Wednesday, March 10

8–9:45 a.m. (1.0 contact hour)

**ICW: 100:** AFPNP Member Meeting and Education Session

10:15 a.m.–Noon (1.25 contact hours)

**General 101:** Conference Opening: Breakthrough Opportunities to Improve Care and the Social Factors that Make Patients Sick in the First Place

Rishi Manchanda, MD, MPH

The early work in the upstream movement has focused on improving the individual social needs through integration in health care settings. A more recent focus strives to transform and improve relationships not only between caregivers and patients but also between health systems and the larger community and social structures that influence health. As this movement matures, institutions, multi-sector collaborative and entire communities face similar challenges. How do we take a bundle of interventions purporting to address a variety of social needs and social determinants and shape them into a cohesive strategy that can achieve long-term health and financial impact for patients and communities? Dr. Manchanda shares insights and answers from the front lines of the upstream movement.

1:30–2:45 p.m. (1.25 contact hours) Concurrent Sessions – Select Only One

**102:** Pediatric Hospital-based Opioid Use and Prescribing: The Latest Evidence for Pediatric-Focused Advanced Practice Registered Nurses (Pharmacology)

Kristin Gigli, PhD, RN, CPNP-AC, CCRN

The opioid epidemic brought to light the extent of opioid use across America. Among hospitalized children, 40% receive an opioid prescription. While acute pain management is essential to hospital care and opioids are a mainstay of treatment, children who receive an opioid prescription have a greater risk of developing opioid use disorder. This presentation will cover the latest evidence-based recommendations for opioid use in the management of acute pain, including the first-ever pediatric-focused recommendations. Attendees will have exposure to controlled substance education necessary for ongoing APRN licensure and prescriptive authority.
103: Diagnosis and Management of Multisystem Inflammatory Syndrome in Children (MIS-C) associated with Coronavirus Disease 2019 (COVID-19) in Children and Adolescents (acute care)

Tania Shiminski-Maher, MS, CPNP and Sadahf Shujauddin, MS, CPNP

Coronavirus Disease 2019 (COVID-19) arrived in New York at the end of February and while much of the pediatric population was spared from the disease, in mid-March patients with what we now identify as Multisystem Inflammatory Syndrome in Children (MIS-C) began arriving in the hospital. This presentation will describe our children's hospitals experience with the pandemic and our clinical approach to MIS-C in children and adolescents, focusing on the differential diagnosis, treatment and follow up these patients.

104: Telehealth: What the APRN Student Needs to Know & How to Teach Them

Katherine E. Chike-Harris, DNP, APRN, CPNP-PC, CNE and Kelli Garber, MSN, APRN, PPCNP-BC

Telehealth education for graduate nursing students is an essential part of their curriculum. The question is, “What and how should this be integrated?” This presentation will give the attendee an overview of the essential telehealth elements that all telehealth providers need to be familiar with and how to scaffold these components into the graduate nursing students' plan of study. This presentation will discuss telehealth competencies and the Multimodal Framework for telehealth education.

105: When the Cough Won’t Go Away: A Step-by-Step Approach to Managing Chronic Cough (Pharmacology)

Traci Gonzales, MSN, APRN, CPNP-PC and Tomika Harris, DNP, RN, CPNP

Cough, both acute and chronic, is one of the most common complaints in the primary and acute care settings. Cough can be stressful and instigate fear and sleepless nights for both children and parents. Early and accurate diagnosis, as well as appropriate therapeutic management, is imperative. This presentation will guide the pediatric focused provider in decision making when diagnosing chronic cough as well as provide a review of current diagnostic testing recommendations and pharmacological updates.

106: Name That Spot: Is it Genetic or Not?

Sharon Anderson, DNP, NNP-BC, AGN-BC, CNE

During this presentation, the expert will share images of various dermatological findings and lead a discussion surrounding whether those findings may suggest an underlying
genetic condition. If recognized as an associated lesion, there will be an overview of the underlying genetic condition.

107: Pesticides and Rural Children’s Health

Rose M. Nealis, PhD, PPCNP-BC, CPNP-AC

Pesticide drift is exposure to pesticides and herbicides and is estimated to impact 500,000 children per year in rural and urban settings. For children in rural areas their involuntary exposure is commonly due to agricultural pesticides while working and playing in contaminated fields. Children in urban settings are often exposed through common household pesticide/herbicide applications. The presenter will identify commonly used agricultural and home pesticides along with the risks to the fetus and child. The exposure risk will include pharmacological content. The presenter will also discuss diagnostic studies and treatment options.

3:10–4:25 p.m. (1.25 contact hours) Concurrent Sessions – Select Only One

109: Calculations/Formulas We Need, but Easily Forget… (Acute Care)

Marisa G. Mize, DNP, CPNP-AC/PC, CCRN

This presentation will give the opportunity to understanding the importance of calculations for three pediatric situations that commonly, but with little notice. The presenter will take the time to go over the steps of these formulas. The presenter will review three formulas using a case approach and application with explanation. The child with respiratory distress with looming failure is guided by the oxygen delivery equation. Sodium imbalances occur in children with regularity ranging from traumatic brain injury to severe dehydration. Calculating the replacement of sodium has to be done over a safe period of time so as not to cause organ damage. Children with brain injury or endocrine issues often need a balance of free water. Calculating the free water deficit for replacement with maintenance of electrolytes has to be done with attention paid to balance.

110: Practice Ownership 101

Jo Ann B. Serota, DNP, RN, CPNP, FAANP, IBCLC

Nurse practitioner practice ownership is on the rise. Twenty-two states and the District of Columbia have passed laws to enable NPs to provide patients the high quality, affordable health care they need. It is imperative that NPs become business entrepreneurs and
establish their own practices. This presentation will introduce NPs to the business side of practice ownership and entrepreneurial skills necessary to promote a practice.

111: Contraceptive Education for Adolescent Males
Jaytoya Manget, DNP, MSPH, FNP

Sexual and reproductive health education has traditionally been an area of little focus in adolescent males. This session presenter assessed the educational deficiencies related to available female contraceptive options and the role of adolescent males in pregnancy prevention in a high-risk population of Washington, D.C. The results of this project will help guide provider discussions to encourage adolescent males to discuss, educate and plan their reproductive health goals.

112: Using Simulation to Improve Clinical Lactation Skills for Pediatric-focused Nurse Practitioners
Elaine D. Webber, DNP, PPCNP-BC, IBCLC

Breastfeeding knowledge of providers is paramount in the success of nursing parents; however, most nurse practitioners receive minimal education regarding clinical breastfeeding management. Simulation is now being used extensively in clinical nursing education, but few resources exist on the use of simulation to provide NPs with practice lactation opportunities. This presentation will walk participants through the development and implementation of clinical lactation simulation scenarios using both low and high-fidelity products. This is a hands-on educational approach that can be utilized for students as well as experienced providers working with breastfeeding dyads.

113: Caring for Children In Crisis Speed Session

This session will offer five focused topics in Caring for Children in Crisis that convey important education in short presentations.

4:40–5:40 p.m. (1.0 contact hour) Concurrent Sessions – Select Only One

114: Psychopharmacology for the Primary Care Provider (Pharmacology)
Dawn Lee Garzon, PhD, CPNP-PC, PMHS, FAANP

The purpose of this presentation is to provide the primary care provider with in-depth evidence-based knowledge of the common psychotropic medications used in primary care. This presentation focuses on medications used for anxiety/depression, attention deficit and disruptive behavior disorders. It will include practical tips for the novice to
expert clinician to prescribe, monitor and educate patients and families about these medications.

115: Interprofessional Collaboration: How to Cultivate Happy & Healthy Work Environments in Pediatric Acute and Critical Care Settings (Acute Care)

Michelle M. Wilson, MSN, APRN-CPNP, CPNP-AC and Sarah Martin, RN, MS, CPNP-AC/PC

Interprofessional collaboration (IPC) has been shown to improve quality, safety and patient/family satisfaction in healthcare delivery. In this session, we will discuss IPC, provider resiliency and professional happiness in the context of pediatric acute and critical care. Faculty will identify essential self-care strategies and effective communication patterns to mitigate burnout and turnover. They will present evidence-based strategies, practical lessons learned and anecdotal experiences with integrated Q&A session.

116: Nudge: Mobilizing the Pediatric-Focused Advanced Practice Registered Nurse Workforce Towards Policy Engagement

Kristin Gigli, PhD, RN, CPNP-AC, CCRN

Pediatric-focused advanced practice registered nurses (APRNs) understand the importance of advocacy and report pride in their support for a diverse array of child health issues. However, child health priorities and development of the pediatric-focused APRN workforce are often overlooked in policymaking. This presentation will illustrate strategies for engaging in advocacy on behalf of our profession and our patients using the latest data on the pediatric-focused APRN workforce and timely, policy-relevant pediatric health priorities, to increase the impact of pediatric advocacy.

117: GU Exams for Prepubertal Girls: Techniques and Comfort Measures

Shenoa R. Williams, CPNP, SANE-A, SANE-P

Female prepubertal gynecological examinations are often an experience that make both providers and patients uncomfortable. There are many medical reasons why evaluating the health of this area of the body is necessary, such as concerns of genital warts, lichen sclerosis, labial adhesions, genital lesions and sexual abuse. There are a variety of comfort measures that can be employed during prepubertal gynecological examinations to reduce the stress of the experience on the patient, including positioning, distractions and age-appropriate explanations. Additionally, a strong foundational understanding of female genital anatomy and normal estrogen changes across childhood leads to more accurate evaluations and less stress for the provider. The goal of this presentation is to increase the provider's knowledge about ways to comfortably and competently perform this task using a patient-centered approach and implementing developmentally appropriate comfort measures.
118: Common (and Not So Common) Genetic Syndromes

Sharon Anderson, DNP, NNP-BC, AGN-BC, CNE

This presentation walks participants through several common (and not so common) genetic syndromes resulting from chromosome rearrangements, microdeletion/duplications, imprinting defects and skeletal/connective tissue disorders. The presenter will discuss physical findings, presenting symptoms, incidence rates, causes, modes of inheritance, confirmatory testing and treatment/management considerations.

119: Workshop in Agricultural Safety Resources - Keeping Children Safe

Jill F. Kilanowski, PhD, RN, CPNP-PC, FAAN

More than 22 million people are employed in an agricultural-related field, which is one of our nation's most dangerous industries and the only worksite where children can be present. Every day, 33 children are seriously injured and every three days, a child dies in agricultural-related incidents. The presenter will use case studies to provide a hands-on workshop enabling participants to explore the incidence and causes of child injuries/fatalities and provide access to free, scientifically based anticipatory guidance materials and agricultural safety resources.

Thursday, March 11

8–9 a.m. (1.0 contact hour) Early Riser Session– Select Only One

201: An Antibiotic Spectrum  An Approach to Choosing Antibiotics Using Antiibiograms (Pharmacology)

Kim Steanson, DNP, APRN, CPNP-PC/AC

This presentation discusses antiibiograms and ways to link potential pathogens and appropriate antibiotics to achieve successful treatment decisions in practice. The learners will (with pen and paper) construct an antiibiogram with the information provided. The presenter will briefly discuss the history, dosing and pathogen coverage of each drug class. At the conclusion, the participants will have another tool to improve antibiotic stewardship within their practices.

202: Bigger is Not Always Better: Pediatric Obesity and its Implications for Critical Care with Case Study Discussions (Acute Care)

Heather E. Herrera, MSN, RN, CPNP-AC/PC and Jennifer L. Joiner, MSN, CPNP -AC/PC
Pediatric obesity is a growing public epidemic that has significant implications in critical care medicine. Obesity-related comorbidities often complicate the safe care of the critically ill child and pose unique challenges for providers. The presenter will review strategies to best benefit the care of the obese child using relevant case studies with a concise review of the latest information on the care of the critically ill obese child.

203: Evidence-based Screening and Mental Health Interventions for Primary Care: Anxiety, Depression, and Stress Related Disorders (COVID-19)

Pam Lusk, DNP, PMHNP-BC, FAANP and Bernadette Mazurek Melnyk, PhD, RN, APRN-CNP, FAANP, FNAP, FAAN

In this presentation, faculty will identify evidence-based screening tools for anxiety, depression and stress-related disorders. In addition, we will discuss the follow-up assessment of the teen or child based on the screenings, including stressor related (COVID-19) mental health concerns. The presenters will demonstrate the brief interventions for busy pediatric practices that address 1) anxiety (breathing, relaxation, safety strategies), 2) depression (CBT based strategies, patient safety templates) and 3) acute stress/trauma (identifying helpers, self-soothing and dealing with strong emotions strategies) and provide handouts and guides for practice.

204: Child Labor Trafficking: Essential Elements for Pediatric-focused Nurse Practitioners

Gail A. Hornor, DNP, CPNP

Human trafficking is a form of modern-day slavery and is a significant pediatric healthcare problem in the United States. The term human trafficking encompasses both sex and labor trafficking. Sex trafficking, especially child sex trafficking, has received significant public and professional attention. However, few efforts have focused on learning more about youth experiencing labor trafficking in the U.S. Pediatric-focused nurse practitioners are likely to encounter victims of child labor trafficking in their practice. A basic understanding of child labor trafficking will assist pediatric-focused nurse practitioners in timely identification of and appropriate intervention for victims. The presenter will discuss child labor trafficking and provide interactive case studies highlighting implications for practice.

10 –11:15 a.m. (1.25 contact hour)

General Session 206: 2021 Immunization Update – Focus on the Schedule (Pharmacology)
Mary Beth Koslap-Petraco, DNP, PPCNP-BC, CPNP, FAANP

While sharing the latest CDC immunization information, Dr. Koslap-Petraco will share real
life experiences and case studies to engage and challenge you to educate and vaccinate your patient families, especially those who question the need for vaccines.

11:25 a.m.–12:25 p.m. (1.0 contact hour)

**General 207:** To be announced

1:45–3 p.m. (1.25 contact hours) Concurrent Sessions – Select Only One

208: Prescribing Medications to Prevent and Treat Viral Infections in Pediatric Patients (Pharmacology)

Teri M. Woo, PhD, CPNP, CNL, FAANP

Pediatric patients become infected with viral infections ranging from the common cold to severe, life threatening systemic infections. Unlike bacteria, viruses are obligatory intracellular microbes which may rapidly mutate making the development of effective antivirals challenging. The presenter will review viral infections seen in pediatric patients and the medications prescribed. The expert will also review immunizations that prevent or mitigate viral infections including influenza, polio, rotavirus hepatitis B, human papillomavirus and newly FDA approved antiviral treatments for adolescents with hepatitis C. Participants will learn about prescribing and monitoring antiviral treatment for influenza, varicella, herpesvirus, and HIV.

209: Ethics in the PICU: The Art of Providing Care for the Chronically Critically Ill Child (Acute Care)

Heather E. Herrera, MSN, RN, CPNP-AC/PC

Pediatric-focused nurse practitioners in the PICU provide care for chronically, critically ill children every day. With the advancement of technology, many of these children are surviving and even thriving. However, ethical conflict can sometimes arise between providers and caregivers when these children become critically ill. Providers must then discuss and merge these conflicts while keeping the best interests of the child in mind. The presenter will review an ethical principles and discuss relevant cases studies, providing in-depth discussion regarding strategies to providing compassionate, ethical care in the PICU for these critically ill children.

210: What Kind of Leader Are You?

Michelle A. Beauchesne, DNSc, RN, CPNP, FAAN, FNAP, FAANP; Jo Ann Serota, DNP, RN, CPNP, FAANP, IBCLC and Margaret Brady, PhD, RN, CPNP

The purpose of this interactive presentation for emerging advanced practice nurse leaders is to explore the many facets of leadership, including offering the opportunity for
participants to complete a self-assessment of their leadership style and potential. Then experienced leaders will provide guidance in small group discussions on developing strategies for next steps in the leadership trajectory. The goal is to assist emerging APN leaders to be prepared to accept the challenge to lead when asked to be the leader.

211: Nursing Beyond the Borders: Addressing Healthcare Needs and Health Disparities for Children in Immigrant Families

Teresa M. Whited, DNP, APRN, CPNP-PC and Albrey Love, DNP, APRN, PNP-PC

Approximately one in four children in the United States lives in an immigrant family. Caring for children in immigrant families (CIF) presents healthcare providers with a unique challenge of addressing the health care needs and health disparities these children and their families face. This interactive presentation will define the nurse practitioners' role in caring for CIF and provide targeted interventions to address these children's medical and social needs to achieve optimal health outcomes in these vulnerable patients.

212: Online Dangers for Children and Adolescents: Pornography Exposure and Online Sexual Solicitation

Gail A. Hornor, DNP, CPNP

The internet provides many opportunities to enrich the lives of youth by providing greater access to learning opportunities, valuable resources and positive social interactions with peers. However, the internet is a relatively unregulated entity that can place children and adolescents at risk for a variety of negative and potentially dangerous exposures including pornography, online sexual solicitations and interactions with older adolescents, peers and adults. This session will describe child and adolescent exposure to pornography and online sexual solicitation and use interactive case studies to explore implications for practice.

213: Acute Care Speed Session (Acute Care)

This session will offer ten focused topics in Acute Care that convey important education in short presentations.

3:20–4:35 p.m. (1.25 contact hours) Concurrent Sessions – Select Only One

214: Amox Rocks! Understanding Penicillin Allergy in the Pediatric Patient (Pharmacology)

Trisha Wendling, DNP, APRN, CNP

Penicillin allergy, the most commonly reported allergy in a pediatric patient, is associated with increases in cost of care, hospitalization and morbidity, as well as contributing to
antibiotic resistance. However, 95% of patients labeled with a penicillin allergy do not have a true allergy. The Centers for Disease Control & Prevention has identified improper use of antibiotics to be an important factor that must be addressed for both patient safety and public health. This presentation will identify high-risk symptoms of allergy, differentiate between adverse reactions, IgE-mediated allergic reaction and delayed T-cell reactions, as well as discuss appropriate testing for penicillin allergy. Additionally, the presenter will address alternative antibiotics that can be used until a formal allergy evaluation can be completed.

**216: Leadership Development: Making the Most Out of Mentoring**

Catherine M. Haut, DNP, CPNP-AC/PC, FAANP, FAAN and Susan Van Cleve, DNP, RN, CPNP-PC, PMHS, FAANP

Pediatric APNs work in a variety of settings where they care for children with complex health and social problems, teach APNs and engage in research or evidence-based practice activities. Novice nurses as well as experienced APNs benefit from mentors who can provide support and guidance in establishing these new roles, mastering technical skills and navigating professional opportunities. This presentation will focus on mentoring expertise. The presenters will share their experience in a mentoring relationship and will encourage participants to identify their personal experiences as the mentee, mentor or both.

**217: Gender-neutral Conversations with LGBTQIA+ Youth: Disclosure and Health Outcomes**

Brenda Cassidy, DNP, RN, MSN, CPNP-PC

Sexual minority youth report stigmatization and negative reactions from healthcare providers when disclosing LGBTQIA+ status. Practice how to start the conversation through case discussion in an interactive learning module on LGBTQIA+ health. Focus group methodology was used to develop themes for module content: appropriate terminology, health disparities and interactive cases to demonstrate respectful communication about gender identity and sexual orientation. Participants will receive a toolbox of resources on caring for LGBTQIA+ youth.

**218: Primary Care Speed Session**

This session will offer nine focused topics in primary care that convey important education in short presentations.

3:20–5:35 p.m. (2.25 contact hours)

**215: Manage These Cases: Complications of Endocrine Disorders (Acute Care)**
Maureen Madden, DNP, CPNP-AC, CCRN, FCCM; Valarie Eichler, MSN, CPNP-PC/AC and Lauren Sorce, PhD, RN, CPNP-AC/PC, CCRN, FCCM

Despite improved surveillance and management, endocrinologic disorders remain a major cause of illness, disability and hospitalization. The key endocrinological disease content that will be discussed are DKA, pheochromocytoma and thyroid disturbances. Each case will be presented using a case study format which includes the presenting signs and symptoms, diagnostic evaluation, diagnostic challenges, clinical complications and therapeutic interventions.

4:45–5:45 p.m. (1.0 contact hour) Concurrent Sessions – Select Only One

220: Keeping up with the Kid-RASH-ians
Cassandra Newell, RN, MSN, CPNP

This presentation includes an interactive, visual overview of 8-10 case-based, pediatric dermatologic scenarios from a pediatric emergency department. The presenter will review the diagnosis of each case and their differential diagnoses and discuss practical treatment plans for each case to aid providers in the future.

221: Screening, Interviewing and Managing the Suicidal Child or Adolescent in Pediatric Practice – Latest Evidence-Based Recommendations
Pam Lusk, DNP, PMHNP-BC, FAANP and Jessica Kozlowski, DNP, RN, CPNP-PC

The presenters will discuss the critical need to screen children and teens for depression, thoughts of death and self-harm routinely in pediatric practice. If the patient screen is positive for suicide ideation or suicidal behavior, we will demonstrate how to use the National Institute of Mental Health (NIMH) Youth ASQ Toolkit which includes a follow up screening tool with the specific questions to ask next about intent, plan, acuity and other key materials. Faculty will demonstrate how to use the toolkit, assess risk and determine need for hospitalization. Presenters will also demonstrate how to use the evidence-based outpatient intervention: Patient Safety Template and manage follow up visits for those who can be treated as outpatients.

222: Meningitis B in Young Adults: Clinical Applications & Personal Stories
Patti Wukovits, BSN, RN and Alicia Stillman, MBA, MPH Candidate

Curious about the public health challenges associated with Meningitis B vaccination in young adults? This presentation aims to improve your understanding of the clinical applications of current Meningitis B vaccination recommendations through a range of perspectives – a fellow nurse practitioner, two advocates personally affected by Meningitis
B and a student health center provider from a college with recent Meningitis B cases. Through real-life case studies and personal stories, you will build your knowledge of Meningitis B prevention as well as available tools and resources to support your clinical practice.

223: Baby It's Cold Outside: STI Exposures in Newborns
Mary E. Flynn, DNP, CPNP

Pregnant women are diagnosed with STIs at alarming rates putting their infant at risk for serious infections while in utero and after delivery. NPs working in nurseries and primary care offices must be vigilant to monitor for STI exposures and understand the immediate management and continued surveillance for these infants. This presentation will provide the current evidence-based guidelines for NPs who routinely care for newborns in the nursery or primary care setting.

224: Patient Safety Program in Pediatric Primary Care: Speak up for Safety
Cheryl L. Cairns, DNP, CPNP, RN

Safety is a primary concern in health care, with pediatric primary care being no exception. How does your office handle errors and safety concerns? In this presentation, we will delve into high reliability and a culture of safety. You will be provided with tools to use for identifying, mitigating and addressing barriers to reporting errors to assist you in leading efforts to improve patient and caregiver safety in the primary care office.

225: Writing for Publication: Back to Basics
Martha Swartz, PhD, RN, CPNP, FAAN and Sarah Martin, RN, MS, CPNP-AC/PC

Submitting a publication can be a daunting and scary task for the novice writer. This session provides an opportunity for authors to become knowledgeable about the publishing process. Faculty will describe publishing pearls, the three "writes" (topic, time and venue) and a writing plan. They will discuss reference styles, tips for reference management and the appropriate attribution. Presenters will summarize ethical considerations of manuscript preparation, including authorship and plagiarism. They will also address the components of a review, how feedback is given and tips for revision and resubmission. Session participants will have an opportunity for open dialogue with the Journal of Pediatric Health Care editors, editorial advisory board and department editors. The goal of this session is to have reluctant advanced practice nurse authors publish!

Friday, March 12

8–9 a.m. (1.0 contact hour) Early Riser Session– Select Only One
301: COVID-19 Vaccine (COVID-19 mini-track) (Pharmacology)

Dana DeShon, DNP, APRN, CPNP-PC

The COVID-19 pandemic threatened our nation like no other event in recent history. The race to develop a safe and effective vaccine started in the United States in March 2020. There is concern with developing a vaccine for the vulnerable populations who have not been included in vaccine trials. The challenge will be also how to distribute the vaccine effectively. There are also questions on how the pediatric population will be affected. The presenter will address these concerns along with her personal experience of participating in a COVID-19 vaccine trial.

302: Obsessing Over OCD: Identifying and Treating Obsessive Compulsive Disorder in Children and Adolescents

Susan N. Van Cleve, DNP, RN, CPNP-PC, PMHS, FAANP, FAAN and Joshua Palmer, DNP, PMHNP, RN

Children or teens with Obsessive Compulsive Disorder (OCD) may exhibit unusual behaviors and thought processes that are regularly misunderstood by the public as well by health professionals and can be confused with anxiety type symptoms leading to missed referrals or undertreatment. The presenters will review why OCD behaviors occur, ways to identify them and how treatment can improve a patient’s quality of life. They will also review pediatric OCD treatment guidelines including typical medications, dosages, psychotherapies and expected outcomes.

303: Everyone has a First time: Preparing an Abstract for a Conference Presentation

Cathy S. Woodward, DNP, APRN, CPNP-AC, FNP-BC

How can we face angry clients, screaming children, aggressive parents or unhappy employees but not be willing to stand in front of a smiling group of our colleagues and teach? Just remember, every presenter at this conference had to stand on that stage for the first time once! The presentation will address coming up with topics, how to define and expand on the topic and how to present it in a way that is interesting enough to catch the eye of a conference committee.

304: Pearls and Pitfalls for Evaluation and Management of Pediatric/Adolescent Hand Injuries (Ortho mini-track)

Gerad Montgomery, MSN, RN, APRN, FNP-C

The hand is one of the most frequently injured parts of a child's body, accounting for approximately 15% of pediatric fractures and 2.3% of all pediatric emergency room visits. Early recognition along with appropriate and timely management of these injuries is
necessary in order to prevent potential functional deficits or cosmetic deformities. The presenter will provide clinical pearls for evaluating pediatric/adolescent hand injuries and review current treatment recommendations for both definitive care as well as initial management in the primary care and acute care emergency room settings.

10:30–11:30 a.m. (1.0 contact hour) Concurrent Sessions – Select Only One

306: The Journey has Begun: Direct to Consumer (DTC), On-demand Telehealth Video Visits for Minor Illness and Injuries (Telehealth mini-track) (Acute Care)

Michelle Widecan, DNP, APRN, CPNP-AC/PC, CPEN

This presentation will describe the planning process for the development of a direct to consumer telehealth offering for minor illnesses and injuries including the business plan, staffing model, location, EMR documentation development and education. It will also discuss the ongoing work that is occurring and the expansion of the service line that occurred with COVID-19. Finally, the presenter will review the ongoing work as we continue to learn moving forward into the future of telehealth and pediatrics including what the advance practice provider can offer with their expertise.

307: COVID-19 Call to-Action: NAPNAP’s Federal Advocacy Response the Pandemic (COVID-19 mini-track)

Rajashree Koppolu, RN, MSN, CPNP, MSL

This presentation will provide an overview of NAPNAP’s response to key pieces of federal legislation in relation to the COVID-19 pandemic. These include, but are not limited to reauthorization of the Title VIII nursing workforce programs, the authorization of NPs to certify Medicare home health services, telehealth expansion provisions and the Provider Relief Fund to help practices, hospitals, rural facilities and nursing homes impacted by the pandemic. The presenter will review the background and policies’ impact on child health and professional practice.

308: Helping Children and Adolescents who Live in Families Affected by Substance Use Disorders (Substance Abuse mini track)

Angela J. Nash, PhD, APRN, CPNP-PC, PMHS

In our country, 8.7 million children live with a parent who has a substance use disorder (SUD), and they often suffer psychosocial, behavioral and/or medical problems and face a higher risk of developing SUDs themselves. Frequently presenting with developmental, behavioral, or nonspecific physical symptoms, pediatric-focused NPs are uniquely positioned to identify and provide hope for these children. This case-based presentation
will teach participants to recognize signs of familial SUD, screen and assess risk, provide early intervention and refer for appropriate services.

309: Advancements in Conservative Management of Idiopathic Scoliosis (Ortho mini-track)

Carrie T. Chan, MSN, CPNP

Since the landmark bracing study in 2013, bracing has increasingly been considered best practice in conservative scoliosis treatment to prevent progression and need for surgery. Since that time, more research has gone into advancing bracing options and other modalities to prevent progression. This presentation will provide an overview of scoliosis management as well as an update on braces including new 3D-printed brace methods. The presenter will discuss the use of technology to encourage brace wear in the target adolescent population including compliance monitoring, bluetooth capabilities and building a “smart brace.” This presentation will also cover a multimodal approach to optimize conservative management in addition to bracing. We will also discuss the growing research on the effect of dietary supplementation to decrease risk of progression. This presentation serves to synthesize the current science to form a comprehensive approach to maximize conservative management of idiopathic scoliosis.

310: Pediatric Feeding Disorder: Tackling Common Feeding Concerns in Primary Care

Amber C. Wright, MSN, RN, CPNP

Annually, more than 2.3 million children under age 5 years are estimated to have feeding problems, and prevalence of parent-reported feeding difficulties range from 25% to up to 80% among children with developmental disabilities. Parent-reported feeding difficulties may include physiologic symptoms, problematic mealtime behaviors, selective/restrictive eating and/or oral processing difficulties, all of which can contribute to significant stress on the entire family. This case study-style presentation will provide both novice and experienced primary care clinicians with detailed strategies to assess for and manage common feeding problems as well as considerations for further evaluation and/or therapeutic intervention.

1:10–2:25 p.m. (1.25 contact hours) Concurrent Sessions – Select Only One

312: Asthma-Focused Telehealth Visits – Maximizing the Experience (Telehealth mini-track)

Tammy Rood, DNP, APRN, CPNP-PC, AE-C
Due to the COVID-19 pandemic, telehealth visits exploded in 2020, and will likely continue to be a way to improve access and care, especially for those with chronic conditions such as asthma. Telehealth visits are a convenient and cost-effective method to improve health care access and encourage preventive care as recommended. This presentation will provide approaches to maximize the telehealth experience and deliver quality asthma care through a telehealth platform. Evidence-based telehealth strategies include use of validated questionnaires, evidence-based tools, physical exam techniques, documentation, inhalation instructions, airflow measurement and assessment of environmental triggers in order to improve outcomes and reduce costs.

313: Mother and Baby - Breaking the Habit Together (Substance Abuse mini-track) (Acute Care) (Pharmacology)
Lisa M. Clark, DNP, CPNP-AC/PC
This presentation will discuss the mother baby dyad and substance use with differences in maternal and neonatal treatment. The discussion will include non-pharmacological and pharmacologic therapies including buprenorphine, a new emerging option for the treatment of Neonatal Abstinence Syndrome (NAS). You will learn to create a supportive environment of non-pharmacological management, parent involvement to achieve the ultimate goals of positive parenting and decrease length of stay. The presenter will use case studies to describe the newest therapeutic modalities for mother and baby.

314: Locked, Loaded, and Ready to Save Lives: The PNP and Firearm Safety
Catherine Goodhue, MN, RN, CPNP
This presentation will provide important information on firearm injuries including both air-powered and gunpowder firearms. The presenter will highlight policies and legislation surrounding firearm control; she will also emphasize the current management of these injuries. PNP will learn the ways in which to provide the family with anticipatory guidance measures for firearms and firearm safety in the home.

315: Evaluation and Management of the Limping Child (Ortho mini-track)
Lauren Roos, RN, MSN, RNFA, CPNP
The presenter will discuss the evaluation of the limping child with an overview on possible diagnoses, confirmation of diagnosis and proper management. The presentation will highlight the common conditions and emergency conditions.

316: Preparing Pediatric-focused APRNs During a Pandemic: Lessons Learned while Looking Ahead (COVID-19 mini-track)
Mitochondrial disorders are multi-systemic genetic diseases affecting approximately one in 4,300 persons. Children with these disorders develop a myriad of symptoms related to impaired energy production and present in primary, acute and specialty care settings. This presentation will help pediatric-focused APRNs recognize symptoms of these disorders, understand basic diagnostic and management strategies, and anticipate associated medical complications.

2:45–4 p.m. (1.25 contact hours) Concurrent Sessions – Select Only One

318: Preventing HIV Just in Time – Pre-exposure Prophylaxis (PrEP) 101 and Lessons Learned from a Pilot Telehealth PrEP Program (Telehealth mini-track) (Pharmacology)

Carrie T. Chan, MSN, CPNP

In 2018, over 20% of new HIV diagnoses in the United States were adolescent and young adults under the age of 25. Pre-exposure prophylaxis (PrEP) has been shown to be highly effective for preventing HIV, reducing the risk of sexual transmission by about 99% when taken daily. However, adolescents represent the group with the greatest unmet PrEP need, with only 11.4% of persons with indications for HIV prophylaxis being prescribed PrEP. This presentation will teach pediatric and adolescent providers about PrEP and how to provide it as well as share tools that can support providers to recommend PrEP in their practices. The presenter will also discuss lessons learned from the first year of a pilot telehealth PrEP program for adolescents and young adults.

319: When You Not Born With It! Critical Cases in Acquired Cardiac Disease (Acute Care)

Jennifer L. Joiner, MSN, CPNP -AC/PC

Acquired heart disease in children can lead to significant morbidity and mortality and remain tricky for even the most expert nurse practitioners to diagnose. In this presentation, nurse practitioners will sharpen their abilities to diagnose and treat acquired heart disease by reviewing real life case presentations. In these cases, we will identify key diagnostics, imaging and up to date strategies for effective management. We will discuss common acquired heart diseases such as rheumatic fever and Kawasaki's disease, as well as the latest information on the more novel Multisystem Inflammatory Syndrome (MIS-C).
320: Breastfeeding and Returning to Work—Helping Families Get Past the Obstacles
Mary C. Ryngaert, MSN, PPCNP, IBCLC

Returning to work after a baby is born is always a challenge. The added challenge of providing breastmilk for a baby’s optimal nutrition and to prevent a myriad of illnesses can prove daunting. In this session we will explore all that the pediatric provider needs to know to provide support: from pumps and bottle, to safe storage and preparation to maintaining a supply to help the family meet their goals. A variety of pumps will be on hand to demonstrate the how-to of putting the kits together and making the milk flow.

321: Stopping the Youth Tobacco Use Epidemic (Substance Abuse mini-track)
Laura Searcy, MN, APRN, PPCNP-BC and Alison Moriarty Daley, PHD, APRN, PPCNP-BC, FAAN

Tobacco use by youth is correlated with health risks, increased risk for other substance misuse, mood disorders, and has emerged as a risk factor for COVID-19 infection. In addition, nicotine, is highly addictive and known to negatively affect youth brain development. The presenters will review the current trends in youth e-cigarette use, the evolution of federal tobacco policy regarding e-cigarettes, an overview of FDA and congressional actions, current enforcement activities, and the delays in the enactment of regulations to protect adolescents from access to and the use of e-cigarettes. The experts will also discuss NAPNAP's Position Statement Regarding the Use and Exposure to Tobacco Products in Children, Adolescents, and Young Adults. Attendees will leave this session armed with knowledge of screening and prevention measures that can be utilized, across practice settings, to aid in youth prevention and cessation.

322: Top 10 Things to Know About Acute Pediatric Fracture Management (Ortho mini-track)
Gerad Montgomery, MSN, RN, APRN, FNP-C

In the United States it is estimated that approximately one out of five primary care and emergency room visits are related to pediatric musculoskeletal injuries and conditions. Of these injuries 10-15% will result in a fracture and the majority of these will initially be managed by a primary care, urgent care or emergency room provider. Recognizing common pediatric fracture patterns and understanding the basic principles of acute management with these injuries will help providers to safely manage them and avoid iatrogenic injuries from missed diagnosis and inappropriate early management.

Lisa K. Militello, PhD, MPH, CPNP and Elizabeth Hutson, PhD, APRN-CNP, PMHNP-BC
Prior to the pandemic of 2020, nearly all adolescents had access to a smartphone and nearly half reported being online “almost constantly.” Online connectedness during the COVID-19 pandemic highlighted both benefits and challenges to pediatric health and well-being. In this discussion, particular attention will be paid to social media and smartphone applications, evidence, quality, where to locate relevant digital health tools and how to integrate these technologies into pediatric clinical practice. Special emphasis will be placed on tools that support stress regulation and psychological well-being (e.g. such as cognitive-behavioral therapy, mindfulness, meditation).

Saturday, March 13

9:30 –10:30 a.m. (1.0 contact hour)

General: 401: Pediatric-focused NPs: Always Innovating, Rarely Recognized

Tim Raderstorf, DNP, RN

As pediatric-focused NPs, we live and die by improving the lives of our patients and their families. We customize care. We find ways to reduce cost. We heal. We help cure. All of these things provide new value for our patients. This session focuses on the connections between this new value and health care innovation. We'll explore how innovation is being put into practice and provide you with tools to bring back to your teams as you look to solve the problems of tomorrow.

10:45 a.m.–Noon (1.25 contact hours) Concurrent Sessions – Select Only One

402: The Science of Neuropsychiatric Medications and The Application in Pediatric Practice (Pharmacology)

Joshua Palmer, DNP, PMHNP, RN and Susan N. Van Cleve, DNP, RN, CPNP-PC, PMHS, FAANP, FAAN

This presentation reviews the neurological/biological basis and treatment of psychiatric conditions common to children and adolescents. The presenters will cover the basic anatomy and physiology of the brain to guide a neurological review of common pediatric psychiatric conditions. This knowledge is then used to discuss the pharmacological treatment of psychiatric conditions in the clinical setting.

403: Non-invasive Ventilation: What's Old is New Again (Acute Care)

Christyne M. Kyper, MSN, CPNP
From fumigators to BiPAP, learn how non-invasive ventilation is being used in the PICU and how it is keeping our patients from being intubated. Enjoy a brief historical review of non-invasive ventilation as we discuss various disease states and indications for NIV.

**404: Shaking the Fat Out of Fatty Liver Disease**

Debra K. Browne, MSN, CPNP

An estimated $14 billion dollars is spent per year in medical costs associated with childhood obesity. Non-Alcoholic Liver Disease (NAFLD) is now the most common liver disease in children. Learn about NAFLD staging, interpret screening guidelines, discuss interventions and new research projects related to disease management.

**405: What’s that Swell?: Diagnosis and Management of Pediatric Lower Extremity Swelling**

Rachel R. Swerdlin, MS, RN, CPNP-PC

There are several causes of localized pediatric lower extremity swelling which are associated with different etiology based on pathophysiology. While most causes are not life threatening, there are severe medical conditions that require prompt diagnosis and treatment. Appropriate evaluation and referral is imperative to eliminate unnecessary tests and doctor visits, as well as ensuring correct treatment. This presentation will review the causes of pediatric lower extremity swelling, differential diagnosis, evaluation, diagnostic work up, referrals and management of common causes.

**406: Are We Listening? Barriers and Challenges for Families of Children with Medical Complexities**

Emily Charles, FNP

This presentation will guide the advanced practice provider to recognize common challenges and barriers that families encounter while caring for their children with medically complex illnesses. Gaps of care are common amongst this population, and often times are related to social, economic or psychology barriers of the family not known by the provider. Unfortunately, these unaddressed gaps of care are frequently perceived as medical noncompliance, leading to fractured relationships between caregivers and providers. We will discuss interventions to assist providers in recognizing and addressing ongoing challenges and barriers for families of children with medically complex illnesses.

**12:15–1:15 p.m. (1.0 contact hour) Concurrent Sessions – Select Only One**

**408: Strokes in Newborns; Early Recognition Improves Outcomes (Acute Care)**

Mona P. Jacobson, MSN, CPNP
Strokes occur in the pediatric population with the highest risk in the perinatal period. Many pediatric care providers are unaware of strokes in infancy. The goal of this presentation is to improve knowledge and recognition of perinatal strokes so these infants receive prompt evaluation and subsequent early intervention services which will hopefully lessen future deficits.

409: Blood Dyscrasias and the Primary Care Provider

Terea A. Giannetta, DNP, RN, CPNP, FAANP

This presentation will provide the definition of a variety of blood issues and how those diagnoses may impact primary care. Specific diagnoses will include Sickle Cell disease, Thalassemia, Hemophilia, vonWillebrand Disease and Immune Thrombocytopenia (ITP). The presentation will help the primary care provider understand the lab results that support a diagnosis as well as how primary care can assist the family. The presenter will share diagnostic lab review for each process. There will also be a hematology management overview and application to the primary care setting.

410: Can You Hear Me Now? Updates on Pediatric Hearing Loss and Technology to Improve Hearing

Summer L. Hayhurst, CPNP, CNS

Learn the most current information about patients at risk for hearing loss, associated genetic syndromes, new FDA-approvals for cochlear implants and Osia hearing aid in this session. The presentation will include videos and photos of surgical device implantation and activation. Congenital hearing loss is one of the most common birth defects. Early identification, referral and intervention for pediatric hearing loss is critical for language development and cognition.

411: While We are Sleeping, the Glymphatic System is Hard at Work

Elizabeth K. Rende, DNP, RN, CPNP-PC, PMHS-BC, FAANP

The identification of a waste removal system in the brain has been named the glymphatic system (GS). Come learn more about the anatomy and physiology of the brain and its amazing ability to remove waste products, occurring only while we sleep. A discussion about the significance of the circadian rhythm of CSF production, transport and drainage will suggest that suppression of the GS may contribute to the pathology in traumatic brain injury, autoimmune disorders and neurodevelopmental disorders such as autism. Case studies will illustrate the potential significance of dysfunction of the GS in specific neurological conditions and the importance of the assessment and management of impaired sleep patterns or behaviors.
412: Trustworthy, Evidence-based, Affirming, Multidisciplinary: Pediatric Vignettes from the TEAM LGBT Clinic

Kayla L. Carr, PhD, RN, FNP-C

Sexual and gender minority youth face unique health needs and significant disparity. Through three patient vignettes, we will explore practical care strategies inspired by common patient presentations from the TEAM Clinic, an interdisciplinary LGBTQ clinic, including: 1) well-child visit of a non-sexually active adolescent 2) sexually active adolescent seeking Pre-Exposure Prophylaxis (PrEP) and 3) gender dysphoria in a patient desiring sex-affirming hormone therapy.

413: Specialty Care Speed Session

This session will offer nine focused topics in Specialty Care that convey important education in short presentations.