

Pacific Northwest 35th Annual National Conference

Advanced Practice

IN PRIMARY AND ACUTE CARE

Thursday - Saturday

October 4-6, 2012

**Washington State Convention Center
Seattle, Washington**



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Pacific Northwest
35th Annual National Conference

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This conference offers health care 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, foster a strong coalition of providers 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 learning opportunities for providers in all settings. Teaching methods include lecture, discussion, case studies, demonstration and practica.

Objectives

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

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

EXHIBITORS

Reserve exhibit space online!
Visit the Exhibitor Portal at uwcne.org/exhibitors.
For more information, please contact
Corie Goodloe at corie@uw.edu
or 206-616-3826.

Conference at a Glance

Thursday—October 4

Registration and Exhibit Hall	8:00 AM
Morning Sessions	8:40 - 11:40 AM
Poster Session	10:00 AM - 5:00 PM
Afternoon Sessions	1:15 - 5:20 PM

Friday—October 5

Registration and Exhibit Hall	7:15 AM
Morning Sessions	7:30 - 11:40 AM
Special Session: Preceptor	12:00 - 1:00 PM
Afternoon Sessions	1:15 - 5:20 PM
Art Show	12:00 - 4:10 PM

Saturday—October 6

Morning Registration	8:30 AM
Morning Workshops	9:00 AM - 12:00 PM
Afternoon Registration	12:45 PM
Afternoon Workshops	1:15 - 4:15 PM
Full-Day Workshops	
• Acute Critical Care Workshop <i>(Registration begins at 7:45 AM)</i>	8:00 AM - 4:30 PM
• Fiberglass Casting and Splinting	9:00 AM - 3:30 PM

Easy Reference Guide

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Washington State Convention Center	14

Featured Speakers

Thursday Keynote

Ann O’Sullivan, PhD, CRNP, FAAN

Dr. O’Sullivan is the Hildagarde Reynolds Endowed Term Professor of Primary Care Nursing at the University of Pennsylvania School of Nursing. She is a nationally and internationally known expert on advanced practice. She has been involved in the development and dissemination of the APRN Consensus Model and lectures widely on the topic. She practiced for over 30 years as a pediatric nurse practitioner and made key contributions to practice and research about the special needs of teen mothers and their young children. She was recognized by the University of Pennsylvania as a distinguished teacher and received the American Nurses Association Honorary Practice Award.

Friday Keynote

Margaret A. Fitzgerald, DNP, FNP-BC, NP-C, FAANP, CSP, FAAN, DCC

Dr. Fitzgerald is founder, president and principal lecturer with Fitzgerald Health Education Associates, Inc., a national provider of nurse practitioner certification preparation and ongoing continuing education for healthcare providers. An international presenter, she has provided hundreds of programs for professional organizations, universities and national healthcare associations on a wide variety of topics including clinical pharmacology, assessment, laboratory diagnostics, and healthcare practice. She is a family nurse practitioner at the Greater Lawrence Family Health Center in Lawrence, MA and adjunct faculty for the Greater Lawrence Family Health Center Family Practice Residency Program. For more than 15 years she has provided graduate-level pharmacology courses for adult, family, gerontologic, pediatric, women’s health, acute care, and psychiatric mental health nurse practitioner students.



Job Bulletin Board

Friday—October 4-5

Bring your job opportunities to post on the job bulletin board.

POSTER ABSTRACTS INVITED

Have you developed an innovative educational strategy, clinical program or research project? A poster session that highlights improvements in health care delivery, education, research and policy will be held on **Thursday and Friday, October 4-5, 2012, 10 AM - 5 PM**. For poster guidelines, visit uwcne.org/abstracts. Email poster abstracts to jrwoods@uw.edu.

Abstracts are due by August 31, 2012.

Comments About the Conference

- *I always love coming to this conference. The information is consistently valuable and the schedule allows me to pick what applies to my practice.*
- *A home run! Every speaker and session I attended was excellent!*
- *Great information! I received a new piece of information with each session.*
- *I liked the large variety of topics to choose from.*
- *Always a great conference. I learn new skills every year and my patients truly benefit from this!*
- *I am an NP student and have come to this conference for the past two years. I found the information to be so helpful that I plan to come annually and recommend all NPs (students and practicing) to also do so.*
- *My first time attending and I will be back next year!*

8TH ANNUAL ART SHOW The ART of Advanced Practice

Friday—October 5, 12:00 - 4:10 PM

See page 7 for more details.



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 (1.2 contact hours per session unless otherwise noted)

Acute Acute Care
 Adoles..... Adolescent Health
 Adult Adult Health
 Fam Family Practice
 Gen..... General Clinical and Professional Interest
 Gero..... Older Adults/Geriatric Health
 Midwif..... Midwifery
 Peds..... Pediatric Health
 Psych..... Psychiatric Mental Health
 Women..... Women’s Health

Thursday—October 4, 2012

8:00 Registration, Continental Breakfast, and Exhibits

8:40 **WELCOME**

9:00 **KEYNOTE ADDRESS**

A Ground-Breaking Collaboration Among Nurses: The APRN Consensus Model *Ann O’Sullivan*

10:00 Break, Exhibits and Poster Session

POSTER SESSION (10:00 AM - 5:00 PM)

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

10:30 **CONCURRENT SESSIONS A**

- | | | | |
|--------|----------------|-----|--|
| Gen | | A1 | The APRN Consensus Model: Dialogue About How It Might Affect You <i>Ann O’Sullivan</i> |
| Fam | R _x | A2 | Naturopathic Perspectives on Treating Menopausal Concerns <i>Arianna Staruch</i> |
| Adult | | A3 | Management of Acute Low Back Pain <i>Peter Nora</i> |
| Gero | R _x | A4 | Urology Challenges in Older Men: Urinary Complaints, Prostate Cancer Screening and Sexual Dysfunction <i>Lester Thompson</i> |
| Women | | A5 | Hiding in Plain Sight: Understanding and Identifying Substance Abuse in Women
<i>Nicole Ingrisano</i> |
| Midwif | R _x | A6 | Antepartum Puzzlers <i>Josephine (Josie) Amory</i> |
| Peds | | A7 | Kids Not Doing Well in School—Could It Be a Mental Health Issue? <i>Mendy Minjarez</i> |
| Adoles | | A8 | Growing Pains: Challenges in Healthcare for LGBT Youth <i>Scott Itano</i> |
| Psych | | A9 | Adolescent Care Management: An Emerging Health Care Reform Priority <i>David Jefferson</i> |
| Acute | | A10 | Acute Respiratory Failure: Acute Respiratory Distress Syndrome (ARDS), Sepsis and Systemic Inflammatory Response Syndrome (SIRS) <i>Samuel Nadler</i> |

11:40 Lunch (on your own), Exhibits and **Poster Session**

12:15 **ARNPs United of Washington State—Annual Meeting** *Nancy Lawton, President*

BYO brown bag lunch. Adjourns at 1:00 PM.

1:15 **CONCURRENT SESSIONS B**

- | | | | |
|--------|----------------|-----|---|
| Gen | | B1 | Update on Healthcare Reform and How it May Impact Your Practice <i>Louise Kaplan</i> |
| Fam | R _x | B2 | Chronic Diarrhea: Running Through the Options <i>Harry L. Teicher</i> |
| Adult | | B3 | Venous Disease Update <i>Michael Sobel</i> |
| Gero | R _x | B4 | Opioid Management of Non-Cancer Pain in Older Adults <i>Paul Fletcher and Ginny E.T. Sugimoto</i> |
| Women | | B5 | New Pap Smear Guideline Update <i>Vicki Mendiratta</i> |
| Midwif | R _x | B6 | Beyond Depression: An Update on Treatment of Other Psychiatric Issues in Pregnancy and Post-Partum <i>Catherine Davies</i> |
| Peds | R _x | B7 | Current Recommendations for Management of Pneumonia in Children <i>James O’Callaghan</i> |
| Adoles | R _x | B8 | Adolescent Mental Health: Collaboration Between Allopathic and Complementary Medicine
<i>Kris Somol</i> |
| Psych | | B9 | Motivational Interviewing and Brief Interventions for Health Behavior Change
<i>Denna Vandersloot</i> |
| Acute | R _x | B10 | COPD Care Guideline Updates and Management of Acute Exacerbations <i>Jeffrey Cary</i> |

2:25 Break, Exhibits, and Poster Session

2:40 **CONCURRENT SESSIONS C**

Gen	R _x	C1	Integrated Medicine: Alternative to Opioid Therapy for Chronic Non-Cancer Pain <i>Chris Kleronomos</i>
Fam	R _x	C2	Demystifying Headaches: Diagnosis and Treatment <i>Natalia Murinova</i>
Adult	R _x	C3	Understanding and Treating Tremor in the Primary Care Setting <i>Peggy Shortt</i>
Gero		C4	Death with Dignity Act: Lessons from Oregon and Washington State <i>Bridget Carney</i>
Women	R _x	C5	Management of Depression in Pregnancy <i>Veronika Zantop</i>
Midwif	R _x	C6	What to Do When Things Don't Stick: Current Practices for Prenatal Patients with Thrombophilia Disorders <i>Nathaniel Miller</i>
Peds		C7	Diving into the Gene Pool: When to Take the Plunge and When to Refer for Genetic Testing <i>Lisa Sniderman-King</i>
Adoles	R _x	C8	Sudden Death Syndrome in Adolescents <i>Jordan Prutkin</i>
Psych		C9	Assessing and Treating the Mental Health Concerns of Veterans <i>Quindola Crowley</i>
Acute		C10	Acute Abdomen: Sour Stomach or Serious Problem? <i>Darik Taniguchi</i>

3:50 Break, Exhibits, and Poster Session

4:10 **CONCURRENT SESSIONS D**

Gen		D1	How Can You Use Social Media in Your Practice? <i>Robert T. Smithing</i>
Fam	R _x	D2	Mood Disorders in Primary Care: Diagnosis and Treatment of Bipolar Spectrum Disorders <i>David A. Harrison</i>
Adult	R _x	D3	Rheumatoid Arthritis Update: Diagnosis, Treatment and Prevention <i>David M. Sandoval</i>
Gero	R _x	D4	Managing Comorbidities in Older Adults on Kidney Dialysis <i>Bruce O'Neill</i>
Women		D5	Pessary Treatment of Incontinence and Pelvic Organ Prolapse <i>Sam Chao</i>
Midwif	R _x	D6	From Subclinical to Storm: An Update on the Diagnosis and Management of Thyroid Disorders in Pregnancy and Post-Partum <i>Shoba Subramanian</i>
Peds		D7	First-Time Urinary Tract Infections in Children: Development of a Standard Approach at Seattle Children's Hospital <i>Brett D. Leggett</i>
Adoles	R _x	D8	Update on Adolescent Drug Abuse <i>Leslie R. Walker</i>
Psych	R _x	D9	Case Studies of Medication-Assisted Treatment and Recovery for Combined Opiate Dependence and Psychiatric Disorders <i>Richard Ries</i>
Acute	R _x	D10	Unraveling the Twisting and Turning of Torsades de Points: Long QT Prolonging Conditions and Drug Interactions <i>Jordan Prutkin</i>

5:20 Adjourn

5:30 **SPECIAL INTEREST MEETING**

- **ACNM Washington State Affiliate Meeting** (5:30-7:00 PM)
For more information, email Heather Paar (heather.paar@swedish.org)



Plan a Trip to Seattle!

Seattle has a very active calendar of theater, music, festival and sporting events. Plan ahead and make the most of your time during the week of the conference. You can find area attractions and a list of things to do at these websites:

visitseattle.org
seattle.gov/visiting
downtownseattle.com
experiencewa.com

Friday—October 5, 2012

7:15 Registration, Continental Breakfast, and Exhibits

7:30 CONCURRENT SESSIONS E

(R_x = 1.0 contact hour for E sessions)

Gen	R _x	E1	Cannabis Juxtaposed: Medical Marijuana 101 <i>Michelle Sexton</i>
Fam	R _x	E2	Parasomnias: More Than Sleep Apnea <i>Morris Chang</i>
Adult	R _x	E3	Systemic Lupus Erythematosus: Presenting Symptoms, Diagnostic Workup and Upcoming Therapies <i>Kris Bliek</i>
Gero		E4	The Medical Home Model: Where Are the ARNPs? <i>Barbara Trebearne</i>
Women	R _x	E5	Fertility Preservation <i>Lynn Davis</i>
Midwif	R _x	E6	Post-Partum and Beyond: Future Care and Management Implications of Gestational Diabetes <i>Mary Mittell</i>
Peds		E7	Building Healthy Sleep Patterns Throughout Childhood <i>Amber McAfee</i>
Adoles	R _x	E8	Contraception and Abortion: What is Going On Out There? <i>Deborah Oyer</i>
Psych		E9	Food and Mood: Nutritional Counseling and Whole Foods in Mental Health <i>Kristen Allott</i>
Acute		E10	Renal Denervation: An Alternative Treatment for Resistant Hypertension <i>Gary Weeks</i>

8:30 Break and Exhibits

8:40 **WELCOME and PRECEPTOR OF THE YEAR AWARD** *Pamela Mitchell*

9:00 KEYNOTE ADDRESS

R_x **Hot Topics in Pharmacology** *Margaret A. Fitzgerald*
(R_x = 1.0 contact hour for Friday Keynote Address)

10:00 Break and Exhibits

10:30 CONCURRENT SESSIONS F

Gen		F1	A Focus on Challenging Case Studies in Laboratory Diagnostics <i>Margaret A. Fitzgerald</i>
Fam	R _x	F2	5 TIWIKLY (Five Things I Wish I Knew Last Year) <i>Louis Kuritzky</i>
Adult		F3	Peripheral Artery Disease Update <i>Ted Kohler</i>
Gero	R _x	F4	New Oral Anticoagulants: Role in Therapy and Use in Older Adults <i>Ann K. Wittkowsky</i>
Women	R _x	F5	Top 10 Herbs Every Clinician Should Know for Women's Health <i>David Kiefer</i>
Midwif		F6	Is There Sex After Baby: Helping Clients Keep the Love Alive During Pregnancy and Beyond <i>Mary Ellen West</i>
Peds		F7	Pediatric Oral Health <i>Travis Nelson</i>
Adoles	R _x	F8	A Day in the Life of an Adolescent Medicine Provider: A Case-Based Journey <i>Cora Collette Breuner</i>
Psych	R _x	F9	Alternative Therapies for Mental Health Clients <i>Kristen Allott</i>
Acute		F10	A Review of Interventional Cardiology in 2012: New Stents, Percutaneous Valves and Evolving Technology <i>David Warth</i>

11:40 Lunch (on your own) and Exhibits

12:00 **SPECIAL SESSION** (12:00-1:00 PM)

- **Pearls for Clinical Precepting: Effective Coaching and Constructive Conversations** *Louis Kuritzky*

ANNUAL MEETING (12:00-1:00 PM)

- **Washington NAPNAP Chapter Meeting**

For more information, email Gabrielle Seibel (gabrielle.seibel@seattlechildrens.org)

R_x = Pharmacology credit (1.2 contact hours per session unless otherwise noted)



8th ANNUAL ART SHOW: The ART of Advanced Practice (12:00 - 4:10 PM)

Please share your artistic talent with your colleagues by bringing a painting, picture, tapestry, book, poem, pottery, jewelry or other creation. Use the registration form to reserve display space and email cne@uw.edu by September 15 with your name, type of art, name of piece, price (if for sale), and display preference (table or easel).

1:15 CONCURRENT SESSIONS G

Gen	R _x	G1	Prescription Review: A Tool in Patient Care <i>Chris Baumgartner</i>
Fam	R _x	G2	More Than Red Eye: Ophthalmic Manifestations of Other Diseases and When to Treat or Refer <i>Gary Chung</i>
Adult		G3	Update on Lung Cancer Screening Guidelines <i>Leah Backbus</i>
Gero		G4	The Resurgence of Home Visits in Primary Care Practice: NPs: A Perfect Fit <i>Barbara Eisenberg, Margaret Gaines, Marilyn Wesner, and Betty Westfall; Moderator Martha Worcester</i>
Women	R _x	G5	Persistent and Resistant Vaginitis <i>Sharon Schnare</i>
Midwif		G6	Culture Clashes: Strategies for Successful Shared Clinical Decision-Making <i>Thechly Scott</i>
Peds		G7	Infant Formula Basics <i>Melissa Edwards</i>
Adoles		G8	Rheumatologic Disorders in Adolescence: Transitioning to Adult Care <i>Theresa Harris</i>
Psych		G9	Roles of Different Clinical Specialties in Comprehensive Dementia Diagnosis and Care <i>Tatiana Sadak</i>
Acute		G10	Practice Pearls for Rural Emergency Care <i>Lynne Flaberty</i>

2:25 Break, Exhibits and Art Show

2:40 CONCURRENT SESSIONS H

Gen		H1	Real World Strategies for Changing Practice: Outcomes of DNP Projects <i>Marie Annette Brown and DNP Graduates</i>
Fam	R _x	H2	Tuberculosis Update for Primary Care Providers <i>Christopher Spitters</i>
Adult		H3	Total Joint Replacement: State of the Art 2012 <i>Howard Chansky</i>
Gero		H4	Maximizing Medicare Preventive Services for the Patient and Provider <i>Claire Lab and Linda Pedersen</i>
Women	R _x	H5	Complementary Approaches During Menopause <i>Kris Somol</i>
Midwif	R _x	H6	Lumps, Bumps, and Rashes: An Update on Diagnosis and Treatment of Infections in Pregnancy, Part 1 (Continued in J6) <i>Shauna Applin</i>
Peds		H7	The Many Faces of Skeletal Dysplasia in Pediatrics <i>Klane White</i>
Adoles		H8	Immediate and Long-Term Strategies for Preventing Suicide <i>Sue Eastgard</i>
Psych		H9	OCD: Strategies for Assessment and Intervention <i>Katherine Yost</i>
Acute		H10	Chest CT Interpretation including Cardiac and Pulmonary CT Angiogram

3:50 Break and Art Show

4:10 CONCURRENT SESSIONS J

Gen		J1	Disclosing Errors to Patients: Old Value but New Legal and Ethical Context <i>Sarah E. Shannon</i>
Fam		J2	Diagnostic Imaging for Primary Care—2012 Update <i>Andrew Levine</i>
Adult	R _x	J3	Current Issues in Antibiotic Resistance <i>John B. Lynch</i>
Gero	R _x	J4	Evidence-Based Approaches to Hypertension in the Elderly <i>Arthur Anderson</i>
Women		J5	Vulvar Dermatology <i>Sharon Schnare</i>
Midwif	R _x	J6	Lumps, Bumps, and Rashes: An Update on Diagnosis and Treatment of Infections in Pregnancy, Part 2 (Continuation of H6) <i>Shauna Applin</i>
Peds		J7	DSM V: Changes to Pediatric Diagnoses Including Autism <i>Bryan King</i>
Adoles	R _x	J8	Adolescent Hypertension: Current Evaluation and Management <i>Joseph T. Flynn</i>
Psych	R _x	J9	Youth in Crisis: Engaging and Treating Mental Health and Substance Use Disorders in Young People <i>Susan Caverly</i>
Acute	R _x	J10	Comprehensive Review of Platelet Abnormalities and Heparin-Induced Thrombocytopenia <i>Terry Gernsheimer</i>

5:20 Evaluation and Adjourn

Morning Workshops • 9:00 AM - 12:00 PM

- AM1. **The Basics of Type 2 Diabetes Mellitus (DM) in the Older Adult** *Linda Haas*
 $R_x=1.5$
 This workshop is a primer on the etiology and epidemiology of DM in older adults, evidence-based guidelines for diagnosis and treatment, tailoring guidelines to older adults, considerations for selecting medications, setting mutually-agreed upon goals for blood sugar control, and special challenges that often get in the way of successful management (e.g., thirst, meal planning, exercise, motivation for self-care management). Case studies are used to illustrate challenges and successes in treating DM in older adults. *(May be taken alone or in sequence with PM1.)*
- AM2. **Office Orthopedics: Exam Basics and Clinical Observations Focused on the Spine** *Margaret Baker*
 This workshop reviews: 1) the functional anatomy, examination and selected special tests of the spine; 2) principles of spine evaluation and the use of pattern recognition in the diagnosis of common spine disorders; and 3) practical management strategies for spine issues. Includes hands-on evaluation. *(May be taken alone or in sequence with PM2.)* Limit: 25
- AM3. **Evidence-Based Approach to the Comprehensive Cardiovascular Assessment and Physical Exam in Adults** *Debra Laurent*
 This workshop includes the focused cardiovascular physical exam and practice pearls for assessment, diagnosis and management of cardiovascular diseases. The format is interactive using lecture, demonstration and case studies.
- AM4. **Understanding Hypnosis: Scientific Clarification and Enhancing Clinical Outcomes** *Lisa Geiger*
 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. *Prerequisite: None. (May be taken alone or in sequence with PM4.)* Limit: 40
- AM5. **Mindful Body Awareness: Research and Clinical Application** *Cynthia Price*
 This workshop presents the research and intervention components of mindful body awareness. An overview of multiple preliminary studies of Mindful Awareness in Body-Oriented Therapy will be presented as well as applications to trauma recovery, substance use disorder treatment, chronic pain and other chronic health conditions and preventive care. Primary techniques will be demonstrated as well as time for discussion specific to applying key intervention components in various contexts and for various populations. *(May be taken alone or in sequence with PM5.)*
- AM6. **When, How, Why, and Which Lesions to Biopsy?** *Robert T. Smithing, Nan Walker and Madeline Wiley*
 This practicum on biopsy techniques includes shave, punch and excision using both interrupted and layered closures. Includes hands-on practice using artificial skin models. Limit: 32
- AM7. **How to Order and Interpret Any Laboratory Test** *Michael Astion*
 This workshop presents general principles for ordering and interpreting diagnostic and screening lab tests, problems with ordering too many tests in patients who are asymptomatic or have vague complaints and differentiating causes of abnormal test results including laboratory error and what you can do about it.
- AM8. **Fundamentals of Reading the 12 Lead EKG, Part I** *Suzy Meader*
 This workshop presents the fundamentals used to dissect the 12 lead EKG. Focus is on changes in various waves and segments that identify axis, atrial and ventricular hypertrophy, bundle branch blocks and ventricular ectopy. Patterns of ischemia, injury and infarction will be briefly discussed. Strips of WPW, pericarditis and hyperkalemia will also be addressed. A systematic approach for analyzing a 12 lead EKG with practice strips will be provided. *Prerequisite: Learner should have basic skills in reading EKGs. (May be taken alone or in sequence with PM8.)* Limit: 40
- AM9. **Eating Disorders in Young Adults: Effective Management and Treatment Approaches** *Brian Holt*
 $R_x=1.5$
 Eating disorders in adolescents and young adults are highly complex and challenging for healthcare providers. With limited resources available in the community, healthcare providers in all settings share responsibility for identifying, treating, and preventing anorexia nervosa, bulimia nervosa, binge eating disorder, compulsive overeating, and other eating disorders with serious potential health consequences. This morning workshop focuses on neurophysiologic, psychosocial, and psychobiological factors that contribute to eating disorders; co-occurring disorders and co-morbidities; strategies for assessing eating disorders (e.g., history and physical exam, laboratory and diagnostic tests and psychological assessment tools); and treatment strategies including the rationale for selecting and avoiding the use of specific pharmacologic agents. Teaching methods include lecture, discussion and case studies. *(May be taken alone or in sequence with PM 9.)*
- AM10. **Resistant Hypertension Symposium** *Louis Kuritzky*
 This workshop will review the epidemiology, identification, and management of resistant hypertension. Specifics of the role of home BP monitoring and ambulatory blood pressure measurement will be covered. Teaching methods include lecture, discussion and case studies.

Saturday Workshop Information

LOCATION: All Saturday workshops will be held at the Washington State Convention Center.

REGISTRATION: Registration for full day and morning workshops **begins at 8:30 a.m. except for Fundamentals of Critical Care Practice, which begins at 7:45 a.m.** Afternoon workshop registration begins at **12:45 p.m.** Coffee and tea are provided at registration.

LIMITED ENROLLMENT: Some workshops have limited enrollment as indicated in the workshop description. For these workshops, early registration is strongly recommended.

CLOTHING AND EQUIPMENT: Please bring any special equipment and clothing as requested in the workshop description.

R_x = Pharmacology credit at the advanced practice level

Afternoon Workshops • 1:15 PM - 4:15 PM

- PM1. **Management of Type 2 Diabetes Mellitus (DM) in the Older Adult** *Linda Haas*
 $R_x=1.5$
 This workshop addresses 1) evidence-based trials, studies and guidelines for setting targets, stratifying risks, and using exercise and moderate weight loss as a treatment strategy, 2) major co-morbidities and disease management, 3) new developments in diagnostic testing and monitoring for DM, 4) medication selection and monitoring, 5) proven strategies for facilitating self-care and 6) community resources. Participants are encouraged to bring case studies, issues, and concerns regarding treatment of complex DM patients with advanced co-morbidities for expert and group discussion. *(May be taken alone or in sequence with AM1.)*
- PM2. **Office Orthopedics: Exam Basics and Clinical Observations Focused on the Hand and Wrist** *Margaret Baker*
 This workshop reviews: 1) the functional anatomy, examination, and selected special tests of the hand and wrist; 2) principles of evaluation and the use of pattern recognition in the diagnosis of common hand and wrist disorders; and 3) practical management strategies for hand and wrist injuries. Includes hands-on evaluation. *(May be taken alone or in sequence with AM2.)* Limit: 25
- PM3. **Reducing Patient Resistance: Using Motivational Interviewing in Busy Health Clinics** *Jonnae Tillman*
 Motivational interviewing is a clinical method that helps people make successful behavior change. Many patients are ambivalent, i.e., they agree that a change is necessary but they aren't ready to do anything about it. Research shows that we can help these patients! 180 international clinical trials show that providers can have a dramatic effect on outcomes by the way they interact when patients are resistant. This workshop includes extensive hands-on practice conducting brief and effective patient interactions that can make a difference in the lives of your most challenging patients.
- PM4. **Experiencing Hypnosis: Towards a Deeper Understanding Through Experience** *Lisa Geiger*
 This advanced workshop will allow you to discover the dynamic uses of hypnosis through personal exploration. Experience different types of hypnotic suggestions as a means to greater self-awareness and as an opportunity for profound relaxation. The intriguing experiential qualities of hypnosis as a phenomenon include: heightened awareness, enhanced focused attention and increased receptivity to suggestions. During this workshop, as you are experiencing a natural parasympathetic state of deep relaxation, you will be offered positive hypnotic suggestions from a variety of different perspectives including direct, indirect, metaphorical and Ericksonian styles. Bring a mat or blanket to optimize your comfort. *Prerequisite: AM4 or equivalent workshop in the past two years.* Limit: 40
- PM5. **Mindful Body Awareness: An Experiential Workshop** *Cynthia Price*
 Our ability to manage daily stressors, and to facilitate self-care of chronic conditions, is enhanced if we listen for and attend to bodily cues that provide information about our physical and emotional well-being. Doing so involves interoception, the awareness and processing of inner body sensations. This workshop is focused on learning to bring awareness into the body and the development of interoceptive skills for enhanced self-care. We will address applications for personal use and for professional care of others. Please dress comfortably and bring a mat or blanket to maximize your comfort. *(May be taken alone or in sequence with AM5.)*
- PM6. **Miscarriage Management in the Office Setting: Manual Vacuum Aspiration Management** *Anna Kaminski*
 Do you manage miscarriages? In your office? This evidence-based and experiential workshop is for clinicians who provide care to women who experience miscarriage. It will address the etiology, diagnoses, and three methods of miscarriage management with a focus on incorporating patient-centered care into your office setting. Participants will learn to use the manual vacuum aspirator and administer a paracervical block using a papaya as a simulation model. Limit: 45

Afternoon workshops continued on next page. →

Afternoon Workshops • 1:15 PM - 4:15 PM

- PM7. **IUD Insertion Workshop**
R_x = 3.0 Sharon Schnare
 This workshop presents an update on intrauterine contraception including counseling skills, identification and assessment of appropriate candidates and practice of proper insertion techniques using pelvic models. *Limit: 35*
- PM8. **Fundamentals of 12 Lead EKG Interpretation, Part 2: Recognizing Ischemia, Injury, and Infarction**
Suzzy Meader
 This workshop builds on fundamentals learned in the morning workshop, AM8, and provides in-depth focus on typical EKG changes seen in myocardial ischemia, injury, and infarction. Timing, location, coronary artery involved and potential complications will be addressed. Patterns that mimic these EKG changes will be included. Practice strips and case studies will be presented.
Prerequisite: Learner must have solid fundamentals of reading the basic EKG or be taking the workshop in sequence with AM8. Limit: 40
- PM9. **Eating Disorders: Nutritional and Psychosocial/Behavioral Treatment and Prevention: A Case Study Approach**
Adrienne Altman and Jessica Smith
 This afternoon workshop focuses on interdisciplinary approaches to the treatment, management, and prevention of eating disorders, with an emphasis on nutritional and psychological/behavioral approaches. The relationship between eating disorders and mental health issues are described and case studies are used for simulated assessment and treatment discussions. Teaching methods include case studies, lecture and discussion. *(May be taken alone or in sequence with AM9.)*
- PM10. **Sex After 60: How to Keep Getting It On**
Mary Ellen West
 Data indicate that women are interested in remaining sexually active with their partner throughout their lifetime, and those who do, live longer, more fulfilling lives. This presentation will outline how to take an adequate sexual history and perform a respectful and thorough gynecological exam. Common sexual complaints of women will be addressed along with management solutions for these complaints. Practice pearls garnered from hundreds of patient visits will be shared. Special attention will be paid to health habits that foster life-long satisfaction and fulfillment in women's intimate lives. Pharmacological products that may be used to address women's sexual complaints will be included along with relative effectiveness.

Full Day Workshops

- FD1. **Fundamentals of Critical Care Practice** **8:00 AM - 4:30 PM**
R_x = 3.0 Elizabeth Bridges, Aaron Cheng, Nabush Mokadam, Melissa Montalto, Lynda Tanagi, and Thomas Varghese
 This workshop focuses on fundamental clinical skills and knowledge in critical care practice. Content includes current trends in hemodynamic monitoring, management of right ventricular heart failure and ventricular assist devices, management of pleural tubes, treatment of shock, sepsis, and organ hypoperfusion, provision of nutrition in the intensive care unit and critical care pharmacology. Teaching methods include lecture, discussion, case studies. *Registration: 7:45 AM*
- FD2. **Fiberglass Casting and Splinting** **9:00 AM - 3:30 PM**
Julie St. Peter
 This practicum provides techniques and hands-on experience in applying short arm and short leg casts and splints and skillful use of the cast saw. Bring or wear shorts and short sleeve clothing. *Limit: 24*

Kristen Allott, ND, LAc.....E9, F9
 Medical Director, Dynamic Paths, LLC, Seattle

Adrianne Altman, PhDPM9
 Psychologist and Program Director, Center for Discovery, Edmonds

Josephine (Josie) Amory, MD.....A6
 Perinatologist, Swedish Perinatal Medicine; Clinical Faculty, UW School of Medicine

Arthur Anderson, MD.....J4
 Assistant Clinical Professor, Internal Medicine and Nephrology, UW School of Medicine

Shauna Applin, MN, CNM, ARNP, AAHIVMs H6, J6
 Nurse Midwife and HIV Nurse Practitioner, Community Health Care, Tacoma

Michael Astion, PhD, MD.....AM7
 Division Chief of Laboratory Medicine, Seattle Children's

Leah Backhus, MD.....G3
 Attending Physician, UWMC and VAPSHCS

Margaret Baker, MDAM2, PM2
 Orthopedic Surgeon, The Center for Bone & Joint Surgery, Port Angeles; Adjunct Assistant Professor of Surgery, Uniformed Services, University of Health Sciences, Bethesda, MD

Chris Baumgartner, BS.....G1
 Director, Prescription Monitoring Program, Washington State Department of Health, Olympia

Kris Blik, DNP, ARNPE3
 Nurse Practitioner, Pain Consultants of Washington, Kirkland

Cora Collette Breuner, MD, MPHF8
 Faculty Pediatrician and Adolescent Medicine Provider, Seattle Children's; Professor, Pediatrics and Adolescent Medicine, UW School of Medicine

Elizabeth Bridges, PhD, RN, CCNS, FCCM, FAANFD1
 Clinical Nurse Researcher, Patient Care Services, UWMC; Associate Professor, Biobehavioral Nursing and Health Systems, UW School of Nursing

Marie-Annette Brown, PhD, ARNP, FNP-BC, FAAN, FAANPH1
 Professor, Family and Child Nursing, UW School of Nursing; Primary Care Nurse Practitioner, Women's Health Clinic, UWMC

Bridget Carney, PhD, MN, RN.....C4
 System Director of Ethics and Theology, PeaceHealth, Bellevue

Jeffrey Cary, MD.....B10
 Physician, Pulmonary Medicine, Minor and James Medical; Medical Director, Respiratory Care, Swedish Medical Center, Seattle

Susan Caverly, PhD, ARNP, BC.....J9
 Director of Psychiatric Services and ENCOMPASS, Therapeutic Health Services and Private Practice; Clinical Faculty, Psychosocial and Community Health, UW School of Nursing

Howard Chansky, MDH3
 Chief, Orthopedic Surgery, UWMC

Morris Chang, MD.....E2
 Medical Director and Board Certified Sleep Specialist, Highline Sleep Center, Highline Medical Center, Burien

Sam Chao, MD.....D5
 Interventional Radiologist, Valley Radiology, Renton

Aaron Cheng, MD, FACS.....FD1
 Director of Cardiothoracic Surgical Critical Care, UWMC; Assistant

Professor of Surgery, Division of Cardiothoracic Surgery, UW School of Medicine

Gary Chung, MD.....G2
 Ophthalmologist and Corneal Specialist, Evergreen Eye Center, Auburn, Burien, and Federal Way

Quindola Crowley, PhD, LICSW, BCDC9
 Deputy Chief Behavioral Health, Western Region Medical Command, Olympia; CEO, Founder, Transitions Wellness, Olympia; Crowley & Associates Counseling and Consulting, Olympia

Catherine Davies, MDB6
 Psychiatrist, Behavioral Health, Swedish Medical Group, Seattle

Lynn Davis, MD, MS.....E5
 Reproductive Endocrinologist and Fertility Specialist, Seattle Reproductive Medicine, Seattle

Sue Eastgard, MSW.....H8
 Former Executive Director, Youth Suicide Prevention Program, Seattle

Melissa Edwards, RDG7
 Clinical Pediatric Dietitian, Biochemical Genetics Clinic, Seattle Children's

Barbara Eisenberg, MSN, ARNPG4
 Primary Care Nurse Practitioner, In Home Primary Care, PLLC, Snohomish

Margaret A. Fitzgerald, DNP, FNP-BC, NP-C, FAANP, CSP, FAAN, DCCFriday Keynote, F1
 See Featured Speakers (p. 3).

Lynne Flaherty, MDG10
 Physician, Emergency Department, Samaritan Hospital, Moses Lake

Paul Fletcher, MDB4
 Assistant Medical Director of Primary Care, Federal Way Medical Center, Group Health Cooperative

Joseph T. Flynn, MD, MS.....J8
 Professor, Pediatrics, UW School of Medicine; Division Chief, Nephrology, Seattle Children's; President-Elect, American Society of Pediatric Nephrology

Margaret Gaines, MDG4
 Medical Consultant, In Home Primary Care, PLLC, Snohomish

Lisa F. Geiger, MN, ARNP, BCHAM4, PM4
 Board Certified Family Nurse Practitioner and Hypnotherapist, Vital Capacity, LLC, Edmonds

Terry Gernsheimer, MD.....J10
 Professor, Division of Hematology, UW School of Medicine; Director, Medical Transfusion Services, Puget Sound Blood Center, Seattle

Linda Haas, PhC, RN, CDEAM1, PM1
 Assistant Clinical Professor, Biobehavioral Nursing and Health Systems, UW School of Nursing; Former Endocrinology Clinical Nurse Specialist; VAPSHCS; Co-Chair, Task Force on National Standards for Diabetes Self-Management and Support; Member American Diabetes Association Older Adult Work Group

Theresa Harris, MN, ARNP, CPNP-PC.....G8
 Nurse Practitioner, Rheumatology Clinic, Seattle Children's

David A. Harrison, MD, PhD.....D2
 Assistant Professor, Psychiatry and Behavioral Sciences, UW School of Medicine

*HMC=Harborview Medical Center/UW Medicine, Seattle • PHSKC=Public Health–Seattle & King County, Seattle
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 VAPSHCS=VA Puget Sound Health Care System, Seattle • VMMC=Virginia Mason Medical Center, Seattle*

Brian Holt, MD, MPHAM9 Psychiatrist, Center for Discovery, Los Alamitos, CA	Vicki Mendiratta, MDB5 Associate Professor and Clerkship Director, Obstetrics and Gynecology, UW School of Medicine
Nicole Ingrisano, MDA5 Physician, Obstetrics and Gynecology, Healthcare for Women and Addiction Recovery Services, Seattle	Nathaniel Miller, MD, MAJ, MC, USAC6 Maternal Fetal Medicine Fellow and General Staff Physician, Obstetrics and Gynecology, Madigan Healthcare System, Tacoma
Scott Itano, MDA8 Family Medicine Physician, Seattle	Mendy Minjarez, PhDA7 Clinical Psychologist, Seattle Children’s Autism Center, Seattle
David Jefferson, MSWA9 Research Associate, Northwest Frontier Addiction Technology Transfer Center, Oregon Health Sciences University, Portland	Mary Mittell, MSN, CNME6 Nurse Midwife, Midwifery Manager, Neighborcare Health, Seattle
Anna Kaminski, MD, MS PM6 Medical Director, Planned Parenthood of the Great Northwest, Seattle	Nahush A. Mokadam, MD, FACC, FACSFD1 Lester and Connie LeRoss Endowed Professor in Cardiovascular Surgery; Associate Professor of Surgery, Division of Cardiothoracic Surgery, UW School of Medicine; Surgical Director, Heart Transplantation and Mechanical Circulatory Support; Associate Program Director, Cardiothoracic Residency, UWMC
Louise Kaplan, PhD, ARNP, FNP-BC, FAANPB1 Nursing Program Director and Associate Professor of Nursing, Saint Martin’s University, Lacey, WA	Melissa Montalto, MS, RD, CDFD1 Dietitian, Department of Food and Nutrition, UWMC
David Kiefer, MDF5 Research Fellow, Department of Family Medicine, University of Wisconsin, Madison; Clinical Assistant Professor, Arizona Center for Integrative Medicine, University of Arizona, Tucson	Natalia Murinova, MDC2 Neurologist, Department of Neurology, UWMC; Clinical Assistant Professor, Neurology, UW School of Medicine
Chris A. Kleronomos, DAOM, ARNP, FNP-BC, RH(AHG)C1 Pain Management Provider and Director for Multidisciplinary Pain Rehabilitation Program, Salem Hospital Comprehensive Pain Center, Salem, OR	Samuel Nadler, MD, PhD A10 Physician, Pulmonary and Critical Care Medicine, The Polyclinic, Seattle
Bryan King, MDJ7 Professor and Vice Chair of Psychiatry and Behavioral Sciences, UW School of Medicine; Director of Child and Adolescent Psychiatry, Seattle Children’s; Director, Seattle Children’s Autism Center	Travis Nelson, DDS, MSD, MPHF7 Acting Assistant Professor, Department of Pediatric Dentistry, UW School of Dentistry
Ted Kohler, MDF3 Chief of Vascular Surgery, VAPSHCS	Peter Nora, MDA3 Physician, Neurosurgery, Swedish Neuroscience Institute, Seattle
Louis Kuritzky, MDF2, Friday Noon Session, AM10 Clinical Assistant Professor, Community Health and Family Medicine, University of Florida, Gainesville, FL	James O’Callaghan, MD, FAAP, FHMB7 Pediatric Hospitalist, Seattle Children’s
Claire Lah, AAH4 Owner, Practice Management Billing and Consulting, LLC, Port Townsend	Bruce O’Neill, MDD4 Nephrologist, The Polyclinic, Seattle; Chief of Nephrology, Swedish Medical Center; Medical Director, Northwest Kidney Center, Seattle
Debra Laurent, MN, ARNP, ACNPAM3 Cardiovascular and Acute Care Nurse Practitioner, Seattle Cardiology/Swedish Heart and Vascular; Clinical Assistant Professor, Biobehavioral Nursing and Health Systems, UW School of Nursing	Ann O’Sullivan, PhD, CRNP, FAANThursday Keynote, A1 See Featured Speakers (p. 3).
Brett D. Leggett, MD, FAAPD7 Attending Physician, Hospital Medicine, Seattle Children’s; Clinical Assistant Professor, Pediatrics, UW School of Medicine	Deborah Oyer, MDE8 Medical Director, Aurora Medical Services, Seattle; Clinical Associate Professor, Family Medicine and Obstetrics and Gynecology, UW School of Medicine
Andrew Levine, MDJ2 Diagnostic Radiologist, Medical Imaging Northwest, Tacoma; Medical Director, Multicare South King County Clinics	Linda Pedersen, MN, ARNP, FNP-BC H4 Interim Coordinator, Nurse Practitioner Pathway, Seattle Pacific University; Nurse Practitioner, Port Hadlock Medical Care, Port Hadlock
John B. Lynch, MDJ3 Assistant Professor, Medicine/Allergy and Infectious Diseases, HMC; Medical Director, HMC Infectious Diseases Clinic, HMC Antimicrobial Stewardship, and HMC Employee Health Service; Assistant Medical Director, Infection Control, HMC	Cynthia Price, PhD, MA, LMP AM5, PM5 Research Assistant Professor, Biobehavioral Nursing and Health Systems, UW School of Nursing
Amber McAfee, MN, ARNPE7 Nurse Practitioner, Sleep Disorders Center, Seattle Children’s	Jordan Prutkin, MD, MHSC8, D10 Assistant Professor of Medicine/Cardiology, Division of Cardiology/Electrophysiology, UW School of Medicine
Suzy Meader, MN, ANP, ACNP, CCRN-CSC AM8, PM8 Cardiothoracic Surgery Nurse Practitioner, Overlake Hospital, Bellevue	Richard Ries, MDD9 Professor, Department of Psychiatry, UW School of Medicine; Director, Addictions Division, HMC
	Tatiana Sadak, PhD, PMHNP G9 Assistant Professor, Psychosocial and Community Health, UW School of Nursing; Psychiatric Mental Health Nurse Practitioner,

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 VAPSHCS=VA Puget Sound Health Care System, Seattle • VMMC=Virginia Mason Medical Center, Seattle

Adult/Older Adult Psychiatry and Memory Disorders, Shifa Health, Mill Creek
David M. Sandoval, MD.....D3
 Assistant Professor, Rheumatology, UW School of Medicine
Sharon Schnare, MSN, CNM, FNP, FAANP.....G5, J5, PM7
 FNP, South Kitsap Family Care Clinic, Port Orchard
Theclly Scott, MSN, CNM.....G6
 Lieutenant Commander, US Navy; Senior Certified Nurse Midwife and Department Head and Chair, Obstetrics and Gynecology, Navy Hospital, Bremerton
Michelle Sexton, ND.....E1
 Associate Research Professor and Adjunct Faculty, Bastyr University, Kenmore
Sarah E. Shannon, PhD, RNJ1
 Associate Professor, Biobehavioral Nursing and Health Systems, UW School of Nursing; Adjunct Associate Professor, Department of Bioethics and Humanities, UW School of Medicine
Peggy Shortt, MN, ARNP.....C3
 Nurse Practitioner, Neurosurgery; Program Manager, Deep Brain Stimulation, Swedish Medical Center, Seattle
Jessica Smith, RD, CD.....PM9
 Dietitian, Center for Discovery, Edmonds
Robert T. Smithing, MSN, ARNP, FAANP.....D1, AM6
 President, NP Central, www.npcentral.net; FNP and Partner, FamilyCare of Kent; Clinical Faculty, UW School of Nursing
Lisa Sniderman-King, MSc, LCGC.....C7
 Senior Patient Education Liaison, Genzyme Corporation, Seattle
Michael Sobel, MD.....B3
 Attending Physician, VAPSHCS
Kris Somol, ND.....B8, H5
 Naturopathic Physician, Sound Family Medicine, Bastyr Center for Natural Health; Adjunct Academic and Clinical Faculty, Bastyr University, Kenmore
Christopher Spitters, MD, MPH, MA.....H2
 Medical Director, Tuberculosis Clinic, PHSKC; Associate Clinical Professor, Allergy and Infectious Diseases, UW School of Medicine
Arianna Staruch, ND.....A2
 Associate Professor and Core Faculty, Clinical Sciences, School of Naturopathic Medicine, Bastyr University, Kenmore
Julie St. Peter, RT(R), OTC.....FD2
 Lead Radiologic and Orthopedic Technologist, Bellevue
Shoba Subramanian, MD.....D6
 Physician, Endocrinology, The Polyclinic, Seattle
Ginny E.T. Sugimoto, MD.....B4
 Assistant Medical Director for Primary Care, Group Health Physicians, Group Health Medical Center, Port Orchard
Lynda Tanagi, PharmD.....FD1
 Clinical Pharmacist, Pharmacy Services, UWMC; Clinical Associate Professor, UW School of Pharmacy
Darik Taniguchi, MD.....C10
 Gastroenterologist, The Polyclinic, Seattle
Harry L. Teicher, MD.....B2
 Director of Gastroenterology Division, Highline Medical Center,

Burien; Clinical Associate Professor, Division of Gastroenterology, UW School of Medicine
Lester Thompson, MD.....A4
 Physician, Department of Urology, Group Health, Seattle
Jonnae Tillman, BA.....PM3
 Clinical Director, UW Innovative Programs Research Group; Clinical Supervisor, Motivational Interviewing Research, Emergency Department, UW School of Medicine
Barbara Trehearne, PhD, RN.....E4
 Vice President of Clinical Excellence, Quality, and Nursing Practice, Group Health, Seattle
Denna Vandersloot, MEd.....B9
 Director, Northwest Frontier Addiction Technology Transfer Center, Oregon Health and Science University, Portland, OR
Thomas K. Varghese Jr., MD, MS, FACS.....FD1
 Director of Thoracic Surgery, HMC; Associate Professor of Surgery, Division of Cardiothoracic Surgery; Associate Program Director, Cardiothoracic Surgery Residency, UW School of Medicine
Leslie R. Walker, MD.....D8
 Division Chief, Adolescent Medicine, Seattle Children's; Professor and Chief, Adolescent Medicine Division, Department of Pediatrics, UW School of Medicine
Nan Walker, MSN, ARNP, FNP-BC.....AM6
 Family Nurse Practitioner, FamilyCare of Kent, Kent
David Warth, MD.....F10
 Interventional Cardiologist, Summit Cardiology/UW Medicine, Seattle; Clinical Assistant Professor, UW School of Medicine
Gary Weeks, MD.....E10
 Interventional Cardiologist, Summit Cardiology/UW Medicine; Director of Cardiac Catheterization Lab, Northwest Hospital/UW Medicine; Clinical Assistant Professor, UW School of Medicine
Marilyn Wesner, MSN, ARNP, GNP-BC.....G4
 Primary Care Nurse Practitioner, In Home Primary Care, PLLC, Snohomish
Mary Ellen West, MN, CNM, CSC.....F6, PM10
 Staff Certified Nurse Midwife and Certified Sex Counselor, Gundersen Lutheran Medical Center; La Crosse, WI
Betty Westfall, MSN, ARNP.....G4
 Managing Member and Nurse Practitioner, Geriatric Primary Care Clinic, In Home Primary Care, PLLC, Snohomish
Klane White, MD, MSc.....H7
 Pediatric Orthopedic Surgeon, Seattle Children's
Madeline Wiley, MSN, ARNP, FAANP.....AM6
 Family Nurse Practitioner and Managing Partner, FamilyCare of Kent; Clinical Faculty, UW School of Nursing
Ann K. Wittkowsky, PharmD, CACP, FASHP, FCCP.....F4
 Clinical Professor, UW School of Pharmacy; Director, Anticoagulation Services, UWMC
Martha Worcester, PhD, ARNP.....G4
 ARNP Consultant, Nursing Care Quality Assurance Commission, Department of Health, Olympia; Nurse Practitioner, Providence St. Peter Hospital, Olympia
Katherine Yost, PhD, LMFT.....H9
 Washington State Licensed Marriage and Family Therapist, Private Practice, Bellevue
Veronika Zantop, MD.....C5
 Psychiatric Hospitalist, Swedish Medical Center, Seattle

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 Seattle Children's=Seattle Children's Hospital, Seattle • UW=University of Washington, Seattle • UWMC=UW Medical Center/UW Medicine, Seattle
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Professional Credit

■ Nurse Practitioners and Nurses

Contact hours: Up to 21.1 contact hours will be awarded for Thursday-Saturday. Thursday only=6.3, Friday only=7.8, Saturday only=6.0 for 2 half-day workshops or 1 full-day workshop (3.0 for one half-day workshop, 7.0 for FD1).

Pharmacology: Up to 16.1 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.

- The University of Washington School of Nursing (UWSON) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.
- The UWSON is approved as a clock hour provider by the Washington State Board of Education.
- Provider is accredited by the California Board of Registered Nursing, Provider #07218, for 21.1 contact hours.

■ Certified Nurse Midwives

All sessions are approved for Category 1 Continuing Medical Education (CME) credit. (See Physicians below.) Registration for Category 1 will be available at the conference for an **additional fee of \$40 payable to University of Washington Continuing Medical Education.**

■ Pediatric Nurse Practitioners

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

■ Physicians and Physician Assistants

Registration for Category 1 will be available at the conference for an **additional fee of \$40 payable to University of Washington Continuing Medical Education.**

- This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the University of Washington School of Medicine and the UWSON. The University of Washington School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.
- The University of Washington Continuing Medical Education designates this live activity for a maximum of 21.0 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 21.1 clock hours. The UWSON qualifies as a Washington State CE program sponsor under WAC 246-924-240(1) for psychologists and WAC 246-809-610 for social workers and counselors.

■ School Nurses

The UWSON is an approved clock hour provider in Washington State.

Print Handouts Online at UWCNE.ORG

(For conference registrants only)

- Print only the handouts you want for the conference.
- Handouts will be available online from Sept 17 - Dec 31, 2012.
- A booklet with the program schedule, session descriptions and pages for note-taking will be provided.
- The password for the handout website will be sent with your confirmation letter.
- Saturday workshop registrants will receive printed handouts at registration on Saturday.
- Saturday workshop handouts will not be available online.

Wi-Fi Access: Limited access in public areas of the convention center only. Power is not available in conference rooms.

Registration Information

University of Washington • Continuing Nursing Education (UWCNE)

Box 359440, Seattle, WA 98195-9440

PH: 206-543-1047 • FAX: 206-543-6953 • EMAIL: cne@uw.edu • WEB: uwcne.org

Enrollment for some sessions may be limited due to room size. Some Saturday workshops have limited enrollment. Student and UW faculty discounts are not available for Saturday workshops. **Early registration is advised.**

Registration fees include tuition, web access to handouts from Sept 17-Dec 31, a conference booklet, access to exhibits, and continental breakfast on Thursday and Friday. On-site registration will be accepted on a space available basis. No Saturday workshop discounts.

Thursday and Friday	\$425
Thursday only or Friday only	\$295
Saturday full day workshop.....	\$295
Two Saturday half-day workshops (AM & PM)	\$295
One Saturday half-day workshop (AM OR PM)	\$175
Student rate (Thursday <i>and</i> Friday).....	\$215
Student rate (Thursday <i>or</i> Friday)	\$150

CNMs, PAs, MDs: Optional registration for Category 1 CME credit is available for \$40. See information under Professional Credit for more details.

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 **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 3, 2012.** Substitutes will be accepted at all times.

Washington State Convention Center (WSCC)

800 Convention Place (8th Avenue and Pike Street), Seattle, WA 98101-2350

All conference sessions will be held at the WSCC.

Directions and parking information will be sent with confirmation of registration.

Hotel Information

Sheraton Seattle Hotel • 206-621-9000 • 1-888-627-7056

1400 6th Avenue, Seattle, WA 98101 • One block west of WSCC

\$142 single/double plus 15.6% tax and mandatory local assessment. Rate includes complimentary in-room high speed internet access. Rate does not include parking.

Reservations must be made by September 7, 2012 to ensure receiving discounted rates.

Ask for the **Advanced Practice** room block.

Visit our website at uwcne.org to go directly to the hotel discount link. Click on *Conferences* and look for the Advanced Practice conference details.

Child Care

In consideration of other participants and speakers, please do not bring infants/children into conference sessions.



Pacific Northwest 35th Annual National Conference

**ADVANCED PRACTICE
In Primary And Acute Care**

October 4-6, 2012 • Seattle, Washington
Conference #12130-A-C • 21.1 contact hours

Three easy ways to register!

Web: Register online at uwcne.org
Fax: 206-543-6953
Mail: UW Continuing Nursing Education
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YOUR PRIMARY POSITION

- Nurse Practitioner:
Specialty: _____
- Clinic/Staff Nurse
- Certified Nurse Midwife
- Clinical Nurse Specialist
- School Nurse
- Physician
- Physician Assistant
- CRNA
- Educator
- Psychologist
- Student
- Other _____

Your Highest Degree(s): _____

Are you a UW Alum?

- Yes No

Have you been a preceptor for an advanced practice student (in any program in any state) within the past year?

- Yes No

PLEASE PRINT CLEARLY:

NAME _____

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CITY _____ ST _____ ZIP _____

DAY PHONE _____ EMAIL _____

AGENCY _____

AGENCY CITY _____ ST _____ ZIP _____

SESSION SELECTION

Thursday Session Choice

- 8:40 AM Welcome and Keynote
- 10:00 AM Poster Session
I plan to present a poster. Yes No
Abstracts are due August 31. Submit to jrwoods@uw.edu
- 10:30 AM A _____ *Enter session number. (Example: A1)*
- 12:15 PM Yes No *ARNPs United of Washington Meeting*
- 1:15 PM B _____
- 2:40 PM C _____
- 4:10 PM D _____
- 5:30 PM Yes No *Annual Meeting: ACNM - WA State Affiliate*

Friday Session Choice

- 7:30 AM E _____ *Enter session number. (Example: E1)*
- 8:40 AM Welcome and Keynote
- 10:30 AM F _____
- 12:00 PM Yes No *Special Session: Preceptor Skills*
- 12:00 PM Yes No *Annual Meeting: NAPNAP Chapter*
- 12:00 PM Art Show: I am bringing art to display Yes No
- 1:15 PM G _____
- 2:40 PM H _____
- 4:10 PM J _____

Saturday 1st Choice 2nd Choice

- Enter session number. (Example: FD1)*
- Full-Day FD _____
 - Morning AM _____ AM _____
 - Afternoon PM _____ PM _____

CONFERENCE TUITION & FEES (Check all that apply.)

Tuition for Thursday-Friday, Oct 4-5

- Thursday and Friday, Oct 4 and 5..... \$ 425
- Thursday only, Oct 4 \$ 295
- Friday only, Oct 5 \$ 295
- Student rate (Thursday *and* Friday) \$ 215
- Student rate (Thursday *or* Friday)..... \$ 150
- School: _____
(Must bring valid student ID)

Tuition for Saturday Workshops, Oct 6

- No discounts for workshops. Saturday tuition includes printed handouts.*
- Full day workshop (FD1, FD2)..... \$ 295
 - Two half-day workshops (one AM *and* one PM) \$ 295
 - One half-day workshop (AM *or* PM) \$ 175

TOTAL PAID

(U.S. Funds) \$ _____

- Check enclosed payable to: *University of Washington*
- Purchase order/authorization enclosed. Please bill my agency.
Contact name/phone: _____
- UW Budget #: _____
UW Budget Name: _____
- Charge my credit card: VISA MC Exp. Date: _____
Acct # _____

***HANDOUTS**

Online handouts will be available at uwcne.org from Sept 17 - Dec 31, 2012 for registrants to print. A password to the handout area will be in your confirmation letter.
For more details, please see *Print Handouts Online* in the box at the top of page 14.

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09-9674 130

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.

UNIVERSITY OF WASHINGTON SCHOOL OF NURSING

Advanced Practice in Primary and Acute Care

Thursday-Saturday • October 4-6, 2012

Washington State Convention Center
Seattle, Washington



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Adult

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Barbara Dailey, DNP, ARNP, CCMSHt, FIBH
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Professional Issues

Mary Ann Draye, MPH, ARNP
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Psychiatric Mental Health

Mercedes Alice, BSN, RN
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Women's Health

Kathryn Kingsland, MN, ARNP
Rosana Klajner, MSN, ARNP
Shelley Miksis, DNP, ARNP

Members-at-Large

Martha DuHamel, MPH
Constance Hirnle, MN, RN-BC
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James F. Wallace, MD
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