New England Regional Nurse Practitioner Conference

MAY 1-3, 2019
BOSTON MARRIOTT NEWTON

Register at:
www.bc.edu/npconference
OVERVIEW

Continuing a 25-year tradition of providing high-quality educational offerings for nurse practitioners, the New England Regional Nurse Practitioner Conference was established with the intent of providing continuing nursing education that expands beyond the basic educational preparation and experience of nurse practitioners.

The purpose of the conference is to assist nurse practitioners in developing and maintaining professional expertise in the delivery of competent, high-quality, advanced practice nursing care directed at improving clinical outcomes.

The sponsoring members are the Massachusetts Coalition of Nurse Practitioners and the Boston College Connell School of Nursing Continuing Education Program.

LEARNING OUTCOMES

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.

ACCREDITATION

This conference is joint-provided by the Massachusetts Coalition of Nurse Practitioners (MCNP) and Boston College Connell School of Nursing Continuing Education Program. MCNP is the Joint Provider and Boston College Connell School of Nursing Continuing Education Program is the Provider and event organizer.
KEYNOTE SPEAKERS

Out of the Shadows: Engaging the Family in Substance Use Disorder Prevention, Treatment and Recovery

Thursday, May 2, 2019

Alicia S. Ventura, MPH
Boston Medical Center
Boston, MA

Sports and Exercise Nutrition Update: Addressing the Confusion

Friday, May 3, 2019

Nancy Clark, MS, RD, CSSD
Sports Nutrition Services
Newton Highlands, MA
# PLANNING COMMITTEE

<table>
<thead>
<tr>
<th>Name</th>
<th>Title and Location</th>
</tr>
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<tbody>
<tr>
<td>Barbara G. Rosato, DNP, ANP-BC, CDE</td>
<td>Chair, Adult Nurse Practitioner, Beth Israel Deaconess Medical Center, Boston, MA</td>
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<tr>
<td>Lisa Arello, MS, ANP-BC</td>
<td>Nurse Practitioner, Department of Plastic Surgery, UMass Memorial Medical Center, Worcester, MA</td>
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<tr>
<td>Jennifer Dailey, MSN AGNP-BC</td>
<td>Adult Gero Nurse Practitioner, Urgent Care, Andover, MA</td>
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<tr>
<td>Marion Growney, MSN, ACNP</td>
<td>Acute Care Nurse Practitioner, Massachusetts General Hospital, Boston, MA</td>
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<tr>
<td>Karen Quinn, MSN, ANP-BC</td>
<td>Nurse Practitioner, Massachusetts General Hospital, Boston, MA</td>
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<tr>
<td>Jean Weyman, PhD, RN</td>
<td>Assistant Dean, Continuing Education, Boston College, Connell School of Nursing, Chestnut Hill, MA</td>
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</tbody>
</table>
## AGENDA AT A GLANCE

**WEDNESDAY, MAY 1**

**PRE-CONFERENCE WORKSHOPS**

- Registration/Continental Breakfast/Industry Exhibits
  7:30 – 8:00 AM

**THURSDAY, MAY 2**

**CONFERENCE PROGRAM**

- Keynote Address
  8:00 – 9:15 AM

**FRIDAY, MAY 3**

**CONFERENCE PROGRAM**

- Registration/Continental Breakfast/Industry Exhibits
  7:30 – 8:00 AM

### Registration/Continental Breakfast/Industry Exhibits
7:30 – 8:00 AM

### Keynote Address
8:00 – 9:15 AM

### Poster Session 1/Industry Exhibits
9:15 – 9:45 AM

### Session A (1–4)
9:45 – 10:45 AM

### Poster Session 3/Industry Exhibits
9:00 – 9:30 AM

### Session F (21–24)
8:00 – 9:00 AM

### Session G (25–28)
9:30 – 10:30 AM

### Industry Exhibits
10:45 – 11:00 AM

### Poster Session 3/Industry Exhibits
9:00 – 9:30 AM

### Session B (5–8)
11:00 AM – 12:00 PM

### Optional Lunch Symposium/Industry Exhibits
12:00 – 1:15 PM

### Session C (9–12)
1:15 – 2:15 PM

### Session D (13–16)
2:45 – 3:45 PM

### Conference Adjourns
2:45 PM

### Session B: Workshops 4–6
3:00 – 5:30 PM

### Session E (17–20)
4:00 – 5:00 PM

### MCNP Meeting
5:00 – 6:00 PM

### Cocktail Reception and Awards
6:00 – 7:00 PM

Register today at www.bc.edu/npconference
Meagan Adamsick, PharmD  
Pharmacy ID Resident  
Massachusetts General Hospital  
Boston, MA

Damian Archer, MD  
Chief Medical Officer  
North Shore Community Health  
Salem, MA

Lisa Marie Arello, MS, ANP  
Nurse Practitioner, Plastic Surgery  
UMass Memorial Medical Center  
Worcester, MA

Rich Boyajian, APRN, NP  
Nurse Practitioner  
Virtual PSA Monitoring Program  
Dana Farber  
Brigham & Women’s Hospital  
Cancer Center  
Boston, MA

Carol T. Brown, NP  
Cardiology Nurse Practitioner  
Massachusetts General Hospital  
Boston, MA

Jill Burke, NP  
Nurse Practitioner  
Massachusetts General Hospital  
Boston, MA

Heather A. Carlson, NP  
Nurse Practitioner  
Massachusetts General Hospital  
Boston, MA

Melissa Chittle, PA-C  
Physician Assistant  
Massachusetts General Hospital  
Boston, MA

Eric Cucchi, PAC  
Director ICU Operations  
UMass Memorial Medical Center  
Worcester, MA

Amy Delaney, PNP  
Clinical Program Manager/Pediatric Nurse Practitioner  
Pediatric Complex Care Program  
The Floating Hospital for Children at Tufts Medical Center  
Boston, MA

Ramy H. Elshaboury, PharmD, BCPS-AQ ID  
Clinical Pharmacy Manager  
Massachusetts General Hospital  
Boston, MA

Kalei Ensminger, MSN, FNP-BC  
Assistant Director and Nurse Practitioner  
Counseling and Health Services  
Salem State University  
Salem, MA

Renee Gabree, MSN, RN, FNP-BC  
Nurse Practitioner  
Elliot Hospital  
Manchester, NH

Ronak G. Gandhi, PharmD, BCPS  
Pharmacist, Infectious Diseases  
Massachusetts General Hospital  
Boston, MA

Matthew Gardiner, MD  
Director, Ophthalmology Emergency Services  
Massachusetts Eye & Ear Infirmary  
Assistant Professor  
Harvard Medical School  
Boston, MA

Susan Gennaro, Ph.D., RN, FAAN  
Dean and Professor  
Boston College Connell School of Nursing  
Editor  
Journal of Nursing Scholarship  
Chestnut Hill, MA

Alice Gervasini, PhD, RN  
Nurse Director  
Massachusetts General Hospital  
Boston, MA

Shari Harding, PMHNP-BC, CARN-AP, CPRP  
PMHNP Program Director  
Regis College  
Weston, MA

Lauren Hartigan, CPC, PCA  
Chief Operating Officer  
Scribe Partners  
Cohasset, MA

Steven Kassels, MD, FASAM  
Senior Medical Advisor  
Health Care Resource Centers  
BayMark Health Services  
Westfield, MA
Allison Kilcoyne, MS, RN, FNP-BC  
Director of School Based Health  
North Shore Community Health  
Salem, MA

Regina C. LaRocque, MD, MPH  
Infectious Disease Medical Doctor  
Massachusetts General Hospital  
Boston, MA

Thabele (Bay) Leslie-Mazwi, MD  
Director, Endovascular Stroke Services  
Departments of Neurosurgery and Neurology  
Massachusetts General Hospital  
Boston, MA

Kiame Mahaniah, MD  
Chief Executive Officer  
Lynn Community Health Center  
Lynn, MA

Virginia "Ginger" Mangolds, PhD, ENP, FNP  
Assistant Research Director, Emergency Medicine  
UMass Memorial Medical Center  
Worcester, MA

Alison O. Marshall, RN, MSN, FNP-C  
Faculty  
The Sylvie Ratelle STD/HIV Prevention Center of New England  
Clinical Instructor,  
Boston College Connell School of Nursing  
Chestnut Hill, MA

Colleen McDonald, NP  
Nurse Practitioner,  
Associate Chief of Nursing  
MIT Medical  
Cambridge, MA

Leah McKinnon-Howe, DNP, ANP-BC  
Director and Nurse Practitioner  
New England Conservatory of Music Health Center  
Boston, MA

William P. Meehan III, MD  
Director, Micheli Center for Sports Injury Prevention  
Children's Hospital  
Boston, MA

Kathleen O’Leary, MS, FNP-BC, TTS-C  
Pulmonary Critical Care Tobacco Nurse Practitioner  
Nicotine Anonymous of the North Shore (NANS)  
Co-Director  
Lahey Hospital and Medical Center  
Burlington, MA

Rachel Preiss, RN, NPC, WHNP-BC, SANE  
Women’s Health Nurse Practitioner  
The Dimock Center  
Boston, MA

Ellen M. Robinson, RN, PhD  
Nursing - Administration and Support Services  
The Institute for Patient Care  
Nurse Ethicist  
Massachusetts General Hospital  
Boston, MA

Rachel P. Rosovsky, MD  
Oncologist, Benign Hematology  
Massachusetts General Hospital  
Boston, MA

Julie Ruane, MSN, MBA, ATC, ACNP-BC  
Nurse Practitioner  
Beth Israel Deaconess Medical Center  
Boston, MA

Kristina Skarbinski, NP  
Nurse Practitioner  
Massachusetts General Hospital  
Boston, MA

Andrea Thurler, DNP, NP  
Nurse Practitioner  
Massachusetts General Hospital  
Boston, MA

Jodi Wilson, NP  
Nurse Practitioner, Pulmonary Care  
UMass Memorial Medical Center  
Worcester, MA
CALL FOR ABSTRACTS

POSTER PRESENTATIONS:
The New England Regional Nurse Practitioner Conference welcomes conference attendees to participate in poster sessions. Do not miss the opportunity to share your innovative research project with your colleagues.

The posters will be reviewed by the Abstract Committee. Applicants will be notified by email whether the abstract has been accepted. Those selected will display their posters and have the opportunity to discuss and answer questions during poster sessions. Poster presentations will be displayed during the entire conference.

ABSTRACT GUIDELINES:
Abstracts must be relevant to nurse practitioner practice and noncommercial in nature. Content areas may 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). 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 designee must register for at least one conference day and be present for poster sessions at the designated time(s).

SUBMIT YOUR ABSTRACT TODAY:
Abstracts will be reviewed as received. Please submit your poster application before March 1, 2019.

Application is available online at: www.bc.edu/npconference and can be submitted by email, fax, or mail.

Boston College
William F. Connell School of Nursing
Continuing Education Program
Maloney Hall, 280
Chestnut Hill, MA 02467-3800

Website: www.bc.edu/npconference
Email: npconf@bc.edu
Phone: 617-552-4257
Fax: 617-552-3411
## Wednesday, May 1, 2019

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<thead>
<tr>
<th>Time</th>
<th>Session A (Workshops 1–3)</th>
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<tbody>
<tr>
<td>12:00–12:15 pm</td>
<td>Registration</td>
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<tr>
<td>12:15–2:45 pm</td>
<td>1. Enhance Awareness of Revenue Opportunities in CPT and ICD-10 Coding for NPs</td>
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<td></td>
<td>Lauren Hartigan, CPC, PCA</td>
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<td>2. Basic Suturing Skills</td>
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<td>Lisa Marie Arelo, MS, ANP</td>
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<td></td>
<td>3. Pearls of Pediatric Cardiac Assessment: A Workshop for APNs*</td>
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<td>Amy Delaney, PNP</td>
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<td>2:45–3:00 pm</td>
<td>Refreshment Break</td>
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<tr>
<td>3:00–5:30 pm</td>
<td>Session B (Workshops 4–6)</td>
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<td>4. Everything You Need to Know About State and Federal Practice Regulations: Presenting the Facts and Dispelling the Myths Related to Common Practice Questions</td>
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<td></td>
<td>Leah McKinnon-Howe, DNP, ANP-BC</td>
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<td>5. Coming Soon to an Urgent Care Near You: &quot;The Good, The Bad, and The Ugly&quot; of Patient Presentations!*</td>
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<td>Virginia &quot;Ginger&quot; Mangolds, PhD, ENP, FNP</td>
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<td>6. Clinical Pearls of the Shoulder and Knee Examination</td>
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<td>Julie Ruane, MSN, MBA, ATC, ACNP-BC</td>
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*Pharmacology credits* - Refer to the website for details.

Session descriptions available at [www.bc.edu/npconference](http://www.bc.edu/npconference)

Schedule subject to change

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<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>7:30–8:00 am</td>
<td>Registration/Continental Breakfast/Industry Exhibits</td>
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<tr>
<td>8:00–9:15 am</td>
<td>Keynote Address</td>
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<tr>
<td></td>
<td>Out of the Shadows: Engaging the Family in Substance Use Disorder Prevention, Treatment and Recovery* Alicia Ventura, MPH</td>
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<tr>
<td>9:15–9:45 am</td>
<td>Poster Session 1/Industry Exhibits</td>
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<tr>
<td>9:45–10:45 am</td>
<td>Session A (1–4)</td>
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<tr>
<td>1.</td>
<td>Get Vaccinated: Don't Bring Unwanted Travelers Home with You!*</td>
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<td></td>
<td>Regina C. LaRocque, MD, MPH</td>
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<td>2.</td>
<td>Make Nicotine History: Cessation and Addressing the E-cigarettes / Vaping Epidemic*</td>
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<td>Kathleen O'Leary, MS, FNP-BC, TTS-C</td>
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<td>Melissa Chittle, PA-C</td>
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<td>4.</td>
<td>Pills, Rings, and LARC - Contraception in 2018*</td>
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<td>Alison O. Marshall, RN, MSN, FNP-C</td>
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<tr>
<td>10:45–11:00 am</td>
<td>Industry Exhibits</td>
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<td>11:00 am–12:00 pm</td>
<td>Session B (5–8)</td>
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<td>5.</td>
<td>Primary Care of Cancer Survivors</td>
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<td>Rich Boyajian, APRN, NP</td>
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<td>6.</td>
<td>Provider Stigma in the Treatment of Chronic Pain and Addiction*</td>
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<td>Kiame Mahaniah, MD</td>
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<td>7.</td>
<td>Update on Management of DVT/PE*</td>
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<td>Rachel P. Rosovsky, MD</td>
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<td>8.</td>
<td>I Have What?: Managing Sexually Transmitted Infections*</td>
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<td>Alison O. Marshall, RN, MSN, FNP-C</td>
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<tr>
<td>12:00–1:15 pm</td>
<td>Optional Lunch Symposium/Industry Exhibits</td>
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<td>Time</td>
<td>Session C (9–12)</td>
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<td>1:15–2:15 pm</td>
<td>9. Caring for Survivors of Sexual Assault: Tools for Primary Care Providers*</td>
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<td></td>
<td>Rachel Preiss, RN, NPC, WHNP-BC, SANE</td>
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<td>10. CAR-T Cells: What Are They and What Is in the Future?*</td>
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<td>Jill Burke, NP</td>
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<td>11. Strategies to Prevent and Mitigate Ethical Conflict in Practice</td>
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<td>Ellen M. Robinson, RN, PhD</td>
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<td>12. The Impact of Digital Media on Children and Adolescents</td>
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<td>Allison Kilcoyne, MS, RN, FNP-BC</td>
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<tr>
<th>Time</th>
<th>Poster Session 2/Industry Exhibits</th>
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<tr>
<td>2:15–2:45 pm</td>
<td>13. Public Speaking: Making the Fear Work for You</td>
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<td></td>
<td>Leah McKinnon-Howe, DNP, ANP-BC</td>
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<td>14. Planning for End of Life - MOLST</td>
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<td>Heather A. Carlson, NP</td>
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<td>15. The Acute Abdomen: Assessment and Diagnosis</td>
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<td>Alice Gervasini, PhD, RN</td>
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<td>16. PrEP: A Pill for HIV Prevention*</td>
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<td>Kalei Ensminger, MSN, FNP-BC</td>
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<th>Time</th>
<th>Industry Exhibits</th>
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<tr>
<td>3:45–4:00 pm</td>
<td>17. Hypertension Guidelines: The Sprint Trial and What It Means to Our Practice*</td>
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<td>Carol T. Brown, NP</td>
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<td>18. Do It Yourself: Treating Hepatitis C in Primary Care*</td>
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<td>Damian Archer, MD</td>
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<td>19. A Revolution in Care: Stroke in 2019</td>
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<td>Thabele (Bay) Leslie-Mazwi, MD</td>
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<td>20. Management of Depression and Anxiety in Adolescence*</td>
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<td>Shari Harding, PMHNP-BC, CARN-AP, CPRP</td>
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<tr>
<th>Time</th>
<th>Annual MCNP Meeting</th>
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<tr>
<td>5:00–6:00 pm</td>
<td>11. Annual MCNP Meeting</td>
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<tr>
<th>Time</th>
<th>Cocktail Reception and Awards</th>
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<tr>
<td>6:00–7:00 pm</td>
<td>12. Cocktail Reception and Awards</td>
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<tr>
<td>Time</td>
<td>Session Description</td>
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<tr>
<td>7:30–8:00 am</td>
<td>Registration/Continental Breakfast/Industry Exhibits</td>
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<tr>
<td>8:00–9:00 am</td>
<td>Session F (21–24)</td>
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<tr>
<td>21. Antimicrobial Preservation and Stewardship in the Ambulatory Setting*</td>
<td>Ronak G. Gandhi, PharmD, BCPS</td>
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<td>22. From Heave to Leaves: Understanding Cyclic Vomiting Syndrome (CVS) and Cannabinoid Hyperemesis Syndrome (CHS)*</td>
<td>Andrea Thurler, DNP, NP</td>
</tr>
<tr>
<td>23. Eye Injuries and Protection</td>
<td>Matthew Gardiner, MD</td>
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<tr>
<td>24. Affirming Transgender Healthcare in Primary Care*</td>
<td>Colleen McDonald, NP</td>
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<tr>
<td>9:00–9:30 am</td>
<td>Poster Session 3/Industry Exhibits</td>
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<tr>
<td>9:30–10:30 am</td>
<td>Session G (25–28)</td>
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<tr>
<td>25. Success in Publication</td>
<td>Susan Gennaro, PhD, RN, FAAN</td>
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<tr>
<td>26. Medical and Surgical Treatment Options for GERD*</td>
<td>Kristina Skarbinski, NP</td>
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<tr>
<td>27. Keeping Patients at Home: Optimizing COPD Treatment and Reducing Hospital Readmissions*</td>
<td>Jodi Wilson, NP</td>
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<tr>
<td>28. Pediatric Sports Injuries*</td>
<td>William P. Meehan III, MD</td>
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<tr>
<td>10:30–10:45 am</td>
<td>Industry Exhibits</td>
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<tr>
<td>10:45–11:45 am - Session H (29–31)</td>
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<tr>
<td>29. Opioid Substance Use Disorder: Medication Options and Destigmatizing Treatment*</td>
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<td>Steven Kassels, MD, FASAM</td>
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<td>30. Preoperative Evaluation of Patients Undergoing Elective Non-Cardiac Surgery</td>
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<td>Renee Gabree, MSN, RN, FNP-BC</td>
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<td>31. Acute Heart Failure: Failure to Launch*</td>
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<td>Eric Cucchi, PAC</td>
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| 11:45 am–1:00 pm - Optional Lunch Symposium/Industry Exhibits |

| 1:00–1:30 pm - Poster Session 4/Industry Exhibits |

<table>
<thead>
<tr>
<th>1:30–2:45 pm - Keynote Address</th>
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<tbody>
<tr>
<td>Nutrition Updates in Exercise and Sports: Addressing the Confusion and the Impact on Healthy Living and Longevity</td>
</tr>
<tr>
<td>Nancy Clark, MS, RD, CSSD</td>
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</tbody>
</table>

| 2:45 pm - Conference Adjourns |

* Pharmacology credits - Refer to the website for details.

Session descriptions available at [www.bc.edu/npconference](http://www.bc.edu/npconference)

Schedule subject to change

Register today at [www.bc.edu/npconference](http://www.bc.edu/npconference)
CONFERENCE INFORMATION

TARGET AUDIENCE:
The content of this conference has been designed to meet the needs of nurse practitioners, physician assistants, students, and other health care professionals.

PURPOSE:
The purpose of the conference is to assist nurse practitioners in developing and maintaining professional expertise in the delivery of competent, quality, advanced practice nursing care directed at improving clinical outcomes.

TO EARN CE CERTIFICATE, PARTICIPANT MUST:
• Complete registration with no outstanding charges and attend 80% of the program.
• Complete and submit online evaluation within the designated timeframe.

CONFERENCE LUNCHES:
Thursday and Friday lunch will be available at industry-supported symposia—limited availability.

SPECIAL ACCOMMODATIONS/DIETARY NEEDS:
Please indicate on the registration form any special accommodations/dietary needs necessary during the conference. (You must contact the hotel directly to make accommodations related to your individual hotel stay.)

CONTACT HOURS:
This program is planned for and allows participants to earn up to 19 nursing contact hours. Pharmacology contact hours may be viewed on the online session schedule on the website. Boston College Connell School of Nursing Continuing Education Program is an approved provider of continuing nursing education by the American Nurses Association Massachusetts, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

CERTIFICATE:
Attendees will receive an email with a link to the online evaluation the final day of the conference. Upon completion of the evaluation, you can print and/or save your certificate. The evaluation will be open for three months after the conference. There is an administrative fee of $25 for late responses and requests for certificate replacements.

DISCLOSURES:
None of the speakers or planners have disclosed any commercial conflict of interest. Final disclosure updates will be provided at the start of each conference session.

CONTACT INFORMATION:
Website: www.bc.edu/npconference
Email: npconf@bc.edu
Phone: 617-552-4257
Fax: 617-552-3411
REGISTRATION INFORMATION

REGISTRATION:
You may register for the NP Conference online at www.bc.edu/npconference.

FEES:
All fees must be received in full upon registration. Payments may be made by credit card (VISA, MasterCard, American Express).
Please note: Early Registration Rate Ends February 15, 2019. After that date, General Registration rates are applicable.

PRE-CONFERENCE DAY FEE: $225

SESSION SELECTION:
Session descriptions are available online to assist you with your selection.
The concurrent sessions provide you with the opportunity to select the activities that are most appropriate for you. We realize that each participant has different educational, networking, and professional needs, so a variety of options are available for you to choose. Select the conference activities that will best meet your needs.

CONFIRMATIONS:
After receiving your registration and payment, you will receive a confirmation by email. It will include a list of sessions in which you are enrolled.

REFUND POLICY:
Refund and cancellation requests are accepted only in writing (email: npconf@bc.edu) at least four weeks prior to the start of the conference. A refund is provided (less a $75 administrative fee). While we understand that unforeseen events or illnesses occur, unfortunately, and without exception, refunds will not be made for cancellations requested within four weeks of the start date of the conference or for no-shows.

ACCOMMODATIONS:
A block of rooms has been reserved for participants at Boston Marriott Newton, Newton, MA, for the nights of Wednesday through Friday May 1-3, 2019. (Special rate: $189 single/double). The rooms will be held until April 1, 2019.

To Make a Reservation:
Guests should call the hotel directly at 1-800-228-9290 and identify themselves as part of the New England Regional Nurse Practitioner Conference.

GUESTS:
Only registered attendees are allowed entry to session rooms and Exhibit Hall—guests are not permitted. This includes spouses and other family members of attendees.

Register today at www.bc.edu/npconference
Registration Opens
January 15, 2019

Early Registration Rates
Expire February 15, 2019

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