

Saint Louis University School of Nursing 7th Annual Advanced Practice Nursing Skills

February 15th, 2019

Early Bird Pricing: \$200.00, Beginning on January 4th: \$220.00

OSA Diagnosis and Management...Plus Other Pearls of Sleep Medicine

Melissa Carlucci, DNP, APRN, ACNP-BC

This session will provide a detailed discussion of obstructive sleep apnea (OSA), in addition to a brief review of other sleep disorders such as insomnia, restless legs syndrome, and narcolepsy. It will be divided into three sections: OSA diagnosis, OSA management, and other sleep disorders. Specific OSA topics to be reviewed include: pathophysiology and link to cardiovascular disease, OSA screening, key elements of the sleep history and physical exam, polysomnography versus home sleep testing for diagnosis, CPAP and other modes of PAP therapy including equipment, CPAP compliance, lifestyle modifications, and other management strategies including oral appliance therapy and surgical procedures.

Office Spirometry made Simple

Dwight M. Jones Jr., MSN, APRN, NP-C, RRT, EMT

The objectives of this workshop are to highlight various aspects and the use of Spirometry. Objectives include:

- ✚ indications for office spirometry,
- ✚ How to Perform ,
- ✚ Explain Post Bronchial spirometry,
- ✚ How to interpret results

We will further discuss applying the results to various respiratory illnesses: Asthma diagnosing, COPD diagnosing, categorizing severity, and detecting Restrictive Disease.

Introduction to Radiographic Imaging

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 land marks 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.

Heads up: Don't be blind to the diagnosis
Head, Eyes, Ears, Nose Throat Procedures
Geraldyn Ochs MSN, APRN, AGACNP-BC, ANP-BC, FAANP

The workshop will highlight the specific procedures that are required of Nurse Practitioners in the management of HEENT emergencies:

- ✚ paraspinous cervical nerve block
 - ✚ dental nerve blocks
 - ✚ I & D periapical abscess
 - ✚ foreign body (ear) removal
 - ✚ auricular block
 - ✚ needle aspirations
 - ✚ tonometry
 - ✚ intraocular pressure readings

Advance 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.*

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

The Child Athlete: Introduction to the Preparticipation Physical Evaluation, Pearls to Physical Examination, and Common Pediatric Sports Injuries

Christopher Kim, MD

Introduction to the Preparticipation Physical Evaluation (PPE), including indications and key aspects, followed by a closer look at the musculoskeletal assessment of the child athlete. The major focus of the presentation will include discussion of common pediatric sports injuries, and pearls to physical examination of the injured athlete.