



NURSE PRACTITIONER Conference

MARCH 6-7, 2025

[www.nursing.ttuhschool.edu/
npconference/2025/](http://www.nursing.ttuhschool.edu/npconference/2025/)

CONFERENCE OFFERED SYNCHRONOUSLY FOR IN-PERSON + VIRTUAL ATTENDEES

NO ACCESS TO RECORDINGS

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

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.

REGISTRATION INFORMATION

CONFERENCE SCHEDULE

Thursday, March 6	LOG-IN + CHECK-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 7	LOG-IN + CHECK-IN: 7:30 a.m. – 7:55 a.m. WELCOME & INTRODUCTIONS: 7:55 a.m. – 8:00 a.m. CLASS: 8:00 a.m. – 4:45 p.m.

REGISTRATION

Visit [HTTPS://WWW.NURSING.TTUHSC.EDU/NPCONFERENCE/2025/](https://www.nursing.ttuhschool.edu/npconference/2025/) for registration pricing and information.

Have questions? Contact 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 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 24, 2025. No registration transfers will be permitted after February 24 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:



TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER.
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WELLNESS CENTER



THURSDAY, MARCH 6, 2025

Presented by: Kathy Baldrige, DNP, FNP-BC, FAANP

8:00 A.M. - 9:30 A.M. Clinical Vignettes in Primary Care

PURPOSE/GOALS We will explore a variety of patient presentations in the primary care setting and will work through them to arrive at a diagnosis (or working diagnosis) with development of a plan of care.

- COURSE OBJECTIVES
- Recognize differential diagnosis for presenting chief complaint.
 - Determine appropriate assessment and diagnostic measures to narrow down the differential list.
 - Develop an appropriate management plan including pharmacologic interventions based on the working or actual diagnosis.

9:45 A.M. - 11:00 A.M. Sticky Sweet: Diabetes Management

PURPOSE/GOALS Diabetes is one of the most frequently encountered diagnosis in primary care. We will review the types of diabetes and discuss the management of those patients.

- COURSE OBJECTIVES
- Review the various types of diabetes and their differing characteristics and pathology.
 - Discuss diagnostic criteria for diagnosis and goal setting.
 - Develop a diabetic management plan to include pharmacologic management and considerations for social determinants of health.

11:00 A.M. - 12:00 P.M. Shake, Rattle, Roll: Neurology Case Studies in Primary Care

PURPOSE/GOALS We will discuss neurologic conditions that may present to or follow-up with the primary care provider and explore the role of the PCP in managing these neurologic conditions.

- COURSE OBJECTIVES
- Recognize differential diagnosis for symptoms of presenting neurologic disorders in primary care.
 - Determine appropriate assessment/diagnostics to narrow down the differential list.
 - Develop an appropriate treatment plan, including pharmacologic interventions.

1:00 P.M. - 2:00 P.M. Treatment of Primary Headaches in Primary Care

PURPOSE/GOALS This presentation will explore the various types of primary headaches and the management of those headaches.

- COURSE OBJECTIVES
- Briefly discuss the different types of primary headaches
 - Describe current evidence-based guidelines for the proper treatment of acute primary headaches.
 - Classify the most effective abortive treatments for primary headaches.
 - Demonstrate the proper development of a treatment plan using abortive and preventive therapies to decrease headache morbidity.

2:15 P.M. - 3:15 P.M. The Unapproved uses of approved medications: Off-label prescribing

PURPOSE/GOALS Approximately 30% of all prescribed medications are off-label and do not have FDA approval for the condition or the population being prescribed for. This presentation explores the role of the FDA in approving medications, beneficence versus maleficence in prescribing, and associated legalities. Finally, we will explore various medications that are commonly prescribed off-label and conditions for which medications are often prescribed off-label.

- COURSE OBJECTIVES
- Review the role of the Food and Drug Administration in approving medications and the process for medication approval.
 - Evaluate the legalities associated with “off-label” prescribing and the evidence needed to justify off-label prescribing practices.
 - Examine common drugs that are prescribed in primary care and their unapproved uses (e.g. conditions commonly prescribed for).

3:15 P.M. - 4:15 P.M. Alzheimer’s Dementia: Discussing the “hippo” in the room

PURPOSE/GOALS With declining neurologist specialist, the diagnosing and management of Alzheimer’s disease is shifting to the primary care setting. Providers need to be well-versed in managing the patient with Alzheimer’s.

- COURSE OBJECTIVES
- Advancing the knowledge and competencies among healthcare providers to recognize, appropriately screen, accurately diagnose and effectively manage AD and other dementias in primary care.
 - Build provider self-efficacy and confidence to employ best practices for early diagnosis and timely treatment for AD and other dementias.
 - Foster productive patient and provider dialogue for informed decision-making, to support patient adherence, behavioral change, and improved health outcomes across diverse patient cohorts.

FRIDAY, MARCH 7, 2025

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

8:00 A.M. - 9:15 A.M. New Drug Update 2025: What’s Hot and 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. Challenging Case Studies in CBC interpretation: A focus on Anemia and White Blood Cells

PURPOSE/GOALS Challenging cases involving anemia and white blood cell abnormalities will be presented by an experienced NP. Learn to decipher and make sense of various CBC abnormalities.

- COURSE OBJECTIVES
- Discuss the various causes of commonly encountered anemias and white blood cell abnormalities.
 - Identify the laboratory tests needed to identify the various types of anemias and white blood cell abnormalities.
 - Review treatments for the various anemias and white cell abnormalities.

11:00 A.M. - 12:00 P.M. The Ups and Downs of Patient Portals & Technology: Using tools to Improve Efficiency and Quality

PURPOSE/GOALS Practices are relying more heavily on the use of technology and portals to improve efficiency. This presentation will focus on the reasons to utilize technology but also some of the implications are from both a malpractice perspective and also from improved efficiency.

- COURSE OBJECTIVES
- Discuss technology opportunities for clinical practice.
 - Identify implications of increasing use of technology.
 - Identify potential negative consequences of technology.

1:00 P.M. - 1:30 P.M. Stage-side Interview: Important Topic and Conversation for NPs

PURPOSE/GOALS This interactive Q&A session offers participants the opportunity to engage with a nationally renowned expert to explore current discussions and developments regarding nurse practitioner (NP) qualifications, education, and practice. The session will focus on addressing concerns raised by other healthcare professions, while encouraging participants to brainstorm strategies for advocating and promoting the NP role in a rapidly evolving healthcare landscape.

- COURSE OBJECTIVES
- Identify key points from recent national discussions regarding NP qualifications, education, and practice, including perspectives from other healthcare professions.
 - Facilitate participant-driven dialogue to develop strategies for advancing NP qualifications and practice within the broader healthcare landscape.

1:30 P.M. - 2:30 P.M. Functional Bowel Disorders: A Discussion of IBS/Chronic Constipation and GERD

PURPOSE/GOALS Functional bowel disorders are common in primary are settings. This presentation will discuss presenting symptoms, diagnostics, and management of IBS, constipation and GERD.

- 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.

2:45 P.M. - 3:45 P.M. A Picture’s Worth a Thousand Words: Pediatric and Adolescent Dermatology

PURPOSE/GOALS Health care providers will be able to identify various dermatologic conditions; pediatric and adolescent.

- COURSE OBJECTIVES
- Identify various dermatology conditions.
 - Discuss those conditions that warrant an emergent referral.
 - Develop an appropriate plan for evaluation, treatment and follow-up of individuals with dermatologic complaints.

3:45 P.M. - 4:45 P.M. Latest in Treatment Options for Vaping and Tobacco Use: Successful Interventions to Assist with Quitting

PURPOSE/GOALS Approximately 13.7% of adults in the United States smoke cigarettes with another 27.5% of all teens having vaped or used an E-cig in the past 30 days. Vaping and tobacco use are associated with significant morbidity and mortality. It is essential that APRN’s assess smoking status every visit and counsel patients about the importance of cessation. Strategies for successful vaping and tobacco use cessation practices in primary and specialty care will be discussed.

- COURSE OBJECTIVES
- Discuss statistics regarding cigarette, tobacco, and vaping
 - Identify strategies to assist the individual with quitting smoking, vaping, tobacco use
 - Review benefits and risks of the various pharmacologic practices