

**Saint Louis University School of Nursing 21<sup>th</sup> Annual Advanced Practice  
Nursing Conference & Skills Workshop**

October 4-5, 2018

One day: \$220.00

2-day: \$400.00

**Thursday Workshop Sessions**

Participants will have the option to choose one morning and one afternoon workshop

**Morning Sessions (choose 1)**

**Advanced Suturing**

Geralyn Ochs, MSN, APRN, AGACNP-BC, ANP-BC, FAANP

This workshop is designed for the Advanced Practice Nurse that has had minimal suturing experience. This workshop will review anesthetic principles, wound preparation, and suture selection. Local anesthesia and digital blocks will be discussed. Advanced suturing techniques including horizontal and vertical mattress, interrupted sutures, corner suture, subcuticular suture will be demonstrated and practiced. Current St. Louis University students should not enroll in this course.

**Orthopedic Exam Techniques**

Dr. Christopher Hemmer, DNP, ANP

Orthopedic examination continues to be a weak area for many primary care providers. However, musculoskeletal complaints, especially back pain, shoulder, and knee pain are some of the most common reasons for primary care visits. Increase your comfort level and a better understanding of the techniques of the examination and their meaning. Participants will work in groups as preceptors assist with questions. Practice common orthopedic and lumbar spine examinations. This is a hands on workshop so please wear comfortable clothing. Participants should have at least a basic understanding of common orthopedic testing to get the full benefit of this workshop

**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.

## **12 lead ECG Interpretation**

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.

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

## Afternoon Sessions (choose 1)

### **Reimbursement for Nurse Practitioner Services: Billing and Coding**

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.

### **Introduction to radiographic Imaging**

Dr. Christopher Hemmer, DNP, ANP

This is an introduction of basic radiological interpretation for the office based and urgent care based NP. Topics will include introduction to chest radiology, skeletal, and abdominal studies. We will review relevant anatomical landmarks found on the studies as well as common pathological findings such as fracture, pneumonia, and obstruction. Many digital x rays will be reviewed with pearls to assist the clinician in a better understanding of normal vs abnormal anatomy. This course is designed for those with minimal "exposure" to radiographic interpretation. This course is designed for FNP and ANP and only minimally discusses pediatric utilization.

Advanced imaging is beyond the scope of this presentation.

### **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 Blocks, Care of Paronychia, Abscess and Cyst as well as Punch Biopsy and Portable Cryosurgery just to name a few.

### **Advanced Suturing**

Karen S. Moore, DNP, APRN, ANP, BC, FAANP

This workshop is designed for the Advanced Practice Nurse that has had minimal suturing experience. This workshop will review anesthetic principles, wound preparation, and suture selection. Local anesthesia and digital blocks will be discussed. Advanced suturing techniques including horizontal and vertical mattress, interrupted sutures, corner suture, subcuticular suture will be demonstrated and practiced. Current St. Louis University students should not enroll in this course.

## **Friday Conference Presentations**

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

### **Morning Session A (choose 1)**

#### **New Medication Updates**

Golden Peters, PharmD, BCPS

In 2017, 46 new medications were approved by the FDA and there have been 5 new medications approved in 2018, thus far. The presentation will highlight the each medications indication, specific mechanism of action, dosing information, contraindications, precautions, adverse drug reactions, drug interactions, special administration techniques (when needed), and potential place in current therapy. The presentation will also highlight any special patient instruction or monitoring parameters for providers to take into account when prescribing these new medications. (e.g. injection techniques, priming requirements).

## **Providing Competent Care for Gender Expansive Youth**

Casey E. Lofquest, MSN, RN, CPNPBCPS

An explanation of gender terms and definitions, discussion of the prevalence of gender expansive children and young adults in the U.S. and the process of gender transition, and recommendations for providing gender affirmative care in your practice.

### Morning Sessions B (choose 1)

#### **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.

At the completion of the session the advanced practice nurse will be able to:

1. Summarize key recommendations for 10 newly published evidence-based guidelines.
2. Discuss appropriateness of their use in clinical practice.
3. Incorporate the use of new evidence-based guidelines into the practice environment.

#### **Pediatric Updates**

Renée L. Davis, DNP, RN, CPNP-PC & Michelle Papachrisanthou, 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.

### Afternoon Sessions A (choose 1)

#### **Infectious Disease Updates**

Karen S. Moore, DNP, APRN, ANP, BC, FAANP

Session description coming soon

### **Expanded Pediatric Mental Health**

Angela M. Williams MSN, RN, FPMHNP-BC

This session will cover the following topics: Conduct disorder, Aggression, OCD, Suicide, Self-mutilation, ADHD that can be stand-alone diagnoses as well as accompany other more commonly seen mental health diagnoses. This will include a group discussion component that will include neuropsychiatric underpinnings and accessing the system

### **Advanced Spinal Imaging: MRI or not to MRI**

Dr. Christopher Hemmer, DNP, ANP

This course is designed for those providers who treat adult patients with spinal disorders. Back and neck pain is a common complaint in the office as well as hospital based care. The presentation will educate the provider about what type of imaging and or contrast is suggested for different types of spinal presentations. This course will focus on pathology related to spine and will not address uses of advance imaging for other pathology. Multiple case studies will be used to enhance the learning opportunity.

### **Afternoon Sessions B (choose 1)**

#### **Current Guidelines for the diagnosis and management of acute abdominal pain in adults**

Geralyn Ochs, MSN, APRN, AGACNP-BC, ANP-BC, FAANP

This session reviews a diagnostic approach to non-traumatic abdominal pain. We will discuss which patients can be safely observed or treated symptomatically and which patients require further investigation or referral

#### **Pediatric Dermatology**

Shellie Hill, DNP, RN, FNP-BC

Common dermatological issues in pediatrics will be discussed. Medication and treatment options for these dermatological conditions will be addressed as well as home and lifestyle management. Case studies with photos will be presented and will be interactive with the participants.