

TNP Pulse

Texas Nurse Practitioners | Volume 24 | Issue 3 | Summer 2019

*The voice of Texas Nurse Practitioners
dedicated to improving patient access
to quality health care.*



Message from the President

By: Robert Metzger DNP, APRN, FNP-BC
TNP President & TNP Legacy Member

Spring has come and passed so fast and was an extremely busy time for TNP. I hope that you kept up to date with the legislative session and our bills that were introduced, especially the two that passed to improve practice for NPs in Texas. I want to remind members that legislative success is not only about bills passing but also the progress we make towards our final goals. On that note, I want TNP members to know that we had a very successful session. Please follow up with reading Erin Cusack's report for further updates and by attending our legislative update on TNP conference.

In addition to the legislative session, we had a great Spring Conference and Entry into Practice conference. TNP also assisted in the inaugural Texas DNP conference. Everything helped advance and provide educational opportunities for NPs in Texas.

Even though Summer has come, always know that TNP is working for you behind the scenes. We are already assessing the past legislative session and working hard towards continuing relationships with key legislators and with fellow professional groups, such as Texas Association of Physicians Assistants, to improve our future legislative aspects.'

I want to personally thank all of you for being members of TNP. I am proud of our diverse membership and just how fun it is to belong to TNP. We cannot be where we are today without great members like yourselves. One of the best ways for you to contribute to the organization is to VOTE in our elections, which takes place in May.

TNP is one of the largest NP organizations. TNP continues to represent the profession not only in our state but also across the country. With your continued support, we will only continue to grow. We are just shy of having 5,000 members. My challenge to each member is to find at least one NP that you could get to join TNP. This would only continue to show our Texas legislators just how proud we are of our profession and being NPs.

Please remember that TNP is your organization. We are here to serve you and your professional needs. If there is anything you need to discuss, please bring it to the attention of your affiliate president, a TNP Board member, or any of our

wonderful TNP staff members. We value any feedback or suggestions you have for us.

Elections were completed and we have selected our next officers. Please read our CEO's update regarding elections and our upcoming officers for the 2019-2020 term.

I'll look forward to seeing you at the upcoming Fall conference and the end to my two years as your President. I have truly been an exciting and rewarding experience for me and I enjoyed the ability to lead a wonderful organization and connect with the various members of our organization. I look forward to staying connected, helping grow TNP and interacting with our members in any way possible.

Enjoy your Summer and see you in the Fall! ★

A promotional graphic for the NPs Care 4 Texas conference. The background shows a blurred image of healthcare professionals. Overlaid on the image is a large blue outline of the state of Texas. Inside the Texas outline, the text 'NPs Care 4 Texas' is written in white. Above the Texas outline, the text 'Register Today!' is written in a large, blue, handwritten-style font. To the right of the Texas outline, the text 'TNP's 31st Annual Conference' is written in a red, curved font. Below the Texas outline, the text 'September 5-8, 2019', 'Hilton Austin Hotel', and 'Austin, Texas' is written in a smaller, grey font. At the bottom of the graphic, the text 'Early Bird Deadline: July 31, 2019' is written in a large, red, bold font, and below that, 'Save \$50 off your conference registration!' is written in a blue, bold font.

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From the TNP Office

By: Emily S. Eastin, CEO

School is out and summer is underway. Although 2019 has proven to be busier than ever for TNP, we are excited to begin planning events and initiatives that will provide even more value to your membership. Our 31st Annual Conference will be held in Austin this September. Our Legislative Champions Dinner will feature “songwriters in the round” concert performed by singer-songwriters from the Austin Songwriters Group! And, back by popular demand we will once again be going to Esther’s Follies, a political satire show on Saturday evening. These events are fantastic opportunities to network and enjoy time with old and new friends! Of course, not to mention the fantastic line up speakers including 14 workshops, 7 tracks every hour and the ability complete the necessary BON requirements for Ethics/Jurisprudence, Controlled Substance and Geriatrics.

2019 has been exciting, but has also provided some heartbreak. Losing two of our members suddenly Katie Russel and Kim Oas, we have quickly learned how precious life is. The TNP family has come together during these difficult times and provided support, love and a means to allow their legacies to live on through scholarship programs. It is my hope that all of our members feel that TNP is something special. We are a family and we were there for one another during the good and bad times. It is my hope that TNP will create a culture at this conference and every event that we are a unified organization of friends and family. Bringing new NPs into the fold, developing leaders and coming together as one.

Member Engagement

Get Involved

Each year TNP does a call out encouraging TNP members to become an active member of TNP. We have an open process for our members who wish to get involved. Please complete the following information <https://www.texasnp.org/page/GI2019> and let us know what you are interested in. Over the summer we will be making appointments and will begin with the new committees in August/September. Feel free to share this information at your upcoming meetings; however, individuals must be a member of TNP to be considered. This is a great way to start becoming a leader of TNP.

Award Nominations Now Being Accepted

Award nominations are now being accepted until July 1. All award recipients will be recognized during TNP’s Annual Fall Conference in Austin, September 5-8, 2019.

In addition to our TNP of the Year, Preceptor of the Year award we have opened nominations up for the Rising Star Award (NEW), Visionary Award and NP Student Leadership Award (NEW).

For more information about the awards, nomination process and past winners, please [click here](#).

Education

In just 5-months, TNP has hosted a National NP State Summit, Spring

Conference (record attendance) Entry Into Practice: From RN to NP as well as a new conference Texas DNP in collaboration with TNP affiliate Texas DNP. In addition, TNP hosted several webinars available only to members of TNP. We look forward to continuing to offer programs that meets the needs of our members. If there is a topic you would like to see offered or if you are interested in presenting, please contact Bella Stewart at bella@texasnp.org. ★



Membership Update

By: Suzanna Rickman, Membership Engagement Coordinator

I hope everyone is enjoying the summer season so far! TNP has been busy the last few months increasing membership and hosting conferences to add more CE and benefits for NPs across Texas. With almost 5000 members, I

am proud of the benefits TNP has to offer to all of you.

Member Benefit Programs

I have highlighted a few of our new benefit programs for members below. For the complete list, be sure to check out the [resources page](#) on the TNP website!

American Academy of Nurse Entrepreneurs (AANE):

AANE is pleased to the Launch Your APRN Practice Course. At TNP we always want to support you in your personal and professional growth. That's why we've partnered with the American Academy of Nurse Entrepreneurs to bring you Launch Your APN Practice.

Launch Your APN Practice is an 8-week, online course designed to provide advanced practice nurses with the exact steps for planning & launching a profitable, successful APN Practice.

As part of TNP's Member Benefit Program, TNP members save \$100 off the price of the course. Use code TNP at checkout. [Click here](#) for more information.

Advanced Practice Education Associates (APEA):

For 20 years, APEA has provided review and preparation resources and continuing education. If you go to their website and use the promo code TNP10, you will be eligible to receive discounts on a variety of online and MP3 review courses. Be sure to get the most of your TNP membership by taking advantage of these discounts.

Fitzgerald Health Education Associates, Inc. (FHEA):

Membership entitles you to a 15% special discount when you enroll in Fitzgerald Health Education courses or purchase other products. To receive the discount, [click here](#).

Stull CPA:

TNP has now partnered with Stull CPA to offer our members a discount on services. Starting your own practice has many great benefits, but can be a very daunting task. By working with Stull CPA, they will assist you in setting up your practice and make sure you have a solid understanding of the responsibilities and regulations associated with being a practice owner. Visit them at www.stullcpa.com for more information.

Conference Exhibitors

TNP is always looking for new exhibitors for our conferences throughout the years. If you know of any companies that you would be interested in seeing at conference, please let me know and I will be sure to reach out to them. Please send me their contact information to suzanna@texasnp.org.

If you have any other questions regarding membership, please let me know. I am here to help! ★



A Note From TNP's Education Coordinator

By: Bella Stewart, Education Coordinator

Education Highlights:

Entry into Practice: From RN to NP

May 31, 2019 was TNP's 2nd Annual Entry into Practice Conference. We were fortunate enough to bring back a lot of last year's wonderful speakers who covered topics beneficial for those who are on the road to becoming a NP, and those already there. We continue to receive a lot of positive feedback regarding the presenters and content for this event!

TNP 31st Annual Conference

With presentation topics for every NP and exciting new social events, join us, September 5 - 8, 2019 for the 31st Annual Conference to be held at the Hilton in downtown Austin. Conference registration is open now! Be sure to register before July 31, 2019 to receive early registration discounts and don't forget to book your room. Register here: <https://www.texasnp.org/event/TNPFall2019>

Save the Date: Primary Care & Pharmacology Conference – April 24 -25, 2020

The 8th Annual Primary Care & Pharmacology Conference will be held at the beautiful Hyatt Hill Country Resort and Spa in San Antonio. Registration should be open by mid-November. Don't wait to reserve your hotel room and register for this conference. Check our website for the most up-to-date information.

Save the Date: TNP 32nd Annual TNP Conference – September 24-27, 2020

The 32nd Annual Conference will be held at the Hilton in downtown Dallas. The call for abstracts will open in November. If you are interested in submitting an abstract please continue to check the education page on the TNP website www.texasnp.org. We hope that you will take advantage of these many opportunities that we have available. In the meantime, if you have any questions or suggestions, please feel free to contact me at bella@texasnp.org.

TNP Webinar Series

As a member of TNP you have access to a wide range of educational webinars on our website, just login and visit the Resource Page. The Precepting Webinar is approved for 1.0 contact hour(s) of continuing education by the American Association of Nurse Practitioners. Activity ID 19033609. This activity was planned in accordance with AANP Accreditation Standards and Policies. If you decide to take advantage of this free educational opportunity, please email Bella at bella@texasnp.org so that you can receive the posttest, the eval and then your CE Certificate.

Also available to you are the quarterly TNP Policy Webinars that are put together by our Government Affairs Director, Erin Cusack.

Be sure to visit our education page on the TNP website www.texasnp.org for quick access to all educational events.★



A Note From TNP's Government Affairs Department

By: Erin Cusack, Director of Government Affairs

TNP's 86th Legislative Session Recap

Last month, the 86th Texas Legislature ended, having passed 1,053 bills of the more than 7,000 bills filed during the 140-day session. This session, Texas Nurse Practitioners made important progress for the profession and continued to chip away at regulatory and practice barriers facing nurse practitioners and their patients.

What did we accomplish?

- We passed two bills on our agenda: HB 278, which allows NPs and their delegating physician to use technology for required monthly meetings; and HB 387, which allows NPs to sign the work status report for the workers' compensation system.

- Six out of seven bills on our legislative agenda either secured a public hearing or advanced further in the legislative process.
- For the first time in legislative history, HB 2250, a bill to extend delegated Schedule II Controlled Substance authority to all APRNs and PAs, passed the House unanimously.
- For the first time since we have been fighting for full practice authority, our cause was heard before both chambers of the Texas Legislature.



[Please find TNP's detailed recap of the 86th Legislative Session here.](#) Of special note are the five bills below, which will impact most APRNs in Texas and go into effect September 1, 2019. We will continue to provide Member updates as these and other bills are implemented.

- [Virtual Prescriptive Authority Agreement Meetings, HB 278](#)
- [Workers' Compensation Signature Bill, HB 387](#)
- [Human Trafficking Training, HB 2059](#)
- [Pain Management/Opioid CE, HB 2454](#)
- [E-Prescribing & 10-day Opioid Prescription Limits, HB 2174](#)

We could not have gotten this far without the outstanding leadership of TNP's President and Board of Directors and the grassroots support of our Policy Committees, Members, and donors. Thank you for your service and dedication to advancing the profession and access to care for Texans.



Session's Over, Now What? Get Plugged into TNP's Grassroots Program

Contrary to what you might think, the busiest time for our grassroots efforts is not during the legislative session – it's now, during the interim, when legislators are at home in their district and have time to visit with their constituents on issues they care about.

If you've been wondering where you fit in and what you can do to support our advocacy efforts, here are three great ways to plug into TNP's Grassroots Program:

1. Join our Legislative Visits Volunteer Program:

The best time to visit with your legislator is during the interim when they are at home in the district. Email us at erin@texasnp.org, and we'll schedule and prepare you for an in-district visit with your legislator. These visits only take one hour of your time but make a *big* difference in gaining support for our legislative initiatives.

2. Get Involved with Our Policy Committees:

TNP has two committees that deal with policy issues: 1) the TNP Policy Council, which is TNP's grassroots arm to support our legislative efforts; and 2) the TNP PAC Political Action Committee Advisory Council, which is TNP's political arm that approves political contributions and supports our voter education, outreach, and fundraising efforts. New appointments begin October 1, 2019. Fill out the [Get Involved Form here](#).

3. Get Involved with Our Advisory Boards:

TNP has several Advisory Boards based on NP specialties or health care areas of interest, such as women's health, mental health, and telemedicine. These Boards serve as TNP's brain trust of subject matter experts who provide feedback to TNP when preparing testimony for the legislature, conducting research inquiries, and reviewing regulations and laws impacting certain health care fields. New appointments begin October 1, 2019. Fill out the [Get Involved Form here](#).

Stay Informed with our TNP Capitol Watch & Policy Webinar Series. TNP members get exclusive policy updates on issues impacting the profession. Stay tuned to these Capitol updates throughout the interim. You can see past editions/webinars on our [Resources page here](#). ★



Kim was a dear friend, colleague, and mother, and someone who left an indelible mark on her profession.

Kim was a charter member of Texas Nurse Practitioners and served on the TNP Board of Directors from 2011-2015.

She served on a variety of TNP committees and was a frequent speaker at TNP Conferences.

[In the words of her obituary](#), "Kim brought a special gift to nursing and touched all those she mentored and supported in a way that will never be forgotten."

Memorial donations may be made to Texas Nurse Practitioner Foundation (TNPf) with a memo "Kim Oas Memorial" and mailed to 4425 S. Mopac Expressway, Building 3, Suite 405 Austin TX 78735.

[You can also donate online here.](#)

SAVE THE DATE!

TNP Primary Care & Pharmacology Update

April 24-25, 2020

**Hyatt Hill Country Resort & Spa
San Antonio, Texas**

THANK YOU TO OUR TNP PAC DONORS

Below is a list of PAC donors from September 1, 2018 - June 15, 2019

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Affiliate News

Coastal Bend Advance Practice Nurses (CBAPN) Update

Submitted by: Jennifer Harvey, Co-Secretary

Community Health Fair & Easter Egg Hunt

For the second year in a row, we had the pleasure of participating in the Community Health Fair & Easter Egg Hunt at the Garcia Arts & Education Center. We had our own booth at the event and discussed how to incorporate healthy eating and daily exercise into our busy lives. We emphasized choosing water over beverages with high sugar and caloric contents like juice and soda. We demonstrated how to make water more appealing and tasty by dispensing several varieties of infused waters. Patrons received CBAPN cups and frisbees and even got to visit and take pictures with our very own Easter Bunny. Needless to say, our booth was a hit! A big thank you goes to Jay Mercado for volunteering as the Easter Bunny. It was an extremely hot day and he wore the suit and entertained the attendees for many hours. We are so lucky to have supportive community affiliates like him.



TNP Primary Care & Pharmacology Update

Many of our members had the opportunity to attend the TNP Primary Care Pharmacology Update in April. The Hyatt Hill Country Resort & Spa grounds were beautiful, and the weather was perfect. The conference program had a nice variety of information and satisfied many of the required continuing education credits. It was the perfect balance of productive, educational, entertaining, and relaxing. We look forward to bringing an even larger group to the upcoming TNP fall conference in Austin.



Graduate FNP Students

Our new FNP graduates were recognized with red roses during our April meeting. We are so incredibly proud of them and can't wait to see how their clinical practice and confidence grows over the coming months and years. We know they will represent our profession well and look forward to them becoming the next group of chapter leaders, preceptors, mentors, and legislative activists. Congratulations to you all!



Growing and active membership

Our membership and community affiliate list continues to grow. We have so many members that stay actively involved and keep our organization running strong. In the next several months, we will be coming together to make our upcoming fall fundraiser the best and biggest that it has ever been. Save the date for Friday, October 18, 2019.



Houston Area Nurse Practitioners

Submitted by: Elizabeth Gigliotti, HANP President

Greetings from Houston!

Houston Area Nurse Practitioners (HANP) has been busy over the past several months **inspiring** each other, **committing** to advance our legislative agenda, and **engaging** in our organization. We meet the second Wednesday of the month, we would love to see you there! Please go to HANP.org for more info or to become a member.

Inspire...

We have recognized the following individuals for their professional achievements, awards, or contributions:

- Our **#1s!** We recognize all our members attending an HANP meeting for the first time. We had lots of newcomers at our May meeting!



- April HANP Shining Star: **Jacque Richards**



- May HANP Shining Star: **Carmen Vega**



- Recipient of HANP's President Award in June: **Blanca Barrera**



- Spring scholarship winners (\$1,000): **Chinwendu Ufomadu, Jason Sell & Rita Nwaja**



Commit...

We are committed to support and advance our legislative agenda through the following:

- We have raised \$4,545 towards our \$10,000 goal for TNP Advocacy fund. Our next quarterly fundraiser will be at August's meeting but you can always text "give" to 806-884-2386 to donate to TNP Advocacy fund today.

Engage...

We encourage our members to engage and be active participants in our organization:

- Congratulations, **Lauren Tezak**, the 2019-2020 HANP President-Elect!
- We held **Ready, Set, Career Go!** in mid May that provided excellent tips for cover letter and resume writing and interview preparation. It also featured a Q&A session with an expert NP panel, a networking session with hiring employers, and an opportunity to get a professional headshot. It was a great event!
- **Several of our members** participated in a community service volunteer event, **Stomp Out Stroke**, the first weekend in June. They helped with health screenings and risk assessments and educated the public about stroke and brain health. Way to go!



- Our next community volunteer event will be Sunday July 28th at the **Houston Food Bank**
- We are encouraging our full members to become student NP preceptors
-

I am so fortunate to be a part of Houston Area Nurse Practitioners. I am so proud of and amazed by our members and of the things we are achieving together. We've got a lot more planned so join us if you can!

North Texas Nurse Practitioners

Submitted by: Cathy Lux, NTNP President

NTNP's annual Spring Conference in Dallas on April 5-6, 2019, was a great success, with over 175 attendees. As a result, NTNP was able to increase our budgeted donation to TNP to \$25,000!



Scholarships

Every Spring and Fall, NTNP awards three \$1,500 scholarships to NP student members enrolled in Master or Doctorate programs. Recipients announced and honored with scholarships: Katelyn Weatherford, Lisa Reid, and Laurie Beal.



NTNP meeting June 11th at III Forks in Dallas

Community outreach

Karla Lucas, Community Chair, has been leading a Feed the Homeless initiative, at Grace Outreach, on the first Saturday of every month. NTNP members and friends bring bread,

peanut butter and jelly, chips, clementines, and gloves to make sandwiches.

Remembering Kim Oas

Tuesday March 12 was the last NTNP Meeting presided by Kim Oas before her untimely passing. She was such a caring and kind person, full of grace, always putting others before herself. Throughout her career she was a powerful advocate for nurse practitioners, breaking new ground in her career, forging legislative and professional alliances, and pursuing her doctorate. She has been an inspiration as well as a great friend to so many of us. Words cannot express how much she is missed.



Lisa Reid, Robert Metzger, Kim Oas, Cathy Lux and Peggy Osterlander at March 12th NTNP meeting ★

University Updates

Abilene Christian University announces BSN to DNP Pathway Program

Abilene Christian University (ACU) has been offering students a quality education, rooted in Christianity for more than 100 years. Our mission is to educate students for Christian service and leadership throughout the world.

In 2015, ACU opened the doors to our Dallas campus, which is home to our online programs including bachelor's, master's, and doctoral degrees. Our non-traditional, adult students experience the same quality education as our on-campus students, but with the flexibility needed to fit their busy lives.

Today, ACU is excited to announce our newest online program — a BSN to DNP pathway that gets students to their completed DNP in a shorter period of time. While this 18-credit hour bridge does not result in a stand-alone Master of Science in Nursing degree, it does allow students to transition directly into the DNP coursework with no additional admission process.

BSN to DNP Pathway Highlights

- 100% online
- 18 credit hour bridge program
- Following successful completion, students will transition directly into the DNP coursework
- Students obtain clinical hours during the bridge program

DNP Program Highlights

- CCNE accredited
- 100% online, with no travel or residency requirements
- 39 credit hour program
- DNP is designed to further develop your clinical and leadership skills as a medical professional

Interested in learning more? Visit us at acu.edu/online, or call us at 855-219-7300. You can also sign up for our next [Open House Webinar](#) on August 1, 6:30 pm to hear from our team.

Texas Christian University Program Update

- TCU faculty and DNP students attended the inaugural TX DNP conference at UT Austin. We were excited to have three of our BSN to DNP FNP graduates present their DNP projects at the conference.



- Payton Ten Hagen, a May 2019 graduate from the BSN to DNP FNP program, accepted a post graduate fellowship in oncology at MD Anderson Cancer Center. We are very proud of her accomplishments!



*Kimberly Posey, DNP, RN, AGPCNP-BC, GS-C
Assistant Professor of Professional Practice
Director, Nurse Practitioner Programs*

*Harris College of Nursing & Health Sciences
Texas Christian University
TCU Box 298620, Fort Worth, TX 76129
Bass Building #3121
817-257-7496 (o)
k.posey@tcu.edu ★*

TNPF Scholarship Applications Due July 15, 2019

The Texas Nurse Practitioner Foundation is pleased to announce the availability of six \$1,500 scholarships for 2019. Scholarships will be awarded to applicants enrolled in master's/post-master's degree Nurse Practitioner programs or Nurse Practitioners obtaining doctoral degrees. In addition, a new scholarship has been added to honor TNP member Katie Russell. The Katie Russell Memorial Scholarship Fund has been established to provide an annual scholarship to a TNP member who is enrolled in a pediatric nurse practitioner program or enrolled to further pediatric education in Texas.

For more information about TNPF scholarships, please [click here](#).

Save the Date for Future TNP Conferences!

April 24-25, 2020: Spring Conference

Hyatt Hill Country Resort and Spa – San Antonio

September 24-27, 2020: Annual Conference

Sheraton – Dallas

April 23-24, 2021: Spring Conference

Hyatt Hill Country Resort and Spa – San Antonio

September 23-26, 2021: Annual Conference

Moody Garden – Galveston

April 22-23, 2022: Spring Conference

Hyatt Hill Country Resort and Spa – San Antonio

September 22-25, 2022: Annual Conference

Kalahari Resort - Round Rock

September 28-October 1, 2023: Annual Conference

Hilton Anatole - Dallas

September 5-8, 2024: Annual Conference

Kalahari Resort - Round Rock

September 25-28, 2025: Annual Conference

Hilton Anatole - Dallas

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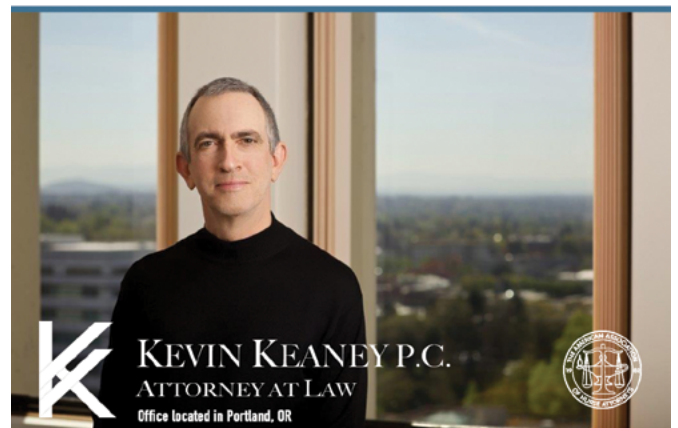
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Legacy Members

Thank you to all of the TNP Legacy Members for the continued support!

Phyllis Adams	Maria J Garcia	Michelle Newton
Caesasonia Agatep	Elizabeth Gigliotti	Rochele Nicolas-
Monica Alleman	Katie Gilbert	Wedige
Anita Alvarez	Evy Gonzalez	Anderson Ogunbor
Betty Armbrrecht	John Gonzalez	Florence Oladoyin
Anna Augustin	Patricia Hanes	Laurita Old Hudec
Donna Ayers	Jaime Hardy	Erica Ormeno
Margaret Bailey	Laurie Harris	Peggy Ostrander
Anita Dawn Barnes	Monica Hartman	Tracey Page
Beatriz Bautista	Michael Hazel	Yvonne Paredes
Mary Becton-	Holly Heid	Antay Parker
Crouse	Tracy Hicks	Jessica Peck
Monica Beisel	Amy Hixson	Aaron Pongvachar-
June Belt	Matt Hoffinan	arak
Christina Blanco	Don Hubbard	Benjamin Psencik
Leila Borgstedte	Steve Hughes	Sandra Ransom
Steve Branham	Tina Ihazah	Jeneen Ratliff
Vicki Brooks	Delmar Imperial	Kathryn Reveles
Jennifer Burbage,	Aubin	Jennie Rhymes
DNP(c), NP-C	Sheri Innerarity	Melanie Richburg
Deborah Burley	Holly Jeffreys	Therese Rizzo
Patience Cain	Anna Jessup	Amy Roberts
Benjamin Caldwell	Lizy Johns	Vanessa Rocha
Lydia Chapa-Wilson	Michelle Johnson	Lou Rosenfeld
Manjusha Chari	Susan Johnston	Connie Ryan
Kim Chawla	Rose Julian	Ruth Ryon
Frances Chilaka	Kurt Killebrew	Gracie Salazar
Brittany Christiansen	Connie Kiser	Cynthia Salinas
Elizabeth Cisneros	Kimberly Klein	Broc Sanchez
Jeannie Cook	Michaela Klose	Charlene Seale
Corene Crouse	Jennifer Kucera	Shelly Seth
Monica Cruz	Shelagh Larson	MiRanda Sims
Shelly Culver	Charlotte Long	Deborah Skoruppa
Ruth Day	Crystal Lucas	Jan Slovacek
Janeth Del Toro	Kristine Luna	Cynthia Smith
Rita Dello Stritto	Cathy Lux	Jackie Smith
Ida Diamond	Julie Lyons	Kristal Spencer
James Dickens	Debbie Mahoney	John Stevens
Jayne Dunlap	Elsie Manuel	Joe Robyn Strader
Patricia Durham	Sandy McCoy	Kate Taylor
Sara Duvall	Linda McGuire	Amy Thornberry
Joycelyn Elaiho	Janquilyn Merida	Marcelita Torres
Denise Ertel-Moore	Valerie Meshell	Thomas Traylor
Justina Ewoh	Robert Metzger	Cheryl Vallie- Porter
Maria Luisa Faner	Barbara Miller	Dora Velazquez
Karen Farnum	Alison Mitchell	Diana West
Dora Fast	Carole Moore	Cindy Weston
Alex Flores	Rosalinda Morales	Annelle Williams
Mercedita Flynn	Stephanie Morgan	Khoshunda Williams
Judy Follo	Gregory Mrozinski	Theresa Ybarra
Peggy Francis	Diana Nanayakkara	Jan Zdanuk
Antonio Garcia	Pedro Natividad	

TNP Board Election Results

The TNP Board election results have been compiled. The following individuals will assume their responsibilities on the TNP Board of Directors immediately following the annual membership meeting on September 7, 2019 in Austin: Christy Blanco, President; Robert Metzger, Past President; Cindy Weston, Vice President; Shelagh Larson, Secretary; and Cristi Day, Treasurer. TNP congratulates those NPs willing to serve on the board and welcomes their leadership in serving TNP members. We also welcome our new board members: Cristi Day, John Gonzalez, and Anna Jessup.

The following individuals will be leaving the board after many years of service: Peggy Francis, Sheri Innerarity and Peggy Ostrander. Thank you for your incredible service on the TNP Board of Directors. ★

Case Study: Medication Management and Prescribing

Presented by Nurses Service Organization (NSO)

Allegations related to medication management and prescribing represent some of the most significant medical malpractice risks for nurse practitioners. Medication-related allegations accounted for 29.4 percent of all nurse practitioners' malpractice claims analyzed in the CNA and NSO [Nurse Practitioner Claim Report: 4th Edition](#), a substantial increase since the 3rd Edition of the claim report (16.5 percent). The following case study examines malpractice allegations against a licensed nurse practitioner working at a college infirmary, involving prescribing and medication management.

Summary

An insured nurse practitioner, working at a college infirmary, was asked by a maintenance employee at the clinic for a terbinafine prescription for a fungal toe infection. The nurse practitioner advised him to see his primary care provider for the prescription, but the employee explained that his primary care provider would not see him because of money owed. The insured reluctantly agreed to a one-time prescription but informed the employee that he would need to arrange with his regular practitioner for any further treatment.

Later that day, the pharmacy contacted the nurse practitioner about changing the prescription from terbinafine (which would have cost the employee approximately \$400 in out of pocket expenses) to ketoconazole (which would cost the employee approximately \$40). The insured agreed to the medication change but told the pharmacist that the employee would need bloodwork prior to beginning the ketoconazole prescription.

The following day the nurse practitioner ordered baseline serum liver enzymes, which were normal. She then verbally instructed the employee to avoid alcohol and contact his primary care provider for monitoring and follow-up.

A month later, the nurse practitioner left her employment at the college and had no further contact with the employee, who never followed up with his primary provider. He eventually suffered liver failure and needed an organ transplant due to acute hepatotoxicity.

The employee was never able to work after his liver transplant and had three minor children living at home. The employee filed a medical malpractice lawsuit, naming the nurse practitioner among other co-defendants. Allegations against the nurse practitioner included:

- Failure to secure an adequate history and thorough patient examination.
- Failure to warn and advise a patient of risk involved in the use of medications.
- Failure to properly monitor a patient on a medication that can cause organ failure.

Risk Management Comments

When the lawsuit was filed against the insured, she stated she never thought of the employee as a patient and had only prescribed him the medication as a favor. The insured nurse practitioner testified that she approved a one-time refill of the prescription, which the employee filled. No liver functions were performed before or after the refill and the only time the employee sought medical attention when was he was in liver failure.

Resolution

After several attempts to resolve the matter for a compromised amount, several of the co-defendants would not agree to mediation. After six-years of defending the claim, it was eventually resolved with a mutual agreement with the employee and his family. The total costs associated with defending and settling this claim on behalf of the insured nurse practitioner exceeded \$850,000.

(Note that this figure represents only the payment made on behalf of the insured nurse practitioner. Amounts paid on behalf of the multiple co-defendants named in the case are not available.)

Risk Management Recommendations

Prescribing is not a responsibility to be taken lightly. By prescribing a drug to any person – even as a “one-time favor” for a co-worker, relative, friend or neighbor – the nurse practitioner has established a patient-practitioner relationship. The following strategies can help nurse practitioners avoid errors and minimize risk exposure:

- **Discuss with the patient the need to be compliant of medical treatment and appropriate follow-up.** Use language (spoken, written) the patient can understand.
- **Use caution when prescribing medications** with known

toxicity side effects, if a patient has difficulty being medically adherent.

- **Order and follow up with all indicated monitoring tests** and document results in the patient healthcare information record.
- **Consult with a pharmacist as needed**, documenting all communication.
- **Remain current regarding clinical practice, medications, biologics and equipment** related to the diagnosis and treatment of illnesses and conditions encountered in one’s specialty.
- **Be cautious about treating or providing care to family, friends or co-workers.** While it is not always easy to say no to requests from relatives and friends, the situation may cloud professional judgment and lead to ethical lapses.
- **Politely decline any suggestions or recommendations from a patient that could jeopardize** their safety or lead to later questions about one’s clinical expertise and/or judgment.
- **Refrain from personal relationship outside of the care setting** with patients and their family members.

Learn and Grow

Access practical and timely risk education via NSO’s Learning Center. Through this online resource, explore a full range of helpful information that you can use every day in your practice, including legal case studies, articles, claim reports, webinars and self-assessment checklists. Visit www.nso.com/learning to check it out!

This risk management information was provided by Nurses Service Organization (NSO), the nation’s largest provider of nurses’ professional liability insurance coverage for over 550,000 nurses since 1976. Texas Nurse Practitioners (TNP) endorses the individual professional liability insurance policy administered through NSO and underwritten by American Casualty Company of Reading, Pennsylvania, a CNA company. Reproduction without permission of the publisher is prohibited. For questions, send an e-mail to service@nso.com or call 1-800-247-1500. www.nso.com.

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How Does Dairy Affect Chronic Inflammation? See the Research

Danielle Butbul, MPH, RDN



Chronic inflammatory diseases are [among the most common causes of death worldwide](#). While we depend on acute inflammation to heal and remain healthy, the process can become uncontrolled and persist indefinitely. Such chronic, low-grade inflammation is harmful and of serious concern – it’s associated with many diseases, such as arthritis, Type 2 diabetes, heart disease and cancer.

Nearly 125 million Americans in 2000 were living with chronic inflammatory diseases, and 21% of those Americans had more than one. These diseases continue to threaten public health, and prevalence is anticipated to steadily increase over the next 30 years.

Diet and Dairy on Reduced Risk of Chronic Inflammation

We don’t quite understand yet what leads to chronic inflammation. However, ongoing research continues to investigate and identify factors leading to increased and decreased risk. Diet is a popular area of study, as [metabolic regulation and immune responses are highly integrated](#) and because diet is tied to related factors such as obesity, smoking, high cholesterol and physical inactivity.

Fruits, vegetables and whole grains get a lot of attention regarding healing properties for chronic inflammation, largely due to phytochemicals and their antioxidative properties. But dairy? It’s often assumed to contribute to inflammation. Yet **the opposite is true**. According to [a large body of research](#), **dairy consumption is linked to either reduced levels of inflammatory biomarkers or to no adverse effects on inflammation**.

What Kind of Dairy Is Best?

The good news is you can feel good about eating all types of dairy.

Evidence shows that regardless of fat levels, as part of a balanced diet, *all* dairy has either positive or neutral effects on chronic inflammation.

- One [multicenter randomized crossover study conducted in 2014](#) researched the effect of diets containing a balanced mix of low-fat and high-fat dairy on inflammatory markers in men and women with low-grade inflammation. Results indicated that **diets composed of both low-fat and high-fat dairy products had no adverse effect on inflammation** and even demonstrated reduced levels of several biomarkers of inflammation.

Perhaps not surprisingly, fermented dairy products – such as yogurt – are also linked to reduced chronic inflammatory markers:

- A [2017 randomized controlled trial](#) found that healthy, premenopausal women who consumed two servings of low-fat dairy yogurt a day had significantly lower levels of chronic inflammatory markers than the controls who consumed unfermented soy yogurt.

Although the mechanisms by which milk products affect systemic inflammation is unclear, [there are several nutrients](#) in milk that are thought to positively contribute to reduced inflammation:

- **Vitamin D** – modulates effects of certain pro-inflammatory cytokines
- **Calcium** – enhances action of vitamin D
- **Bioactive peptides** – inhibit the stimulation of the renin-angiotensin system, thereby suppressing inflammatory responses
- **Fatty acids** – modulate cytokine production and expression of cytokine gene
- **Oligosaccharides and lactoferrin** – promote intestinal barrier function and have anti-inflammatory properties

Important Takeaways

Remember that researchers are only scratching the surface in terms of understanding chronic inflammation and its causes and effects. Although it’s easy to latch onto a solution of an “anti-inflammatory diet,” chronic inflammation is a complex process that is reflective of overall health rather than a single food or nutrient.

When it comes to staying healthy and preventing illness, some of the best practices are to follow a balanced diet, like the one outlined by [MyPlate](#) and the [Dietary Guidelines for Americans](#), which advise we enjoy three servings of

dairy foods daily, engage in regular physical activity and get enough rest.

Find recipes and learn more about the health benefits of dairy at DairyDiscoveryZone.com

The Wives of Johnny Carson

By: David L. Stull, CFP

From its beginnings in the days of President Franklin Roosevelt, Social Security has held fast that spouses *and ex-spouses* have a right to retirement benefits. If you are among the tens of millions who are divorced as you near retirement, it pays to know how Social Security can provide a source of guaranteed income in your retirement —perhaps more than you realized.

So long as some basic rules are met, you may be eligible to claim a higher retirement benefit based on your ex's work record.

The basic rules

- You and your ex must have been married for 10 consecutive years or longer, even if the marriage ended 30 years ago.
- Both you and your ex must be at least age 62 before you can claim as an ex-spouse.
- To collect on an ex's record, you must not be re-married.
- You and your ex must be divorced for two years or longer, or your ex must already be claiming retirement benefits.

If you qualify as an ex-spouse based on these criteria, your retirement benefit would be half of your ex's full retirement age benefit if you claim at your full retirement age (FRA). Your FRA is between age 65 and age 67 depending on your birth year and can be found on the Social Security website, www.ssa.gov.

You can claim benefits as early as age 62, but you will get less than half the amount you would receive at your FRA. Your FRA ex-spouse benefit may be more than you would receive on your own work record.

Will my benefit be reduced or denied based on how my ex-spouse claims Social Security?

There are a lot of things an ex-spouse might do to complicate your life, but Social Security is off limits. Your ex has no influence over your benefits. When you are ready to claim your Social Security benefit, you simply make an appointment with your local Social Security office and bring documents that prove the marriage and divorce. They will calcu-

late your benefit options, and assuming you meet the criteria discussed earlier, you'll receive the higher benefit based on your ex-spouse's benefit.

Do I have to discuss my claiming plans with my ex?

No, you don't. Nor do you need your ex's permission. He or she will never know whether your retirement benefit was based on his or her work record. So long as you've met the other rules, it's your benefit for your retirement, even if you've been divorced for more years than you were married.

If my ex claims against my record, will my own retirement benefit will be reduced?

Not so. Your ex's claim does not reduce or affect your benefit in any way.

What happens if my ex-spouse happens to have 2 (or 3) other exes and also a current spouse?

This was the case with former late-night TV talk show host Johnny Carson, who was married 4 times. His first marriage lasted about 15 years; the second, 9 years; and the third, 13 years. The fourth marriage was intact when he died in 2005 and lasted 18 years. Assuming the ex-spouse rules were the same as today, his first and third wives were eligible to claim ex-spouse benefits (each could collect half of Johnny's benefit if she claimed at her Full Retirement Age). Because the second marriage lasted only 9 years, she unfortunately could not file for spousal benefits.

When Johnny died, his fourth and current wife "stepped in his shoes" as surviving spouse and receive the same monthly amount that Johnny had been receiving once she reached full retirement age. The other two qualifying ex-spouses were also eligible to step in his shoes as surviving ex-spouses and receive his full benefit. In this case, it is likely that the 3 wives who qualified were receiving the same survivor benefit amount.

Your Social Security decision affects your retirement income plan!

It's important to develop a strategy for when you will claim your Social Security benefit and on whose wage record. Your decision can make a significant difference in your overall retirement income plan. Knowing that you may have a larger Social Security benefit coming from your ex-spouse could make a difference in your cash flow throughout retirement.

Take time to create your personal retirement income plan and see how your Social Security benefits including ex-spouse benefits will make a difference.

David L. Stull, CFP® is a CERTIFIED FINANCIAL PLANNER™ professional with Storehouse Financial LLC and former RN. Information in this article is general in nature and not necessarily applicable to every individual. Please direct comments or questions regarding this article to david@storehousefinancial.com. ★

Special Thanks to Our University Ambassadors



Student Members:

Have you graduated since your last renewal? If so, it is time to upgrade your membership from student to regular status.

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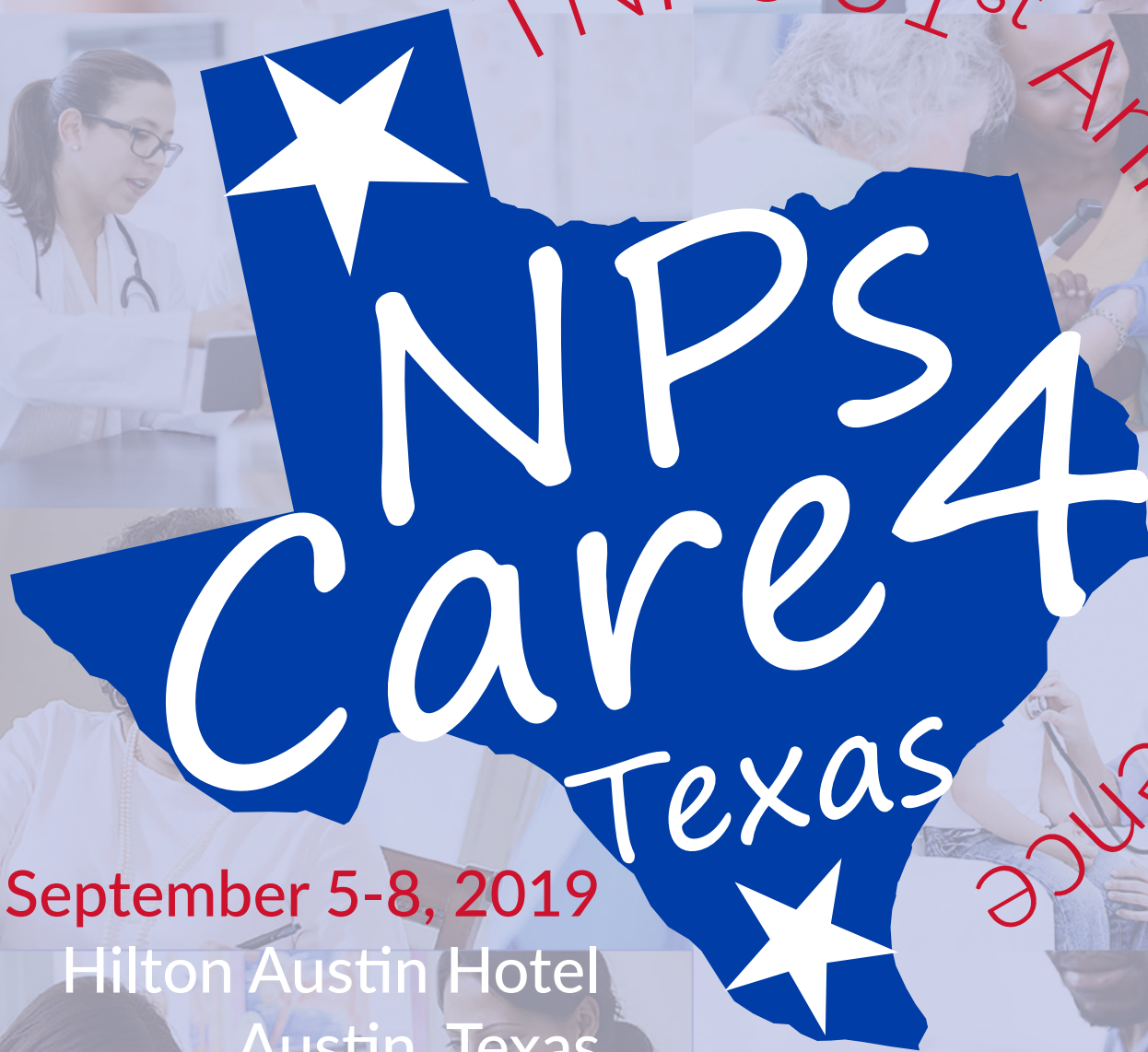
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Silver



TNP's 31st



NPS Care 4 Texas

September 5-8, 2019

Hilton Austin Hotel
Austin, Texas

Annual
Conference



From the President

It is with great pleasure and honor to extend to you a warm invitation to attend the 31st Annual TNP Conference, to be held September 5-8, 2019 at the Hilton in Austin.

The theme of the conference is “NPs Care 4 Texas”. As we all know, Nurse Practitioners are a vital part of healthcare delivery in Texas. The vast offerings at this conference are reflective of the impact that Nurse Practitioners have on the delivery of healthcare in Texas. You will find specific tracks for Acute Care, Pediatrics, Women’s Health, Psych/Mental Health, Personal/Professional Development, Geriatric, and Family Practice.

The Hilton Austin, located in the heart of the city, is a perfect venue to celebrate our 31st annual conference and I hope that you will consider coming. Network with colleagues and receive exceptional continuing education that Texas Nurse Practitioners has become known for providing.

Please join us in Austin this September. If you are not already a TNP member, we welcome you to join Texas Nurse Practitioners and receive substantial discounts on your registration. Register now and arrive a day early (Thursday) for phenomenal pre-conference day workshops. If you have an extra PTO day, make time to visit one of the Austin landmarks: Texas State Capitol; LBJ Presidential Library; Bullock Texas History Museum; Lady Bird Lake Hiking Trails; Zilker Metropolitan Park, and the eclectic live music scene on 6th street.

Kind Regards,

Robert Metzger, DNP, APRN, FNP-BC

Texas Nurse Practitioners President 2017 - 2019

Welcome from the TNP 2019 Education Committee

Welcome to the Texas Nurse Practitioners (TNP) 31st Annual Conference in Austin, providing professional leadership and education for Nurse Practitioners!! As you look at the planned conference presentations you will see great diversity in topics as well as sessions which meet the Texas Board of Nursing requirements for CE in Pharmacology (RX), Ethics (E), Jurisprudence (J), Gero (G) and Controlled Substances (CS). We have planned some wonderful pre-conference workshops which provide the opportunity to learn special skills and immerse yourself in areas of special interest.

As has become a tradition, please join us in the Pre-conference Reception on Thursday evening in the Exhibit Hall and gather with other NPs from all over Texas.

Take advantage of the high-quality speakers we have selected to enhance your NP professional and clinical practice. We encourage you to take this opportunity to network, learn and enjoy all of the offerings at the 31st Annual TNP Conference. There truly is something for everyone! We look forward to seeing you.

Sincerely,

Sheri Innerarity, RN, PhD, ACNS, FNP, FAANP
TNP Education Chair

Thank You! Special Thanks to the 2019 Education Committee

Sheri Innerarity, Chair & TNP Vice President

Elizabeth Gigliotti, Vice Chair

Betty Bautista

Susan Calloway

Henry Guevara

Allison Huffman

Carole Moore

Angel Pina

Kathryn Reveles

Bella Stewart, TNP Education Coordinator

Emily Eastin, TNP CEO

OVERALL AGENDA

Wednesday | September 4, 2019

3:00 – 7:00 p.m. Registration

Thursday | September 5, 2019

7:00 a.m. – 7:00 p.m. Registration
8:30 – 11:45 a.m. Workshops (*break from 10:00-10:15*)
12:00 – 1:00 p.m. Thursday Lunch Symposium (*Non-CE*) (Limit 200)
1:15 – 4:30 p.m. Workshops (*break from 3:00 – 3:15*)
4:30 – 6:30 p.m. Welcome Reception in Exhibit Hall
6:45 – 8:30 p.m. Pre-Conference Board Meeting

Friday | September 6, 2019

7:00 a.m. – 5:00 p.m. Registration
7:15 – 8:15 a.m. Friday Breakfast Symposium (*Non-CE*) (Limit 150)
7:30 – 8:30 a.m. Breakfast Concessions/Exhibit Hall Open
8:30 – 8:45 a.m. Welcome Address
8:45 – 10:00 a.m. General Session (GS01): Engaging the Texas Prescription Monitoring Program to Support Patient Health
10:00 – 10:30 a.m. Morning Break in Exhibit Hall, and Silent Auction Opens
10:30 – 11:30 a.m. First Breakout Session
11:30 a.m. – 12:30 p.m. Lunch Concessions/Exhibit Hall
12:30 – 1:30 p.m. Second Breakout Session
1:30 – 2:00 p.m. Break/Exhibits/Silent Auction
1:30 – 2:00 p.m. Poster Presentations
2:00 – 3:00 p.m. Third Breakout Session
3:00 – 3:30 p.m. Break/Exhibits/Silent Auction
3:30 – 4:30 p.m. Fourth Breakout Session
4:30 – 5:00 p.m. Break/Exhibits/Silent Auction
5:00 p.m. Exhibit Hall Closes
6:30 – 9:00 p.m. TNP Champions Dinner (*Ticketed Event*)

Saturday | September 7, 2019

7:00 a.m. – 5:00 p.m. Registration
7:30 a.m. Exhibit Hall Opens/Silent Auction
7:15 – 8:15 a.m. Saturday Breakfast Symposium (*Non-CE*) (Limit 150)
7:30 – 8:30 a.m. Breakfast Concessions
8:30 – 9:30 a.m. General Session (GS02): Membership Meeting
9:30 – 10:00 a.m. Break/Exhibits/Silent Auction
9:30 – 10:00 a.m. Poster Presentations
10:00 – 11:00 a.m. First Breakout Session
11:00 – 11:15 a.m. Break/Exhibits/Silent Auction
11:15 a.m. – 12:15 p.m. Second Breakout Session
12:15 – 1:15 p.m. Lunch Concessions
12:15 – 1:15 p.m. Saturday Lunch Symposium (*Non-CE*) (Limit 200)
12:45 p.m. Silent Auction Closes
1:15 p.m. Exhibit Hall Closes
1:15 – 2:15 p.m. Third Breakout Session
2:15 – 2:30 p.m. Break
2:30 – 3:30 p.m. Fourth Breakout Session
3:30 – 3:45 p.m. Break
3:45 – 4:45 p.m. Fifth Breakout Session
7:30 – 10:30 p.m. Esther's Follies (*Ticketed Event*)

Sunday | September 8, 2019

7:00 – 12:00 p.m. Registration
7:30 – 8:30 a.m. Breakfast Concessions
7:15 – 8:15 a.m. Sunday Breakfast Symposium (*Non-CE*) (Limit 150)
8:30 – 9:30 a.m. General Session (GS03): Peeling Back the Layers: A Best Practice Approach to Managing Atopic Dermatitis
9:30 – 9:45 a.m. Break
9:45 – 11:15 a.m. General Session (GS04): Capitol Update: Legislation Affecting Your Practice
11:15 – 11:30 a.m. Break
11:30 a.m. – 12:30 p.m. General Session (GS05): Heart Failure
12:45 p.m. Post-Conference Board Meeting

TRACK DETAILS

For your convenience we have listed the programs within particular tracks that are being offered at the Fall Conference.

Many of the topics are family practice topics, but if you are looking for a track, please see the programs below:

Acute: WS02, WS09, F01, F08, F15, F22, S29, S36, S43, S50, S54, S57, S62

Geriatric: F05, F12, F19, S26, S33, S40, S54, S61

Pediatric: WS03, F04, F11, F18, F24, S32, S46, S53, S56, S60, S63

Women's Health: WS05, F03, F10, F24, S31, S45

Psych/Mental Health: WS04, WS08, F11, F25, S32, S38, S39, S60

Practice/Professional: F06, F13, F20, F27, S34, S41, S55, S62, GS04

Hot Topics: WS05, WS12, F07, F14, F21, S28, S35, S42, S49, S56, S63

In addition, we will include information next to the description if the session includes any of the following hours required by the Board of Nursing.

Pharmacology (RX) *(will be noted once AANP approval has been received.
This activity is currently pending approval)*

Controlled Substance (CS): WS04, WS08, F17, F23, S38, S41, S55, S59

Ethics (E): F03, F09, F13, S29, S39, S41, S43, S60, S63

Jurisprudence (J): WS08, F07, F20, S34, S35, S41, S44, S48, S55, S59

Geriatric (G): F03, F05, F12, F15, F19, F21, F26, S29, S33, S36, S39, S42, S43, S47, S49, S52, S54, S56, S61

Please see the following pages of the conference brochure for a description of each workshop and session offered.

PRE-CONFERENCE WORKSHOPS

Thursday, September 5, 2019 | 8:30 - 11:45 a.m.

(WS01) Pharmacology Update

Amelie Hollier, DNP, FNP-BC, FAANP

This 2 hour pharmacology update focuses on cost effective prescribing, avoiding common, dangerous drugs, interactions, and safe prescribing in older patients.

(WS02) Basic Suturing

Tara Roberts, MSN, RN, ANP-BC, Steve Branham, PhD, ACNP-BC, FNP-BC, ENP-BC, FAANP, CCRN and Rita Dello Stritto MSN, PhD

Basic wound closure is a must for the NP in the office, operating room, or emergency department. This workshop will discuss wound healing, multiple types of wound closure with the opportunity for each participant to practice and receive help from experts in the area of suturing in a non-threatening and friendly manner. (Limit 50)

(WS03) Pediatric Management of Type 1 Diabetes

Celia Levesque, MSN, RN, CNS-BC, NP-C, CDE, BC-ADM

Management of type 1 diabetes can be very difficult to control and mismanagement can result in severe hypoglycemia or diabetic ketoacidosis. Most literature and conferences focus on the management of type 2 diabetes. This lecture will discuss pathophysiology, diagnosis, and current treatment recommendations for type 1 diabetes including intensive insulin management, continuous glucose monitoring, carbohydrate counting, calculating insulin to carbohydrate ratio and sensitivity factor, adjusting insulin doses and preventing acute complications.

(WS04) The “Good Drugs”

Justin Scaffa, PMHNP

This workshop will help you understand the basic pharmacology of marijuana, benzodiazepines, BzRAs and kratom and their pharmacological effects, and address state of evidence for these drugs. This session will also compare and contrast standard treatments for underlying mental health disorders these drugs claim to treat with the above mentioned drugs, and address some current popular culture ideas about these drugs. (*Advanced Content*)

(WS05) Hormone Therapy

Terri DeNeui, DNP, ACNP, APRN-BC

This workshop will present evidence based data regarding the role of the sex hormones: estrogen, testosterone and progesterone, in the primary body systems- cardiovascular, neurological, musculoskeletal, psychological and reproductive. The various hormone prescribing modalities will be reviewed in detail as well as the ethical implications of advanced hormone prescribing. Legal documentation of controlled substances, informed consent and prudent clinical documentation of hormone treatments will be examined.

(WS06) Beyond the Basics: 12 Lead EKG Interpretation

Jose Villa, DNP, APRN, FNP-BC

This is a 12 lead ekg workshop on learning the basics of a 12 lead ekg on what is normal, abnormal, what is considered an emergency, or what is considered a referral?

(WS07) Pain Management with Auricular Therapy/ Auricular Acupuncture

Karen Williams, RN, DNP-C, FNP- BC, and Karen Sova, ANP-BC
Auricular acupuncture has been around for centuries. It is an additional tool for NP's to utilize when treating patients with complaints of pain. It is easy to learn, safe, effective and cost effective. This is an introductory course on this valuable skill.

Thursday, September 5, 2019 | 1:15 - 4:30 p.m.

(WS08) Safe Prescribing of Controlled Substances

Amelie Hollier, DNP, FNP-BC, FAANP

This 3 hour presentation on prescribing controlled substances will review the pertinent federal law associated with prescribing controlled substances and highlight safe and unsafe prescriber habits using clinical scenarios.

(WS09) Basic Suturing

Tara Roberts, MSN, RN, ANP-BC, Steve Branham, PhD, ACNP-BC, FNP-BC, ENP-BC, FAANP, CCRN and Rita Dello Stritto MSN, PhD

Basic wound closure is a must for the NP in the office, operating room, or emergency department. This workshop will discuss wound healing, multiple types of wound closure with the opportunity for each participant to practice and receive help from experts in the area of suturing in a non-threatening and friendly manner. (Limit 50)

(WS10) Choosing and Managing Insulin Therapy

Heather Cuevas, PhD, RN, ACNS-BC, FCNS and Lisa Sumlin, MSN, PhD

Choosing and managing insulin therapy can be challenging not only to the patient but to the provider as well. There are currently a number of blood glucose monitoring devices and insulin options. To know which device or which insulin option is best for your patient can be a daunting task. This workshop is designed to help clarify and simplify choosing and managing insulin therapy. Through case studies this workshop will cover some of the strategies for blood glucose monitoring and the best modality as well as initiating and managing insulin therapy with your patients.

(WS11) Imaging for the Advanced Practice Provider: What to Order When

Robert Milman, MD

This workshop will discuss the role of imaging in the workup of common complaints, compare multiple imaging modalities, and examine how value based care principles apply to medical imaging.

(WS12) Antibiotic Review

E. Monee' Carter-Griffin, DNP, RN, ACNP-BC

Antibiotics are one of the most commonly used modern modalities to treat patients and when utilized correctly have the capacity to be life-saving. Unfortunately, in the clinical setting literature has demonstrated incorrect antibiotic selection in commonly treated bacterial infections. This review will aim to enlarge the clinical perspective and enhance the understanding of antibiotic therapy for the treatment of bacterial infections.

(WS13) Surviving an Active Shooter/Stop the Bleed

Scott Barnwell Sgt, Jose Reveles, Jr. Sgt, and Bobby Sellers

Hostile Intruder (Active Shooter) Response is an important skill given the world we live in now. The workshop will give participants the ability to identify behaviors of concern (often the initial warning of an event), recognize a hostile intruder event, formulate a plan, and adapt to the response based on the environment as needed. Participants will have the opportunity to practice formulating the plan and discussing how to assist others responses during an event.

**(WS14) Pain Management in the Family Care Setting:
Mitigating Risks**

Kelley Pennell, DNP, APRN, ACNS-BC and Graves Owen, MD

This conference workshop is designed to target Nurse Practitioners practicing in the Primary Care environment initiating treatment of pain syndromes. The information is designed to inform and update the audience regarding best practices.

PROGRAM SESSIONS

Friday, September 6, 2019 | 10:30 - 11:30 a.m.

(F01) Complex Cases in Acute Care

E. Monee' Carter-Griffin, DNP, RN, ACNP-BC

The complexity of hospitalized patients has increased over the years requiring advanced knowledge to identify the etiology for admission. Nurse practitioners have become a part of the teams caring for this complex patient population. This is a case study presentation utilizing four patient scenarios with advanced conditions and complex cases. (*Advanced Content*)

(F02) Precision Medicine: Pharmacogenomics in Clinical Practice

Joanna Guenther, PhD, RN, FNP-BC, CNE

Nurse practitioners can enhance patient care and outcomes by adopting a precision medicine approach to patient care through effective implementation of genetic test results. Lack of familiarity with genetic tests is often a barrier to its implementation. This session aims to present information regarding pharmacogenomics and its implementation.

(F03) Beyond Screening: The Role of the APRN in Universal Education and Intimate Partner Violence

Chris Divin, PhD, RN, FNP-BC

Intimate partner violence (IPV) is a serious preventable public health problem that affects one in three women worldwide and jeopardizes the health of all involved. Although screening for IPV is recommended, studies have shown that some providers may lack the necessary training or comfort level in asking about IPV and even if patients are screened, various factors often affect honest disclosure. This session will explore some of the barriers to screening and provide an opportunity to share some practical suggestions for incorporating universal education in regards to IPV into your clinical settings.

(F04) Chest Pain in Children: It's Not All Heart

Cathy Woodward, DNP, FNP, PNP-AC

Chest Pain in children is a common and, most likely, benign complaint. Differentiating between serious, life threatening chest pain and non-serious pain is important for the NP in a primary clinic or emergency department. This program will discuss the common and not so common causes of chest pain with an emphasis on recognizing the warning symptoms of potentially life threatening causes of chest pain in children.

(F05) The In's and Out's of Geriatric House Calls

Maureen Beck, DNP, RN, GNP-BC

This course is a primer on geriatric house calls. Preparation, management, and billing will be discussed.

(F06) Beyond the clipboards: Medication Practices, Take a Seat at the Table

Julie Boytim, DNP, CRNA

Move past the clipboards, and come take a seat at the table. You, the APRN, are integral to leading changes in medication practices and improving patient outcomes. Regulators are actively discussing the causes of medication errors (ME), and implementing guidelines

to improve care. It is time for APRNs to appreciate the causes and impact of ME, and become leaders in medication practice improvement. Without a seat at the table, we cannot ensure that new regulation effectively promotes patient safety and optimizes patient care.

(F07) Texas Law and the NP Scope of Practice

John Gonzalez, DNP, APRN, ACNP-BC, ANP-C

Scope of practice for the nurse practitioner goes beyond the Texas Board of Nursing's nurse practice act and regulations. Additional Texas State laws have an impact on the NP's scope of practice. This session will explore how Texas State laws shape the nurse practitioner's scope of practice.

Friday, September 6, 2019 | 12:30 - 1:30 p.m.

(F08) Decoding the CBC: When to Refer

Jill MacPherson, DNP, RN, FNP-BC, AOCNP

This session will review evaluation and interpretation of CBC results and common medical conditions associated with CBC abnormalities.

(F09) Addressing Uncivil Conversations and Aggressive Behaviors

Patricia Obulaney, DNP, RN, ANP-C

Incivility from peers, patients, and families is unfortunately becoming too common in health care settings. Nurses have encountered aggressive behaviors from fellow nurses, other health care providers, patients, families, and visitors in the workplace. This presentation will address recognizing and dealing with aggressive conversations and hostile behaviors.

(F10) The New Pregnancy and Lactation Labeling Law: Implications For Your Practice

Lynda Jarrell, DNP, RN, FNP-BC, CNE

In 2015, the Food and Drug Administration (FDA) published the Pregnancy and Lactation Labeling Rule (PLLR). All drug companies must be compliant by 2020. This presentation will discuss the new labeling rules and the implications for practice.

(F11) Mental Health in Pediatric Primary Care

Stephanie Key, MSN, RN, CPNP-PC

Mental health concerns are common in pediatric primary care. Do you feel competent to assess, screen, and manage your child and adolescent patients who struggle with mental health concerns? This program discussion will review the evidence-based screening tools, brief interventions, and management in the primary care setting.

(F12) The CPAP Resistant Patient

Martin Denbar, DDS

This session will discuss the CPAP resistant patient using an interface to combine CPAP and oral appliance therapy without the typical headgear. (*Advanced Content*)

(F13) Workplace Violence: What Nurses Need to Know

Amanda Simonton, MSN, RN, PMHNP-BC

Workplace violence (WPV) is a significant problem in healthcare. The purpose of this session is to define and discuss the types of WPV nurses and APRNs face, identify patient care areas with the highest risk of WPV, describe the signs patients may exhibit warning of impending violence, and explain methods to promote safety in healthcare settings.

(F14) Rheumatology Review and Update

Susan Chrostowski, DNP, APRN, ANP-C

This session provides a rheumatology refresher for nurse practitioners who encounter rheumatology/autoimmune conditions in their practice. The session will focus on distinguishing inflammatory versus non-inflammatory types of arthritis and the various anti-rheumatic treatments that are now available. There will be discussion of common presentations for rheumatic disorders, as well as guidelines for ordering and interpreting rheumatology laboratory studies.

Friday, September 6, 2019 | 2:00 - 3:00 p.m.

(F15) Optimizing Patients for Surgery

Diane St. Pierre, RN, MSN, ACNP-BC

Same day cancellations are costly for hospitals, as are surgical site infections and other post operative complications. Here we explore how a county hospital optimization program improved outcomes and reduced cancellations. *(Advanced Content)*

(F16) Inflammatory Markers: When and What to Order and What to Do With the Number

Cathy Woodward, DNP, FNP, PNP-AC

Inflammatory markers can aid the NP in treatment decision making for patients presenting with illness of unknown etiology. This program will help the NP decide which marker is the correct to order and how to interpret the findings. *(Advanced Content)*

(F17) The Buprenorphine Team: MAT for Patients hospitalized on Medical and Surgical Wards

Richard Bottner, PA

(F18) Early Recognition and Management of Pediatric Sepsis

Virginia Young, MSN, RN, PCNS-BC

Will discuss the most recent definitions on the sepsis continuum, early recognition of sepsis and an evidenced based treatment plan. Case studies will be presented.

(F19) Role of Cardiac Monitoring in Prevention of Cryptogenic Stroke

Rose Paul Bagh, DNP, APRN, CCRN, RNFA, FNP-BC, AGACNP-BC

Session will discuss the concept of Cryptogenic Stroke and its relationship with Cardiac Arrhythmia. Cardiac embolism secondary to occult paroxysmal atrial fibrillation (PAF) is considered a common cause of Cryptogenic Stroke. Ability to detect possible etiology of stroke has profound implications in terms of treatment strategy and reduction of risk of further stroke. Session will discuss causes of Cryptogenic Stroke, role of cardiac monitoring and early detection of occult atrial fibrillation to prevent recurrence of stroke.

(F20) The Future is Now: How to Implement Telehealth into Your Practice

Veronica Pike, FNP-C

In this session, we will explore how to improve patient outcomes, customer experience, increase revenue, and improve your lifestyle by implementing telehealth into your practice. *(Advanced Content)*

(F21) Antibiotic Mini Review

E Monee' Carter-Griffin, DNP, RN, ACNP-BC

Antibiotics are one of the most commonly used modern modalities to treat patients and when utilized correctly have the capacity to be life-saving. Unfortunately, in the clinical setting literature has demonstrated incorrect antibiotic selection in commonly treated bacterial infections. This review will focus on the most common drug classes, spectrum of activity, and indications for prescribing.

Friday, September 6, 2019 | 3:30 - 4:30 p.m.

(F22) Diagnosis and Management of Hematologic and Oncologic disorders for the Advanced Practice Provider

Eliezer Bose, PhD, APRN, ACNP-BC

This presentation will review the diagnosis and management of hematologic and oncologic disorders for a beginning advanced practice provider. We will describe and compare platelet destruction disorders, different anemias, hematologic malignancies and plasma cell disorders. We will use case studies to illustrate presented content in the clinical setting.

(F23) Obesity and Medical Management

Sandy McCoy, RN, MSN, FNP-BC

This session will explore the complexities of obesity and the approved pharmacological treatments and applications through case studies. *(Advanced Content)*

(F24) Improving the Care of Adolescent and Young Adult Females with Polycystic Ovary Syndrome in Primary Care

Cara Young, PhD, RN, FNP-C and Maria Monge, MD

This presentation will provide attendees with the most up-to-date evidence related to medical management of polycystic ovary syndrome (PCOS) as well as findings from a pilot randomized control trial testing an innovative mindfulness-based healthy lifestyle intervention for adolescents with PCOS.

(F25) A Double-edged Sword: Managing Comorbid Chronic Illness & Depression

Susan Calloway, PhD, FNP-BC, PMHNP-BC, FAANP

Three chronic conditions will be examined; cardiovascular disease which is the leading cause of death in the U.S., diabetes with an ever increasing prevalence due to obesity and a sedentary lifestyle and chronic pain often due to arthritis which leads to drug seeking, isolation and limited physical activity. Evidence will be presented on the impact of depression on health outcomes, quality of life and the analysis of medications given in these conditions which may contribute to worsening depressive symptoms. Strategies for the nurse practitioner in recognizing and treating depression will be presented.

(F26) What is the Pee Telling Thee?

Peggy Francis, DNP, APRN, FNP

This program will break down all the components of the urinalysis to promote the value of this routine test in the diagnosis and treatment of various medical conditions.

(F27) Supporting the New Nurse Practitioner

Vanessa Bolyard, DNP, APRN, FNP-C

This session will explore the benefits of transitional practice programs for nurse practitioners and discussing a variety of options to implement such programs. (*Advanced Content*)

(F28) Migraine Redefined: The Theory of Migraine/ Headache and Stem Cell Regenerative Treatment

Payman Sadeghi, MD

This session will explore the new era of migraine treatment and headache treatment with stem cells. (*Advanced Content*)

Saturday, September 7, 2019 | 10:00 - 11:00 a.m.

(S29) Viral Pharyngitis: Improved Diagnosis with the Centor Score

Monica Denning-Maldonado, DNP, APRN, FNP-C

Antibiotic overprescribing is a clinical problem faced by many clinicians daily. There is pressure by society on prescribers to provide them with medication other than something available over the counter. By using evidence-based guidelines, the Centor score is a solution to this problem in relation to the diagnosis of viral pharyngitis.

(S30) Making Sure You Get Your Reimbursement

Petria McKelvey, CEO

Presentation on important key points every healthcare participant should know when wanting to improve their cashflow. These key points will not only inform you but intrigue you.

(S31) Contraceptive Counseling 101

Anatay Parker, DNP, APRN, WHNP-BC, CNOR, RNFA, C-EFM

Contraception is a pillar in women's health as well as primary care. Understanding appropriate prescriptive practices related to contraception as well as other important implications in caring for women of childbearing age in today's evolving healthcare environment is vital, especially in the primary care setting.

(S32) Holistic Health Impacts of Social Media Use on Adolescents: Emerging Care Trends in an iGen World

Jessica Peck, DNP, APRN, CPNP-PC, CNE, CNL, FAANP

This session will give an update on the latest guidelines for addressing the use of social media in teens as a health issue. The latest technology and digital trends will be explored and reviewed. Apps considered to be potentially dangerous will be reviewed and discussed so pediatric providers are equipped to discuss these with patients and their families.

(S33) The Geriatric Patient: Supplements and Interactions: An Evidenced Based Review

Kim Giberga, MSN, ARNP, FNP-C, RPhS

Our country spends \$30 billion annually on vitamins and supplements and more than half of all adults take at least one vitamin mineral, or supplement product daily, but what does the current evidence say? This discussion will focus on the community based

geriatric patient and will include: what the evidence says about MVI's, Magnesium, other supplements, medication interactions involving supplements and how to recognize these, and safe and helpful supplements to consider for URI, UTI, hyperlipdemia, and more.

(S34) What do you Mean I Made a Mistake? Preventing Cognitive Error in Your Practice

Elda Ramirez, PhD, RN, FNP-BC, ENP-C, FAEN, FAANP, FAAN

Preventing cognitive error in NP practice.

(S35) Jurisprudence for Advanced Practice Nurses in Texas

Glenda Joiner-Rogers, PhD, RN, AGCNS-BC

Nursing jurisprudence is that area of law that is comprised of the legal laws, rules and regulations that exist to ensure patient safety and which affect the practice of Advance Practice Nurses. When these rules and regulations are violated, complaint investigations may be conducted by the Texas Board of Nursing and/or civil or criminal charges may be brought regarding the conduct or decision making of the Advanced Practice Nurse and their continued licensure to practice. Advanced Practice Nurses should know how to avoid such situations and understand the Texas Board of Nursing investigation process and their legal rights to protect themselves should their practice come under review.

Saturday, September 7, 2019 | 11:15 a.m. - 12:15 p.m.

(S36) Wound Management From the Office to the ICU

Lisa Ginapp, MSN, APRN, AGANCP-BC, WCC, DWC, OMS

Most healthcare providers are not well equipped with knowledge of wound care or access to specialists. Wound Management From the Office to the ICU will provide learners with assessment and decision making skills to feel more confident in starting treatment for patients with acute and chronic wounds. Correct identification, documentation and treatment of wounds is essential for patient care in all arenas. This program will provide case studies to review with evidence based guidelines to improve your practice. (*Advanced Content*)

(S37) Changing Strategies for Diabetes Education: Improving Rural Community Access with Telehealth

Mia Painter, MSN, FNP-C

The interactive breakout session will address telehealth as an innovative strategy to improve care access and patient outcomes by providing diabetes self-management education in a rural community. The target audience includes healthcare clinicians/practitioners, administrators, payers, and policy/government relations.

(S38) Marijuana: Medical Use, Recreational Use, Complications and Interactions

Kim Giberga, MSN, ARNP, FNP-C, RPhS

22.2 million people reported they have used marijuana in the last month in a recent survey and while more than half adults have tried it in the past, 44% of those adults continue to use marijuana. As prescribers, it is important to understand the uses for medical marijuana, how it interacts with other medications, and potential complications. CBD oil and emerging research will be discussed as well.

(S39) Improving Spiritual Health Through Intentional Screening and Targeted Interventions in Primary Care

Erika Benfield, DNP, RN, FNP-C

We will explore ways to address current practice gaps for screening for distress in the primary and acute care settings as an initiative to address the growing suicide epidemic. We will review a translational approach for screening and the facets of individual intervention that lead to success. *(Advanced Content)*

(S40) COPD: The Who, What, When, and Why of Management

Patrick Laird, DNP, RN, ACNP-BC, NEA-BC

Chronic obstructive pulmonary disease (COPD) is a common respiratory condition characterized by persistent respiratory symptoms and airflow limitation which is not fully reversible. COPD is associated with high morbidity and mortality resulting in significant resource utilization resulting from frequent provider visits, repeated hospitalizations due to acute exacerbations, and the need for long-term therapy. This presentation will discuss the pathophysiology of COPD, describe the role of pulmonary function tests in the diagnosis of COPD, and discuss the comprehensive management of patients with acute COPD exacerbations.

(S41) Effective Use of the Prescription Monitoring Program

Linda Yazdanshenas

This program will provide a review of The Prescription Monitoring Program in Texas and its move to the Texas State Board of Pharmacy; and How to use the Prescription Monitoring Program to assist in making clinical decisions when dispensing controlled substance prescriptions.

(S42) Polypharmacy Among Geriatric Patients

E. Monee' Carter-Griffin, DNP, RN, ACNP-BC

The elderly represent a growing population in the US. Chronic illness is common among the elderly with estimates of 77% having at least two chronic diseases. As a result, polypharmacy is common with the potential for negative outcomes. This is a case study presentation on the potential problems with polypharmacy and its impact in specific diseases.

Saturday, September 7, 2019 | 1:15 - 2:15 p.m.

(S43) Hidden Dangers of Syncope

Jose Villa, DNP, APRN, FNP-BC

This is a conference presentation on the suspecting causes of syncope that may lead to sudden cardiac arrest, ekg and physical exam findings to help NPs identify the dangers of fainting

(S44) Diagnostic Difficulty and Errors in Primary Care

Mahesh Pillai, MSN, AGNP-C

Studies show that one in ten diagnoses are wrong and these diagnostic errors lead to 40,000 to 80,000 deaths annually. The importance of sound clinical skills and cognitive understanding of pathophysiology to counter difficulties and to minimize errors will be discussed with the audience.

(S45) STDs: Is this What I Think it is?

Shelagh Larson, DNP, WHNP-BC, NCMP

STI are at a rate of all time high. Due to cuts in funding, many clinics that normally see these patients are closed. That leaves these patients coming to you. Do you know the latest treatments? Do you

know about EPT: expedited partner therapy? Partner treatment is the standard of care by law and Texas Board of Nursing. Come get the latest lowdown on the down low!

(S46) Adolescents, Vaping, & Juuling: What You Need to Know

Kathryn Reveles, PhD, DNP, APRN, CPNP-PC

What you need to know to discuss e-cigarettes, vapes, and juuling with your adolescent patients.

(S47) Nutrition as Primary Prevention of Diseases of Aging

Michael Roussell, PhD

This talk will delve into the use of nutritional interventions for the primary prevention of diseases of aging. *(Advanced Content)*

(S48) Wading the Muddy Waters of Nursing and Medical Peer Review

Janet Sumner, PhD, RN, CPNP

This session will differentiate between nursing and medical peer review and describe how the NP can impact the processes.

(S49) Management of Type 1 Diabetes in 2019

Celia Levesque, MSN, RN, CNS-BC, NP-C, CDE, BC-ADM

Management of type 1 diabetes can be very difficult to control and mismanagement can result in severe hypoglycemia or diabetic ketoacidosis. Most literature and conferences focus on the management of type 2 diabetes. This lecture will discuss pathophysiology, diagnosis, and current treatment recommendations for type 1 diabetes including intensive insulin management, continuous glucose monitoring, carbohydrate counting, calculating insulin to carbohydrate ratio and sensitivity factor, adjusting insulin doses and preventing acute complications. *(Advanced Content)*

Saturday, September 7, 2019 | 2:30 - 3:30 p.m.

(S50) Post Operative Supplementary Motor Area Syndrome: Clinical Presentation and Management

Ufuoma Avbovbo, DNP, RN, NP-C

Supplementary Motor Area Syndrome (SMA) is a neurosurgical syndrome that can occur after surgical resection of the SMA. SMA syndrome involves speech impairment, and contralateral weakness postoperatively. This presentation will describe an overview of SMA syndrome using a case study, clinical manifestations, preoperative imaging, postoperative signs and symptoms, treatment and management, and implications for advanced practice providers.

(S51) The Nuts and Bolts of Obesity Management

Jennifer Kucera, RN, CURN, MSN, FNP-C

This presentation will review the defining characteristics, diagnostic criteria, and clinical components of obesity management. This presentation will also highlight what one clinician has done in her practice to provide successful obesity care in a Family Practice/Primary Care setting.

(S52) Low Back Pain in the Adult Patient

William Crowe, FNP-BC

This session will discuss the impact of low back pain on the healthcare system, and will describe the top causes of low back pain.

(S53) Pediatric Celiac Disease

Kathryn Reveles, PhD, DNP, APRN, CPNP-PC

Celiac disease in the pediatric population is more common than first thought. Knowing the appropriate diagnostic steps and management of the disease is essential for healthcare providers.

(S54) Why this Medication? A Guide to Anti-Arrhythmic Drugs for Atrial Fibrillation

Glenda Dell, APRN, ACNS-BC

Atrial fibrillation is the most common sustained cardiac arrhythmia, with an increase in prevalence, and incidence with age. There are many options of anti-arrhythmic medications. Learn why these medications are chosen, as well as monitoring recommendations, for following patients, on these medications in your practice.

(S55) DEA MAT Regulations - Demystifying DEA's Role & Implementing a Zero Risk Program

Dennis Wichern

This is a one hour class linking DEA's, FDA's and SAMHSA's authority as it relates to MAT along with national studies, risk mitigation strategies, patient limits, criminal and civil case studies, emerging issues, urine drug screens, common FAQ's, law enforcement & provider partnerships, and preparing for a DEA audit. The goal of the course is to alleviate provider concerns regarding DEA relative to MAT.

(S56) The Who, What, and When of Immunizations: An Update on Adult and Childhood Vaccinations

Holly DiLeo, PhD, RN, FNP-BC,

This presentation will provide the background needed to increase the provider's knowledge and understanding regarding the current vaccine recommendations for adults and children; placing them in a position to educate their patients about the importance of being vaccinated.

Saturday, September 7, 2019 | 3:45 - 4:45 p.m.

(S57) Shortness of Breath Has You Blue? Here is What to Do

Elizabeth Gigliotti, BA, MS, NP-C, ACNP-BC

Acute respiratory distress and failure occurs frequently in hospitalized settings and is one of the most common triggers for rapid response emergencies and transfer to higher level of care. In this session, clinical manifestations and causes of respiratory failure will be discussed as well as management with noninvasive ventilation (CPAP vs BPAP) or oxygen supplementation given specific clinical scenarios (COPD, pulmonary edema, asthma, etc.).

(S58) Successful Diabetes Management in Primary Care

Vanessa Bolyard, DNP, APRN, FNP-C

Develop an understanding of the various medication classifications for diabetes and explore different successful treatment options for diabetics. *(Advanced Content)*

(S59) Auricular Therapy: Is there a Place for it in Your NP Tool Kit?

Karen Williams, RN, DNP-C, FNP- BC, and Karen Sova, ANP-BC
Pain is a very common complaint and will quickly reduce quality of life. In this day of opioid abuse and polypharmacy, NP's who are on the frontlines in primary care, need alternatives that do not cause more side effects. Auricular acupuncture is easy to learn, safe, effective and cost effective. *(Advanced Content)*

(S60) Re-framing the Approach to the Diagnosis and Treatment of Borderline Personality Disorder in Adolescents

Dan Matthews, MD

This presentation will describe the identified brain dysfunctions contributing to the symptoms/traits that define the diagnosis of Borderline Personality Disorder (BPD). Unique neuropharmacological and manualized psychotherapeutic interventions have been developed to better address the specific symptoms/traits present in patients with BPD. Given these new developments, a new movement to diagnose BPD in adolescents has gained momentum, thus allowing earlier intervention with the hope that the prognosis for this disorder will be significantly improved. The literature over the last 10 years regarding the diagnosis and treatment of BPD will be summarized. *(Advanced Content)*

(S61) Delirium in Acute Care: What Can We Do?

Kathleen Cox, PhD, DNP, APRN, ACNP-BC

This presentation will enable participants to differentiate types of delirium and delirium "mimickers"; incorporate delirium assessments into regular nursing care; assess ways to utilize various screening instruments with existing hospital protocols; and apply delirium prevention and treatment strategies in acute settings.

(S62) Medication Management for Nurse Practitioners: Protecting Yourself from Liability

Lynn Pierce, BSN, RN

This session will enable Nurse Practitioners to understand the nature of malpractice claims through the exploration of current claims data. We will review the nature of medication related claims, injuries and outcomes from both a risk and fiscal perspective.

(S63) Human Trafficking: Achieving Core Competencies and Implementing Organizational Protocols

Jessica Peck, DNP, APRN, CPNP-PC, CNE, CNL, FAANP

87% of trafficking victims have encountered a healthcare professional up to nine times during their captivity without being identified. Potential victims can present in any clinical setting. As the most trusted health care providers, APRNs are front-line responders and should be equipped to identify and treat victims. This session will equip NP-leaders to help implement organizational protocols to maximize health outcomes.

POSTER PRESENTATIONS

Friday, September 6, 2019 | 1:30 - 2:00 pm

Global Health in Eswatini, Africa

Linda Bostwick, FNP-BC

This presentation will describe the experience of one family nurse practitioner who spent 10 months in Eswatini, Africa, as visiting faculty for the first master's level family nurse practitioner program in the country. She went as a volunteer with Peace Corps/Seed Global Health. She will discuss some of the opportunities and challenges and address some of the ethical questions related to global health.

Imposter Syndrome: Are You a Victim?

Kathryn Ellis, DNP, RN, ANP-BC, FNP-BC, FAANP and Kenneth Lowrance DNP, APRN, CNS, FNP-BC, NEA-BC, FAANP

Have you ever felt that the successes you have achieved in your educational and/or professional trajectories are not authentic? Do you believe your accomplishments are due to sheer luck or coincidence rather than hard work? If so, you may be a victim of Imposter Syndrome. This presentation provides an in-depth understanding of this phenomenon, provides you an opportunity for self-assessment of imposter characteristics, and provides an array of effective strategies to deal with this situation.

Diabetes Update 2019

Ethany Howden, MSN, RN, FNP-C

Stressed with the onslaught of new guidelines this year? This discussion provides an overview of what everyone ought to know about the new 2019 updates to diabetes management guidelines from the American Diabetes Association and the American Association of Clinical Endocrinologists/American College of Endocrinology.

Improving Disaster Readiness of Interprofessional Health Care Students by Utilizing Realistic Simulation Scenarios

Deborah McCrea, EdD-C, MSN, RN, FNP-BC, CNS, CEN, CFRN, EMT-P

Shared lessons learned about educational curriculum and strategies utilized to prepare inter-professional health care students to fully participate in the National Incident Management systems (NIMS) Disaster Exercise and know what to expect of the roles of student leaders in the area of Decontamination, Triage, Treatment, Transport, Hospital and Morgue.

PHQ-9 in the Latin American refugee population

Anna Jessup, DNP, APRN, FNP-C & Wendy Thal, DNP, APRN, FNP-C, APHN-BC

PHQ-9 screening a discussion if it is culturally competent in the refugee Latin American population once they have migrated to the United States.

Considering IV Blood Draw

Megan King, BSN, RN

Patients present to the emergency department (ED) everyday requiring an IV and blood work. In some EDs it is policy for a patient to have separate venipuncture for blood work and IV placement. This practice can result in unnecessary discomfort for

the patient. The CDC reported 141.4 million visits to the ED in 2017 with 11.2 million patients admitted to the hospital as a result of the ED visit. All of these patients potentially need multiple venipunctures for blood work and IV placement. The purpose of the study is determine whether using an IV to obtain a blood sample in patients of all ages decreases the patient discomfort more

Barriers to Accessing Mental Health Care

Aubrey Kirchoff, MA, BS, LPC, RN

Learn about the biggest barriers that patients face while seeking psychiatric care and the most evidenced-based methods of combating these barriers.

An Effective Alternative to Antipsychotic Use in Long Term Care

Elizabeth Long, DNP, APRN, GNP-BC & Michelle Dionne-Vahalik, DNP, RN

A large percentage of patients with dementia experience some type of agitation, psychosis, or disordered mood. This may contribute to decreased quality of life for patients and families and have significant economic impact on the health care system. Although not approved by the Food and Drug Administration, antipsychotics are often used to treat agitation and psychosis in older adults with dementia. Evidence shows an increased mortality rate and side effects with the use of these agents. Music and memory interventions, incorporating a personalized music list, are repeatedly and consistently showing improved patient outcomes with decreases in agitation and antipsychotic use in long term care settings.

The Effects of an Evidence-Based Dilation Protocol on Missed Dilations

Gail Morrell, DNP, MSN, FNP-BC

The purpose of this project was to decrease the number of missed pupillary dilations to 2% or less of all patients requiring dilation, through the implementation of an evidence-based dilation protocol. Through the use of this protocol, a statistically significant outcome was achieved.

Use of a Clinic-Based Skin Cancer Prevention Bundle to Promote Sun-Protective Behaviors in Patients at Moderate to High Risk for Skin Cancer

Elizabeth Petitt, DNP, RN, FNP-C, DCNP

In adult dermatology clinic patients age 20-65 at moderate to high risk for skin cancer (P), does a clinic-based skin cancer prevention bundle (I), through comparison of pre- and post-intervention Sun Protection Habits Index (SPHI) summary scores and sunburn frequency (C), affect the proportion of participants using SPBs and reporting sunburn (O) over a two-month period (T)? The poster will report project methodology, and outcomes, as well as potential implications for clinical practice.

A Quality Improvement Project to Increase Patient Portal Enrollment and Utilization in At-Risk Women Living with HIV

Erica Plimpton, DNP, MPH, RN, FNP

A DNP project focused on increasing patient portal enrollment and utilization at an HIV primary care clinic in Dallas, TX. Women identified as at-risk for poor engagement in care were targeted and enrolled in a patient portal system to enhance engagement and retention in care.

Integrated Care for Hispanic Individuals with Serious Mental Illness and Type 2 Diabetes

Rose Saldivar, DNP, APRN, FNP, PMHNP

This poster will appraise the current evidenced based data on Hispanic individuals with serious mental illness (SMI) and type 2 diabetes in a South Texas community. As well as discuss intervention strategies implemented to provide integrated care to Hispanic individuals with SMI and type 2 diabetes using the Plan-Do-Study-Act cycle, and examine the strengths and limitations of a DNP capstone project.

Genetic Screening Intervention: Identifying Carrier Status with a History of Cancer

Robin Sanders, MSN, APRN, FNP-BC & Rebecca Urbanovsky, MSN, APRN, FNP-BC

This poster will identify who meets criteria for genetic testing, why testing is important, and what will be learned from the information received from the test.

Synchronizing Patient-Centered Care and Collaborative Care

Mariya Tankimovich, DNP, MSN, APRN, FNP-C, CNE

This poster will show where Patient-Centered Care and Collaborative Care are in theory/practice, where PCC and CC are not synchronized, and suggest strategies for dovetailing PCC and CC. It will then identify dovetailing strategies pertinent to NPs.

Should Nurse Practitioners Have Professional Liability Insurance?

Kendall Wines, APRN, FNP-C

The purpose of this poster is to clarify all of the confusing aspects of professional liability insurance for nurse practitioners in the state of Texas.

Saturday, September 7, 2019 | 9:30 - 10:00 am

Incorporating Weight Management Into Your Practice

Susan Bowlin, MSN, APRN, FNP-BC, ACNP-BC, CBN

Obesity rates increase in the US every year and is now the #1 preventable cause of death. Recognizing obesity as a chronic disease that requires ongoing treatment is the first step to helping patients but where do we go from there? This session will help you break down the steps to effectively incorporate weight management into your everyday practice.

Cannabidiol (CBD): Miracle or Hype?

Kimberly Posey, DNP, APRN, AGPCNP-BC, GS-C

This one hour presentation aims to update the Nurse Practitioner's current knowledge about cannabidiol (CBD) to allow an informed dialogue with patients. Nurse Practitioners need to understand the changing landscape around CBD with a practical knowledge on legal issues surrounding CBD products, pharmacological actions and effects, potential medical uses, and available preparations. A review of literature regarding the clinical uses of CBD will be discussed

Improving Patient Access

Annette Bacon, DNP, APRN & Joanna Glaze, MSN and Catherine McCaffity, MS

This poster will discuss current practice with appointment settings, Call Center development and education, as well as Outcomes-Patients, Call Staff Associates, Providers.

Alarming Silence - The Effect of Decreasing Alarms in the Adult Critical Care Setting

Laurie Beall, BSN, RN, ACNP-DNP

This poster will discuss adjusting alarms to prevent provider fatigue while not compromising patient safety.

Preventing Unnecessary Re-admissions in Recently Discharged Rural Patients: The Power of Collaboraiton

Denice Black, MSN, APRN, ACNS-BC & Erica Francis, MSN, FNP

An APRN led Transitional Care Clinic was designed to decrease preventable readmissions to the hospital and ED by providing care to patients who are high risk for readmission within 30 days post discharge. We have been able to correlate when referrals to the TCC went down, readmissions went up and conversely when referral rates increased, readmissions decreased.

The Power of Presence: The Nurse-Patient Relationship

Linda Bostwick, FNP-BC

This poster will discuss the concept of presence in the nurse-patient relationship, ingredients of presence, how presence leads to healing, and implications for nursing.

Understanding the Rural Healthcare Delivery Systems

Vicki Brooks, DNP, APRN, FNP-BC

This poster will explain how NP's fit into rural healthcare systems, and identify barriers and benefits of rural health systems

APRN Perceptions following PM-DNP Education

Brittany Christiansen, DNP, APRN, CPNP-PC/AC, FNP-C, AE-C

This poster will discuss perceptions of role and practice changes for APRNs who obtain PM-DNP education.

Autism Screening and Management Practice of Primary Care Nurse Practitioners

Julie Elam, MSN, RN, FNP-C, DNP & Jane Champion, PhD, DNP, MA, MSN, FNP, AH-PMH-CNS, FAANP, FAAN

The purpose of this project is to assess clinical guidelines utilized by primary care-based nurse practitioners for assessment and management of autism. This assessment is intended to identify needs for practice improvement initiatives relevant to assessment and management of autism among primary care-based nurse practitioners.

Toolkit Design and Development for Establishing a Foot Clinic for the Homeless Population

Emily Estes, BSN, RN, CCRN

This project provides information on the development and implementation of a foot care clinic to close the gap on foot health, which is often overlooked. The project includes a toolkit, which provides a guide for those wanting to develop a foot care clinic for the homeless population in their community.

Providing Culturally Competent Healthcare to the Lesbian, Gay, Bisexual, and Transgender (LGBT) Population

Mundi Gutierrez, BSN, RN, CNOR

Providing culturally competent healthcare to the lesbian, gay, bisexual, and transgender (LGBT) population

Designing Better Educational Presentations-Understating various Technology Tools to Enhance your Talks

Deborah McCrea, EdD-C, MSN, RN, FNP-BC, CNS, CEN, CFRN, EMT-P

This presentation will focus on how to utilize the latest technologies and strategies to enhance the design of presentations when delivering content to patients, students or other colleagues on various platforms including live lectures or online settings. Information will be conveyed to the participant about the latest tools to enhance multimedia presentations for both lectures and the instructional setting such as online media.

The Impact of Azithromycin and a Combination of Neomycin, Polymyxin B and Bacitracin on Bacterial Vaginosis using an Ex Vivo Vaginal Mucosal Culture Model

Mini Jose, PhD, FNP-BC & Richard Pyles, PhD

For this project, we evaluated the safety profile of the proposed antibiotic combination and the efficacy against selected dysbiotic VMB communities and lack of damage to eubiotic profiles.

Habit or Motivation? Making lifestyle choices that last a lifetime.

Christina Keil, APRN, FNP-BC

Learn how the brain processes and forms habits and how we can assist in developing new habits. Is it motivation or habit? Get an idea of how to make those lifestyle changes once and for all.

One World-Health Promotion in Rural India: implications for domestic practice

Michelle Kelly, DNP, FNP, PHN, CNE & Shipla Dandekar, RN, FNP

Ever wonder how your APRN health promotion skills would apply in a low resource international setting? Hear about how APRNs are in the position to holistically assess health behaviors across cultures and develop practical health promotion teaching tactics to coach patients in their self-care.

SPECIAL EVENTS

Thursday Opening Night
"Welcome Networking Event"
Thursday, September 5, 2019
4:30 – 6:30 p.m.

Kick-off the 31st Annual TNP Conference by networking with others from your area of the state! Event to be held in the Exhibit Hall.

TNP Champions Dinner
Friday, September 6, 2019
6:30 – 9:00 p.m.

Enjoy an evening with your friends and colleagues, featuring something new for TNP... a "songwriter in the round" concert performed by singer-songwriters from the Austin Songwriters Group!

Ticketed Event (\$100) Registration Required

TNPF Walk-a-Thon
Virtual

Enjoy an invigorating walk on your own time before or during TNP's Annual Conference and raise money for Texas Nurse Practitioner Foundation (TNPF). Virtual Walk could include the treadmill, walking prior to arrival, walking up 6 flights of stairs, walking around Austin's Famous 6th street, etc. You are encouraged to commit and collect from sponsors prior to coming to the conference. Registration is \$25. If you prefer not to participate in the Virtual Walk-a-Thon, but would like to support the Foundation, you may donate \$50 to not walk. The mission of the Foundation is to provide educational opportunities for the advancement of registered nurses in a specialty field that promotes health care access to all people. 100% of the proceeds benefit the Foundation and are tax deductible. Please post photos of your Virtual Walk-a-Thon on social media and use the following hashtags #TNPFvirtualwalk2019 and #TNPFall2019.

Walk-a-Thon Details:

*Thank you for helping Texas Nurse Practitioner Foundation fulfill its mission of providing educational opportunities for the advancement of registered nurses in a specialty field that promotes health care access to all people.
100% of proceeds benefit the Foundation.*

Esther's Follies
Saturday, September 7, 2019
7:30 – 10:30 pm

Join us for a night of entertainment at Esther's Follies, hailed as "Austin's answer to Saturday Night Live," featuring sharp, insightful comedy performed by talented actors, entertainers, and musicians.

Ticketed Event (\$50) Registration Required

SYMPOSIUMS

Thursday Lunch Symposium

12:00 – 1:00 pm

(Limit 200)

Sponsored by: Novo Nordisk

Are We Waiting Too Long to Start a GLP-1 RA in Adults Patients With T2D?

Brief Overview: This presentation provides an overview of a GLP-1 RA for adult patients with T2D, including an in-depth review of head-to-head data from the clinical trial program. The results from a CVOT will also be reviewed. Lastly, initiation and proper dosing schedule will be discussed.

Speaker: Rosemarie Lajara

Friday Breakfast Symposium

7:15 – 8:15 am

(Limit 150)

Sponsored by: Dairy Max

Saturday Breakfast Symposium

7:15 – 8:15 am (Limit 150)

Sponsored by: Astra Zeneca

Cardio-Renal Complications of T2D: Focus on Heart Failure

Saturday Lunch Symposium

12:15 – 1:15 pm (Limit 200)

Choosing a Combination Oral Contraceptive to Balance the Needs of Your Patients

Speaker: Cindy Cooke, DNP, FNP-C, FAANP

Understanding the Options for Management of Hypothyroidism

Speaker: Angela Golden, DNP, FNP-C, FAANP

Sponsored by:

Acella Pharmaceuticals

Avion Pharmaceuticals

Sunday Breakfast Symposium

7:15 – 8:15 am (Limit 150)

Sponsored by: Jaymac Pharmaceuticals

GENERAL SESSIONS

Friday, September 6, 2019 | 8:45 - 10:00 am

(GS01) Engaging the Texas Prescription Monitoring Program to Support Patient Health

Dr. Lucas Hill

We will discuss recent trends in controlled substance misuse and harm, patient outcomes related to PMP implementation, plan for integration of PMP queries in clinical workflow, and consider interventions to support patient health when concerning patterns of controlled substance use are identified.

Saturday, September 7, 2019 | 8:30 - 9:30 am

(GS02) Membership Meeting

Calling all TNP members. Please join us as we recognize 2019 award winners and conduct our annual meeting.

Sunday, September 8, 2019 | 8:30 - 9:30 am

(GS03) Peeling Back the Layers: A Best-Practice Approach to Managing Atopic Dermatitis

Susan Tofte, BSN, MS, FNP-C

Don't miss Susan Tofte as she presents the latest information on how to incorporate new guideline recommendations for the evaluation and management of atopic dermatitis based on history and severity. Deepen your knowledge of the new pharmacotherapies approved for treatment of atopic dermatitis and enhance your ability to collaborate with patients on ways to improve their quality of life by addressing comorbidities and adhering to individualized treatment regimens.

Sunday, September 8, 2019 | 9:45 - 11:15 am

(GS04) Capitol Update: Legislation Affecting Your Practice

Erin Cusak, Casey Haney, and Allen Blakemore

It was a session like no other in Texas! Learn first hand through actual case studies the lessons learned from the most recent Legislative Session and where we go from here.

Sunday, September 8, 2019 | 11:30 am - 12:30 pm

(GS05) Managing Heart Failure

Leslie L. Davis, PhD, RN, ANP-BC, FAANP, FAHA

Don't miss Mary Ellen Roberts, DNP, RN, APN-C, FNAP, FAANP, FAAN, FAANP as she presents the latest information on how to incorporate new guideline recommendations for the evaluation and management of heart failure based on individual patient characteristics and goals. Deepen your knowledge of the new pharmacotherapies approved for treatment of heart failure and enhance your ability to collaborate with patients on ways to improve adherence to treatment regimens.

HOTEL DETAILS

Hilton Austin Hotel

500 East 4th Street | Austin, Texas 78701

Single/Double: \$189

Triple: \$209

Quad: \$229

Register Online: <https://book.passkey.com/go/TxNursePractitionersConf>

Call 1-800-236-1592 to make reservations.

Reference Texas Nurse Practitioners or the group code "TNP" to make reservations at the group rate.

The cut-off date is August 11, 2019.

Reservation requests received after the cut-off date will be on availability at the Hotel's prevailing rates.

Please remember that Thursday, September 5 will be the Pre-Conference Workshops and the General Conference will be Friday, September 6 through Sunday, September 8 (concluding by 12:30 pm).

Check-in: 3:00 PM

Check-out: 12:00 PM

It is highly recommended to make your reservation early. If for some reason you need to cancel your hotel reservation, please contact TNP at (512) 291-6224 or bella@texasnp.org so that we may be able to reallocate that room to another attendee.

Parking:

Day Self-parking: \$15.00 for guests

Overnight Self-Parking: \$32.00 for guests

Valet Parking up to 6 hours: \$30.00

Valet Parking after 6 hours: \$41.00

Valet Parking Overnight: \$41.00

Airport Information:

From Austin-Bergstrom Airport: Take Hwy. 71 West approximately 5.5 miles to I-35.

Merge onto I-35 North and take 234C. Turn left at the 1st light (6th St.)

Travel west on 6th St and turn left onto Neches St. The Hilton Austin is on the corner of 5th and Neches.

Distance from Hotel: 7 miles

Drive Time: 15 minutes

Airport Transportation:

Transportation from Austin-Bergstrom International Airport to and from the Hilton is available with SuperShuttle "Shared Ride" or ExecuCar "Private Sedan/SUV".

Make reservations at www.SuperShuttle.com or www.ExecuCar.com use code HILTNN for a 5% discount off published online fare.

Typical Minimum Care:

Bus Service: \$1.75

Super Shuttle: \$16.00

Taxi: \$30.00

Ride Share: Uber & Lyft (*rates vary*)