



North Texas Nurse Practitioners



NTNP'S 2021 ANNUAL CE CONFERENCE

NPS: ADVANCING THE FUTURE OF HEALTHCARE

LIVE ONLINE VIRTUAL FORMAT
SATURDAY, APRIL 10, 2021



Welcome from the NTNP President

It is with great honor that I welcome our chapter members, colleagues, students, speakers, and sponsors to our 2021 Annual CE Conference. Over the past year, the COVID-19 pandemic has challenged the nation in many ways and given us the opportunity to expand the forums in which we connect with our members. Advocacy and scholarly support of our members and the profession is deeply embedded in our mission. NTNP's Board is pleased to launch its inaugural virtual conference to keep everyone safe while delivering educational content and important professional updates. Thank you for contributions and dedication to the profession. We hope you enjoy the very special day that we have planned for you.

Best Regards,
Toya White, JD, MBA, MSN, APRN, FNP-C
NTNP President



Welcome from the NTNP 2021 Conference Committee

Welcome to the 2021 North Texas Nurse Practitioner (NTNP) CE Conference, "NPs: Advancing the Future of Healthcare". After a year of delay, we are happy to be able to offer you this opportunity for updates and education on multiple topics relevant to NP practice and policy. The committee has worked hard to ensure the high-quality delivery of this content through a safe, interactive platform with the help of our partners at Freestone. We hope you enjoy your day with us, and that we can all meet again soon with the hope of returning in-person for our 2022 conference!

Sincerely,
Allison Huffman, DNP, APRN, FNP-C
NTNP President-Elect and 2021 Conference Chair

Thank you to Conference Committee Members

*Allison Huffman, Chair and NTNP
President-Elect*

Toya White, NTNP President

Robert Metzger, NTNP Administrator

Cheryl Thaxton, NTNP Treasurer

Lisa Reid, NTNP Secretary

Beth Farren

Peggy Ostrander

Stephanie Atkinson

Ethany Howden

Tammie Williams

Cathy Lux

Mona Cheung

2021 Annual CE Conference - NPs: Advancing the Future of Healthcare

"This activity is approved for 8.0 contact hours of continuing education (.75 hours of pharmacology) by the American Academy of Nurse Practitioners.

Saturday, April 10	Presentation	Speaker
7:45 – 8:00 AM	Conference Introduction	Allison Huffman, DNP, APRN, FNP-C; NTNP President-elect and Conference Chair
8:00 – 9:00 AM	Health Care Policy – Impacting the Direction of Healthcare	Steve Love, President & CEO of DFW Hospital Council
9:00 – 9:15 AM	Sponsor Presentation – Currax Pharmaceuticals	
9:15 – 10:15 AM	Controlled Substance Prescription Monitoring Requirements for NPs	Katrina Harper, PharmD, MBA, BCPS, BCSCP
10:15 – 10:30 AM	Break/Virtual Poster Session Review	
10:30 – 11:30 AM	Human Trafficking in Healthcare: Recognize, Respond, & Report	Carrie Schirato, RN, MSN, FNP-C, ANCP--C
11:30 – 11:45 AM	Sponsor Presentation – Novo Nordisk	
11:45 AM – 12:15 PM	Lunch / Virtual Poster Session Review	
12:15 – 1:15 PM	Nursing Malpractice / Jurisprudence in Texas	Yong An, JD
1:15 – 1:30 PM	Sponsor Presentation – Cumberland Pharmaceuticals	
1:30 – 2:30 PM	Caring for Palliative Care Patients across the Lifespan	Cheryl Thaxton, DNP, RN, APNP, FNP-BC, CHPPN, ACHPN, FPCN, Tamara McGregor, MD
2:30 – 2:45 PM	Sponsor Presentation – Horizon Therapeutics	
2:45 – 3:45 PM	Diets for Chronic Disease	Margaret Doherty, MS, RD, LD
3:45 – 4:00 PM	Break / Virtual Poster Session Review	
4:00 – 5:00 PM	Chronic Pain Management: An Integrative Approach to Healing	Arlene Betancourt, MD
5:00 – 5:15 PM	Sponsor Presentation- SK Life Science	
5:15 – 6:15 PM	Telehealth Update: What NPs need to know	Cathy Lux, DNP,APRN, CPNP-PC

Live Online Virtual Conference Pricing

(Early-bird discount available until 3/15/2021)

Member Price:	Early-bird special \$125, Regular Price \$145
Non Member Price:	Early-bird special \$175, Regular Price \$175
Student Price:	Early-bird special \$95, Regular Price \$95

General Session Information

SATURDAY, APRIL 10

8:00 – 9:00 AM

Health Care Policy – Impacting the Direction of Healthcare (1 CE)

Steve Love, President & CEO of DFW Hospital Council

The federal and state policies and regulations will impact the future direction of healthcare. We will review and analyze some of the pending legislation that could impact the delivery of healthcare as well as outcomes for the patients. Many programs are jointly funded by the federal and state governments so it becomes complicated as to the implementation plans for many of the new policies and regulations.

9:15 – 10:15 AM

Controlled Substance Prescription Monitoring Requirements for NPs (1 CE)

Katrina Harper, PharmD, MBA, BCPS, BCSCP

The Texas Prescription Monitoring Program (PMP) collects and monitors outpatient prescription data for all Schedule II, III, IV, and V controlled substances dispensed by a pharmacy in Texas or to a Texas resident from a pharmacy located in another state. The Texas PMP is a patient care tool that can be used to inform prescribing practice and to address prescription drug misuse, diversion, and overdose. Effective March 1, 2020, pharmacists and prescribers (other than a veterinarian) are required to check the patient's PMP history before dispensing or prescribing controlled substances. Advanced practice registered nurses (APRNs) with prescriptive authority are required, with a few exceptions, to check a patient's PMP history before prescribing opioids, benzodiazepines, barbiturates, or carisoprodol, and document the occurrence.

10:30 – 11:30 AM

Human Trafficking in Healthcare: Recognize, Respond, & Report (1 CE)

Carrie Schirato, RN, MSN, FNP-C, ANCP--C

This presentation is designed to educate, equip and empower the healthcare professional to recognize, respond and report victims of human trafficking. This is accomplished using evidence-based, trauma informed, and victim centered approaches and training tactics. The learner will hear relevant case scenarios that will assist in understanding the red flags of human trafficking, how to implement trauma informed care into every day practice, and safely report suspected and confirmed cases of human trafficking.

12:15 – 1:15 PM

Nursing Malpractice / Jurisprudence in Texas (1 CE)

Yong An, JD

This presentation will review over 25 actual board cases related to malpractice and jurisprudence in Texas. We will also discuss 13 different categories in the Texas Board of Nursing Disciplinary Matrix which demonstrate grounds for disciplinary action. Finally, we will review definitions of professional boundaries in practice, six different areas of negligence, and issues related to nursing malpractice.

1:30 – 2:30 PM

Caring for Palliative Care Patients across the Lifespan (1 CE)

Cheryl Thaxton, DNP, RN, APNP, FNP-BC, CHPPN, ACHPN, FPCN, Tamara McGregor, MD

This session will discuss evidence-based methods to improve communication with chronically ill patients and their families. In addition, the session will include brief role play activities and discuss basic communication principles utilized within the palliative care setting.

General Session Information (continued)

SATURDAY, APRIL 10

2:45 – 3:45 PM

Diets for Chronic Disease (1 CE)

Margaret Doherty, MS, RD, LD

Nutrition plays a major role in the prevention, treatment, and even reversal of many chronic health conditions. Maggy Doherty, a Registered Dietitian and owner of Doherty Nutrition, shares with us the effects of nutrition on health, role of medical nutrition therapy (MNT) in disease prevention and management, most commonly prescribed diets for chronic diseases, and when to refer a patient to a Registered Dietitian (RD). Get ready to spend the next hour learning how to make nutrition simple, realistic, and fun for yourself and your patients!

4:00 – 5:00 PM

Chronic Pain Management: An Integrative Approach to Healing (1 CE) (.75 RX)

Arlene Betancourt, MD

This program will recognize the large prevalence of co-occurrent chronic opioid use and mental disease. The program will also describe evidence-based tools useful in the diagnostic investigation and treatment of chronic pain including nutrition, sleep medicine, pharmaceuticals, and mind-body modalities. Finally, the program will recognize the need for an integrated, whole person approach in the effective treatment of patients with chronic pain.

5:15 – 6:15 PM

Telehealth Update: What NPs need to know (1 CE)

Cathy Lux, DNP, APRN, CPNP-PC

Telehealth has the potential to transform population health, by expanding care beyond clinic walls into the patient's lived environment. Covid has been a transformational event in the use of telehealth, as providers have sought ways to continue to care for patients safely during a deadly pandemic. The Public Health Emergency (PHE) has lowered reimbursement and regulatory hurdles to telemedicine, enabling health systems to rapidly respond to the evolving public health crisis by expanding virtual care options. This has generated a need to provide guidance targeted to Nurse Practitioners navigating the evolving landscape. The presentation offers providers updated information on best practices; including billing, charting, and regulatory issues, in order to enhance NP engagement and efficacy with the delivery of virtual visits.



THINKING OF BUYING OR SELLING?

We're ready to help with all of your real estate needs!

Dear North Texas Nurse Practitioners,

Thank you for all of your hard work and dedication to your patients during this pandemic. You are the true home town heroes! Without you doing your job each and every day so many people would suffer unimaginable pain alone. You give of yourself freely, with love, and kindness and you deserve the same in return. And so do your families.

As your Real Estate Professional, the most important thing for me is the happiness of my clients and making their real estate dreams come true. Ask me about assistance programs for home town heroes like yourselves and set up a call with me by visiting:

[Calendly.com/micalhagos](https://calendly.com/micalhagos)

I am also giving \$1k towards closing costs for the first 10 people that book a consultation using my Calendly link. Make sure to add NTNP in the questions tab of the Calendly link. I look forward to working with you!



Mical Hagos

REALTOR® Keller Williams

214-449-0573 * mical@micalhagos.com
www.micalhagos.com



Scan the QR code to find out how we can help you.



NTNP Poster Session Topics 2021

All poster presentations will be made available for viewing during conference and after conference through a link to the conference website.

Cultivating Clinicians' Knowledge and Confidence in Identifying PTSD in Primary Care Settings: A Process Improvement Project

Anaya Baeza, DNP Candidate, PMHNP, APRN-BC

1. Enhance awareness of PTSD screening amongst primary care providers.
2. Discuss how the user-friendly evidence-based PTSD algorithm may help to improve PTSD screening and assessments.
3. Expand clinicians' knowledge and confidence in screening for PTSD in primary care settings using the proper screening tools

Evidence Based Asthma Management in Pediatric Primary Care

Quanica Darden, APRN, PNP-C

1. To evaluate the effectiveness of the educational intervention on asthma knowledge of evidence-based practice among pediatric primary care.
2. To identify gaps in primary care to enhance team functioning while influencing organizational and patient outcomes
3. To review the skills and process needed to promote and sustain asthma guidelines among children in primary care.

Measles! What do I do?

Kristi Feutz DNP, APRN, FNP-BC

1. Identify patients presenting with suspected measles
2. Determine appropriate management for patients presenting with measles or who have been exposed
3. Discuss vaccination recommendations and dispel myths associated with the MMR vaccine

Moral Distress Among Nurses Employed in a Skilled Nursing Facility

Denise Goddard, DNP, APRN, FNP-C

1. The participant will identify interventions to prevent or alleviate moral distress among nurses employed in a skilled nursing facility environment.
2. The participant will identify scenarios in caring for the vulnerable geriatric population in a skilled nursing facility that are causative factors leading to moral distress among nurses.
3. The participant will identify the ethical issues associated with moral distress.

Anemia in Chronic Kidney Disease- ND Patients

Monica Gordon, MSN, AGNP-C

1. The learner will diagnose iron deficiency anemia using pertinent laboratory findings.
2. The learner will choose the most appropriate iron therapy for CKD-ND patients.
3. The learner will state barriers and risks to oral and intravenous iron therapy.

The Effect of Breastfeeding Education in African American Women on Initiation and Duration of Breastfeeding

Shalawn Harris, MS, APRN, CNM, FNP-C

1. Describe the benefits of breastfeeding for mothers
2. Understand the impact of not breastfeeding for African American women
3. Discuss the purpose of the Breastfeeding Self-Efficacy Scale-Short Form and breastfeeding education as a promotion of breastfeeding initiation and duration

Jardiance
(empagliflozin) tablets
10 mg/25 mg

Synjardy
(empagliflozin/metformin HCl) tablets
5mg/500mg, 5mg/1000mg, 12.5mg/500mg, 12.5mg/1000mg

Synjardy XR
(empagliflozin/metformin HCl
extended-release) tablets
5mg/1000mg, 10mg/1000mg, 12.5mg/1000mg, 25mg/1000mg

Glyxambi
(empagliflozin/linagliptin) tablets
10 mg/5 mg, 25 mg/5 mg

Trijardy XR
(empagliflozin/linagliptin/metformin HCl
extended-release tablets)
25mg/5mg/1000mg, 12.5mg/2.5mg/1000mg,
10mg/5mg/1000mg, 5mg/2.5mg/1000mg

basaglar
insulin glargine injection
100 Units/mL

Lilly

A WIDE RANGE OF THERAPIES AND TECHNOLOGIES

Humalog Junior
KwikPen[®]
insulin lispro injection
100 units/mL

Humalog
insulin lispro injection
100 units/mL

trulicity
once weekly
(dulaglutide) injection 0.5 mL
0.75 mg | 1.5 mg | 3.0 mg | 4.5 mg

baqsimi
(glucagon) nasal powder 3mg

Humulin R
U-500 KwikPen[®]
insulin human injection
500 units/mL

LYUMJEV
insulin lispro-aabc injection
100 units/mL

Please see full [Prescribing Information](#) for TRULICITY[®], including **Boxed Warning** and **Medication Guide**.
Please see [Prescribing Information](#) for SYNJARDY[®], including **Boxed Warning** and **Medication Guide**.
Please see [Prescribing Information](#) for TRIJARDY[®] XR, including **Boxed Warning** and **Medication Guide**.
JARDIANCE[®], SYNJARDY[®], SYNJARDY[®] XR, GLYXAMBI[®] and TRIJARDY[®] XR are registered trademarks of Boehringer Ingelheim International GmbH and are used under license.
JARDIANCE[®], SYNJARDY[®], SYNJARDY[®] XR, GLYXAMBI[®], TRIJARDY[®] XR, and BASAGLAR[®] are part of the Eli Lilly Alliance. BASAGLAR[®], BAQSIMI[®], HUMALOG[®], LYUMJEV[®], KWIKPEN[®], HUMULIN[®], and TRULICITY[®] are registered trademarks and trademarks owned or licensed by Eli Lilly and Company, its subsidiaries, or affiliates.

Your Lilly Contact is:
Lori E. Etmore, Senior Sales Representative
214.796.1281 (mobile)
etmore_lore@lilly.com | www.lilly.com



Ask a Question

PP-DB-US-0765 10/2020 © Lilly USA, LLC 2020. All Rights Reserved.
EM-US-101598

Give your patients the **FREEDOM TO GO** with **KRISTALOSE**



DOSING CONVERSIONS¹

10 g

packet of Kristalose
is equivalent to 15 mL
(1 tbsp or 3 tsp)
of liquid lactulose

20 g

packet of Kristalose
is equivalent to 30 mL
(2 tbsp or 6 tsp)
of liquid lactulose

Ensure your
patients receive
Kristalose

write
"Kristalose—
30 Powder Packets"
on your prescription



Patients Prefer Kristalose¹

- Once-daily powder dosing
- Virtually tasteless
- Palatable—not thick or sticky
- No need to take with food

Powder Form of Lactulose

- Dissolves quickly in just 4 oz of water
- The only powder available by prescription
- Lactulose has been FDA approved for over 40 years

Portable & Convenient

- Portable, pre-measured powder packets
- No bulky or heavy bottles to carry

Proven Safe & Effective

- No negative pregnancy test or concomitant use of contraception required
- Less than 15 calories per 10 g dose
- Usually works within 24–48 hours

Kristalose is the only osmotic laxative available by prescription.²

Important Safety Information

KRISTALOSE[®] is contraindicated in patients who require a low-galactose diet and should be used with caution in diabetics. Initial dosing may produce flatulence and intestinal cramps, which are usually transient. Excessive dosage can lead to diarrhea with potential complications, such as loss of fluids, hypokalemia, and hypernatremia. Nausea and vomiting have been reported.

Please see full Prescribing Information available at kristalose.com.

References: 1. Berish CF, Voss B, Kaelin B. Comparison of preference and safety of powder and liquid lactulose in adult patients with chronic constipation. *Clin Exper Gastroenterol*. 2010;3(153-158). 2. Kristalose[®] [Package Insert]. Nashville, TN: Cumberland Pharmaceuticals Inc; July 2018. 3. Data on file, Cumberland Pharmaceuticals Inc.

Shamin Rutledge
srutledge@cumberlandpharma.com
Cell: (210) 259-3422
eFax: (210) 783-9818



KRISTALOSE
(lactulose) For Oral Solution



©2021 Cumberland Pharmaceuticals Inc.

Thank You To Our Sponsors

\$1000 Level Sponsors:

SK Life Science	Susan Lautenbach	slautenbach@sklsi.com
Novo Nordisk	Reese Ochsner	reoc@novonordisk.com
Curax	Carlee Parsons	cparsons@curraxpharma.com
Cumberland	Sharmin Rytledge	srutledge@cumberlandpharma.com
Horizon Therapeutics	Rebecca Colon	rcolon@horizontherapeutics.com

\$200 Level Sponsors:

Boston Scientific	Margaret Starkey	Margaret.starkey@bsci.com
<u>Lilly Diabetes</u>	Lori Elmore	lorielm2575@gmail.com

\$100 Level Sponsors:

Mical Hagos Realty	Mical Hagos	mical@micalhagos.com
--------------------	-------------	--



Because there's still work to be done

As long as there are unmet needs in CNS, we keep working. We explore the complex mysteries of the brain to find answers for the healthcare providers, patients, and caregivers forced to settle, because they're worth it. We're SK life science

SK life science
a subsidiary of SK biopharmaceuticals

SKLifeScienceInc.com

© 2018 SK Life Science, Inc., a subsidiary of SK Biopharmaceuticals Co., Ltd.
All rights reserved. PM-US-SKLSF-0019 01/18

Drawings for Five \$25 Amazon Gift Cards, Don't Miss Out !!!!



Our conference could not happen without our sponsors, so we want to make sure everyone watches all of the five sponsor presentations that will be available. As a “thank you” reward we will have 5 drawings for conference participants who watch ALL FIVE sponsor presentations at the conference, with a \$25 Amazon Gift card reward for each drawing. All you have to do is click on the links at the designated times during the conference and watch all of the presentations to be automatically entered into the drawings. Please make sure when you enter the link you submit your correct name and email, because you will be notified by email if you are one of the winners. Good luck!

HAVE YOUR PATIENTS GIVEN UP ON E.D. PILLS?

VIAGRA, CIALIS, LEVITRATM NOT WORKING?

Learn more about a permanent solution for erectile dysfunction.

VISIT EDCURE.ORG OR CALL 844-4ED-CURE

Boston Scientific Corporation
300 Boston Scientific Way, Marlborough, MA 01752
www.amsmenhealth.com
All trademarks are the property of their respective owners.
©2017 Boston Scientific Corporation or its affiliates. All rights reserved.
MH-437121-AA MAR 2017