

# Nebraska Nurse Practitioners 18<sup>th</sup> Annual Conference

## NNP'S MOVING FORWARD: GOING GREEN ALONG WITH THE WORLD

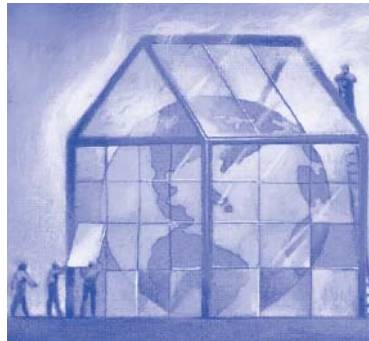
**February 19-21, 2009**

**Holiday Inn Kearney,  
Kearney, Nebraska**

**110 2nd Avenue**

**(308) 237-5971**

**866-270-5110 (toll-free)**



**Sponsored by**

**NNP** **Nebraska Nurse  
Practitioners**

**Secured on-line credit card payment and additional brochures available  
at [www.nebraskanp.org](http://www.nebraskanp.org)**

## TARGET AUDIENCE

This conference is targeted to all advanced practice registered nurses and students.

## CONFERENCE OBJECTIVES

1. Update advanced practice knowledge of health promotion and disease prevention as it relates to acute and chronic illnesses across the life span.
2. Discuss the most current pharmacologic and non-pharmacologic management of acute and chronic conditions.
3. Review current research and the application of research to clinical practice.
4. Collaborate with local and nationally known experts with innovative information.

## CONFERENCE PROTOCOL

For the courtesy, concentration, and comfort of our participants, we ask that all cell phones and pagers be silenced during the sessions. Breaks are provided for your communication convenience. As a courtesy to participants, infants and children may not attend conference educational sessions. **Handouts will not be available at the conference. Visit [www.nebraskanp.org](http://www.nebraskanp.org) to print or download handouts for the sessions that you plan to attend. If the handout is not on the website by February 18, 2009, a printed handout will be available at the session.**

### Thursday, February 19, 2009 (Day 1)

 denotes pharmacology hours

8:00 a.m.

**Executive Board Meeting**

Pre-session

10:00-11:00 a.m.

**Hypertension 2009: Can We Decrease Target Organ Damage?**

1.0 contact hour



Carol M. Mason, ARNP, CLS, FAHA

University of South Florida College of Medicine

Tampa, Florida

11:00-11:15 a.m.

Break

Pre-session

11:15-12:15 p.m.

**Coronary Artery Disease 2009: Can We Identify and Treat the Risk Factors Earlier and More Aggressively?**

1.0 contact hour



W. Lane Edwards Jr. MSN, ARNP, ANP

Hospitalist Group of Southwest Florida

Fort Meyers, Florida

12:30-4:15 p.m.

Registration

1:30-4:00 p.m.

CONCURRENT SESSIONS (choose one)

2.5 contact hours  
no break



**Wound Evaluation and Repair**

Nancy Tosone MSN, APRN-NP, FNP-BC  
Emergency Department, Nebraska Methodist Hospital  
Omaha, Nebraska

Cathy Carrico, MS, APRN-NP, FNP-BC, CEN  
Alegent Health  
Omaha, Nebraska

(Limited to 24 participants for hands-on experience).

2.5 contact hours  
no break



**Wound Care**

Joan Junkin, MSN, APRN-CNS, CWOCN  
Wound Specialty Nursing  
Lincoln, Nebraska

2.5 contact hours  
no break

**12-Lead EKG Interpretation: Is it a Heart Attack, Angina, or ACS**

Mary Sincebaugh, RN, MSN, FNP  
Crete Area Medical Center  
Crete, Nebraska

(Limited to 50 participants for hands-on experience)

2.5 contact hours  
no break



**Meth Addiction**

Jill K. Wertz, MA, LADC, LIMHP, LMHP  
Program Director of Touchstone  
Lincoln, Nebraska

4:00-4:15 p.m.

BREAK (Update your NNP membership at our booth and visit our exhibitors)

4:15-5:30 p.m.

CONCURRENT SESSIONS (choose one)

1.2 contact hours



**Autism Spectrum Disorders: Characteristics, Treatments and Health Care Considerations**

William Bishop, APRN-NP, CPNP  
Pediatric Partners, LLC  
Fremont, Nebraska

1.2 contact hours

**Be Your Own Advocate**

Mary Scherling, APRN-NP  
Beatrice State Development Center  
Beatrice, Nebraska

1.2 contact hours

**Use of Personal Digital Assistance in Advanced Nursing Practice**

Bunny Pozehl, PhD, APRN-NP  
UNMC College of Nursing  
Omaha, Nebraska

Vicki Norton, MSN, APRN-NP  
BryanLGH Heart Institute  
Lincoln, Nebraska

5:30-6:30 p.m. **DINNER BUFFET**  
Registration  
(Update your NNP membership at our booth and visit our exhibitors)

6:30-8:30 p.m. **CONCURRENT SESSIONS (choose one)**

2.0 contact hours

**Lymphedema Therapy: A Primer for Primary Care**  
Anne Griffee, APRN-NP, CLT-LANA  
Norfolk Radiation Oncology, PC  
Norfolk, Nebraska

2.0 contact hours



**Lymphomas: Hodgkin and Non-Hodgkin**  
Nick Hartl, MD  
Heartland Hematology & Oncology, PC  
Kearney, Nebraska

2.0 contact hours

**The Evolution of the Pap Smear**  
Donald Gibbens, MD  
Milius, Gibbens, Friesen, Hattan & Martin OB/GYN  
Lincoln, Nebraska

## Friday, February 20, 2009 (Day 2)

 denotes pharmacology hours

7:00-7:45 a.m. **Breakfast Buffet & Registration**

7:45-8:00 a.m. **WELCOME TO 2009 NNP CONFERENCE**  
NNP Education Committee Chair – Amy Arndt, APRN-NP  
NNP President – Rebecca Pfabe, APRN-NP

8:00-8:55 a.m. **Health of Nebraska**  
Keynote Address Rick Sheehy Lieutenant Governor  
Lincoln, Nebraska  
**Key Health Issues of Nebraska**  
John Bruning Attorney General  
Lincoln, Nebraska

8:00 a.m.-4:00 p.m. **RESEARCH POSTER EXHIBIT**  
Welcome Advanced Practice Nursing Students from Clarkson College, Creighton University, Methodist College, and UNMC College of Nursing!

9:00-10:15 a.m.

CONCURRENT SESSIONS (choose one)

1.2 contact hours



**The Complex Patient: Did Training Prepare Me for This?**

Jane Potter, MD  
Professor and Chief, Section of Geriatrics and Gerontology  
University of Nebraska Medical Center  
Omaha, Nebraska

1.2 contact hours



**Pediatric Pharmacology Update**

Michelle Lingenfelter, APRN-NP, CPNP, IBCLC  
Complete Children's Health  
Lincoln, Nebraska

1.2 contact hours

**You're Going to Make Me Drink What? An Overview of GI Barium Studies**

Jodie Scheele, PA-C  
Great Plains Radiology and Nuclear Medicine  
Kearney, Nebraska

10:15-11:00 a.m.

**BREAK**

(Update your NNP membership at our booth; visit poster displays; visit our exhibitors; a great opportunity to network)

11:00-12:15 p.m.

CONCURRENT SESSIONS (choose one)

1.2 contact hours



**Preoperative Evaluation (also offered Saturday 10:30)**

Phyllis Behrens, M.S., APRN-NP  
Alegent Health Bergan Mercy Hospital  
Omaha, Nebraska

1.2 contact hours

**Orthopedic Issues of the Hand, Wrist and Elbow**

Nick Gove, MD  
Lincoln Orthopedic Center  
Lincoln, Nebraska

1.2 contact hours

**Bariatric Surgery Update 2009**

Benjamin Hung, MD  
Surgical Associates, PC  
Lincoln, Nebraska

12:15-2:15 p.m.

**LUNCH**

Business Meeting - All participants are invited and encouraged to attend the membership meeting!

*Please review each committee's submitted report in your folder prior to our business meeting*

2:15-3:30 p.m.

CONCURRENT SESSIONS (choose one)

1.2 contact hours

**Advances in the Treatment of Hemorrhagic and Ischemic Stroke**

William Thorell, MD  
University of Nebraska Medical Center  
Omaha, Nebraska

1.2 contact hours

**The ABC's of Feet: Understanding and Diagnosing Common Foot Disorders**

Patrick Moore, MD  
Moore Foot and Ankle Clinic  
Kearney, Nebraska

1.2 contact hours



**Overview of Pediatric Seizure Disorders**

George Wolcott, MD  
Private Practice Neurology  
Lincoln, Nebraska

3:30-4:00 p.m.

BREAK

(Update your NNP membership at our booth; visit poster displays; visit our exhibitors; a great opportunity to network)

4:00-5:15 p.m.

CONCURRENT SESSIONS (choose one)

1.2 contact hours



**Early Diagnosis and Recognition of CKD**

Leslie Spry, MD  
Lincoln Nephrology & Hypertension  
Lincoln, Nebraska

1.2 contact hours



**HIV in Primary Health Care**

Daniel Brailita, MD  
Central Nebraska Infectious Diseases Clinic  
Hastings, Nebraska

1.2 contact hours

**Nurse Practitioner Owned Clinic: Learn About How to Begin and How a Viable Clinic Has Been Maintained**

Ruby Houck, APRN-NP  
Bertrand Health Clinic  
Bertrand, Nebraska

5:15-6:00 p.m.

BREAK

6:00-7:00 p.m.

DINNER SPEAKER

**Secure Your Own Mask First!**

JoAnne Owens-Nauslar, Ed-D: FASHA, FNAS, LBWA  
GeoFitness, Inc.  
Lincoln, Nebraska

7:30-9:30 p.m.

Social Hour with a Silent and a Chinese Auction!

View and bid on Silent Auction Items from 7:00-8:00 p.m.

Join friends and colleagues for cocktails and watch the auction event! For the Chinese Auction remember: "the more

tickets you buy, the higher your chance of winning"! Please write your name on each ticket and you, or a designee in your name, must be present to win.

### Saturday, February 21, 2009 (Day 3)

 denotes pharmacology hours

8:00-9:00 a.m.      **BREAKFAST**  
Registration

9:00-10:15 a.m.      **CONCURRENT SESSIONS (choose one)**

1.2 contact hours

**Fundamentals of Splint and Cast Application (Part I)**

Brian Herbin, PA-C and Paul Freeman  
Nebraska Orthopaedic & Sports Medicine PC  
Lincoln, Nebraska  
(Limited to 30 participants. *Plan to attend both sessions today*)

1.2 contact hours

**Syncope Management**

Tom V. Pagano, MD  
Platte Valley Medical Group, PC  
Kearney, Nebraska

1.2 contact hours



**PTSD/Post War Issues: An Overview**

Ahsan Naseem, MD  
VA Nebraska-Western Iowa Health Care System  
Lincoln, Nebraska

10:15-10:30 a.m.      **BREAK**

10:30-11:45 a.m.      **CONCURRENT SESSIONS (choose one)**

1.2 contact hours

**Fundamentals of Splint and Cast Application (Part II)**

Brian Herbin, PA-C and Paul Freeman  
Nebraska Orthopaedics and Sports Medicine, PC  
Lincoln, Nebraska  
(Limited to 30 participants. *Plan to attend both sessions today*)

1.2 contact hours



**Immunization Update: 2009**

Archana Chatterjee, MD  
Creighton University PED Infirmary  
Omaha, Nebraska

1.2 contact hours



**Preoperative Evaluation** (also offered Friday 11:00)

Phyllis Behrens, M.S., APRN-NP  
Alegent Health Bergan Mercy Hospital  
Omaha, Nebraska

11:45 a.m. **Summary & Evaluation**

CONTINUING EDUCATION CERTIFICATES MUST BE PICKED UP BY 12:30

12:30-2:00 p.m. **Education Committee Meeting**

An application has been submitted for a total of 15.9 contact hours to the American Academy of Nurse Practitioners, an accredited approver of continuing nursing education." *Contact hours are calculated by 60 minutes = 1 contact hour.* A certificate including accumulation of pharmacology hours will be distributed at the end of your conference attendance. AANP-approved continuing education is **universally accepted** by **all** NP certifying bodies. To receive your continuing education certificate at the conference you will need your APRN license number.

*Make checks payable to Nebraska Nurse Practitioners  
Our accountant requests that separate checks are made for conference registration  
and for membership dues*

**Secured on-line credit card payment is available at [www.nebraskanp.org](http://www.nebraskanp.org)**

Send Registration Form and Payment to:

Kelly Fields, APRN  
3930 Mescal Circle  
Lincoln, NE 68516

If you are an NNP member and are having troubling logging on to our website, please contact Elaine Schurr as soon as possible. [Elaine.Schurr@alegent.org](mailto:Elaine.Schurr@alegent.org)  
If you are not an NNP member and would like to access the website to review/print handouts please use the following login and password. These will be active from now until 30 days after the conference. Login: NPNebraska Password: NPNebraska

**CANCELLATION PROTOCOL**

Please note that the registration deadline is February 9, 2009. This includes cancellation requests. Refunds will be issued after the conference for cancellations made by February 9, 2009. A \$50 *cancellation* fee will be retained. No refunds will be given on cancellations made after February 9, 2009.

**LATE FEE PROTOCOL**

**A \$50.00 late fee will be applied for all registrations postmarked after February 9, 2009.**

For more information about the annual NNP conferences, please contact the Education Committee Chairperson, Amy Arndt: [arndtamy@hotmail.com](mailto:arndtamy@hotmail.com) (H) 402-484-7165, (C) 402-430-3923 (F) 402-438-2107

If you need additional brochures or have questions about registration, please contact Kelly Fields at [kfields@neb.rr.com](mailto:kfields@neb.rr.com); (H) 402-423-6081; (Home Fax) 402-423-6081(ignore the outgoing message and allow the answering machine to pick up the call to identify it as a fax); (Office Fax) 402-476-1614; (W) 402-476-6626

### RECOMMENDATIONS

**Handouts will not be available at the conference. Visit [www.nebraskanp.org](http://www.nebraskanp.org) to print or download handouts for the sessions that you plan to attend. If the handout is not on the website by February 18, 2009, a printed handout will be available at the session.**

1. Remove the registration form and mail with your payment
2. Make a copy of your selected breakout sessions
3. Remember that "limited" sessions are limited due to the required equipment that each participant will use during that session for a hands-on experience
4. If an email address is provided, Kelly Fields will confirm your registration
5. Bring a sweater or jacket as the room temperature fluctuates!
6. Remember to indicate on the registration form exactly what your payment includes (for you, for a colleague, your spouse/guest meals, NNP membership renewal)
7. If you have an item to donate to the Silent/Chinese Auctions, please contact Julie Sundermann [julie.sundermann@cox.net](mailto:julie.sundermann@cox.net)
8. Your family is welcome at the hotel, but infants and children will not be allowed in the education sessions per requests on evaluations from past conferences
9. Due to the growing size of our conferences and NNP membership requests from past conference evaluations, we will ask you to write any and all questions on index cards that will be presented to each speaker. The speaker will respond to the questions after the break and/or at the end of the session. This protocol at national conferences will now be followed by NNP.
10. If you require a duplicate continuing education certificate mailed to you, please send a self-addressed, stamped-envelope with a \$5.00 fee (payable to NNP) and mail it to Robyn Heiser, FNP 705 E. Londonderry Dr. O'Neill, NE 68763 [RHeiser@SHHServices.com](mailto:RHeiser@SHHServices.com)
11. **Feel free to bring your laptop to download handouts and take notes during the conference sessions**

## Membership/Renewal

Full rate (\$70.00) is for an APRN who has already completed education for advanced practice nursing. Those members who go on to obtain further education are still considered a Full member and would renew at the Full member fee

Student rate (\$35.00) is open to all registered nurses currently enrolled in course of study preparing them to be a nurse practitioner. Student membership shall have all the responsibility and privileges of active members except the right to vote and hold office.

Retired rate (\$35.00) is any NP retired from NP practice. A retired member has all rights of membership with state level voting and office holding.

## The next Annual NNP Conference is scheduled in Lincoln, NE February 18-20, 2010

### JOIN NNP TODAY

Visit our website: [www.nebraskanp.org](http://www.nebraskanp.org)

### REGISTRATION & PAYMENT OPTIONS

Fees for this program includes continuing education hours, breakfast each morning, lunch each day, and dinner Thursday and Friday evenings. **Payment must be post-marked by February 9, 2009. Non-refundable late fee is \$50.00 after this date.**

- Register by Mail:
  - Return the registration form to Kelly Fields at 3930 Mescal Circle Lincoln, NE 68516 and enclose your check or credit card information (no debit cards).  
Make checks payable to NNP
- Register by Fax if paying by credit card:
  - 402-423-6081 ignore out-going message and allow answering machine to note in-coming fax. Secondary fax 402-476-1614. Payment must accompany registration to hold your requested sessions
- Register on-line:
  - [www.nebraskanp.org](http://www.nebraskanp.org) has a secure page for on-line payment. Payment must accompany registration to hold your requested sessions
  - Credit cards accepted include MasterCard, Visa and Discover. Debit cards are accepted on-site only as you must enter your own PIN number

### ACCOMODATIONS

HOTEL	RATES
Holiday Inn 110 2nd Avenue Kearney, NE 308-237-5971 866-270-5110 (toll-free) fax 308-236-7549	1-4 persons \$74.00 room fee per night (tax not included). <b>Specify NNP group.</b> Please reserve your room by February 8, 2009 to receive the discounted rate.
Wingate Inn 108 3rd Ave Kearney, NE 308-237-4400	1-4 persons \$74.00 room fee per night (tax not included). <b>Specify NNP group.</b> Please reserve your room by February 8, 2009 to receive the discounted rate.
Hampton Inn 118 3rd Ave Kearney, NE 308-234-3400	1-4 persons \$74.00 room fee per night (tax not included). <b>Specify NNP group.</b> Please reserve your room by February 8, 2009 to receive the discounted rate.

### Registration Form for the February 19-21, 2009 Conference

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

Credit Card # \_\_\_\_\_

Billing street number \_\_\_\_\_ and Billing zip code \_\_\_\_\_

Expiration Date \_\_\_\_\_

**Select breakout sessions:** Please mark a 1 for your first choice and a 2 for your second choice for each session, in the event that your first choice is full (i.e. for the "limited sessions")

Thursday February 19, 2009

- 10:00-11:00 a.m.     HTN 2009: Can We Decrease Target Organ Damage
- 11:15-12:15 p.m.     Coronary Artery Disease 2009
- 1:30-4:00 p.m.       Wound Evaluation and Repair (limited to 24)
- Wound Care Update
- 12-Lead EKG Interpretation (limited to 50)
- Meth Addiction
- 4:15-5:30 p.m.       Autism Spectrum Disorders
- Being Your Own Advocate
- Use of PDA's in Advance Nursing Practice
- 6:30-8:30 p.m.       Lymphedema Therapy
- Lymphomas: Hodgkin's and Non-Hodgkin's
- The Evolution of the Pap Smear

Friday February 20, 2009

- 8:00-8:55 a.m.       Keynote Address
- 9:00-10:15 a.m.     The Complex Patient
- Pediatric Pharmacology Update
- You're Going to Make me Drink What?
- 11:00-12:15 p.m.     Pre-Operative Evaluation (also offered Saturday 10:30)
- Orthopedic Issues of the Hand, Wrist and Elbow
- Bariatric Surgery Update 2009
- 2:15-3:30 p.m.       Hemorrhagic and Ischemic Stroke
- The ABC's of Feet
- Overview of Pediatric Seizure
- 4:00-5:15 p.m.       Chronic Kidney Disease
- HIV in Primary Care
- Nurse Practitioner Owned Clinic
- 6:00-7:00             I plan to attend dinner

Saturday February 21, 2009

- 9:00-10:15 a.m.     Casting & Splinting Part I (limited to 30)
- Syncope Management
- PTSD/Post War Issues
- 10:30-11:45 a.m.     Casting & Splinting Part II (limited to same 30 participants)
- Immunization Update 2009
- Pre-Operative Evaluation (also offered Friday 11:00)

Which committees are you interested in joining?

- Education       Historian       Public Relations  
 Legislative       Outreach       Website

Renew/Join NNP:              Full NNP member fee              Student fee              Retired fee  
    \$70.00                              \$35.00                              \$35.00

If you renew your membership or join as a new member along with your registration, you may circle the NNP Member program prices!

Guest/spouse Meal Prices (includes tax and gratuity) Participant meals are already included

Thursday dinner buffet:              \$13.50              Friday morning buffet:              \$11.00  
 Friday lunch buffet:                      \$18.50              Friday dinner buffet:                  \$23.75  
 Saturday morning buffet:              \$12.50

Program Registration Fees

(Program fees include participant meals. As a variety of food choices are offered, if you have a strict or special food need, please consider bringing your own food.)

	NNP Member	Student/Retired NP	Non-Member of NNP
Entire Program	\$200.00	\$100.00	\$280.00
Thursday Only	\$85.00	\$40.00	\$100.00
Friday Only	\$105.00	\$60.00	\$190.00
Saturday Only	\$50.00	\$25.00	\$80.00

My payment includes the following (please check all that apply):

Program fee for my own registration                              \$ \_\_\_\_\_

Program fee for my colleague    \$ \_\_\_\_\_

name(s): \_\_\_\_\_

**Guest/Spouse Meals**    Total \$ \_\_\_\_\_

Thursday dinner # \_\_\_\_; Friday breakfast # \_\_\_\_; Friday lunch # \_\_\_\_

Friday dinner # \_\_\_\_; Saturday breakfast # \_\_\_\_

NNP Renewal Fee for myself    \$ \_\_\_\_\_

NNP Renewal Fee for my colleague    \$ \_\_\_\_\_

name(s): \_\_\_\_\_

To verify your NNP renewal status email [kfields@neb.rr.com](mailto:kfields@neb.rr.com)

Late Fee of \$50.00 as this payment is not postmarked by February 9, 2009    \$ \_\_\_\_\_

Total Payment of:    \$ \_\_\_\_\_

*Our accountant requests that separate checks are made for membership and another one for conference registration. Make checks payable to Nebraska Nurse Practitioners*

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Kelly Fields, APRN  
3930 Mescal Circle  
Lincoln, NE 68516