensure safe prescribing.
- Review cases involving prescribing errors and medical malpractice cases.

**FRIDAY, MARCH 8, 2024**

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

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

### **Asthma 2024: Pharmacologic Treatment Options and the Latest Guidelines**

#### **PURPOSE/GOALS**

Thousands of people die every year in the United States from asthma. These troubling conditions affect millions yet so few are diagnosed and treated adequately.

#### **COURSE OBJECTIVES**

- Identify statistics regarding asthma.
- Discuss the signs and symptoms of asthma.
- Discuss pharmacologic treatment options for asthma.

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

### **Functional Bowel Disorders: A Discussion of IBS/Chronic Constipation and GERD**

#### **PURPOSE/GOALS**

This presentation provides an in-depth overview of common functional bowel disorders including irritable bowel syndrome, chronic constipation, and gastroesophageal reflux disease.

#### **COURSE OBJECTIVES**

- State the incidence and occurrence of functional bowel disorders in men and women.
- Differentiate functional bowel disorders by clinical presentation.
- Outline a pharmacologic plan of care for those individuals with functional bowel disorders.

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

### **Safe Prescribing in the Older Adult**

#### **PURPOSE/GOALS**

The population in the United States is aging. One in every 5 adults is over the age of 65. Individuals are also living longer with chronic illnesses requiring the use of multiple medications. This session will focus on ways in which the older adult is different pharmacokinetically from the younger adults and will provide tips for safe prescribing.

#### **COURSE OBJECTIVES**

- Discuss the differences in pharmacokinetics in the older adult vs. the younger adult.
- Review tips for safe prescribing in the older adult.
- Discuss malpractice cases which involve adverse reactions to medications in the older adult.

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

### **Antibiotic Update 2024: A Focus on Respiratory Infections**

#### **PURPOSE/GOALS**

Pneumonia, ABRS, AECB, and AOM are commonly encountered respiratory conditions in the pediatric and adult patient. The latest in treatment options for individuals with these conditions will be discussed in detail.

#### **COURSE OBJECTIVES**

- Identify statistics related to incidence/prevalence of various respiratory conditions.
- Discuss the signs and symptoms of pneumonia, ABRS, AOM, AECB.
- Discuss treatment pharmacologic options for the above conditions.

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

### **Clinical Pearls of Practice: What I Wished Someone Had Told Me Years Ago**

#### **PURPOSE/GOALS**

Over the course of three decades as a nurse practitioner, there have been many moments when I wished that someone had told me little clinical pearls to make my job easier. This lecture will focus on a variety of disease states and provide useful diagnostic and treatment information that may not be readily found in the literature but is helpful in clinical practice.

#### **COURSE OBJECTIVES**

- Discuss 10 -20 "clinical" pearls of practice related to various disease states.
- Identify techniques to incorporate these clinical pearls into practice