

**30th**  
**ANNUAL**

# **NURSE PRACTITIONER CONFERENCE**

**MARCH 5-6, 2026**  
CONFERENCE OFFERED SYNCHRONOUSLY FOR IN-PERSON + VIRTUAL ATTENDEES

 TEXAS TECH UNIVERSITY  
HEALTH SCIENCES CENTER™

## **LOCATION**

This conference is offered in-person and virtually.  
TTUHSC Academic Classroom Building, Room ACB150 • 3601 4th Street, Lubbock, Texas 79430

## **CONFERENCE SCHEDULE**

**THURSDAY, MARCH 5TH**   *Check + 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. – 4:40 P.M.*

**FRIDAY, MARCH 6TH**   *Check + 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. – 5:00 P.M.*

## **REGISTRATION**

Visit [HTTPS://NURSING.TTUHSC.EDU/NPCONFERENCE/2026/](https://nursing.ttuhscc.edu/npconference/2026/) 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 up to 12.75 contact hours 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 Nurse Practitioner (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 23, 2026. No registration transfers will be permitted after February 23 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 Continuing Education (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**



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## THURSDAY, MARCH 5TH, 2026

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

#### NEW DRUG UPDATE 2026: WHAT'S HOT AND WHAT'S NOT

PRESENTED BY: Wendy L. Wright, DNP, ANP-BC, FNP-BC, FAANP, FAAN, FNAP

#### PURPOSES/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 and risks associated with various medications.

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

#### PEARLS OF PAIN MANAGEMENT AND OPIOIDS

#### PURPOSES/GOALS

This lecture explores acute and chronic pain management, highlighting a comprehensive approach involving specialists, primary care, complementary therapies and the critical role of narcotic contracts and controlled substance regulation.

#### COURSE OBJECTIVES

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

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

#### MAKING SENSE OF CANCER SCREENINGS IN PRIMARY CARE: LATEST IN GUIDELINES AND RECOMMENDATIONS

#### PURPOSES/GOALS

This session covers the latest primary care cancer screening guidelines, including cervical, prostate, colorectal, lung, anal and oral-pharyngeal cancers.

#### COURSE OBJECTIVES

- + Identify statistics related to incidence/prevalence of various cancers.
- + Discuss the latest guidelines on cancer screening for the primary care provider.
- + Discuss various screening options for the above-mentioned cancers.

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

#### MANAGEMENT OF CKD IN PATIENTS WITH DIABETES: LATEST IN EVIDENCE-BASED RECOMMENDATIONS

#### PURPOSES/GOALS

One in every three individuals with diabetes has CKD. This session will focus on the latest recommendations for screening and the pharmacologic agents which can delay, slow or prevent CKD in patients with Type 2 diabetes.

#### COURSE OBJECTIVES

- + Detect and recognize CKD in patients with reduced kidney function, including in early stages of disease.
- + Implement screening for albuminuria in patients with diabetes in clinical practice to identify CKD as early as possible.
- + Initiate therapy with evidence-based therapies, including newer agents, for patients with CKD when indicated.

### 2:00 P.M. - 3:00 P.M.

#### WHAT I WISH SOMEONE HAD TOLD ME YEARS AGO: PEARLS TO STARTING AND MAINTAINING A BUSINESS

#### PURPOSES/GOALS

Over the course of my career as a nurse practitioner, I have formed and managed more than five different successful businesses. There have been many moments when I wished that someone had told me little pearls to make the process easier. This lecture will focus on a variety of different business pearls for the NP interested in business ventures. An NP who owns a family practice, a medical education company and a property management company will discuss business ownership which will include the good, the bad and the ugly.

#### COURSE OBJECTIVES

- + Discuss mistakes made while starting and sustaining a business.
- + Discuss successes made while starting and sustaining a business.
- + Identify pearls of business practice.

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

#### NURSE PRACTITIONER LEADERSHIP AND INNOVATION: CARRYING ON THE LEGACY OF DR. LORETTA FORD

PRESENTED BY: Emily Merrill, PhD, APRN, FNP BC, CNS-MS, CNE, FAANP

#### PURPOSES/GOALS

This presentation honors Dr. Loretta Ford's pioneering role in establishing nurse practitioners, highlighting her contributions to practice, education, research and policy, and inspiring NPs to embrace leadership and shape the future of health care.

#### COURSE OBJECTIVES

- + Evaluate Loretta Ford's pioneering contributions to the nurse practitioner profession and their continuing relevance to health care delivery.
- + Analyze practices used by Dr. Ford that impacted the success of the nurse practitioner role.
- + Select one leadership strategy embraced by Dr. Ford to advance the nurse practitioner role.

#### COURSE OBJECTIVES

- + Explain immune system fundamentals in pathogen defense.
- + Describe mechanisms of mRNA, live-attenuated, inactivated and recombinant vaccines.
- + Apply evidence-based immunization guidelines across lifespan.
- + Identify strategies to enhance vaccine adherence and patient concerns.

### 1:00 P.M. - 1:30 P.M.

#### STAGE-SIDE INTERVIEW: THE BIG BEAUTIFUL LANDSCAPE OF RURAL HEALTH

PRESENTED BY:

Kathy Baldridge, DNP, FNP-BC, FAANP & LaMicha Hogan, PhD, APRN, FNP-BC

#### PURPOSES/GOALS

Dr. Kathy Baldridge and Dr. LaMicha Hogan discuss rural health challenges and opportunities, highlighting nurse practitioners' roles in improving access, bridging gaps and enhancing outcomes through innovative strategies and collaboration in rural health care systems.

#### COURSE OBJECTIVES

- + Identify rural health care challenges and opportunities, focusing on access.
- + Examine nurse practitioners' roles in bridging gaps and improving outcomes.
- + Explore strategies and collaborations to enhance rural health care, concluding with a Q&A session.

### 1:30 P.M. - 2:30 P.M.

#### UNMASKING AUTOIMMUNITY: DIAGNOSIS AND MANAGEMENT IN PRIMARY CARE

#### PURPOSES/GOALS

Autoimmune disorders can be elusive, often masquerading as common conditions. This session helps nurse practitioners sharpen their clinical acumen by identifying hallmark symptoms, selecting appropriate diagnostics and differentiating among autoimmune subtypes. Once diagnosis is identified, an evidence-based plan of action will be implemented.

#### COURSE OBJECTIVES

- + Identify signs, symptoms and risk factors of autoimmune diseases in primary care.
- + Choose diagnostic labs and imaging.
- + Differentiate autoimmune subtypes by presentation and criteria.
- + Implement evidence-based management.
- + Coordinate specialist care and ongoing patient support.

### 2:45 P.M. - 3:45 P.M.

#### ALL AGES, ALL AIRWAYS: ASTHMA & ALLERGY

#### PURPOSES/GOALS

This session covers asthma diagnosis and management, allergy intersections, treatment approaches and interventions, emphasizing control, prevention and patient self-management to improve long-term outcomes.

#### COURSE OBJECTIVES

- + Identify key asthma diagnostic features across the lifespan.
- + Differentiate asthma from allergic rhinitis and other airway disorders.
- + Develop evidence-based asthma management plans, including therapy, lifestyle changes and education.
- + Evaluate and adjust treatment interventions as needed.

### 3:45 P.M. - 4:45 P.M.

#### ATTENTION, PLEASE! ADD ACROSS THE LIFESPAN

#### PURPOSES/GOALS

This session covers ADD recognition and management across ages, reviewing features, diagnostics and treatments, with emphasis on individualized care, monitoring and addressing side effects to improve concentration and quality of life.

#### COURSE OBJECTIVES

- + Describe ADD features, screening tools and diagnostic criteria for all ages.
- + Develop management strategies using behavioral and pharmacologic measures.
- + Discuss monitoring effectiveness and managing side effects.

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

#### IMMUNOLOGY & IMMUNIZATION: FOLLOW THE YELLOW BRICK ROAD?

#### PURPOSES/GOALS

This session takes participants on a guided journey through the immune system discussing vaccine technologies including mRNA, live-attenuated and recombinant types as well as addressing patient hesitancy and navigating immunization challenges in primary care.