



SCHOOL OF NURSING
UNIVERSITY of WASHINGTON
Continuing Nursing Education



Pacific Northwest 40th Annual National Conference

ADVANCED PRACTICE IN PRIMARY AND ACUTE CARE



40th
ANNIVERSARY
1977-2017

Thursday-Saturday

OCTOBER 26-28, 2017

Washington State Convention Center
SEATTLE, WASHINGTON

PROVIDED BY

University of Washington School of Nursing, Continuing Nursing Education

JOINT PROVIDERS

University of Washington School of Medicine, Continuing Medical Education

University of Washington School of Nursing

Adult/Gerontology Acute Care Nurse Practitioner Program Training Grant

Western Washington Area Health Education Center

CO-SPONSORS

ARNPs United of Washington State

Washington Academy of Physician Assistants

Washington State Nurses Association

PROFESSIONAL CREDIT

NURSE PRACTITIONERS AND NURSES

Contact Hours: Up to 19.9 contact hours will be awarded for Thursday-Saturday.

THURSDAY only: Up to 7.0 (R_x=Up to 5.0)

FRIDAY only: Up to 6.9 (R_x=Up to 5.0)

SATURDAY only: Up to 6.5 (R_x=Up to 5.0)

Pharmacology: Up to 15.0 contact hours in pharmacology are available during the conference.

"R_x" designates sessions which meet Washington State guidelines for pharmacology at the advanced practice level.

- Continuing Nursing Education at the University of Washington School of Nursing (UWCNE) is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (ANCC).
- Provider is accredited by the California Board of Registered Nursing, Provider #7218.
- UWCNE is approved as a clock hour provider by the Washington State Board of Education.

Clock Hours: Up to 19.5 clock hours will be awarded

THURSDAY only: Up to 7.0 | FRIDAY only: Up to 6.5

SATURDAY only: Up to 6.5

CERTIFIED NURSE MIDWIVES AND PHYSICIAN ASSISTANTS

The University of Washington School of Medicine designates this live activity for a maximum of *18.0 AMA PRA Category 1 Credits™*. Registration for a certificate of attendance will be available at the conference for an additional fee of \$40 payable to *University of Washington CME*.

PEDIATRIC NURSE PRACTITIONERS

The National Certification Board of Pediatric Nurse Practitioners and Nurses (NCBPNP/N) recognizes contact hours awarded by programs accredited by the ANCC.

PHYSICIANS

Registration for *AMA PRA Category 1 Credit™* will be available at the conference for an additional fee of \$40 payable to *University of Washington CME*.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of Washington School of Medicine and UWCNE. The University of Washington School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The University of Washington School of Medicine designates this live activity for a maximum of *18.0 AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS AND SOCIAL WORKERS

This offering meets requirements for 19.5 clock hours. UWCNE qualifies as a Washington State CE program sponsor under WAC 246-924-240 for psychologists and WAC 246-809-610 for social workers and counselors.

RESPIRATORY THERAPISTS

UWCNE qualifies as a Washington State CE program sponsor under the Washington Administrative Code, WAC 246-928-442.

SCHOOL NURSES

UWCNE is an approved clock hour provider in Washington State. This offering meets requirements for 19.5 clock hours.

HOW TO REGISTER

1. Go to the conference website: uwcne.org/ap2017

2. Log in or create a new profile.

3. After checkout, pick the sessions you wish to attend.

4. You will have access to speaker handouts as they become available, and for one year after the conference.

5. After the conference, you will be able to fill out an online evaluation and print your certificate.

Please note: We will be sending email reminders regarding registration, handouts and evaluations. If you aren't receiving emails from cne@uw.edu, please check your spam/junk mail.

REGISTRATION INFORMATION

Early registration is advised. Enrollment for some concurrent sessions and Saturday workshops are limited. Student and UW faculty discounts are not available for Saturday workshops.

Registration fees include tuition, access to exhibits and continental breakfast on Thursday and Friday.

Onsite registrations will be accepted on a space available basis.

Refund Policy: If you register but are unable to attend, you may send a substitute or obtain a refund less \$50 for handling by submitting a written request to UWCNE by email at cne@uw.edu prior to the conference.

Saturday Workshops: Due to the popularity of workshops and limited workshop enrollment, no refunds for workshops will be granted after Oct. 27, 2017. Substitutes will be accepted at all times.

Power and Internet Access: Power stations to charge your mobile devices will be available in the registration area. Power is not available in the meeting rooms. Free WiFi is limited to public areas of the convention center.

THURSDAY-FRIDAY OCT 26-27	Individual Rate	Student Rate	Poster Presenter
One Day	\$295	\$148	\$265
Two Days	\$425	\$213	\$382
SATURDAY OCT 28	Individual Rate	Student Rate	
One Half-Day Workshop (AM or PM)	\$175	\$175	
Two Half-Day Workshops (AM and PM)	\$295	\$295	
Suicide Prevention Training	\$195	\$195	

DISABILITY ACCOMMODATIONS

The University of Washington is committed to providing access, equal opportunity and reasonable accommodation in its services, programs, activities, education and employment for individuals with disabilities. To request disability accommodation, contact the Disability Services Office at least ten days in advance of the conference at: 206-543-6450/V, 206-543-6452/TTY, 206-685-7264 FAX, or dso@uw.edu.



POSTER ABSTRACTS INVITED

Poster Session: Enter to Win!

Promoting Improvements in Health Care Delivery, Education, Research and Policy

Thursday-Friday, Oct 26-27 | 9:30 AM - 5:00 PM

Washington State Convention Center

Have you created a practice improvement project or developed an innovative educational strategy, clinical program or research project that

highlights improvements in health care delivery, education, research or policy? We invite you to submit a poster abstract. Once your poster is approved, you will automatically be entered into our Best Poster of 2017 Contest. The contest winner will receive a complimentary admission for a 2018 AP half-day workshop, and will be announced at our 40th Year Celebration on Friday afternoon. For poster submission guidelines, visit uwcne.org/ap2017.

Poster Presentation Benefits | Deadline for submission: Oct 20, 2017

- Strengthen your resume
- Some employers will pay your registration fees if you present a poster
- Communicate research or program findings to enhance the practice of others
- Network with providers who share your interests
- Discuss practical strategies for healthcare delivery
- Receive a 10% registration discount for Thursday-Friday



Celebrating 40 years

1977 - 2017

ADVANCED PRACTICE IN PRIMARY AND ACUTE CARE

October 26-28, 2017 | Washington State Convention Center, Seattle, WA | Up to 19.9 contact hours (R_x=Up to 15.0)

REGISTER ONLINE: uwcne.org/ap2017

COURSE DESCRIPTION

This conference offers healthcare providers an opportunity to validate and enhance clinical competencies, acquire new assessment and management skills, examine critical issues in health care at the state and national level, network with colleagues in advanced practice, and learn about new products, services and pharmacotherapeutic agents. Conference faculty include distinguished national, regional and local experts. Concurrent sessions allow participants to design their own educational tracks in the areas of acute, adolescent, adult, family, geriatric, midwifery, pediatric, psychosocial and women's health care. In addition, special interest group meetings on Thursday and Friday and workshops on Saturday provide a broad spectrum of in-depth learning opportunities for providers in all settings. Teaching methods include lecture, discussion, case studies, demonstration and practica.

OBJECTIVES FOR LEARNING OUTCOMES

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

- Apply updated information about the assessment and management of common health problems seen in primary, specialty and acute care settings.
- Apply updated pharmacotherapeutic information related to clinical practice.
- Integrate regional and national trends in health policy, promotion and prevention which impact health care.

SPECIAL EVENTS

First Time Attendees

Wednesday, Oct 25 | 4:15 PM | Washington State Convention Center



Are you new to this Advanced Practice conference? Come and meet planning committee members and staff who will welcome you and discuss what to expect at the conference. We'll show you the lay of the land and answer questions regarding conference activities. You'll meet others who are attending the event for the first time, and receive a special gift just for you.

Wednesday Night Welcome Reception

Wednesday, Oct 25 | 5:00 PM | Seattle Sheraton

Join us for a welcome reception the night before the conference. Come meet your colleagues and enjoy light refreshments and a glass of wine. A short educational talk will follow. It's a great way to kickstart the conference!

11th Annual Art Show *The Expressive Healthcare Professional*

Friday, Oct 27 | 12:00-4:00 PM | Washington State Convention Center



Please share your artistic talent with your colleagues by bringing an art, textiles or craft item to the reception on Friday. Is your item too large to transport? No problem. Use our Art Show Form to upload a picture, and we'll display the image on a monitor. Reserve your space or upload your magnum opus by visiting uwcne.org/ArtShow.

UW School of Nursing Cake Reception

Friday, Oct 27 | 2:25 PM | Washington State Convention Center



Celebrating our 40th year with us. Please join UW Continuing Nursing Education, School of Nursing staff, faculty members, friends and exhibitors for a cake reception! All conference participants are welcome. This event will be a great chance to reconnect with friends and former classmates. All giveaways and prizes will be announced at this time. We hope to see you there!

7:30 Registration, Continental Breakfast and Exhibits
 8:10 **WELCOME and OVERVIEW**
 8:25 **KEYNOTE ADDRESS**
Big Data Plus Personalized Coaching to Optimize Wellness and Prevent Disease Jennifer Lovejoy, PhD, MS | Mary Margaret Thomas, MSN, BSN, RN

9:25 Break, Exhibits and Poster Session*
Poster Session: Promoting Improvements in Health Care Delivery, Education, Research and Policy

9:55 **CONCURRENT SESSIONS A**

Gero	R _x	A1	Complex Challenges in Subacute Care Mary Olson, MSN, ARNP
Fam		A2	Best Practices for Exercise Prescriptions Throughout the Lifespan Gary Blackburn, DC, FAFS
Adult		A3	Nurse Practitioners: Achieving Our 360 Degree Professional Practice* Joelle Fathi, DNP, MN, BSN, ANP-BC, CTTS
Women		A4	Sexual and Reproductive Health in Refugee and Immigrant Communities Ying Zhang, MD, MPH
Midwif	R _x	A5	Antepartum Puzzlers Andrew Warner, MD, FACOG
Peds/Adol		A6	The Brain in Pain: When to Consider that the Headache May Be a Brain Tumor or Something Else Haley Sittner, MPAP, PA-C
Psych	R _x	A7	Perinatal Mental Health Update for Prescribers Amritha Bhat, MD, MBBS
Acute		A8	Assessment and Differential Diagnosis of Acute Abdominal Pain Evan Ong, MD

10:55 Break, Exhibits and Poster Session*

11:10 **CONCURRENT SESSIONS B**

Gen		B1	Developing the Family Nurse Practitioner Role in Swaziland: Complexities and Scope of Practice Issues in the Country with the World's Highest HIV Prevalence Louise Kaplan, PhD, ARNP, FNP-BC, FAANP, FAAN
Fam		B2	Dementia: Differential Diagnosis Emily Trittschuh, PhD
Adult		B3	Essentials of Lung Cancer Screening for the Primary Care Provider Joelle Fathi, DNP, MN, BSN, ANP-BC, CTTS
Women		B4	Autism Spectrum Disorder in Females Karen Barnes, PhD
Midwif	R _x	B5	Blitzed and Amped Up: An Update on Street Drugs and Testing Erica Liebelt, MD
Peds	R _x	B6	Urgent Care Comes to Primary Care: Pediatric Case Studies Karen Kilian, MN, ARNP, CCRN
Psych	R _x	B7	Best Practices for Prescribing Psychotropic Medications in a Crazy World! Patti Varley, MN, ARNP, CNS
Acute	R _x	B8	Treating Acute on Chronic Pain in the Acute Care Setting Debra Gordon, DNP, RN, FAAN

12:10 Lunch (on your own), Exhibits and Poster Session*

12:25 **SPECIAL INTEREST MEETING (12:15-1:15 PM)**
 ARNPs United of Washington State—Annual Meeting | BYO brown bag lunch | President Nancy Lawton, MN, ARNP, FNP

1:30 **CONCURRENT SESSIONS C**

Adult		C1	Death With Dignity: A Call for Compassion Gregg VandeKieft, MD, MA
Fam	R _x	C2	The Human Microbiome: Its Important Role in Our Health Brooke Weitz, ND
Gero	R _x	C3	Rational Medication Use in Dementia Stephen Thielke, MD
Women	R _x	C4	Postmenopausal Vaginal Health and Sexual Function Susan Reed, MD
Midwif	R _x	C5	An Update on Diagnosis, Management and Treatment of Autoimmune Disorders in Pregnancy Sameer Gopalani, MD
Peds		C6	Primary Care Newborn Check Up: What to Expect and What Not to Miss Svetlana McGrath, DNP, ARNP
Psych	R _x	C7	Medical Management of Patients with Eating Disorders Bethany Block, MD
Acute		C8	Complex Coronary Interventions James McCabe, MD

*Continuing Medical Education credit is not available
 R_x = Pharmacology credit (1.0 contact hour per session unless otherwise noted)

KEY TO CHOOSING SESSIONS

Please refer to the key at right for help in selecting sessions on Thursday and Friday. Note that many topics fall into more than one category. The coding system is simply a guide to the general orientation of content to be presented. You may switch sessions at the conference after reviewing session descriptions and objectives. Topics designated with an "R_x" meet guidelines for pharmacology hours at the advanced practice level.

R_x = Pharmacology credit (1.0 contact hour per session unless otherwise noted)

Acute Acute Care
 Adol Adolescent Health
 Adult Adult Health
 Fam Family Practice
 Gero Geriatric Health
 Gen General Clinical and Professional Issues
 Midwif Nurse Midwifery
 Peds Pediatric Health
 Psych Psychiatric Mental Health
 Women Women's Health

PROGRAM SCHEDULE | THURSDAY | OCTOBER 26

2:30 Break, Exhibits and Poster Session*

2:45 CONCURRENT SESSIONS D

Adol	D1	Transition to Adulthood: How Providers Can Prepare Their Patients With Disabilities for the Adult World Therese Vafaezadeh, MSN, ARNP
Gero	D2	Cardiovascular Diagnostics in the Older Adult: What to Order and When Jaclynn Bradshaw, MSN, NP-C
Adult	R _x D3	Management of Cross-Sex Hormone Therapy in the Primary Care Setting José Parés-Avila, DNP, ARNP, FAANP
Women	R _x D4	Update on Long-acting Reversible Contraception Elizabeth Micks, MD, MPH
Midwif	D5	Advances and Challenges in Prenatal Genetic Screening Nancy Palmer, MS, CGC
Peds	R _x D6	Current Recommendations for the Prevention of Peanut Allergy Jennifer Regan, MD
Psych	R _x D7	SBIRT (Screening, Brief Intervention, Referral to Treatment): Tools for Guiding People Into Substance Abuse Recovery MaryAnne Murray, DNP, EdD, ARNP, FNP-BC, PMHNP-BC, VARN-AP
Acute	D8	Chest Pain in the Acute Care Setting Jenny Westover, MN, ARNP

3:45 Break, Exhibits and Poster Session*

3:55 CONCURRENT SESSIONS E

Gen	E1	FDCARES: How Fire Departments are Transforming Services to Meet the Quadruple Aim Adam Davis, DNP Sara Hardin, RN Matthew Madlem, Cpt Jason Peterman, RN
Fam	R _x E2	Asthma in Adults: Maximizing and Maintaining Lung Capacity Jennifer Regan, MD
Adult	R _x E3	PreP for Providers: Truvada as an HIV Prevention Strategy Paul Algeo, PharmD, PA-C, AAHIVS
Gero	R _x E4	Suicide Prevention: Considerations in the Elderly Steven Felton, MN, ARNP
Midwif	E5	Herpes in Pregnancy Anna Wald, MD, MPH
Peds/Adol	E6	Clear and Present Danger: Recognizing Youth Violence Shaquita Bell, MD
Psych	R _x E7	Post Traumatic Headache Dan Krashin, MD Natalia Murinova, MD, MHA
Acute	E8	Sepsis Update: Back to Basics David Carlbom, MD

4:55 Adjourn and Evaluation (Includes 15 minutes of contact hours to complete the evaluation online)

5:30 SPECIAL INTEREST MEETING (5:30-7:00 PM)

ACNM Washington State Affiliate Meeting and Dinner | For additional information and to RSVP, please contact Judy Lazarus at jlazarus@uw.edu

PROGRAM SCHEDULE | FRIDAY | OCTOBER 27

7:30 Registration, Continental Breakfast and Exhibits

8:10 WELCOME, OVERVIEW and PRECEPTOR OF THE YEAR AWARDS

8:25 KEYNOTE ADDRESS

Stress: Taking It Seriously While Lightening Up Barbara Bancroft, MSN, RN, PNP

9:25 Break, Exhibits and Poster Session*

9:55 CONCURRENT SESSIONS F

Gen	R _x F1	Primary Care Treatment for Common Addictions: Update on Medication Options Lucinda Grande, MD
Fam	R _x F2	5 TIWIKLY (Things I Wish I Knew Last Year) Louis Kuritzky, MD
Adult	R _x F3	Chronic Hepatitis C: Lessons in Treatment as Prevention H. Nina Kim, MD, MSc
Women	F4	Zika Virus 101 Catherine Albright, MD, MS
Gero	R _x F5	PPI's, Antacids, Microbiota and Gut Flora Management: Does It Even Matter in Your Elder Population? Greg Mennie, MEd, PA-C
Peds/Adol	R _x F6	Care of Transgender and Gender Non-conforming Youth David Inwards-Breland, MD
Psych	R _x F7	Management of Behavioral and Psychological Disturbance in Neurocognitive Disorders Donna Poole, MSN, ARNP, PMHCNS-BC
Acute	R _x F8	The Role of Antibiotics in Today's ICU Patricia Kritek, MD

10:55 Break, Exhibits and Poster Session*

PROGRAM SCHEDULE | FRIDAY | OCTOBER 27

11:10 CONCURRENT SESSIONS G

Gen	G1	APRNs as Entrepreneurs: One Hour Start-up Boot Camp* Val Gossing, MSN, FNP-C, ARNP
Fam	R _x G2	Acne in Primary Care Louis Kuritzky, MD
Adult	G3	Adverse Childhood Experiences and Beyond: Helping All People Flourish Kody Russell, MSW
Women	R _x G4	Demystifying Contraception for the Medically Complex Patient Emily Godfrey, MD, MPH, FAAFP
Midwif	R _x G5	Beyond Nausea and Vomiting: Addressing GI Disorders in Pregnancy Breanna Oberlin, RD
Gero	R _x G6	Sorting Through Diabetes Medications: Caring for Kidneys Mary Moyer Janci, FNP-BC, CDE, ADM-BC
Psych	G7	The Impact of PTSD, Intimate Partner Violence and Other Co-occurring Issues on Caregivers, and Caregiving for Military Veterans April Gerlock, PhD, ARNP, PMHNP-BC
Acute	G8	Managing Wounds in the Critically Ill Mark Goetcheus, BSN, RN, CWON, CFCN, CDE

12:10 Lunch (on your own), Exhibits, Art Show and Poster Session*

12:20 SPECIAL INTEREST MEETING (12:20-1:20 PM)

Annual Meeting—Washington NAPNAP Chapter | For more information, email Jennifer Sonney (jsonney@uw.edu)

1:25 CONCURRENT SESSIONS H

Gen	R _x H1	Buprenorphine for Opioid Addiction and Chronic Pain: Becoming a Primary Care Prescriber Lucinda Grande, MD Sarah Magnuson-Whyte, DNP, ARNP, FNP-BC, PMHNP-BC
Fam	H2	Telemedicine, Wearable Technology and Digital Patient Care: Star Trek or Main Street? Cydne Marckmann, DNP, ARNP, FAANP
Adult	H3	Exploring Dietary Issues in Diabetes Through Complex Case Studies Jennifer Okemah, MS, RD, BCADM, CDE, CSSD
Women	R _x H4	Within Our Scope: Medication Abortion Practice for Clinicians Meghan Eagen-Torkko, PhD, CNM, ARNP
Midwif	R _x H5	PCOS Throughout a Woman's Life Ryan Heitman, MD
Peds/Adol	R _x H6	Adolescent Anxiety and Depression: Assessment and Treatment in Primary Care Katherine Lo, MSN, ARNP
Gero	R _x H7	Advanced Parkinson's: Treatment and Quality of Life Sindhu Srivatsal, MD, MPH
Acute	H8	Structural Heart Disease: An Update on Treatment Options Gabriel Aldea, MD, FACC, FACS

2:25 Break, Exhibits, Art Show, Poster Session* and UW Alumni Cake Reception

2:45 CONCURRENT SESSIONS J

Adol	R _x J1	Adolescent Contraceptive Updates Deb Oyer, MD
Fam	R _x J2	Pelvic Floor Dysfunction: Clinical Pearls from a PF P.T. (including OAB) Katherine Golic
Gen	J3	Human Trafficking: Identifying and Serving Survivors Kathleen Morris, JD
Women	J4	Vulvovaginal Dermatoses: Treatment and Biopsy Indications Bob Smithing, MSN, ARNP, FAANP
Midwif	R _x J5	"I can't breathe": Asthma in Pregnancy Lisa Foglia, MD, MFM
Peds	J6	Evaluation of the Limping Child: A Systematic Approach Kathy Moen, MD
Psych	R _x J7	Neurobiology of Sleep and New Medications Lina Fine, MD, MPhil
Gero	R _x J8	Chasing Clots: From DVT to Superficial Phlebitis: What Does It Mean to the Aged? Teri Scott, MSN, ARNP

3:45 Break, Exhibits, Art Show and Poster Session*

3:55 CONCURRENT SESSIONS K

Gero	K1	Is This Rash the Start of Something Big? Michelle Draper, MSN, FNP, ARNP, RN
Fam	K2	Genetic Testing for Common Diseases Robin Bennett, MS, LGC, PhD Hon
Adult	R _x K3	Complex Pain Management Cases: The Experts' Approach Pati Irish, PhD, ARNP Michelle LeVarge, MSN, ARNP Yvonne Eichler, MSN, ARNP
Women	K4	2017 Infectious Disease Update Shaun Applin, MSN, CNM, ARNP, AAHIVS
Midwif	R _x K5	Management of ADD/ADHD/Anxiety/Depression in Pregnancy Kristi Shearer, PhD
Peds/Adol	K6	The Importance of ASD Screening in a Preventive Intervention Approach Lisa Ibanez, PhD
Psych	R _x K7	Treatment of Co-occurrence: Opioids and Other Addictions Andrew Saxon, MD
Acute	R _x K8	Pulmonary Hypertension: Evaluation and Treatment David Ralph, MD

4:55 Adjourn and Evaluation (Includes 15 minutes of contact hours to complete the evaluation online)

*Continuing Medical Education credit is not available

R_x = Pharmacology credit (1.0 contact hour per session unless otherwise noted)

ALL DAY WORKSHOP | 8:15-3:45 PM | 6.5 CONTACT HOURS

AD1 Suicide Prevention Training *Elaine Walsh, PhD, PMHCNS-BC | Jennifer Barron, BSW, MA, MBA*

This training focuses on suicide and self-injury assessment, treatment and management, as well as suicide prevention in special populations including U.S. veterans. The training meets the requirement for the State of Washington mandatory suicide prevention training for nurses (RCW 43.70.442) and has been approved by the Washington State Department of Health. Teaching methods include didactic presentations, discussion and interactive practice with suicide prevention tools. **Limit: 180**

MORNING WORKSHOPS | 8:30-11:45 AM | 3.0 CONTACT HOURS

AM1 Uterine Blocks, Biopsies and IUDs: What's a Cervix to Do?

R_x= 2.0 *Bob Smithing, MSN, ARNP, FAANP*
Assisted by Tara Cardinal, MN, CNM, ARNP | Chris Hoyle, DNP, ARNP, FNP
Nancy Lawton, MN, ARNP, FNP | Madeline Wiley, MSN, ARNP, FAANP
Bethany Rolfe Witham, DNP, FNP-BC, ARNP

Participants learn correct methods for administering a cervical block, inserting the five currently available IUDs (Paragard, Liletta, Mirena, Kyleena and Skyla) and matching the most appropriate IUD to patient needs. In addition, instructors discuss the use of a tenaculum, os dilators, sounds and endometrial samplers to do a gentle insertion. This workshop uses a combination of images, video, lecture and practice on synthetic models. **A supply fee of \$20 cash will be collected at this workshop. Limit: 40**

AM2 Advanced Practical Dermatology *Fawn Ross, MSN, FNP-C*

Advance your office based procedure skills through this hands-on workshop. Attendees will explore primary care assessment and evaluation of common lesions, including non-melanoma and melanoma skin cancers as well as biopsy indications. Management of post-procedural complications will be discussed. The hands-on component will include the safe use of local analgesia and immediate post-procedural care. Attendees will have the opportunity to practice intermediate excision and repair techniques. **A supply fee of \$20 cash will be collected at this workshop. Limit: 30**

AM3 Fundamentals of 12 Lead ECG Interpretation: Part I

Suzy Meader, MN, ACNP, ANP, CCRN
 This workshop presents the fundamentals of dissecting the 12 lead ECG. Focus is on changes in various waves and segments that identify axis, atrial and ventricular hypertrophy, bundle branch blocks and ventricular ectopy. Content includes patterns of ischemia, injury and infarction, strips of WPW, pericarditis, hyperkalemia and a systematic approach to analyzing a 12 lead ECG with practice strips. **Prerequisite: Learner should have basic skills in reading ECGs. (May be taken alone or in sequence with PM1.)**

AM4 Joint Ultrasound and Injection of the Shoulder and Knee

Brian Liem, MD, CAQ Sports Medicine
 Practicum on ultrasound guided injection of the shoulder and knee. Participants will be able to identify the proper patient positioning for ultrasound guided subacromial and suprapatellar knee joint injections. They will perform diagnostic ultrasounds of the subacromial space, the subacromial bursa, and the suprapatellar space on ultrasound. Proper technique of ultrasound guided injections with needle tracking will be demonstrated and practiced with phantoms. **Please wear shorts and t-shirt/tank top to get full access to the knee and shoulder for practicing ultrasound. Limit: 25**

AM5 Supporting People to Make Healthy Changes

Connie Davis, MN, GNP, BC
 Using a case-based approach, we will explore influences of healthy behaviors, practical skills and tools clinicians can use to increase the chances that patients will understand, be interested in and take action on recommendations to improve their health. This session involves practicing evidence-based communication skills that busy clinicians can use immediately in practice.

AFTERNOON WORKSHOPS | 12:30-3:45 PM | 3.0 CONTACT HOURS

PM1 Fundamentals of 12 Lead ECG Interpretation: Part II

Suzy Meader, MN, ACNP, ANP, CCRN
 This workshop builds on fundamentals learned in the morning workshop, AM3, and provides in-depth focus on typical ECG changes seen in myocardial ischemia, injury and infarction. Content includes timing, location, coronary artery involvement and potential complications, patterns that mimic ECG changes, practice strips and case studies. **Prerequisite: Learner must have solid fundamentals in reading the basic ECG or be taking this workshop in sequence with AM3.**

PM2 Understanding Hypnosis: Scientific Clarification and Enhancing Clinical Outcomes *Lisa Geiger, MN, ARNP, FNP, BCH*

Hypnosis has been recognized by the AMA since 1958 as a healing modality, acknowledging its ongoing contribution to dramatic and lasting outcomes in both psychological and physiological domains. Hypnosis is a remarkable vehicle for tapping into realms of human potential and awareness that can facilitate and generate mind-body healing. This workshop addresses the neurophysiology of hypnosis as well as applications to chronic pain, chronic disease, anxiety, depression, stress management, weight management, smoking, fears, phobias, and compulsive habits. Experience a group hypnosis induction, deepening, and awakening first hand. Format: didactic and experiential. **Bring an open mind, mat or blanket and wear a sweater. Limit: 40**

PM3 Fixing Those Wound Care Woes: Wound Management Strategies for Primary Care Providers *Renee Anderson, MSN, RN, CWON*

Betty Hanrahan, MSN, CNS, ARNP-BC, CWCN-AP, CWS, FACCWS, CFCN
 This workshop includes a comprehensive evaluation process for patients with wounds, including initial management principles, common pitfalls to avoid and what to do if you work in an area with minimal resources. We will also discuss wound evaluation, documentation, workup, use of compression, dressing selection and referral considerations. The focus of discussion will be on the safe care of patients with wounds, both in areas with a wound care center available and in more rural locations.

PM4 Management of Diabetes Mellitus Type II: What's Next After Metformin? *Mary Moyer Janai, FNP-BC, CDE, ADM-BC*

R_x= 3.0 *Assisted by Dave Lieb, MA | Sarah Rosenbloom, RN*
 In this workshop, we will discuss the American Diabetes Association Standards of Medical Care in Diabetes 2017, including the standards for medications and titration of insulin. You will also have a hands-on opportunity to work with continuous glucose monitors and insulin pens. Discussion will include the use of the new insulins U200, U300 and U500.

PM5 Cutting Up: Biopsy Techniques for Skin Including Genital Lesions and Sebaceous Cysts *Bob Smithing, MSN, ARNP, FAANP*

Assisted by Chris Hoyle, DNP, ARNP, FNP | Nancy Lawton, MN, ARNP, FNP
Madeline Wiley, MSN, ARNP, FAANP | Bethany Rolfe Witham, DNP, FNP-BC, ARNP
 This workshop focuses on how to do punch, shave and scissor biopsy techniques. Content includes indications and anesthesia. Simple interrupted suture techniques will be presented for those with no experience. Hands on experience with skin models and video demonstration. **A supply fee of \$20 cash will be collected at this workshop. Limit: 40**

CONFERENCE SPEAKERS

Catherine M. Albright, MD, MS **F4**
 Assistant Professor, Maternal-Fetal Medicine, Obstetrics and Gynecology, UWSOM

Gabriel Aldea, MD, FACC, FACS **H8**
 Professor and Section Chief, Dept of Surgery, Division of Cardiothoracic OR, UWSOM

Paul Algeo, PA-C, PharmD, AAHIVS **E3**
 Physician Assistant, Peter Shalit MD and Associates, Seattle

Renee Anderson, MSN, RN, CWON **PM3**
 Certified Wound Ostomy Nurse; Co-Director, WMEP/WMFC Program, UWSOM; Clinical Faculty, Biobehavioral Nursing & Health Systems, UWSOM; President, Rainier Clinical Consultants, Inc., Seattle

Shauna Applin, MN, CNM, ARNP, AAHIVS **K4**
 Nurse Midwife, HIV Nurse Practitioner, Head of Infectious Disease, Community Health Care, Tacoma

Barbara Bancroft, MSN, RN, PNP **Friday Keynote**
 President and Executive Director, CPP Associates Inc., Chicago; Author

Karen Barnes, PhD **B4**
 Child Clinical Psychologist, Seattle Children's

Jennifer Barron, BSW, MA, MBA **AD1**
 Director of Rural Initiatives and Forefront Cares, Forefront, Seattle

Shaquita Bell, MD **E6**
 Associate Clinical Professor, Seattle Children's Odessa Brown Clinic, Seattle

Robin Bennett, MS, LCG, PhD, Hon. **K2**
 Senior Genetic Counselor and Co-Director, Genetic Medicine Clinics, UW Medical Genetics, Dept. of Medicine; Clinical Professor, Division of Medical Genetics, Dept. of Medicine

Gary Blackburn, DC, FAFS **A2**
 Clinical Director, Rebound SportsMed, Kent

Bethany Block, MD **C7**
 Primary Physician, Eating Recovery Center of Washington, Bellevue

Jaclynn Bradshaw, MSN, NP-C **D2**
 Nurse Practitioner, Harrison HealthPartners Cardiovascular Consultants, Bremerton

Tara Cardinal, MN, CNM, ARNP **AM1**
 Certified Nurse Midwife, Private Practice, Seattle

David J. Caribom, MD **E8**
 Medical Director, Harborview Sepsis Program; Medical Director, Harborview Respiratory Care Dept, HMC; Director, Michael K. Copass, MD Paramedic Training Program; Associate Professor of Medicine, Pulmonary Critical Care and Sleep Medicine, UWMC

Adam Davis, DNP **E1**
 Lead Nurse FDCARES, Puget Sound Regional Fire Authority, Kent

Connie Davis, MN, GNP, BC **AM5**
 Co-Director, Centre for Collaboration, Motivation and Innovation, Sumas

Michelle Draper, MSN, FNP, ARNP, RN **K1**
 Nurse Practitioner, Dermatology, The Everett Clinic, Everett

Meghan Eagen-Torkko, PhD, CNM, ARNP **H4**
 Assistant Professor, School of Nursing and Health Studies, UW Bothell; CNM, Family Planning Program, PHSKC

Yvonne Eichler, MSN, ARNP **K3**
 Advanced Practice Nurse, Chronic Pain Management, Veterans Health-Seattle, Anesthesiology Dept, Seattle

Joelle Fathi, DNP, MN, BSN, ANP-BC, CTTS **A3, B3**
 Clinical Assistant Professor, Dept. of Behavioral Nursing and Health Informatics, UW

Steven Felton, MN, ARNP **E4**
 Director, Felton Health Care Specialists, PLLC, Seattle

Lina Fine, MD, MPhil **J7**
 Neuropsychiatrist, Sleep Medicine Specialist, Board Certified in Neurology, Psychiatry and Sleep, Swedish Neuroscience Institute, Seattle

Col. Lisa Foglia, MD, MFM **J5**
 Program Director, OB/GYN Residency, MAMC

Lisa F. Geiger, MN, ARNP, FNP, BCH **PM2**
 Family Nurse Practitioner, Clinical Hypnotherapist, Vital Capacity, Edmonds

April Gerlock, PhD, ARNP, PMHNP-BC **G7**
 Clinical Professor, UWSOM; VAPSHCS, External Consultant, Federal Way Vet Center

Emily Godfrey, MD, MPH, FAFP **G4**
 Associate Professor, Dept of Family Medicine and Dept of Obstetrics and Gynecology, UW

Mark Goetcheus, BSN, RN, CWON, CFCN, CDE **G8**
 Program Manager, Clinical Educator, HMC

Sameer Gopalani, MD **C5**
 Maternal Fetal Medicine, Swedish Maternal Fetal Medicine Center, Seattle

Debra Gordon, DNP, RN, FAAN **B8**
 Co-Director, Harborview Integrated Pain Care Program, Anesthesiology and Pain Medicine, Seattle

Valdencia Gossing, MSN, FNP-C, ARNP **G1**
 Advanced Registered Nurse Practitioner, ValMed, LLC, Federal Way

Katherine Golic, PT **J2**
 Physical Therapist, Overlake Hospital Medical Center, Bellevue

Lucinda Grande, MD **F1, H1**
 Physician, Pioneer Family Practice, Lacey; Clinical Instructor, Dept of Family Medicine, UWSOM

Maj. Ryan Heitman, MD, OB/GYN **H5**
 Chief, Reproductive Endocrinology, MAMC

Christine Hoyle, DNP, ARNP, FNP **AM1, PM5**
 Associate Professor, Seattle Pacific University, Seattle; Nurse Practitioner, International Community Health Services Clinic, Seattle

David J. Inwards-Breland, MD, MPH **F6**
 Medical Director, Seattle Children's Gender Clinic, Associate Professor of Pediatrics, Seattle Children's; Adolescent and Young Adult Medicine, Seattle

Pati S. Irish, PhD, ARNP **K3**
 Pain Clinic ARNP, VAPSHCS

Mary Moyer Janci, FNP-BC, CDE, ADM-BC **G6, PM4**
 Nurse Practitioner, Glycemic Control Consult Service, Diabetes Care Center, Roosevelt Clinic, UW; Affiliate Instructor, UWSOM and Division of Metabolism, Endocrinology and Nutrition, UWSOM; Adjunct Staff, Seattle Cancer Care Alliance Center

Louise Kaplan, PhD, ARNP, FNP-BC, FAANP, FAAN **B1**
 FNP, Tumwater Family Practice Clinic

Karen Kilian, ARNP **B6**
 Pediatric Nurse Practitioner, Urgent Care and Emergency Dept., Seattle Children's

H. Nina Kim, MD, MSc **F3**
 Associate Professor of Medicine, UW

Daniel L. Krashin, MD **E7**
 Psychiatrist and Pain Specialist, UW

CONFERENCE SPEAKERS

Patricia Kritek, MD	F8
Associate Professor of Pulmonary and Critical Care Medicine; Associate Medical Director of Critical Care, UWMC	
Louis Kuritzky, MD	F2, G2
Clinical Assistant Professor Emeritus, Community Health and Family Medicine, University of Florida, Gainesville	
Nancy Lawton, MN, ARNP, FNP	AM1, PM5
President, ARNPs United of WA State; WA State Representative to AANP, American Association of Nurse Practitioners; Nurse Practitioner, NeighborCare Health, Seattle	
Michelle LeVarge, ARNP	K3
Pain Clinic ARNP, VAPSHCS	
Erica L. Liebelt, MD	B5
Medical Director and Executive Director, Washington Poison Center, Seattle; Clinical Professor, Pediatrics, UWSOM	
Brian Liem, MD, CAQ Sports Medicine	AM4
Clinical Assistant Professor, Dept of Rehabilitation Medicine, Division of Sports and Spine Physicians, UW	
Katherine Lo, ARNP	H6
Psychiatric Nurse Practitioner, Psychiatry Dept., Seattle Children's; The Kids Clinic Behavioral Health PLLC	
Jennifer Lovejoy, PhD, MS	Thursday Keynote
Chief Translational Science Officer, Leadership Team, Arivale, Seattle; Affiliate Faculty, Institute for Systems Biology; Adjunct Faculty, UW School of Public Health, Seattle	
Matthew Madlem	E1
Captain FDCARES, Puget Sound Regional Fire Authority, Kent	
Sarah Magnuson-Whyte, DNP, ARNP, FNP-BC, PMHNP-BC	H1
FNP/PNP, Partner, Mental Health Professionals, LLC; Lecturer, UW-Tacoma	
Cydne Marckmann, DNP, ARNP, FAANP	H2
Program Director, Advanced Practice Primary Care Training Program, MultiCare Health Systems, Puyallup	
James McCabe, MD	C8
Interventional Cardiologist, Director of Cardiac Catheterization Lab, UWMC	
Svetlana McGrath, DNP, ARNP, PPCNP-BC	C6
ARNP, Newborn Rounder, Neonatology, Seattle Children's; ARNP, Neighbor Care, Seattle	
Suzu Meader, MN, ANP, CCRN-R	AM3, PM1
Nurse Practitioner, Woodinville	
Greg Mennie, MEd, PA-C	F5
PA-C, Emergency Room, VAPSHCS; Adjunct Professor, Marshall B. Ketchum University, School of Physician Assistant Studies, Fullerton, CA	
Elizabeth Micks, MD, MPH	D4
Assistant Professor, Dept of Obstetrics and Gynecology, UWSOM	
Kathleen Moen, MD	J6
Pediatric Orthopedist, Swedish Medical Group, Pediatric Specialty Care, Seattle	
Kathleen Morris, JD	J3
Senior Program Manager, International Rescue Committee in Seattle, SeaTac; Director, Washington Anti-Trafficking Response Network	
Natalia Murinova, MD, MHA	E7
Director, Neurology Headache Clinic, UW	
MaryAnne Murray, DNP, EdD, ARNP, FNP-BC, PMHNP-BC, CARN-AP	D7
Psychiatric/Mental Health Nurse Practitioner, Willapa Behavioral Health, Long Beach; Free by the Sea, Ocean Park; Balance Beams Wellness, PLLC, Ocean Park	
Breanna Oberlin, RD	G5
Registered Dietitian, Diabetes and Nutrition Education Center, Swedish	
Jennifer Okemah, MS, RD, BCADM, CDE, CSSD	H3
Director, Diabetes and Nutrition Education, Western Washington Medical Center	
Mary Olson, MSN, AGPCNP-BC	A1
Nurse Practitioner, Northwest Geriatrics, Mercer Island	
Evan Ong, MD, MS, FACS	A8
Medical Director, Surgical Oncology and Hepato-Pancreato-Biliary Surgery, Swedish Cancer Institute, Swedish Surgical, Seattle	
Deborah Oyer, MD	J1
Medical Director, Cedar River Clinics, Seattle; Associate Clinical Professor, Dept of Family Medicine and Dept of Obstetrics and Gynecology, UWSOM	
Nancy Palmer, MS, CGC	D5
Licensed Genetic Counselor, Supervisor, Maternal and Fetal Specialty Center, Swedish	
José A. Parés-Avila, DNP, ARNP, AAHIVS, FAANP	D3
Nurse Practitioner, Psychiatry and Behavioral Sciences, HMC; Clinical Assistant Professor, Community and Systems Health Science Division, The University of Arizona College of Nursing	
Donna Poole, MSN, ARNP, PMHCNS-BC	F7
Nursing Home Liaison Team Psychiatric Consultant, Kitsap Mental Health Services, Bremerton	
David D. Ralph, MD	K8
Physician, Pulmonary/Vascular Disease Clinic, UW Medicine/UWMC	
Susan Reed, MD, MPH, MS	C4
Professor, Dept. of OB/GYN, UWSOM	
Jennifer Ann Regan, MD, PhD	D6, E2
Physician, Northwest Asthma and Allergy Center, Seattle	
Fawn Ross, MSN, FNP-C	AM2
Dermatology Nurse Practitioner, Silver Falls Dermatology, Olympia	
Kody Russell, MSW	G3
ACEs and Resiliency Project Director, Kitsap Strong, Bremerton	
Andrew J. Saxon, MD	K7
Director, Center of Excellence in Substance Abuse Treatment and Education, VAPSHCS; Professor, Dept of Psychiatry and Behavioral Sciences, UW	
Teri Scott, MSN	J8
ARNP, Pain Management, Peninsula Pain Clinic; ARNP, Family Practice, The Manette Clinic, Bremerton	
Kristi L. Shearer, PhD	K5
Chief, Reproductive Endocrinology, MAMC	
Haley Sittner, PA-C	A6
Physician Assistant, Neurology Dept, Seattle Children's	
Robert T. Smithing, MSN, ARNP, FAANP	J4, AM1, PM5
Family Nurse Practitioner and Clinical Director, FamilyCare of Kent, Kent; Affiliate Instructor, UWSOM; Clinical Affiliate Faculty, Pacific Lutheran University, Tacoma; Adjunct Faculty, Seattle Pacific University, School of Nursing, Seattle; Executive Director, ARNPs United of WA State	
Sindhu R. Srivatsal, MD, MPH	H7
Staff Neurologist, Virginia Mason and Evergreen Neurosciences Institute, Seattle	
Stephen Thielke, MD, MSPH, MA	C3
Associate Professor, Psychiatry and Behavioral Sciences, UWSOM; Investigator and Associate Director for Education and Evaluation, Geriatric Research, Education and Clinical Center, VAPSHCS	

HMC=UW Medicine/Harborview Medical Center, Seattle • MAMC=Madigan Army Medical Center, Tacoma • PHSK=Public Health-Seattle and King County
Seattle Children's=Seattle Children's Hospital, Seattle • Swedish=Swedish Medical Center, Seattle • UW=University of Washington, Seattle

UWMC=UW Medicine/UW Medical Center, Seattle • UWSOM=UW School of Medicine, Seattle • UWSOM=UW School of Nursing, Seattle • VAPSHCS=VA Puget Sound Health Care System, Seattle

- Mary Margaret Thomas, RN, MSN, BSN** **Thursday Keynote**
Wellness Coach, Coaching Dept, Arivale, Seattle
- Emily Trittschuh, PhD**.....**B2**
Associate Professor, Dept. of Psychiatry, UW: VAPSHCS
- Therese Vafaeezadeh, MSN, ARNP**..... **D1**
Executive Director, The Tavon Center, Issaquah; ARNP, Autism Center, Seattle Children's
- Gregg VandeKieft, MD, MA**.....**C1**
Regional Medical Director for Palliative Care, SWWA Region, Providence St. Joseph Hospital, Olympia; Associate Medical Director, Providence Institute for Human Caring, Torrance, CA
- Patti Varley, MN, ARNP, CNS**.....**B7**
Psychiatric Nurse Practitioner, Seattle Children's; Clinical Faculty, Psychosocial and Community Health, UWSON
- Anna Wald, MD, MPH** **E5**
Professor, Dept of Medicine, Epidemiology and Laboratory Medicine, Virology Research Clinic, UW; Member, Vaccine and Infectious Disease Division, Fred Hutchinson Cancer Research Center, Seattle
- Elaine Walsh, PhD, PMHCNS-BC**..... **AD1**
Associate Professor, Psychosocial Community Health, UWSON
- Andrew Warner, MD FACOG**.....**A5**
OB/GYN, Kaiser Permanente, Seattle; Clinical Instructor, Dept. of OB/GYN, UW
- Brooke Weitz, ND** **C2**
Naturopathic Physician, ProSports Club, Bellevue
- Madeline Wiley, MSN, ARNP, FAANP** **AM1, PM5**
FNP and Managing Partner, FamilyCare of Kent, Kent; Affiliate Instructor, UW School of Nursing, Seattle
- Bethany Rolfe Witham, DNP, ARNP, FNP** **AM1, PM5**
Assistant Professor of Nursing, Graduate Program, Seattle Pacific University, Seattle; Family Nurse Practitioner, Sea Mar Community Health Center, Seattle Medical
- Jenny Westover, ARNP** **D8**
Director of Advanced Practice Clinicians, Inpatient Cardiology, Swedish Heart and Vascular, Seattle
- Ying Zhang, MD, MPH****A4**
Assistant Professor, Dept of Family Medicine, UW

HMC=UW Medicine/Harborview Medical Center, Seattle
MAMC=Madigan Army Medical Center, Tacoma
PHSKC=Public Health-Seattle and King County
Seattle Children's=Seattle Children's Hospital, Seattle
Swedish=Swedish Medical Center, Seattle
UW=University of Washington, Seattle
UWMC=UW Medicine/UW Medical Center, Seattle
UWSON=UW School of Medicine, Seattle
UWSON=UW School of Nursing, Seattle
VAPSHCS=VA Puget Sound Health Care System, Seattle

CHAIRS

Marie Annette Brown, PhD, ARNP, FNP-BC, FAAN, FAANP
Madeline Wiley, MSN, ARNP, FAANP

MEMBERS

Acute Care

Laurie A. Soine, PhD, MN, BSN, NP
Jean Blue, MN
Dana Jackson, MSN, BSN, BA, ARNP

Adult Health

Jeniffer Tobon, MN, BSN, ARNP
Karen Bloom, MN, ARNP
Jessica Brower, MSN, BSN, ARNP

Family Practice

Linda van Hoff, MS, ARNP
Cydne Marckmann, MN, ARNP, FAANP
Linda Whittlesey, MSN, BSN
Madeline Wiley, MSN, ARNP, FAANP

General/Professional Issues

Nancy Lawton, MN, FNP
Val Gossing, MSN, FNP-C, ARNP
Marie Annette Brown, PhD, ARNP, FAAN, FAANP

Geriatric Health

Therese Martaus, MA, ARNP
Linda Pedersen, MN, ARNP, FNP-BC
Teri Scott, MSN, ARNP, FNP

Nurse Midwifery

Judy Lazarus, DNP, MSN, CNM, ARNP
Heather Paar, MN, CNM, ARNP
Mary Paul Backman, MN, CNM

Pediatric and Adolescent Health

Jennifer Mannheim, MN, ARNP
Gabrielle Douthitt, MN, MPH, ARNP
Jenna Rooney
Meggie Inouye

Psychiatric Mental Health

Yoriko Kozuki, PhD, ARNP, PMHNP-BC
Wendy Baker, DNP, ARNP
Jean Tang, PhD, ARNP, PMHNP-BC

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Tara Cardinal, MN, CNM, ARNP
Dana Varon, MN, ARNP
Beth Kruse, MS, CNM, ARNP

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