

Saint Louis University School of Nursing 22nd Annual Advanced Practice Nursing Conference & Skills Workshop

October 3-4, 2019

Individual Day Early Bird Pricing: \$200.00, Both days Early Bird Pricing: \$375.00

Individual day attendance Regular Pricing: \$220.00, Both Days: \$400.00

Advance Suturing

This workshop is designed for the Advanced Practice Nurse that would like to become more proficient in suturing and wound care. This workshop will review anesthetic blocks, methods of wound closure (stapling, adhesive tape, tissue adhesive) and suturing (interrupted, horizontal and vertical mattress, intradermal and corner).

Common Dermatological Issues in Primary Care

Shellie Hill, DNP, RN, FNP-BC

This is a session on common dermatological diagnoses made in the primary care setting and a workshop on biopsy techniques. The program is tailored to primary care practitioners and adult and pediatric content is covered. Pathophysiology, epidemiology, clinical presentations and treatments are discussed on many common skin diagnoses. Pictures and clinical descriptions are presented. Biopsy techniques are discussed step by step. Participants then have the opportunity to practice:

- ✚ Excisional, punch and shave biopsies.

Office Procedures

Margaret R. Benz, MSN(R), APRN, ANP-BC, FAANP

This workshop will discuss common procedures performed in adult and family practice ambulatory care settings in relation to their causes, incidence of, indications and contraindications for each procedure, discuss relevant client instructions, and discuss legal issues related to performance of these procedures. Procedures that will be discussed and practiced during this workshop include:

- ✚ Digital and Field Block
- ✚ Paronychia
- ✚ Subungual Hematoma
- ✚ I&D Abscess
- ✚ Removal of Foreign Body
- ✚ Cryo Surgery
- ✚ Punch Biopsy
- ✚ Toe Nail removal

HIV PrEP: Getting to Zero

Enbal Schacham from Coll of Public Health at SLU and William Summers, MD

There are approximately 50,000 new HIV cases diagnosed in the U.S each year. While there have been tremendous advancements in the care provided for persons with HIV infection, these incidence rates have not decreased and continue to become more disparate within certain populations. NPs working in primary care as well as specialty practices can help impact the UNAIDS' goal of getting to zero new HIV infections through training in and provision of Pre-Exposure Prophylaxis (PrEP) for those at increased risk for HIV. This session will provide you with the skills you need to confidently prescribe and manage HIV PrEP

12 lead ECG

Dr. Joanne Thanavaro, DNP, AGPCNP-BC, AGACNP-BC, DCC, FAANP

This workshop is geared for the NP who has beginning knowledge of ECG interpretation. This presentation will review the normal 12 lead ECG and present diagnostic criteria for patients with ischemic heart disease and hypertrophy patterns. Participants will have the opportunity to review cases and diagnose normal and abnormal 12 lead ECGs.

- 📌 Identify normal 12 lead ECGs and describe normal variant patterns.
- 📌 Calculate the axis on a 12 lead ECG.
- 📌 Identify ischemia, injury and infarctions patterns on the 12 lead ECG
- 📌 Contrast ECG criteria for hypertrophy patterns including left atrial enlargement, right atrial enlargement, right ventricular hypertrophy and left ventricular hypertrophy.

Reimbursement for Nurse Practitioner Services: Billing and Coding

Dr. Joanne Thanavaro, DNP, AGPCNP-BC, AGACNP-BC, DCC, FAANP

Most encounters between a nurse practitioner (NP) and a patient has a third party participant; the payer. The reimbursement policies of third-party payers will often determine whether an NP will be able to provide care to a given client on a long term basis. Failing to charge for all billable services can result in unnecessarily low revenues for a practice. Consistent overcoding without documentation that supports the level of visit billed can mean an audit by the Medicare carrier, fines, criminal prosecution for Medicare fraud, loss of Medicare provider status, and loss of license. This session will review the requirements for the five major categories of third party payers. Case presentations will be used for participants to practice billing including the appropriate diagnostic and procedure codes and documenting encounters in a manner that justifies a bill.

Joint Injections & Splinting
Christopher R Hemmer, DNP, ANP

This workshop will address two common hands on skills many providers are not comfortable with. First we will discuss the risk, benefit, and technique of joint injections. The didactic portion will follow with hands on techniques with simulation models as well as palpating on practice partners. The main practice section will cover knee and sub-acromial injections.

The second half of the work shop will include common splinting techniques used in urgent care and office settings. This portion will cover common types of splints used in the non-orthopedic setting. Common application of these splints such as ortho-glass or OCL will be used for hand/ wrist injuries as well as foot or ankle injuries. We will have a hands on section of splint application of upper and lower extremities. It is recommended to wear comfortable loose fitting cloths for this workshop.

Pediatric Sports Physicals and other common pediatric disorders

More to come...

Friday Conference Presentations

Participants will have the option to choose two morning sessions and two afternoon sessions.

Morning Session A (choose 1)

Osteoporosis Beyond Bisphosphates
Christopher R Hemmer, DNP, ANP

Osteoporosis is an increasing common disease process which is under diagnosed and treated. It is estimated that over 2 million new osteoporotic fractures will occur each year with this number increasing as the population ages. This presentation will cover some of the basics of osteoporosis diagnosis and treatment as well as include more advanced therapies such use of anabolic medications and RANKLE inhibitor. Discussion of Bone Density studies, FRAX, VFA, and labs will also be included.

Hot Topics in Pediatric Mental Health

Angela Williams, FPMH-NP

This session will include the most current hot topics in Pediatric Mental Health when we polled our audience over the past few years. This interactive session will cover assessment, diagnosis and management. Some of those topics include ADHD, Depression, Anxiety, etc.

Medication-Assisted Treatment (MAT): NPs Role in Substance Use Disorders

Matthew Ellis, MPE

NPs in Primary Care, Psychiatric-Mental Health, and Acute Care at some point will interact with patients dealing with substance use disorders. The emergence of Medication-Assisted Treatment and the need for training and registration can be daunting. This session will help you wade through the process of becoming a MAT provider and address the challenges and considerations for practice.

Morning Sessions B (choose 1)

Hot topics in Sexual Health

Hilary Reno, MD

Management of STIs in St. Louis: The session will cover how to provide high quality testing and treatment of sexually transmitted infections as one prevention measure.

Other topics included will be an overview of STIs of importance focusing on gonorrhea and syphilis, CDC STI treatment guidelines, and new and emerging STIs.

Fast Track: Delirium, Dementia & Gero-pharmacology:

Geralyn A. Ochs MSN, APRN, AGACNP-BC, ANP-BC, FAANP, Margaret R. Benz, M.S.N.(R), APRN, ANP-BC, FAANP & Catherine Kush, DNP, RN, GNP-BC

This presentation offers 3-30 minute presentation by 3 different expert presenters on the above topics:

- Delirium: "Is it confusion, dementia or something else?"

Overview of management of delirium: tools for targeting underlying etiology. Current guidelines recommend a systematic and team-based approach to the diagnosis of delirium.

- Dementia: "I don't remember who you are but I know I love you!"

Overview of the current evidence-based practices for assessment, treatment, and interventions for care of the individual with dementia. Specific focus on risk factors, diagnosis/evaluation, treatment and current research.

- Gero-pharmacology

Focus on the top ten concerns, consequences and concepts related to poly pharmacy in the geriatric population. Including beers list, drug interactions, physiologic changes that effect pharmacologic treatment in the older population

Focus on Pediatric Asthma- Optimizing Care

Anne E. Borgmeyer, MSN RN CPNP AE-C

This session will give an overview of asthma assessment and treatment. Discussion will include current guidelines for chronic and emergency care, encouraging adherence, and trends in treatment of severe asthma. The format will be case-based and interactive.

Afternoon Sessions A (choose 1)

Pediatric Updates

Renée L. Davis, DNP, RN, CPNP-PC

This interactive session will highlight the current issues in pediatrics. The session will combine lectures, screenings, guidelines, case studies, and question-and-answer to allow participants the opportunity to interact directly with the presenters and their colleagues.

Top Ten Guidelines

Joanne Thanavaro DNP, AGPCNP-BC, AGACNP-BC,DCC, FAANP

Evidence-based practice is the conscientious use of current best evidence to make decisions about patient care. It incorporates the use of clinical practice guidelines, the clinician's expertise and patient preferences. This presentation will outline the specific recommendations of 10 of the newest guidelines published in 2018 for patients with cardiovascular, respiratory, GI, endocrine and infectious diseases and summarize how to incorporate them into your clinical practice.

Afternoon Sessions B (choose 1)

Sugar Free Endocrinology

Jerome E Thurman, MD, MHA, FACE

Endocrinologists diagnose and treat conditions related to the endocrine system, which includes your glands and hormones. Your endocrine system influences nearly every system in your body by controlling metabolism, growth and development, and reproductive health. This presentation will be a lively presentation on various endocrine disorders with the exception of Diabetes Mellitus.

Co-managing the CKD patient: from a nephrology perspective

Andrea Latta, APRN

The goal of this session is to refresh the knowledge that participants likely have about the CKD patient. It will include common complications, pitfalls of care, and co-management with Nephrology. We will cover everything from the basics of what to know about CKD, to AKI, and when to refer and what happens after the patient is on dialysis.

Human Trafficking: Are we Rescuing or Empowering ?

Becky Sarabia, WHNP-BC

Human trafficking involves the use of force, fraud or coercion and globally, is a multi-billion dollar business. Advanced Practice Nurses are in key positions to screen and provide appropriate interventions, if an awareness of this complex problem exists. This session will provide a review of trafficking risk factors, warning signs and health implications, then address some of the myths surrounding trafficking. The session will conclude with a review of patient-centered protocols and address some of the pitfalls that may occur.