

25th Annual Saint Louis University Valentine School of Nursing  
Advanced Practice Nursing Skills Workshop & Conference: October 6-7, 2022.



Thursday, October 6, 2022

Morning Sessions:

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.

Pediatric Potpourri:

Joy Stark, RN, MSN, CPNP-PC & Deborah Loman, PhD, APRN, CPNP-PC

This workshop will discuss several pediatric topics that are frequently encountered in the clinic setting. This session will lead off with inflammatory Bowel Disease in Children and Adolescents: Assessment, diagnosis and up to date treatments. Then we will delve into neurodevelopmental Disorders in Children: Early identification of developmental delays, autism spectrum disorder and ADD/ADHD. Lastly Dr. Deb Loman will continue into Missouri Sports Pre-participation physical exam.

## Wound Care & 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.

## Do You See What I See? Radiologic interpretation for the PCP

Dr. Christopher Hemmer, DNP, ANP, ONP-C, FAANP

This course will discuss the relevant radiological anatomy with common normal and abnormal findings. This course is designed for those who are new to practice or need some help with radiology interpretation. We will discuss CXR in moderate detail as well as common COVID-19 presentations. Skeletal x-ray and common degenerative as well as traumatic findings will be reviewed. Lastly, a short period of time will be spent discussing the rationale for ordering advanced imaging such as CT, MRI, and US. Risk and benefits of these advanced imaging techniques will be reviewed.

### **Afternoon Sessions:**

## Heads up: Is this an HEENT emergency? Don't be blind to the diagnosis

Geralyn 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 block, dental blocks, foreign body removal from ears, auricular blocks, slit lamp and tonometer techniques, intraocular pressure readings, I & D of pharyngeal abscesses.

## Dermatology Across the Lifespan

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.

## Unmasking the "Woo Woo": A Practical Guide to Integrative Health in Daily Practice

Alison Kuhn, DNP, APRN, FNP-BC, CEN

This workshop offers participants an overview of integrative health strategies for treating the whole person focusing on evidence-based interventions that support mind-body-spirit wellness and healing. Participants will receive a summary of teachable self-care and clinical approaches to address common diagnoses in advanced nursing practice. Additionally, participants will dive deeper into mind-body-spirit interventions through observation, practice, and demonstration. Participants will receive practical take-away interventions that support their health and wellness and that of their patients.

Integrative Health Techniques Live/Video Demos include breath work, mindfulness, meditation, acupressure, guided imagery, aromatherapy - making a personal inhaler, healing arts, vision boards, energy healing - Healing Touch, movement therapies, acupuncture - Battlefield Acupuncture (BFA) technique, and nutrition approaches including anti-inflammatory diet.

## 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

Friday, October 7, 2022:

Participants have the option to pick their sessions from one track or move around between the different tracks to their preferred sessions.

**Adult NP Track:**

Top 10 Adult Guidelines 2022:

Session description coming soon!

Fast & Furious Urgent Care Pearls:

Karen S. Moore, DNP, APRN, ANP-BC, FNP-C, FAANP, FAAN & Dr. Christopher Hemmer, DNP, ANP, ONP-C, FAANP

Whether you are considering a career in urgent care or already working in urgent care, knowing when to refer, and what to expect in this setting can be challenging. This presentation will provide an overview of eye injuries, lacerations/simple sutures, simple sprains and fractures and common abdominal/respiratory presentations. Differentials, red flags, and options for imaging and treatment will be explored utilizing case- based scenarios.

Antibiotic Updates 2022:

Shanna Chapman, DNP, FNP-C, FAANP, APRN

An engaging session gearing the attendee to understand the importance of being a good antibiotic steward. Next, learners will be educated on the new treatment guidelines for sexually transmitted infections that have changed due to antibiotic resistance as well as new treatment for h. pylori. This will be followed up with discussions of new antibiotics/antivirals/antifungals that are available to prescribe. Last, there will be a case study and time for questions and answers.

Diabetes Management Updates:

Jerry Thurman, MD

Providers of every different specialty encounter diabetic patients in their practices. This session will provide the latest in diabetes management updates including newer SGLT and GLPs. We will also do a brief overview of population health and how it affects the patients we serve. Be prepared for an interactive session and answers to all your diabetic questions!

## **Pediatric/Family Track**

### Pediatric Updates 2022:

Session description coming soon!

### New Ways to Manage Asthma - 2020 Updates to the Asthma Guidelines

Anne E. Borgmeyer, DNP, RN, CPNP-AC, AEC

Session description: This session will review the 2020 Focused Updates on the Management of Asthma as well as strategies to implement changes to the guidelines and possible barriers to implementation. Details of Single Maintenance and Reliever Therapy (SMART) will be discussed. The session will include discussion of case studies and Q & A. Audience Response Therapy or audience polling will be utilized.

### Care of Gender Expansive Individuals in the Primary Care Setting

Casey E. Lofquest, MSN, RN, CPNP

This session will help primary care providers understand how to best provide affirming care to gender expansive (transgender and non-binary individuals, and others who identify as a gender other than their sex assigned at birth) individuals. Transgender people have frequently reported mistreatment and discrimination in various health care settings, which often prevents them from seeking necessary medical care. In many cases, gender expansive individuals have had to educate their own health care providers regarding the care they need. We will discuss basic LGBTQ+ terminology, how to be respectful throughout the health care/office setting, and how to help individuals of all gender identities feel more comfortable and welcomed in your practice. Transgender people face many health disparities, and this session will aim to do a small part in helping to work toward achieving health equity for this marginalized group.

### Fall Respiratory Illnesses: Pumpkins, Pertussis, and Pulmonary Puzzlers

Karen S. Moore, DNP, APRN, ANP-BC, FNP-C, FAANP, FAAN

The leaves are turning colors, pumpkin spice is everywhere, and now comes the sniffing, sneezing, coughing, and wheezing! As COVID19 has joined the more common fall illnesses such as RSV, rhinovirus, and influenza, it is important to know how to work through common and not so common respiratory illnesses. This presentation will look at respiratory illnesses including their signs/symptoms, key factors, and treatments. Also included will be information on some emerging infectious illnesses such as monkeypox and polio.

## **Acute Care Track**

### SEPSIS

Karen Scaglione, DNP, APRN, AGACNP-BC, ACNP-BC, CLNC

During this session participants will be introduced to the definition of sepsis, be able to identify high risk patients, as well as management of sepsis. They will learn optimal antibiotic therapy,

adjunctive treatments, how to best assess volume status and interpret blood cultures results. Moreover, participants will learn to recognize the difference between clinical definitions and surveillance definitions in reporting of sepsis.

### Acute abdominal pain in the hospital

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

Acute abdominal pain requires an expeditious evaluation because a missed or delayed diagnosis may lead to significant morbidity and mortality. This session discusses the important features in the H & P exam, the diagnostic tests that have the greatest impact in the diagnosis, and the metabolic/endocrine/hematologic/immunologic disorders that cause acute abdominal pain simulating an acute abdomen. Specific diagnostic challenges will focus on high risk groups especially the elderly population

### Cardiac Pacing

Session description coming soon!

### Syncope in the Hospital Setting:

Session description coming soon!