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Illinois Society for  
Advanced Practice Nursing  
*Presents:*

**2010 APN**

**Midwest Conference**



**September 24-26, 2010**

Westin Lombard  
Yorktown Center  
Lombard, IL

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# 2010 APN Midwest Conference The Premier Event for Advanced Practice Nursing September 24-26, 2010

Westin Lombard - Yorktown Center



## Continuing Education

### Credit:

Application for approval of nursing contact hours has been submitted to the American Academy of Nurse Practitioners.

## ISAPN has Gone Green!

In an effort to reduce waste and maximize resources, the ISAPN APN Midwest Conference will be paperless. Handouts will only be made available online to registered attendees. Access information will be provided to confirmed attendees.

## Program Committee:

Program Committee:

Chair: Phillip Robles, APN/CRNA

Theresa Boley, APN/CNP

Cynthia Bowes, APN student

Karen Filipowski, APN/CRNA

Peter Kale, APN/CNP

Helen Moose, APN/CNM

Lora Nora, APN/CNP

Nancy Rodriguez, PhD, APN/CNP

Deana Ruby, APN/CNP

Linda Van Roeyen, APN/CNP

Mary Webb, APN/CNS

*Join ISAPN for the 2010 APN Midwest Conference at the Westin Lombard Yorktown Center in Lombard, Illinois! Be there to access the education, contacts and resources you need to have an efficient, successful practice.*

*Don't miss this opportunity to earn 18.5 contact hours! Get valuable, evidence-based information to ensure you are providing your patients with the highest quality care, based on the most current data.*

### Registration Information:

APN Midwest Conference registration will be online beginning June 1st at [www.regonline.com/apnmidwestconference](http://www.regonline.com/apnmidwestconference). Registration fees can be paid by check, Visa or MasterCard.

### Cancellation Policy:

Refunds on paid registrations will be issued for written cancellation requests received at ISAPN by Friday, September 3, 2010. All refunds will be issued for 50% of the registration fee paid. After Friday, September 3, 2010, NO REFUNDS WILL BE GRANTED. Please note, if you do not cancel in writing and do not attend, you are still responsible for payment.

### Location Information:

This year's conference is being held at the Westin Lombard Yorktown Center in Lombard, Illinois. APN Midwest Conference attendees have a special room rate of \$99. The room block is available until September 2, 2010.

**Visit [www.isapn.org](http://www.isapn.org) to register online, make hotel reservations, view the hotel's amenities and see nearby attractions!**

# Schedule of Events

Sessions are designated Research (R), Clinical (C) or Professional (P).

## Friday, September 24, 2010

**Opening Session: 8:00 am - 9:30 am**

### **A Wakeup Call to APNs (P)**

*Marie Lindsey, PhD, APN/CNP*

- If it's 2010, why does it feel like 1984?
- Why do APNs seem to want health care reform to fail?
- If we don't go forward, we will surely go backward.

**Concurrent Sessions: 9:45 am - 10:45 am**

### **Managing Thrombophilic Disorders in Women - Current Updates in Ob/Gyn (C)**

*Christine Foster, APN/CNP*

- Identify those women at risk for developing complications due to thrombophilia during childbearing/contraceptive years.
- Understand the epidemiology of the major thrombophilic disorders affecting clinical practice today.
- List current management strategies for those thrombophilic disorders that can affect women of childbearing age.

### **The Role of the APN/IBCLC in the Pediatric Office Setting (P)**

*Carol Chamblin, APN/CNS*

- Provide an overview of the role of the APN/IBCLC in the pediatric office setting.
- Discuss the outcomes for clinical interventions.
- Describe the fiscal responsibilities for the role of the APN/IBCLC.

### **Clinical Assessment Workshop: (C)**

#### **2-hour workshop with 2 topics, ending at 11:45am Black, White and Shades of Grey:**

##### **CXR for the APN**

*Maria Connolly, PhD, APN/CNS*

- Describe the various radiographic and pulmonary anatomic features relevant to interpretation of chest films in the primary and acute care settings.
- Describe the chest imaging findings seen with certain lung abnormalities found in primary and acute care.
- Select the appropriate interventions when chest-imaging abnormalities are identified.

**AND**

##### **Key 12-lead EKG Refresher**

*Donna Plonczynski, PhD, APN/CNP*

- Describe the primary elements of 12-lead EKG interpretation.

- Describe a step-by-step method for interpreting 12-lead EKGs.
- Identify pericarditis and patterns for several myocardial infarctions.

### **Concurrent Sessions: 11:00 am - 12:00 pm Diagnosis and Management of Patients with COPD (C)**

*Theresa Boley, APN/CNP*

- Discuss presenting symptoms of the patient with emphysema.
- Describe the process of diagnosing COPD.
- Utilize the Global Initiative of Obstructive Lung Disease (GOLD) standards to manage the care of patients with COPD.

### **Evaluation of the DNP Program: Where do We Go from Here? (P)**

*Concetta Zak, DNP, APN/CNP*

- Describe activities for developing and implementing and evaluating the DNP program at UIC College of Nursing, with the aid of federal grant funds.
- Describe the curriculum of the DNP program.
- Report outcomes of curriculum evaluation of the program, noting need for further development.

### **Plenary Lunch Session: 12:15 pm - 1:30 pm From Apathy to Action (P)**

*Sue Clark, RN/Lobbyist*

- The Federal Health Care Reform Act offers opportunities for APNs. The challenge is to turn those opportunities into realities.
- Environmental scanning can pave the way to strategic political action plans.
- APN commitment to advancing the profession is key: Grassroots action works - always.

### **ISAPN Annual Business Meeting: 1:30 pm - 2:30 pm**

### **Concurrent Sessions: 3:00 pm - 4:00 pm Influenza Made Plain: Whats, Whys, Hows of HA, NA Types (C)**

*Donna Plonczynski, PhD, APN/CNP*

- Describe epidemiology and basic pathophysiology of influenza.
- Describe vaccine development and origin for current influenza viruses of concern.
- Discuss diagnostic testing and treatment options for influenza.

## Effective and Efficient Glucose Management in the ICU (R)

Poome Chamnankit, APN/CNP

- Explain the significance of glycemic control in the ICU.
- Discuss the benefits/risks of intensive insulin therapy in select critically ill patients.
- Explain the difference in outcomes between the treatment of hyperglycemia with a labor intensive protocol versus a less labor intensive protocol.

## What APNs Should Know About HIV (C) 2-hour session ending at 5:00 pm

Norma Rolfsen, APN/CNP

Speaker provided by Midwest Aids Training and Education Center

- Discuss current treatment philosophy and the importance of routine HIV testing.
- Discuss sexual and substance abuse screening as part of the HIV testing process.
- Learn how APNs can be more comfortable having these conversations with patients.

## Concurrent Sessions: 4:15 pm - 5:15 pm Integrating Wellness into Patient Interactions (C)

Shirley Hilzinger, APN/CNP

- Review the concept of wellness in relationship to evidence-based guidelines.
- Introduce a practical and holistic framework for assessing, discussing and intervening in order to assist patients in their pursuit of wellness.
- Demonstrate, through case studies, how to work with patients to achieve their goals, wherever they are in the process of making changes.

## The Use of Therapeutic Hypothermia for an Unwitnessed Prolonged Asystolic Arrest (R)

Patty Gessner, APN/CNP

- List current indications for therapeutic hypothermia.
- Understand the physiological effects of cooling
- Gain a basic understanding of the role of magnetic resonance spectroscopy in predicting neurological outcome.

Exhibitor Reception: 5:15 pm - 7:15 pm

**Saturday, September 25, 2010**

Breakfast with Exhibitors: 7:00 am - 9:00 am

## Concurrent Sessions: 9:00 am - 10:00 am Asthma (C)

Sue Galanes, APN/CNP, MS, ANP-BC

- Discuss NIH guidelines for asthma management.
- Learn about asthma medications and the step approach therapy.

- Recognize new therapies in asthma treatment.

## Mindfulness and the Emerging Field of Contemplative Science (P)

Rebecca West, APN/CNP

- Contemplative science is an exciting new field of mind-body inquiry.
- Mindfulness, one contemplative practice, can be taught as a set of skills.
- APNs can use these novel strategies for health promotion and disease prevention.

## Clinical Assessment Workshop: (C) 2-hour workshop with 2 Topics, ending at 11:00 am Osteoporosis and Compression Fractures

Jana Reed, APN/CNP

- Identify causes of vertebral fractures.
- Describe how physiologic changes of osteoporosis relate to treatment strategies.
- Discuss differential diagnosis and relevant treatment of vertebral fractures.

AND

## Differential Diagnosis and Treatment of Lower Extremity Wounds

Laura Kobza, APN/CNP/CWOCN

- This session will use a problem-focused format and case study to present clinical assessment skills and recommended diagnostic testing used to determine type and etiology of lower extremity wounds.
- Common and atypical wounds will be presented
- Treatment options available in primary care will be discussed.

## Concurrent Sessions: 10:15 am - 11:15 am Diabetes: What's the Gut Got to Do with it? (C)

Linda McCall, APN/CNP, CDE

- Identify the role of various gut hormones related to appetite, obesity and diabetes.
- Discuss new pharmaceutical therapies (DPP-4 inhibitors, exenatide long and short acting and liraglutide) and their role in gut hormone regulation.
- Examine the role that other gut hormones currently being investigated might play in future therapies.

## APNs and Magnet Recognition: How to Best Utilize APNs to Achieve Magnet Status (P)

Nancy Rodriguez, PhD, APN/CNP

- Describe the key role APNs have in the Magnet journey.
- Provide examples of how APNs can help establish a Magnet environment and the types of evidence they can provide to support the application process.
- Discuss the development of an APN website to educate staff, promote consultation, increase APN visibility and facilitate communication throughout a large healthcare system.

## Plenary Session: 11:30 am - 12:30 pm

### Osteoporosis (C)

Speaker TBA - sponsored by AANP

Watch the registration site for a full description of this session and speaker!

## Lunch with Exhibitors: 12:30 pm - 2:00 pm

## Concurrent Sessions: 2:00 pm - 3:00 pm

### Billing and Coding for the APN (P)

Linda Follenweider, APN/CNP

- Describe basic reimbursement concepts as they apply to the APN.
- Describe the role of reimbursement in your practice as it translates into a negotiable value add for your practice.
- Explore the billing pitfalls and opportunities for APNs.

### Development of a Peer Review Process for APNs in a Multidisciplinary Health Care System (P)

Maureen Mathews, APN/CNP

- Discussion of the development of an APN Peer Review Committee and processes to evaluate APNs in a multidisciplinary healthcare system.
- Describe current available literature regarding nursing peer review and development of a tool to utilize for APN practice.
- Discuss ongoing process of evaluating quality of APN care and adaptation of the policy and tool to fit changing healthcare environments.

## Clinical Skill Workshop: (C)

### 2-hour workshop with 2 topics, ending at 4:00 pm

#### Suturing I: Beginner

Edwin Schaefer, APN/CNP

- Discuss techniques required to perform basic suturing. Discussion regarding examination, cleaning, anesthetizing and medico-legal pitfalls will be included.
- Hands-on practice of techniques included.

AND

#### Suturing II: Advanced

Edwin Schaefer, APN/CNP

- Discuss advanced techniques for hand, facial and unique wounds. In-depth discussion of hand and facial exams included.
- Hands-on practice of techniques included.

## Concurrent Sessions: 3:15 pm - 4:15 pm

### Let's Talk Trachs: Managing Your Tracheostomy Patients Safely (C)

Linda Morris, PhD, APN/CNS, FCCM

- Describe considerations in choosing the optimal tracheostomy tube.
- Discuss options in providing speech for patients with a tracheostomy.

- Discuss management of complications, such as a dislodged tube, tracheomalacia or respiratory distress.

### The Clinical Nurse Specialist as an Entrepreneur (P)

Royce Peppas, MSN, RN-BC

- Discuss the necessity of innovative health-care solutions.
- Learn the role of the Entrepreneur CNS and outcomes of Entrepreneurship.
- Discuss self-assessment and organizational support.

## Concurrent Sessions: 4:30 pm - 5:30 pm

### The Devastating Effects of Cancer Cachexia: The Need for Early Assessment and Interventions (C)

Stefanie Bluemer, MSN, RN, OCN

- Cachexia is a devastating complication among oncology patients. Unfortunately, there is a lack of evidence-based guidelines to guide nutrition-related concerns among this patient population.
- Several factors can lead to decreased nutritional intake and loss of skeletal mass, including mechanical, psychological and physical factors. There are assessment tools and risk factor analyses that can be utilized in the evaluation of these patients. If left undiagnosed, cachexia can cause debilitating effects.
- There are many interventions both oncology staff nurses and APNs can incorporate into the patient's daily care to minimize the progression of cachexia, including pharmacological and nonpharmacological measures. Undoubtedly, ultimate defeat of cachexia lies in curing the underlying cancer.

### Workplace Wellness Programs (P)

Joy Schramm, APN/CNP

- Describe the benefits of an employer-based wellness program.
- Describe how to set up an employer-based wellness program.
- Describe how an employer-based wellness program integrates with the community healthcare providers.

### The Nurse-Patient Alliance: Promoting Health Behavior Change (P)

Cynthia Taylor Handrup, DNP, APN, PMHCNS-BC

- Discuss therapeutic alliance and its role as a predictor of a patient's engagement in treatment and outcome.
- Discuss alliance as the primary component in the relationship between the nurse practitioner and patient.

- Discuss using Motivational Interviewing to promote Health Behavior Change in a relationship with strong therapeutic alliance.

## Sunday, September 26, 2010

### Breakfast with Region Representatives: 7:00 am - 8:00 am

### Concurrent Sessions: 8:00 am - 9:00 am Wound Management Strategies in Seriously Ill Patients (C)

*Marijo Letizia, APN/CNP*

- APNs provide care for seriously ill patients who experience wounds that may be difficult to treat and may not be amenable to healing. This session will describe reasonable goals for patients with non-healing wounds.
- Specific palliative care approaches will be outlined, regarding the management of non-healing wounds.
- Case studies will be used to portray the roles and opportunities for APNs to improve the quality of care provided to frail patients who experience wounds with an unlikely probability of healing.

### Lumps and Bumps in the Night: Lymphadenopathy (C)

*Linda Van Roeyen, APN/CNP*

- Discuss etiology and clinical presentation.
- Discuss differential diagnosis/diagnostic workup.
- Understand management and patient education.

### Are You Following the Law? An Update on Regulations that Impact APN Provision of Reproductive Health Services (P)

*Kathryn Swartwout, PhD, APN, FNP-BC and Catherine Ferrario, APN/CNP*

- Discuss state and federal laws that relate to the provision of reproductive health services in Illinois.
- Discuss age of consent, confidentiality and Mandated Reporting.
- Discuss HIV and other STIs: testing and treatment.
- Discuss elective abortion.

### Concurrent Sessions: 9:15 am - 10:15 am Developing a Corporate-Wide Nursing Research Council in a Complex Healthcare System: Keys to Successful Implementation (R)

*Nancy Rodriguez, PhD, APN/CNP*

- Describe the critical components of a comprehensive, system-wide Nursing Research

Council.

- Discuss mechanisms to promote nurse-led research initiatives, evidence-based practice projects and journal-club activities.
- Summarize preliminary outcomes and discuss implications.

### Common Skin Lesions: A Review (C)

*Laura Collins, APN/CNP*

- Discuss Actinic Keratosis, Basal Cell Carcinoma and Squamous Cell Carcinoma.
- Review six benign common skin lesions: Seborrheic keratosis, Warts, Cherry Angiomas, Skin tags (acrochordons), Keloids and Hypertrophic scars and Pyogenic Granuloma.
- Learn what the APN needs to teach a patient to look for when checking their skin on a monthly basis.

### Does it Itch? Pediatric Dermatology (C)

*Linda Van Roeyen, APN/CNP*

- Discuss clinical presentation of pediatric dermatology issues.
- Participate in interactive case studies.
- Discuss diagnostic workup and management.

### Concurrent Sessions: 10:30 am - 11:30 am Does CVD Prevention Really Work? (C)

*Lynne Braun, APN/CNP*

- Explain the decline in cardiovascular disease mortality and discuss the factors that may reverse this trend.
- Present the concept of "lifetime risk" for CVD and data supporting the need for Americans to prevent risk factors and adopt healthy lifestyle factors.
- Discuss research that addresses risk factor prevention.

### Stress Factors for Nurses vs Non-Nurses when Family Members are Ill (R)

*Mary Webb, APN/CNS*

- This is a presentation of a study done by an APN as the principle investigator which compared two typically female professions, nurses and teachers, and was done to help to identify stress factors that may occur during care giving of acutely ill family members.
- All the components of doing a research study will be discussed.
- Points of emphasis will be: Study results, the experience of the APN as a novice researcher, and encouragement/motivation to help inspire other APNs to participate in research.

### Estate Planning (P)

*Clint Costa, CPA, Attorney at Law*

- Educate attendees on the structure and operation of a comprehensive estate plan and asset protection strategies useful for APNs.

- Explain how the risks of death, disability and lawsuit can practically impact an APN's family and finances.
- Highlight how the use of an estate plan and asset protection strategies can help to protect an APN, his/her family and finances from the risks of lawsuit, death and disability.

**Concurrent Sessions: 11:45 am - 12:45 pm**  
**Catheter-Associated UTIs: The "Other" Nosocomial Infection (C)**

*Ellen Elpern, APN/CNS*

- Describe risk factors for the development of catheter-associated urinary tract infections.
- Examine strategies focused on reducing catheter-associated urinary tract infections in hospitals.
- Outline a program to decrease inappropriate urinary catheter insertion and duration.

**Psychiatric-Mental Health Nurse Practitioners and School-Based Health Centers: A Match Made in Heaven (P)**

*Dawn Boyd, APN/CNP*

- Describe the school-based health center model.
- Describe the role of the PMHNP.
- Explore the potential opportunities for PMHNPs in school settings.

**Research Review (R)**  
**Two 30-minute topics in one session**

**Productivity Tool Serves as Outcome Measurement for NPs in Acute Care Practice**

*Jacquie Steuer, APN/CNP and Karen Kopan, APN/CNP*

- Describe the importance of productivity tracking in an APN setting.

- Group discussion relating components of your own APN role to the tracking tool.
- Summarize future considerations of productivity tools based on one group's experience and how the tool can be incorporated into your own practice.

**AND**

**A Corporate Sepsis Initiative, Bundle Compliance and Mortality with a Multidisciplinary Sepsis Team**

*Jacquie Steuer, APN/CNP*

- Review the most current recommendations for the identification and treatment of sepsis and discuss the importance for APNs to know, understand and be able to identify sepsis.
- Discuss what is required to formulate a multidisciplinary, corporate sepsis team as well as present a model of electronic order for sepsis identification and management.
- Review corporate, national and international sepsis/mortality data from a multidisciplinary sepsis team.

**Closing Session: 12:45 pm - 1:45 pm**  
**The Options We Have to Create Our Own Careers (P)**

*Theresa Boley, APN/CNP*

- Discuss barriers to career development.
- Describe how one can incorporate clinical practice, research, education and administration into an APN career.
- Identify strategies to secure support of employment for various activities.

**Registration Fees:**

Registration fee includes all breakfasts, lunches, breaks and workshop fees.

	Early Bird (6/1 - 6/30)	Regular (7/1 - 8/31)	Late (9/1 - 9/24)
ISAPN Member	\$375	\$425	\$475
Student Member	\$275	\$325	\$375
Non-Member	\$495	\$525	\$595
Student Non-member	\$375	\$400	\$450

To qualify for early-bird rate, registration must be completed by 11:59 p.m. on June 30, 2010. Regular registration must be completed by 11:59 p.m. on August 31, 2010. All registrations after that date will be considered Late and the Late Registration Fee will apply - NO EXCEPTIONS. Late registrants may not be included in printed materials. On-site registrants cannot be guaranteed seating/meals at food functions on the first day of attendance.

**APN Midwest Conference**

c/o Illinois Society for Advanced Practice Nursing  
P.O. Box 1735  
Springfield IL 62705

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