



19TH ANNUAL
NORTHEAST REGIONAL
NURSE PRACTITIONER
CONFERENCE

WED. MAY 2 – FRI. MAY 4, 2012 | RADISSON HOTEL, MANCHESTER, NH



MASSACHUSETTS COALITION
M.C.N.P.
OF NURSE PRACTITIONERS



New Hampshire Nurse Practitioner Association
Massachusetts Coalition of Nurse Practitioners
Boston College William F. Connell School of Nursing Continuing Education Program

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OVERVIEW

The Northeast Regional Nurse Practitioner Conference was established in 1992 with the intent of providing continuing nursing education that expands the basic education and experience of nurse practitioners.

It is our mission to assist nurse practitioners in maintaining professional expertise for the delivery of competent quality advanced practice nursing care directed at improving clinical outcomes. The sponsoring members are the Massachusetts Coalition of Nurse Practitioners, the New Hampshire Nurse Practitioner Association, and the Boston College William F. Connell School of Nursing, Continuing Education Program.

OBJECTIVES

At the conclusion of this conference, the participants will be able to:

- Identify critical issues and clinical challenges facing nurse practitioners in the health care environment.
- Utilize evidence-based strategies in clinical practice to improve patient care outcomes.
- Mobilize professional resources to prepare for future changes and challenges in health care delivery.

PRESIDENTS' MESSAGE

It is our pleasure to invite you to the 19th Annual Northeast Regional Nurse Practitioner Conference.

We are delighted to welcome our keynote speaker, Dr. Jan Towers, PhD, NP-C, CRNP, FAAN, FAANP. As the debate of health care reform continues locally and nationally, Dr. Towers will speak to the opportunities for nurse practitioners to be part of the decision making process affecting policies to improve patient access and to continue to offer high quality, cost-effective, patient centered care.

As always, the conference will provide a variety of workshops, clinical sessions and poster presentations led by a diverse faculty who are experts in clinical care and professional issues. The New Hampshire Nurse Practitioner Association and the Massachusetts Coalition of Nurse Practitioners will be holding their respective annual business meetings during lunch on Thursday. This is a great opportunity to hear about the work your organization is doing on behalf of the NP profession. If you do not belong to either organization, we welcome you to join us and learn about the benefits of becoming a member.

As part of the conference, we will once again host an evening reception Thursday May 3rd at 5:45 PM. We welcome attendees to join us. The event will include recognition of nurse practitioners from Massachusetts and New Hampshire who have demonstrated excellence in professional practice. It will also provide an opportunity for networking and socializing.

By attending the conference, you will become a part of the regional nurse practitioner history and help create a vision for the nurse practitioners of the future.

We look forward to seeing you at the conference!

BARBARA ROSATO, MSN, ANP-BC,
CDE
President, Massachusetts
Coalition of Nurse Practitioners

GENE ELIZABETH HARKLESS,
DNSc, APRN, FNP-BC, CNL,
FAANP
President, New Hampshire
Nurse Practitioner Association



KEYNOTE SPEAKER



JAN TOWERS PhD, NP-C,
CRNP, FAAN, FAANP

Director of Health Policy/
Federal Government &
Professional Affairs,
American Association
of Nurse Practitioners,
Washington, DC

OPPORTUNITIES THROUGH CHANGING TIMES: POLICY, POLITICS, AND NPs

What this means for you as an NP -- health care policy reform, economics, medical home, CMS, pay for performance, reimbursement, prescriptive practices and more -- all in an election year.

Thursday May 3, 2012
8:30 - 9:45 AM

Dr. Towers is the nation's leading expert on regulatory, legislative and policy issues related to NP practice. She has served on the national advisory committee for the primary care initiatives grants sponsored by the Robert Wood Johnson Foundation and the Joint Commission on Accreditation of Healthcare Organizations. The author of numerous publications related to nurse practitioner practice, she is also founding editor of the Journal of the American Academy of Nurse Practitioners.

CONFERENCE AGENDA

WEDNESDAY MAY 2 PRE-CONFERENCE WORKSHOPS	THURSDAY MAY 3 CONFERENCE PROGRAM	FRIDAY MAY 4 CONFERENCE PROGRAM
	Exhibitor Setup 6:30 – 8:00 AM	
	Registration/ Industry Exhibits Continental Breakfast 7:30 – 8:15 AM	Optional Breakfast Symposia 7:30 – 8:30 AM
	Welcome 8:15 – 8:30 AM	Registration/Industry Exhibits/Continental Breakfast 7:30 – 8:45 AM
	Keynote 8:30 – 9:45 AM	Session E (21-25) 8:45 – 10:00 AM
	Refreshment Break/ Industry Exhibits 9:45 – 10:00 AM	Refreshment Break/ Industry Exhibits 10:00 – 10:15 AM
	Session A (1-5) 10:00 – 11:15 AM	Session F (26-30) 10:15 – 11:30 AM
Registration 12:00 – 12:30 PM	Session B (6-10) 11:30 AM – 12:45 PM	Optional Lunch Symposium/ Industry Exhibits 11:45 AM – 12:45 PM
Session A: Workshops 1-3 12:30 – 2:45 PM	Lunch/Assoc. Meetings/ Industry Exhibits 1:00 – 2:00 PM	Session G (31-35) 1:00 – 2:15 PM
	Optional Poster Session I/ Industry Exhibits 2:00 – 2:30 PM	
Refreshment Break 2:45 – 3:00 PM	Session C (11-15) 2:30 – 3:45 PM	Session H (36-40) 2:30 – 3:45 PM
Session B Workshops 4-6 3:00 – 5:15 PM	Optional Poster Session II/ Industry Exhibits 3:45 – 4:15 PM	Evaluation 3:45 – 4:00 PM
Evaluation 5:15 – 5:30 PM	Session D (16-20) 4:15 – 5:30 PM	
	Evaluation 5:30 – 5:45 PM	
	Reception/Assoc. Awards 5:45 – 7:00 PM	
Exhibitor Setup 8:00 – 11:00 PM		



WEDNESDAY MAY 2

PRECONFERENCE WORKSHOPS

REGISTRATION
12:00 - 12:30 PM

SESSION A
12:30 - 2:45 PM

REFRESHMENT BREAK
2:45 - 3:00 PM

SESSION B
3:00 - 5:15 PM

EVALUATION
5:15 - 5:30 PM

EXHIBITOR SETUP
8:00 - 11:00 PM

WEDNESDAY MAY 2

PRECONFERENCE WORKSHOPS

SESSION A: 12:30 – 2:45 PM

WORKSHOP 1: SUTURING SKILLS AND TECHNIQUES Lisa Arellano, MS, ANP

In this session, participants will learn proper skin closure techniques and develop suturing skills. Types and appropriate choice of suture material, correct use of instruments and types of wound closures will be addressed. Participants will have hands on suturing with direction provided individually while working.

***WORKSHOP 2: PEDIATRIC ORTHOPEDICS 101: A PRACTICAL GUIDE TO COMMON MUSCULOSKELETAL CONDITIONS IN CHILDREN** Elizabeth G. Shannon, PhD, RN, PNP

This session will review history including signs and symptoms for children with common orthopedic conditions. Focused musculoskeletal physical examinations will be discussed and techniques demonstrated for and with participants. Diagnosis and treatment options for childhood orthopedic conditions will be explored using case studies. Attendees will practice physical examination techniques and are encouraged to actively participate in this session.

WORKSHOP 3: THE NEUROLOGICAL EXAM Jorge Almodovar-Suarez, MD

Performance of the Neurological exam is a critical skill in both the office and the hospital setting. In this workshop, the participant will have the opportunity to practice the exam and will relate the clinical findings to common neurological disorders.



SESSION B: 3:00 – 5:15 PM

***WORKSHOP 4:** **EVALUATION OF THE KNEE AND SHOULDER** Douglas Moran, MD

In this interactive workshop, participants will learn about the normal anatomy of the knee and shoulder and how injuries can alter the anatomy and function of the affected joint. Examination of the knee/shoulder will be demonstrated as will injection techniques. There will be a discussion of treatment modalities for specific injuries.

WORKSHOP 5: **12 LEAD ECG INTERPRETATION** Carol Brown, MSN, ANP

This lecture is intended for nurse practitioners who look at 12 lead electrocardiograms in their daily practice. It will review a normal ECG and build upon this base to review the evolution of an ST elevation MI. At the end of the talk, the learner should be able to identify the location of the MI. In addition there will be discussion of lead ECG changes seen in various disease entities, such as Takotsubo Syndrome, Pericarditis, Left Ventricular Hypertrophy, Digoxin Effect, Hyperkalemia.

WORKSHOP 6: **PEDIATRIC RADIOLOGY** Gerry Smith, MD

This workshop will focus on appropriate evidence-based work-ups, test sequencing, radiation exposure, and value added strategies for appropriate radiological diagnostics.

* Eligible for pharmacology contact hours



THURSDAY MAY 3

CONFERENCE PROGRAM

REGISTRATION/
INDUSTRY EXHIBITS/
CONTINENTAL BREAKFAST
7:30 – 8:15 AM

meeting during this lunch session. By attending, you will become a part of the regional NP history and help create a vision for the NPs of the future.

WELCOME
8:15 – 8:30 AM

OPTIONAL POSTER SESSION I
2:00 – 2:30 PM

Attended

The poster session will provide the opportunity to discuss poster abstracts with authors.

KEYNOTE SESSION
8:30 – 9:45 AM
Opportunities through Changing Times- Policy, Politics and NPs

Jan Towers, PhD, NP-C, CRNP,
FAAN,FAANP

What this means for you as an NP – health care policy reform, economics, medical home, CMS, pay for performance, reimbursement, prescriptive practices and more -- all in an election year.

INDUSTRY EXHIBITS
2:00 - 2:30 PM

SESSION C
2:30 – 3:45 PM

OPTIONAL POSTER SESSION II
3:45 – 4:15 PM

Attended

The poster session will provide the opportunity to discuss poster abstracts with authors.

REFRESHMENT BREAK/ INDUSTRY EXHIBITS
9:45 – 10:00 AM

INDUSTRY EXHIBITS
3:45 - 4:15 PM

SESSION A
10:00 – 11:15 AM

SESSION D
4:15 – 5:30 PM

SESSION B
11:30 AM – 12:45 PM

EVALUATION
5:30 – 5:45 PM

LUNCH/ASSOCIATION MEETINGS/
INDUSTRY EXHIBITS
1:00 – 2:00 PM
Please plan to attend your Nurse Practitioner State Association

RECEPTION/ASSOCIATION AWARDS
5:45 – 7:00 PM

THURSDAY MAY 3

SESSION A: 10:00 – 11:15 AM

***SEMINAR 1: ANEMIA AND CBC INTERPRETATION WITH A BRIEF HEMATOLOGIC ENCORE**

Sara Chaffee, MD

The focus of this session will be on interpretation of CBC and hematology studies and the management of anemia.

***SEMINAR 2: TO EAT OR NOT TO EAT...THE EVALUATION AND MANAGEMENT OF EATING DISORDERS AND DISORDERED EATING**

Leah McKinnon-Howe, MS, ANP-C

This session will familiarize the participant with the various manifestations of eating disorders, characteristics of the individual risk, and current treatment modalities. It will provide a framework for the evaluation, treatment and medical monitoring of the eating disordered client.

***SEMINAR 3: MANAGING ACUTELY DECOMPENSATED HEART FAILURE**

Mary Macklin, MSN, APRN

During this hour we will discuss current strategies for the management of acute heart failure. The basic physiology of HF will be reviewed, followed by a discussion of pharmacological and non pharmacological treatments. The impact of atrial fibrillation on the patient with HF will also be addressed. At the end of the session we will describe long term management strategies.

SEMINAR 4: PEDIATRIC CARDIAC MURMURS

Beth Charland, RN, MS, PNP

This session will address pediatric cardiac murmurs. Common murmurs seen in the newborn period and after the newborn period will be addressed. Guidelines for when to consider immediate cardiac referral will also be discussed.

SEMINAR 5: "OH NO, HERE COMES RISK!"

Lisah Carpenter, JD, BSN

A participant in this session will come away with better understanding of the role of risk management in a health care organization. Common areas of confusion to be covered include: consent by a minor, guardianship, advanced directives, working with challenging patients and when/how to end a patient-provider relationship. These will be discussed for multiple settings and will conclude with ideas to limit liability in your day-to-day practice.

SESSION B: 11:30 AM – 12:45 PM

***SEMINAR 6: PALLIATIVE CARE**

Marie Bakitas, APRN, DNSc

This session is designed to inform clinicians about palliative care. This emerging specialty focuses on the prevention and relief of the physical and emotional distress of seriously or chronically ill patients and their families. There will be a discussion of recent advances in the field.

***SEMINAR 7: CHRONIC OBSTRUCTIVE LUNG DISEASE: ASSESSMENT AND MANAGEMENT**

Claire Murphy, RN, MS, FNP-BC

Chronic obstructive lung disease(COPD) continues to be a complex long term illness. This lecture will address the diagnosis , early and long term care approaches that can improve the patient and families' quality of life.

SEMINAR 8: PRINCIPLES OF PATIENT SAFETY

Richard Boss, MD

Health Care institutions are at risk for medical errors based on the sheer volume of transactions. Recognizing these potential errors as well as the contributing factors is a significant step in reducing their occurrence. This session will discuss steps institutions can take as well as how to respond when an adverse situation occurs.

SEMINAR 9: AN UPDATE ON CHILD MALTREATMENT

Natalie McClain, PhD, RN, CPNP

This session will focus on updating practitioners on the topic of child maltreatment. A review of the various forms of child maltreatment will be provided including presentation, risk factors, assessment, treatment and reporting requirements. Case studies will be used to highlight presentation of victims of child maltreatment and the role of the NP.

***SEMINAR 10: DEMENTIAS: DIFFERENTIAL DIAGNOSIS AND APPROACH TO MANAGEMENT**

Karen Dick, PhD, GNP-BC, FAANP

This session will provide a review of the evidence based assessment of cognitive impairment, available screening tools, and treatment of the various forms of dementia. Case study examples will be used to highlight key concepts.

* Eligible for pharmacology
contact hours

THURSDAY MAY 3

SESSION C: 2:30 – 3:45 PM

***SEMINAR 11: UPDATE OF GASTROESOPHAGEAL REFLUX DISEASE**

Richard Rothstein, MD

In this session, the attendees will gain better understanding of the problem of GERD. This common condition has many contributing factors to its incidence and a variety of treatment options. Without treatment, it has significant impact on quality of life as well as having long term health implications.

***SEMINAR 12: PROSTATE HEALTH SCREENING/ PROSTATE HEALTH**

Ronald Yap, MD

The issues and recommendations related to this topic continue to evolve. During this session, we will discuss two common issues affecting the aging male: prostate enlargement (BPH) and prostate cancer screening. We will review current national guidelines. Up to date research, management options and controversies will be discussed.

***SEMINAR 13: GETTING WITH THE BEAT: MANAGING SUPRAVENTRICULAR ARRHYTHMIA**

Adam Chodosh, MD

Supraventricular arrhythmia such as accessory pathways, AV Nodal reentry, atrial flutter and atrial fibrillation can occur in patients of all ages. More

options for both acute and long term management are available today. This session will review treatments including old and new medications and interventional procedures such as ablation for management and cure of these arrhythmias.

***SEMINAR 14: UPDATE ON PEDIATRIC DERMATOLOGY**

Stephen DelGiudice, MD

This session will provide the attendee with an update of common, and less common skin disorders in children. Images displayed will allow for easier identification of the particular abnormalities in clinical practice and there will be discussion of both etiology and treatment.

***SEMINAR 15: CONTRACEPTIVE PEARLS**

Nancy Dirubbo, FNP-C, FAANP, CTH

Choosing a contraceptive method is a complex decision. Most females will use several different methods over her reproductive lifetime. Clinicians need to be knowledgeable about all methods available including risks, benefits, contraindications, side effects and management for optimum use and effectiveness.

SESSION D: 4:15 – 5:30 PM

***SEMINAR 16: GERIATRIC PHARMACOLOGY**

Terry Buttaro, PhD, ANP-BC, GNP-BC

Polypharmacy, medication misunderstandings, and aging changes increase the risk of adverse drug reactions in older adults. As a result, drug related injuries, hospitalizations and serious morbidity and mortality are a too frequent occurrence. Increased understanding of prescribing risks in this population will help nurse practitioners improve medication safety in older adults.

***SEMINAR 17: CELIAC DISEASE AND IRRITABLE BOWEL SYNDROME: ASSESSMENT AND MANAGEMENT**

Albena Halpert, MD

Irritable Bowel Syndrome (IBS) and Celiac Disease are discussed. The lecture will include an examination of evidence related to the pathophysiology and evidence based approaches to the diagnosis and management of these disease processes.

SEMINAR 18: EVOLVING STRATEGIES IN THE MANAGEMENT OF PATIENTS REQUIRING MECHANICAL VENTILATION

Robert Fishwick, RRT

Specific interventions in the management of mechanically ventilated patients will be discussed including types of ventilation, parameter settings and fine tuning to the individual patient needs. Diseases such as ARDS, COPD and sepsis will be reviewed with a focus on ventilation. Finally, we will end with an understanding of weaning strategies.

SEMINAR 19: INJURIES IN THE YOUNG ATHLETE

Cynthia Stein, MD MPH

This session will cover some of the most common injuries in the pediatric athlete, including knee pain, stress injuries and concussion.

***SEMINAR 20: WOMEN AND THYROID DISEASE**

Pallavi Guddeti, MD

Thyroid issues are common in women at various ages. This session will address assessment and management of thyroid disease.



FRIDAY MAY 4

CONFERENCE PROGRAM

OPTIONAL
BREAKFAST SYMPOSIA I AND II
7:30 – 8:30 AM

***BREAKFAST I:
Preventing Hepatitis A&B in Adults**

Nancy E. Dirubbo, FNP-C, WHNP-C,
CTH

Prevention of Hepatitis A and B is promoted by identification of patients at risk, education and immunizations. Interventions dramatically decrease the morbidity and mortality in patients with these two common diseases.

**BREAKFAST II:
Cardiac Risk Factor Modification:
The Role of the Advanced Provider**

Mary Macklin, MSN, APRN

The role of the advanced provider is critical in addressing risk factor modification for the prevention of chronic diseases. During this session we will review cardiovascular disease with a focus on the relevant risk factors. Strategies and tools for improved outcomes including partnering with your patients will be presented. We will also discuss the One Million Lives campaign and the impact of the advanced provider in reaching target goals.

REGISTRATION/
INDUSTRY EXHIBITS/CONTINENTAL
BREAKFAST
7:30 – 8:45 AM

SESSION E
8:45 – 10:00 AM

REFRESHMENT BREAK/
INDUSTRY EXHIBITS
10:00 – 10:15 AM

SESSION F
10:15 – 11:30 AM

OPTIONAL LUNCH SYMPOSIUM
11:45 AM – 12:45 PM

**Evidence-Based Diagnosis and
Management of Rheumatoid Arthritis:
An Update for Nurse Practitioners**

Susan Simmons, PhD, ARNP

This session will review Rheumatoid Arthritis classifications and summarize current evidence-based guidelines. Diagnosis and treatment of patients with early RA will be reviewed with an emphasis on suppression of disease activity and prevention of joint destruction and other related complications.

INDUSTRY EXHIBITS
11:45 AM – 12:45 PM

SESSION G
1:00 – 2:15 PM

SESSION H
2:30 – 3:45 PM

EVALUATION/ADJOURNMENT
3:45 – 4:00 PM

FRIDAY MAY 4

SESSION E: 8:45 – 10:00 AM

SEMINAR 21: UPDATE ON WOUND CARE

Joseph Snow, MD

In this session, we will be discussing common wounds encountered in practice. Many underlying conditions predispose patients to the development of wounds as well as create healing challenges. Wound assessment, principles behind initial interventions, and rationale for referral for advanced treatment modalities will be discussed.

***SEMINAR 22: ADDICTION: SAFE PRESCRIBING PRACTICES OF CONTROLLED SUBSTANCES**

Ken Brown, MD

This workshop will focus on the behavioral patterns of addiction and safe prescribing for controlled substances.

SEMINAR 23: MODERN CONCEPTS IN RESUSCITATION: PUMPING AND COOLING

Kenneth Deloge, MD, FACC

Hypothermia has become a well accepted strategy in the treatment of sudden death. During this session participants will understand critical aspects in the management of patients using hypothermia. We will review the evidence to support this treatment strategy as well as outcomes.

***SEMINAR 24: ADHD: MANAGEMENT IN CHILDREN AND ADOLESCENTS**

Evie Stacy, MS, APRN

ADHD is common among children and adolescents. This session will focus on assessment and management including pharmaceutical and behavioral interventions.

***SEMINAR 25: CHRONIC PELVIC PAIN**

Heidi Hallonquist, MD

Chronic pain is believed to be the body's response to an acute insult that is then transformed physically and neurologically. Pelvic pain has a variety of causes but when it becomes a chronic problem, novel approaches to its treatment are necessary to provide relief. This session will discuss the etiology, evaluation and treatment of chronic pelvic pain.

SESSION F: 10:15 – 11:30 AM

***SEMINAR 26: 2012 VACCINE PREVENTABLE DISEASE UPDATE**

Patricia Halon, DNP, FNP-C

Lecture will review the basic principles of vaccination including active versus passive immunity, antigen and antibody role, and the difference between live attenuated vaccines. An overview of the epidemiology of vaccine preventable diseases, available vaccines, major contraindications to vaccination, vaccine adverse reactions, and the current vaccination schedule for infants through adults will be provided.

***SEMINAR 27: PRIMARY CARE CONSIDERATIONS FOR THE HIV PATIENT**

Todd King, PA

At one time, the diagnosis of HIV was a diagnosis with little hope for survival. Years later, we find ourselves with many patients chronically being treated for this disease. In this session, the speaker will provide an overview of the current treatment of HIV and the consequences of these medications as well as preventative care recommendations for these patients.

***SEMINAR 28: ACUTE RENAL FAILURE**

Olga Charlat, MD

Acute renal failure is a common problem. Over 5% of hospital admissions and nearly 30% of ICU patients will suffer from this disorder. In this session, predisposing and causative factors, signs and symptoms, laboratory evaluation and treatment will be discussed.

***SEMINAR 29: EVERYTHING PEDIATRIC GI**

Bonnie Proulx, MS, APRN

Abdominal pain or discomfort is a common pediatric complaint in primary care. This session will review assessment, diagnosis and management of common pediatric gastrointestinal issues.

SEMINAR 30: POST BREAST CANCER CARE

Michele Gadd, MD

With improved oncology care, more women are surviving breast cancer. Recommendations for appropriate follow up care and issues of survivorship will be discussed.

* Eligible for pharmacology
contact hours

FRIDAY MAY 4

SESSION G: 1:00 – 2:15 PM

***SEMINAR 31: DIABETES: INSULIN PUMPS AND GLUCOSE MONITORING**

Kristin Bernacki, MS, APRN

The incidence of diabetes had been increasing. This session will focus on the management of diabetes with glucose monitoring, carbohydrate counting and insulin pumps.

***SEMINAR 32: MIGRAINE MANAGEMENT**

Maureen Hughes, MD

Headaches and migraines account for a significant number of missed days of productivity. This session will focus on the assessment, treatment and management of migraine headaches.

***SEMINAR 33: AORTIC STENOSIS: DIAGNOSIS, TESTING AND MANAGEMENT**

Alicia Adams, BA, MSPA, PA-C

Aortic Stenosis is an increasingly common condition as our population ages. During this session, participants will understand steps in diagnosis, appropriate testing and treatment options. The newest catheter technology will also be discussed.

***SEMINAR 34: HOT TOPICS IN PEDIATRIC INFECTIOUS DISEASE**

Jessica Pagano-Therrien, MSN, RN, CPNP

This session will cover various hot topics in Pediatric Infectious Disease. First, appropriate use of antibiotics will be discussed, as relevant to the pediatric population. This segment will include a discussion on the use of quinolone antibiotics. Next, the work up of a child presenting with a swollen knee will be explored from the Infectious Disease standpoint. Management and treatment approaches for Lyme arthritis will be presented, utilizing a case study. Lastly, the work up of a child with concerns for an immune deficiency will be discussed. The focus of this segment will be identifying the types of infectious processes which might indicate an immune deficiency and the laboratory studies that the PCP might undertake to begin the work up.

SEMINAR 35: SLEEP DISORDERED BREATHING AS A MAJOR CONTRIBUTOR TO DISEASE AND DYSFUNCTION

Bianca Lang, MD

This session will focus on sleep disordered breathing as a risk factor and ongoing clinical stress on multiple medical conditions including cognitive decline, cardiovascular function, and others. An overview of sleep disordered breathing will be given with a more detailed discussion about the physiology that contributes to systemic consequences.

SESSION H: 2:30 – 3:45 PM

***SEMINAR 36: DIAGNOSIS AND MANAGEMENT OF HYPERTENSION**

Shawn Gregory, MD, MMSc

This presentation will provide an overview of the diagnosis and management of hypertension with updates for 2012.

SEMINAR 37: PSYCHOSOMATIC ILLNESS: DISTRESS VERSUS DISEASE

Sheila Cannon, PhD, APRN-PMH, BC

The patient's state of mind is one of the most important determinants of health and well being. There are complex bio-chemical links between stress, the immune system and physical illnesses. Participants will understand more broadly the synergy between the mind and body connection and how psychosomatic illnesses are stress-related disorders that can exacerbate physical ailments.

SEMINAR 38: HIDING IN PLAIN SIGHT: TBI AMONG IRAQI AND AFGHANISTAN VETERANS

Cathy St.Pierre, PhD, APRN, FNP-BC, FAANP

As a result of the current war, many health care providers are encountering what has become known as the signature injury of the wars in Afghanistan and Iraq: Traumatic Brain Injury (TBI). It is estimated that approximately 22% of the soldiers, who have served time in Iraq, have experienced TBI.

***SEMINAR 39: ADOLESCENT STD PREVENTION AND TREATMENT**

Alison Marshall, FNP

Sexually transmitted infections in the adolescent population are a common problem addressed in multiple settings. With concerns about long term implications of infection as well as the development of drug resistance, new guidelines were published in 2010. This session will focus on both the screening and treatment guidelines and discuss practical approaches for prevention of re-infection.

***SEMINAR 40: WOMEN'S CARE DURING THE MENOPAUSE**

Holly Buckley, MS, WHNP-BC; ANP-BC

Over the next decade more than 64 million US women will have reached the age of menopause. Estrogen decline is associated with a number of physiological changes. In this session, NPs will learn the current best practices for addressing estrogen related changes of midlife women including evidence based diagnostic and preventive measures for this growing population.

* Eligible for pharmacology contact hours



PLANNING COMMITTEE

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Massachusetts
Boston, MA

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FAANP, CTH
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Health Center
Laconia, NH

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Care Practitioner
Dartmouth-Hitchcock
Medical Center
Lebanon, NH

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General
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Dartmouth Hitchcock
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Sports Medicine
Concord Orthopedics
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Federal Government &
Professional Affairs,
AANP
Washington, DC

RONALD YAP, MD
Director,
Male Urologic Health
Program
Concord Hospital
Concord, NH

EXHIBITOR INFORMATION



EXHIBITOR REGISTRATION:

Reserve your exhibit space now for the 19th Annual Northeast Regional Nurse Practitioner conference on Thursday, May 3rd and Friday, May 4th, 2012. Join us at the Radisson Hotel in Manchester, NH. This annual conference attracts over 500 attendees. It is the premiere event for Nurse Practitioners and exhibitors in the New England region.

Early Bird ends February 24, 2012:

Hotel Registration for Exhibitors

Deadline April 6, 2012

Room Rates: \$109 single/double

800-967-9033 or 603-625-1000

POSTER APPLICATION

PERSONAL INFORMATION

First Author Name _____

Credentials _____

Place of Employment _____

Mailing Address _____

City _____ State _____ Zip _____

Phone: Voicemail () _____ Phone: Cell/Pager () _____

Email Address _____

POSTER INFORMATION

Poster Title _____

Additional Author Name(s) / Credentials _____

Are you a student ? Yes No

ABSTRACT GUIDELINES

- Abstracts must be relevant to nurse practitioner practice and noncommercial in nature. Content areas include research, clinical practice, professional issues, ethical issues, and education and professional development. Any topic related to nurse practitioner practice is considered appropriate for submission.
- Abstracts must be no longer than one page (400 words or less) with one-inch margins and Times New Roman font size 12. Abstracts must be accompanied by the poster application and the resume of the presenter.
- Research abstracts must include title, author, purpose, methodology, results, and implications for nurse practitioner practice.
- Author(s) may submit more than one abstract for review.
- If accepted, the author(s) or designate must register for at least one conference day and be present for both attended poster sessions on Thursday afternoon. (Please use the early bird rate)

QUESTIONS / ABSTRACT SUBMISSION

Abstracts will be reviewed as received. Please submit your poster application before March 5, 2012. Applications may be submitted by email to sonce@bc.edu or by fax: 617-552-3411

KEY INFORMATION

AUDIENCE

Nurse practitioners, nurse clinicians, midwives, physician assistants and students. All other health professionals are welcome.

CONTACT HOURS

This conference will allow you to earn up to 20 nursing contact hours.

This conference program was planned in accordance with ANCC CE Standards and Policies and ANCC Commercial Support Standards.

ACCREDITATION

Boston College William F. Connell School of Nursing Continuing Education Program is an approved provider of continuing nursing education by the Massachusetts Association of Registered Nurses, Inc., an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

REGISTRATION DEADLINE

You may register for the NP Conference online, by fax, or by mail. After receiving your registration form and payment, we will send you confirmation by email or letter. All registrations must be post marked or submitted by fax on or before April 17, 2012.

REGISTER ONLINE

www.bc.edu/npconference
Online registration fees may be paid with AmEx, Visa, or Mastercard.

REGISTER BY MAIL OR FAX

Make checks payable to: Trustees of Boston College
Mail to: Boston College
William F. Connell School of Nursing
Continuing Education Program
Service Building, Room 206
Chestnut Hill, MA 02467-3800
Fax: (617) 552-3411

CONFIRMATIONS

You will receive confirmation of your paid registration. It will include a list of sessions in which you are enrolled.

REFUND POLICY

A full refund (less \$50 administrative costs) will be provided if your request is received in writing three weeks prior to the start of the conference. No refunds can be made thereafter. No shows will receive neither a refund nor transfer credit.

ACCOMMODATIONS

A block of rooms has been reserved for participants at The Radisson Hotel in Manchester, New Hampshire for the nights of Wednesday thru Friday May 2-4, 2012. (Special rates \$109 single/double). The rooms will be held until April 6, 2012. **Please call the hotel directly** at 1-800-967-9033 or 603-625-1000

FURTHER INFORMATION

Boston College
William F. Connell School of Nursing
Continuing Education Program
Email: sonce@bc.edu
Fax: (617) 552-3411
Phone: (617) 552-4257

REGISTRATION

PERSONAL INFORMATION

Name _____ NP PA RN Other

Home address: _____

City _____ State _____ Zip _____

Day Phone () _____ Home Phone () _____

Place of Employment _____

Specialty _____

Email Address _____

SESSION CHOICES (please choose below):

The Thursday and Friday sessions comprise the basic conference program. In addition to the basic program, a Wednesday Workshop (\$200), Friday Breakfast Symposia (\$30) and a Friday Lunch Symposium (\$30) are optional offerings for an additional fee. Below, please select which programs you would like to attend. For the day sessions, we will try to give you your first choice, but if the session is full or if a choice is not indicated, we will assign a session for you.

I will attend (check all that apply): Wednesday Thursday Friday

WEDNESDAY (\$200 additional)

Session A – 1, 2, 3 Session B – 4, 5, 6

1st Choice 2nd Choice 1st Choice 2nd Choice

THURSDAY

Session A – 1, 2, 3, 4, 5

1st Choice 2nd Choice

Session B – 6, 7, 8, 9, 10

1st Choice 2nd Choice

Session C – 11, 12, 13, 14, 15

1st Choice 2nd Choice

Session D – 16, 17, 18, 19, 20

1st Choice 2nd Choice

Reception MCNP Association Meeting NHNPA Association Meetings

FRIDAY

Session E – 21, 22, 23, 24, 25

1st Choice 2nd Choice

Session F – 26, 27, 28, 29, 30

1st Choice 2nd Choice

Session G – 31, 32, 33, 34, 35

1st Choice 2nd Choice

Session H – 36, 37, 38, 39, 40

1st Choice 2nd Choice

Optional Friday Morning Breakfast Symposia (On-site registration not available):

- BREAKFAST I: Preventing Hepatitis A&B in Adults (\$30)
Nancy E. Dirubbo, FNP-C, WHNP-C, CTH
- BREAKFAST II: Cardiac Risk Factor Modification: The Role of the Advanced Provider (\$30)
Mary Macklin, MSN, APRN

Optional Friday Lunch Symposium (On-site registration not available):

- LUNCH SYMPOSIUM: Evidence-Based Diagnosis and Management of Rheumatoid Arthritis:
An Update for Nurse Practitioners (\$30)
Susan Simmons, PhD, ARNP

- LUNCH ON YOUR OWN

EARLY BIRD REGISTRATION: Postmarked on or before March 5, 2012

GENERAL REGISTRATION: Postmarked after March 5, 2012

	Early Bird		General		On-Site	
	1-day	2-day	1-day	2-day	1-day	2-day
MCNP/NHNPA Members	\$175	\$295	\$200	\$320	\$230	\$350
Non-Members	\$260	\$405	\$280	\$430	\$315	\$460
Full-Time Students	\$140	\$220	\$165	\$245	\$195	\$275

Current members only as of 3/1/11. Please specify state of Membership:

- MCNP
- NHNPA

Enclose letter from department verifying full-time student status.

Wednesday Workshop Fee \$ _____ (\$200, if applicable)
Registration Fee \$ _____ (see pay-table above)
Friday Breakfast Fee \$ _____ (\$30, if applicable)
Lunch Symposium Fee \$ _____ (\$30, if applicable)
TOTAL \$ _____

PAYMENT

Credit Card: MasterCard Visa AmEx Expiration Date: _____

Card # _____

Signature _____

Check: Make checks payable to Trustees of Boston College

REGISTRATION DEADLINE APRIL 17, 2012





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