

20th Annual

Coming Together *in* Advanced Practice



Conference

April 15 & 16, 2010

Holiday Inn Select Executive Center

Columbia, Missouri



Presented by:
Missouri Nurses Association
and Missouri Coalition of Nurses in Advanced Practice





20th Annual Conference, April 15 & 16, 2010
Holiday Inn Select Executive Center, Columbia, Missouri

Coming Together *in* Advanced Practice

Presented by: Missouri Nurses Association and Missouri Coalition of Nurses in Advanced Practice

This conference will help you to:

- Develop clinical skills and knowledge applicable to advanced practice nursing.
- Describe current and future trends impacting advanced practice nursing.
- Network with nurses in various specialties of advanced practice nursing.
- Network with a number of health care service representatives to learn the latest state of the art technologies and pharmaceuticals available.

Who should attend:

This conference is designed for advanced practice registered nurses who are recognized as nurse practitioners, and clinical nurse specialists.

Location & Lodging

The conference will be held at the Holiday Inn Select, 2200 I-70 Drive SW, Columbia, Missouri. A block of rooms has been reserved at \$89.95 for multiple occupancy (up to four people). **Make your hotel reservations no later than March 17, 2010;** at 1-800 HOLIDAY (465-4329) identify yourself with the Missouri Nurses Association under group block **MNO**.

The Holiday Inn Select is centrally located and easily accessible from I-70. Conveniently situated across from the Columbia Mall, near downtown, as well as the University of Missouri-Columbia Campus, the Holiday Inn Select offers access to varied leisure opportunities. Ample parking is available at the hotel.



Keynote Speaker

Judith Fitzgerald Miller, PhD, RN, FAAN, assumed the role of Dean and Professor of the University of Missouri, Sinclair School of Nursing on August 1, 2008. Dr. Miller received her PhD in nursing from the University of Illinois at Chicago and completed a postdoctoral fellowship there in 1987. Her baccalaureate in nursing is from the University of Wisconsin-Madison with her master's in nursing from Marquette University. Her faculty appointment to Marquette began in 1971. Dr. Miller served as Marquette University's College of Nursing Interim Dean with previous roles as Associate Dean for

Academic Affairs and Associate Dean for Graduate Programs.

Dr. Miller was able to develop curricular innovations at Marquette University including the Executive MSN Program, the MSN/MBA, the Direct Entry Program for non-nurses, (MSN for RNs with non nursing bachelor's degrees), the MSN for Clinical Leadership, the PhD and DNP programs. Building key stakeholder relationships/fundraising, personnel management, fiscal management, advancing scholarship productivity of the faculty, launching an Institute for End of Life Care Education and so forth have all been accomplished. Advancement of the careers of students, practicing nurses and faculty, as well as ongoing development of the discipline of nursing have characterized Dr. Miller's career.

Judith Fitzgerald Miller has made distinct contributions to the discipline of nursing through her program of research on psychosocial responses to chronic illness and through the resulting publications including three editions of her book, *Coping with Chronic Illness: Overcoming Powerlessness*. A series of five studies on hope beginning with exploratory, qualitative designs and evolving to studies using triangulated methods have been completed. Most noteworthy in the hope studies has been the development and psychometric testing of the Miller Hope Scale. The publication in *Nursing Research*, describing the instrument development process has been used as a model by other researchers. Other studies on hope have substantiated the importance of family hope and client hope in adjustment to chronic illness. Dr. Miller has contributed to the theoretical and clinical knowledge base on hope.

Judith Miller's professional leadership is noted by her officerships in Sigma Theta Tau International (Research Committee member and chair), Publications Committee member and chair of the Journal of Nursing Scholarship Review Committee. She held offices in ANA Council for Nurse Researchers and the Midwest Nursing Research Society. She was appointed to the national Task Force on the Implementation of the Clinical Nurse Leader (CNL) for the American Association of Colleges of Nursing. Currently she serves on the CNL Certification Advisory Board and on the newly formed CNL National Steering Committee. Her emphasis on health promotion also enabled her to be a resource for the Australian Council of Community Health Nurses as well as the Victorian Order of Nurses in Canada.

Her dedication to enabling disadvantaged students to obtain graduate degrees is noted through her success in obtaining Department of Education, Patricia Roberts Harris Fellowship to support minority graduate students. She was involved with implementing a Federal earmark to Marquette University to increase numbers of underrepresented students in nursing and engineering in cooperation with a technical college. She has obtained graduate traineeship assistance annually from HRSA. Dr. Miller received six years funding from HRSA to initially support the development of the PhD program in nursing to prepare teacher/scholars. The latest PhD funding focused on development of breadth and depth of science related to vulnerability and increasing enrollment of minority scholars.

Conference Agenda

Thursday, April 15

7:30 – 8:15 a.m.

Registration, Exhibits, Networking

8:15 a.m.

Welcome and Announcements

Helen Feldker, APRN, FNP-BC and
Beth Lonberger, APRN, FNP-BC

8:30 – 9:30 a.m.

GENERAL SESSION

Advanced Practice Nursing for the Future

Judith Fitzgerald Miller, PhD, RN,
FAAN

Given the state of health care for Missourians and beyond, this presentation will analyze the future role and demand for advanced practice nurses. We will review population segments, health demands and costs for specific health segments. We will also discuss the power of nurses to influence individuals, families and society and forecast for the future.

9:30 – 10:00 a.m.

Break, Exhibits, Networking

10:00 – 11:30 a.m.

CONCURRENT SESSIONS

1. Osteoporosis: Understanding the Triad of Calcium, Phosphate and Vitamin D

Uzma Khan, MD

This presentation will discuss the pathophysiology of osteoporosis, and how phosphate and calcium metabolism and the actions of vitamin D play a role. Tips on how to diagnose osteoporosis and current management techniques will also be discussed.

2. Chronic Illness and Pregnancy: Strategies for Primary Care Providers

Gina Harris, RN, PNCNS, WHNP-BC

As the reproductive population ages, the risk for chronic illness increases. This presentation will address the most common chronic conditions, their impact on pregnancy and pregnancy's impact on the illness. Recommendations for counseling and management, including medication management, prior to referral will be outlined.

3. Advances in Interventional Pain Management

Jeffrey Tiede, MD

This presentation will provide a brief summary of some complicated pain pathologies and the standard and emerging treatment of these aforementioned conditions.

11:30 a.m. – 12:30 p.m.

Exhibits and Luncheon



12:30 – 1:30 p.m.

LUNCHEON ADDRESS

Stress Management: The Power Within You

Cindy Feutz, ACNS-BC

This presentation will provide a definition of stress via group participation initially, followed by a stress management model in which cognitive distortions/irrational beliefs are identified as part of the stress response. Followed up by cognitive beliefs inventory and discussion on how to refute irrational beliefs to reduce the stress response within us.

1:30 – 2:00 p.m.

Break, Exhibits, Networking

2:00 – 3:30 p.m.

CONCURRENT SESSIONS

4. *Childhood Obesity and Metabolic Syndrome: Diagnosis and Treatment Options*

Angie Younker, RN, BSN, PNP Student

This presentation will provide pediatric health care providers with quick and easy diagnostic tools to correctly identify overweight and obese pediatric patients. Myths surrounding metabolic syndrome in children will also be clarified. Participants will leave this session with effective treatment options to combat childhood obesity.

5. *Peri-anal Pathology: Diagnosis and Treatment of Common Disease*

Susan Felton, MSN, FNP-BC, APRN

This presentation will discuss the more commonly encountered pathologies of the anus and rectum,

the signs, symptoms, diagnostic tests needed as well as currently accepted treatment options. Controversial diagnoses and diagnostic strategies will also be addressed. The presentation will also include numerous photographs to assist the attendee in making an accurate diagnosis.

6. *Baby BEEP: A Portrait of Down and Out in Rural America*

Linda Bullock, PhD, RN, FAAN

This presentation will provide research findings from a large randomized controlled trial from 21 WIC clinics in Missouri. The outcomes of a smoking cessation intervention as well as birth outcomes and prevalence of intimate partner violence will be presented. Clinical implications of these results will be presented.

3:30 – 4:00 p.m.

Break, Exhibits, Networking

4:00 – 6:00 p.m.

GENERAL SESSION

Advanced Practice: SB 724 Status & Legal Issues with Electronic Medical Record (EMR)

Jill Kliethermes, APRN, FNP-BC, and Richard Watters, JD

This presentation will describe the status of proposed rules for implementing SB 724's provisions on controlled substances prescriptive authority and will discuss the legal issues surrounding accessibility, privacy and security of electronic medical records (EMRs).

Friday, April 16

7:00 – 8:00 a.m.

**Continental Breakfast
& Registration**

8:00 – 9:30 a.m.

CONCURRENT SESSIONS

7. HIV Primary Care Guidelines

William Roland, MD, FACP

This presentation will identify what the primary care provider needs to know about the diagnosis and management of HIV. The history of HIV, rationale for universal testing, and HIV management guidelines will also be discussed.

8. Update on Bipolar Disorder

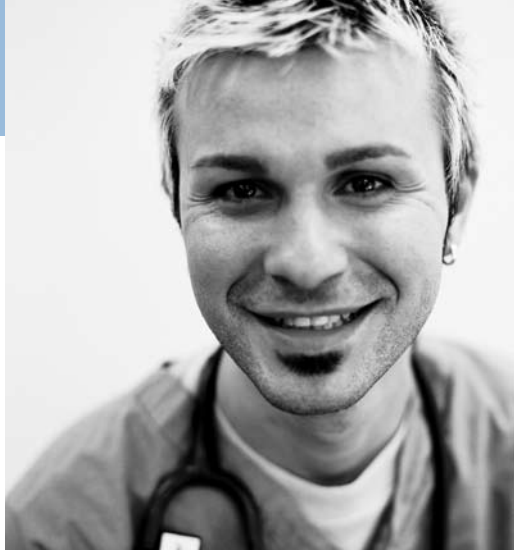
Jessica Nittler, MD

This presentation will discuss the current rates of bipolar disorder and its impact on healthcare. This session will also review the diagnosis criteria for the disorder, current pharmacological treatment and monitoring options, and management techniques.

9. Treating Type II Diabetes Mellitus with Incretins and Modern Insulins

Kathy Ayers, APRN, CDE

This presentation will demonstrate how easy it is to initiate treatment of type II diabetes mellitus with the new incretins and modern insulins available. Participants will review the clinical features, therapeutic benefits, administration, and safety information for each of the injectables presented.



9:30 – 9:45 a.m.

Break, Networking

9:45 – 11:15 a.m.

GENERAL SESSION

INFLAMMATION - A Key Factor When Studying Breast Cancer, Chronic Pain, Abdominal Obesity & Cardiovascular Disease in Our American Population

Nan Borchardt, RD, LD, CDE

Inflammation is necessary for life as it allows us to fight injury and infection. However, persistent inflammation caused by an imbalance of pro-inflammatory and anti-inflammatory chemicals leads to constant inflammation and chronic illness. Classic inflammation causes pain and resolves when wounds heal and infection is cured. Silent inflammation is not noticed until it begins to slowly damage the body's organs and cells. The foods we eat along with the biochemistry of basic supplementation compounds really do make a difference! We'll explore a number of interesting angles involved with "silent" inflammation during this session.

Conference Agenda

11:15 a.m. – 12:00 p.m.

Luncheon

12:00 – 1:00 p.m.

LUNCHEON ADDRESS

Women & ♥ Disease: State of the Art

Joni Thanavaro, DNP, APRN, ANP-BC, ACNP-BC, DCC

Heart disease is the number one killer of women. Preventative measures, making correct diagnosis and delivering appropriate treatment are imperative for the reduction of morbidity and mortality associated with cardiovascular disease in women.

1:00 – 1:15 p.m.

Break

1:15 – 2:45 p.m.

CONCURRENT SESSIONS

10. Update on New Medications Used in Primary Care

Laura Butkievich, PharmD, BCPS

This presentation will review new medications that have been FDA approved in the last year for use in primary care. We will discuss dosing, adverse effects and pharmacology of these new medications and the role of these new medications in current therapy.

11. Clinical Pearls in Neurology

Justin Malone, MD

This presentation will utilize case studies to discuss common neurologic clinical situations seen in primary care and identify appropriate actions to take.

The presenter is soliciting case studies from participants to use and respond to during this presentation. Information on how to submit

potential case studies will be sent out via the APRN listserv. Please watch the listserv for the announcement and directions on how to participate.

12. The Art of Mindful Living: An Experiential Workshop

Peter Holmes, PhD

The intention of mindfulness-based stress reduction (MBSR) is to give participants the tools to live a more mindful, aware life so that they can be more present in the moment and remain calm, relaxed, and focused even when life is tough. This presentation will be an experiential workshop where participants will learn techniques to help reduce stress.

2:45 – 3:00 p.m.

Break, Networking

3:00 – 4:30 p.m.

CONCURRENT SESSIONS

13. Care of the Post MI Patient

Mary Dohrmann, MD

This presentation will discuss medications, lifestyle and cardiac rehab in the care of a post MI patient.

14. Itching to Know More About

Thyroid Disease: An Immunological Perspective

Stanley R. Horner, DO, MS, FACOP

This presentation will describe the pathology of the evolution of thyroid disease and its associated conditions. It will offer improved insight into the problems and thereby acquiring an effective strategy in managing thyroid disease and its complications in your practice of healthcare.



15. *Common Pediatric ENT Emergencies*

Eliav Govari, MD

This presentation will discuss several common pediatric ENT emergencies seen in primary care. Diagnosis of these emergencies along with current management techniques will also be described.

4:30 p.m.

CONFERENCE ADJOURNS

Exhibits

Commercial vendors are invited to exhibit at this conference. Exhibit space will be available at the Holiday Inn Select Executive Center. Call Sara Fry, Conference Coordinator at the MONA office at (573) 636-4623, extension 224, or email sara@missourinurses.org for an application or more information.

Arrangements for commercial exhibits have not influenced the planning of or interfered with the presentation of this education activity.

Plan Ahead!

2011 Conference - April 7 & 8

2012 Conference - April 12 & 13

Continuing Education Accreditation

ANCC Certified Advanced Practice Registered Nurses: As of 2003, 50% of your contact hours must be provided by an ANCC accredited or approved provider. Participants can receive a maximum of **14 contact hours for attending this activity.**

The Missouri Nurses Association is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

This approval is reciprocal in all states and for all specialty organizations that recognize the ANCC approval process. Please contact your State Board of Nursing if licensed in states other than Missouri, to ensure that this program meets the requirements for your state. Accreditation as a provider refers only to the recognition of continuing education activities and does not imply Missouri Nurses Association or ANCC Commission on Accreditation approval or endorsement of any commercial product

Participants will be required to sign a personal verification of attendance form and will be awarded continuing education credit only for those sessions attended.

Registration and Fees

Fees may be paid by check, cash or credit card. We currently accept VISA, MasterCard and American Express. To pay by credit card, complete the three items of information requested on the registration form and sign the form. You may register by calling the MONA office at (573) 636-4623 extension 224 or by faxing your completed registration form to (573) 636-9576 and charging the registration fee to your credit card. Your charge card company will bill you in the normal way. Please include the billing address and/or zip code of the credit card you will be using as payment. This is used for verification purposes. NOTE: All credit card charges are subject to a 3% processing fee. You may also mail your completed registration form with a check to the MONA office at P.O. Box 105228, Jefferson City, Missouri 65110. Please make all checks payable to the **Missouri Nurses Association (MONA)**. There will be a \$25.00 fee for any returned checks.

Refund/Cancellation Policy

We encourage you to send a qualified substitute if you cannot attend. Registration fees, less a \$20.00 enrollment processing fee, will be refunded to participants who cannot attend and notify the MONA office in writing of the cancellation no less than ten (10) business days prior to the date of the activity. No refunds will be made after that date (April 1, 2010). There will be no refunds due to inclement weather.

Please note the following:

- The Missouri Nurses Association reserves the right to cancel an activity if insufficient enrollment occurs. If cancellation of the activity is necessary for any reason, you will be notified by email or mail and a full refund will be sent to you.
- The Missouri Nurses Association reserves the right to substitute an equally qualified instructor in an emergency.
- Sessions, exhibits, continental breakfasts, lunches and refreshment breaks may be attended only by paid registrants.
- Out of courtesy for participants, infants and children may not attend conference educational sessions.
- Taping/recording is not permitted.
- Parking charges and meals are the responsibilities of the registrants, unless otherwise noted.
- Please bring a sweater or jacket due to variations in temperature and personal preference.

Acknowledgments

The MONA and the MCNAP are grateful to the following agencies for their generous support of this conference (as of printing):

**Barnes-Jewish College Goldfarb
School of Nursing**

**Cookie Lee Jewelry
Kwalu, LLC**

**Lippincott, Williams & Wilkins
McCallum Place**

**MODHSS-Heart Disease & Stroke
Prevention**

**Missouri Primary Care Association
St. Luke's Hospital**

Special Needs - If you have special needs such as dietary requirements, please notify the MONA office at (574) 636-4623 no later than April 1, 2010. Reasonable efforts will be made to accommodate your needs.

Americans with Disability Act - If you have special needs addressed by this ACT, please notify the MONA office before April 1, 2010. Reasonable efforts will be made to accommodate your needs.

Conference Planning Committee

Helen Feldker, APRN, FNP-BC
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Sara Fry, Continuing Education Coordinator, Missouri Nurses Association, Jefferson City, MO

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Faculty

Kathy Ayers, APRN, CDE, Family Nurse Practitioner, Internal Medicine, Community Health Systems, Kirksville, MO

Nan Borchardt, RD, LD, CDE, President/CEO, NutritionWerks, Inc., Olathe, KS

Linda Bullock, PhD, RN, FAAN, Professor, University of Missouri, Sinclair School of Nursing, Columbia, MO

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Jeffrey Tiede, MD, Practicing Partner, Columbia Interventional Pain Center, Columbia, MO

Richard Watters, JD, Attorney, Lashly & Baer, St. Louis, MO

Angie Younker, RN, BSN, PNP Student, Registered Nurse, Pediatric Ambulatory Clinic, Springfield Clinic, Taylorville, IL

Registration Form

Name _____
(Please print name and credentials as you would like them to appear on your name badge)

Address _____

City _____ **State** _____

Zip _____ **MONA membership #** (if applicable) _____

Phone (day) _____ **Phone (evening)** _____

Email _____

Email address required for confirmation of registration and receipt of payment.

Concurrent sessions: (Include preferred session by listing the session number)

Thursday, April 15 **1st Choice** **2nd Choice**

10:00 – 11:30 a.m. # _____ # _____

2:00 – 3:30 p.m. # _____ # _____

Friday, April 16 **1st Choice** **2nd Choice**

8:00 – 9:30 a.m. # _____ # _____

1:15 – 2:45 p.m. # _____ # _____

3:00 – 4:30 p.m. # _____ # _____

I would like:

- To make a contribution to MONA-PAC, \$ _____
- To make a contribution to MO Nurses Foundation, \$ _____
- More information on becoming a member of MONA

Total Amount Enclosed: \$ _____

- Check enclosed, or**
- Charge to** (cards listed are only cards accepted):
- MasterCard VISA Am. Express

Card Number _____

Expiration Date _____ Zip Code _____

Security Code (3 digit code on back of card) _____

Card Issued To: _____

Credit Card Policy: Individuals or agencies that use a credit or debit card to pay for products and services from the Missouri Nurses Association will be charged a processing fee of 3% of the total amount per transaction. If a refund is requested, within the appropriate time frame, and the agency or individual has used their credit card in the initial purchase, they will incur a second 3% processing fee to issue the refund.

Guest Meal: If a guest would like to attend either of our luncheons they will need to make reservations at the conference registration table. The cost is \$25/plate each day.

If you have **special needs** such as dietary requirements, please notify the MONA office at (573) 636-4623 no later than April 1, or specify here:

Reasonable efforts will be made to accommodate your needs.

Please note:

Out of courtesy for participants infants and children may not attend the conference educational sessions.



JOIN MONA NOW & PAY MEMBER PRICES!

(please circle your selection below)

Full Registration Fee:

\$300 MONA Members

\$350 Non-Members

\$240 Students*

One-Day Conference Fee:

\$225 MONA Members

\$275 Non-Members

\$175 Students*

Full registration fee (for MONA member, Non-member, student and one-day registrants) includes conference materials, refreshments, luncheons and continuing education credit. No refunds will be made due to inclement weather.

*Spring or Summer 2010 – Two academic courses in cited semester required. Verification must be included for registration to be processed.

Register with your credit card by:

Phone (573) 636-4623, x224

Fax (573) 636-9576

Or mail this form to:

MONA

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Jefferson City, MO 65110





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