Pediatric Symposium 2021 Agenda

10-11 a.m. ET

100: General session: RUOK 2DAY? Strategies to Support Wellness and Resilience (1.0 CE)

(Oct. 2021)

Bernadette Mazurek Melnyk, PhD, RN, APRN-CNP, FAAN, FNAP, FAAN

This presentation will provide brief evidence-based strategies to improve health, well-being and joy for pediatric advanced practice nurses.

Note: Session tracks begin at 11:10 a.m. ET. Each track follows a slightly different schedule due to the lengths of individual presentations. Participants may visit the Session Lobby at any time when logged-in into system to access sessions currently available for viewing.

Psychopharmacology Track

101: The Science of Neuropsychiatric Medications and The Application in Pediatric Practice (1.75 CE/1.75 Rx/1.75 PsyRx) (March 2021)

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

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.

102: Psychotropic Medications (1.0 CE/1.0 Rx/1.0 PsyRx) (Oct. 2021)

Teri Moser Woo, PhD, CPNP-PC, CNL, FAANP

An extensive review will provide the participant with up-to-date information about commonly used antidepressants and atypical antipsychotics.

103: Pediatric Anxiety and Depression through the Waves of COVID-19: Managing the Ripple Effects (1.25 CE/0.5 Rx /0.5 PsyRx) (Oct. 2021)

Beth A. Heuer, DNP, CRNP, CPNP-PC, PMHS and Jennifer Keller, DNP, CPNP, PMHS

This session will focus on the increased prevalence of anxiety and depression in children and adolescents in our post-COVID society. The lack of available child psychology and psychiatry services has increased the role of pediatric-focused NPs in providing evidence-based treatment of young patients with these diagnoses throughout the pandemic. Using case-based scenarios and interactive technology, participants will discuss factors impacting symptom presentation and review pharmacologic and non-pharmacologic treatment strategies. Innovative, COVID-friendly mental health resources and coping strategies for children, adolescents and their families will be presented.
104: Effects of Cannabis on Children and Adolescents (0.75 CE/0.5 Rx/0.5 PsyRx)
Dawn Garzon, PhD, CPNP-PC, PMHS, FAANP, FAAN

The purpose of this session is to provide the pediatric focused APRN with an introduction to the use and effects of cannabis on children and youth. Included in the discussion is a conversation about the current cannabis laws, the physiologic effects of cannabis, the evidence for cannabis use in pediatrics and guideline for facilitating discussions with families who have interest in using cannabis for their child. This session is appropriate for providers from all patient care settings and for the novice to seasoned APRN.

105: Racial/Ethnic Disparities in Mental Health (1.0 CE)
Dawn Garzon, PhD, CPNP-PC, PMHS, FAANP, FAAN

This presentation will discuss the effects of racism on child mental health and will identify disparities in the diagnosis and management of foster children and children with ADHD and autism.

Acute Care Track

201: MIS-C and Other Complications of COVID-19 in Children (1.0 CE/0.25 Rx)
(Oct. 2021)
Elizabeth M. Brothers, CPNP-AC

This presentation will include a discussion of current literature, treatment modalities and complications for active COVID-19 and multisystem inflammatory response syndrome in children both inpatient and outpatient.

202: Ethics in the PICU: The Art of Providing Care for the Chronically Critically Ill Child (1.0 CE) (March 2021)
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 conflicts 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 principle and discuss relevant case studies, providing in-depth discussion regarding strategies to providing compassionate, ethical care in the PICU for these critically ill children.

203: Is the COVID Vaccine Safe for My Child? Tips to Help Hesitant Parents (1.0 CE/0.25 Rx) (Oct. 2021)
Dana DeShon, DNP, APRN, CPNP-PC
COVID vaccine was approved for EUA for children aged 12-15 years on May 10, 2021, and social media flooded with questions about the safety in giving it to children. This session will review the most common issues such as safety in development and trial of the current EUA COVID-19 vaccines, fertility concerns, DNA involvement, microchip and natural versus vaccine immunity. Steps to fully vaccinate all children once approved for EUA will be reviewed. You will be prepared in having a conversation with parents to confidently provide factual information and dispelling myths associated with the COVID-19 vaccine.

204: Strokes in Newborns; Early Recognition Improves Outcomes (0.75 CE)
(March 2021)
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.

205: Failure to Wean Noninvasive Ventilation in the PICU: Decisions and Transitions (0.75 CE)
Ann Marie Ramsey, MSN, CPNP
Failure to wean from noninvasive ventilator support is an increasing challenge in the PICU. This presentation will describe patients most likely to fail to wean from acute noninvasive positive pressure ventilator support (NIV) and discuss characteristics which describe patients who are mostly likely to successfully transition to chronic NIV. Alternative ventilation strategies are offered for patients who are not candidates for chronic NIV. Case studies will provide real life examples of the complex decision making employed the identifying successful chronic NIV candidates.

206: Sedation Pitfalls in the Critical Care Setting
Marisa G. Mize, DNP, CPNP-AC/PC, CCRN (0.75 CE/0.25 Rx)
Sedation with children is a challenge and struggling to keep a child sedated adequately can be frustrating. The session will explore sedation protocol based on different ages and challenges based on typical situation. Review of literature will be intertwined to bring up to date information as to what sedation packages are to be considered for common issues.

Potpourri Track

301: Impact of the COVID-19 Pandemic on Prevention & Treatment of Childhood Obesity: Opportunities for the Future (1.5 CE)
Alyson Goodman, MD, MPH; Samantha Lange, MPH and Renee Porter, PNP, DNP
The COVID-19 pandemic affected children’s lives in many ways, including school closures, disrupted routines, and increased stress; as a result, children may have experienced exacerbated unhealthy habits and accelerated weight gain. As youth-serving venues reopen, it will be important to acknowledge the indirect consequences of the pandemic and provide children and families with ample opportunities for nutrition, physical activity, and maintenance of healthy weight. This presentation will highlight the relationship between childhood obesity and the COVID-19 pandemic, including the effects of the pandemic on children’s body mass index and obesity as a risk factor for severe COVID-19 illness. We will also provide an overview of opportunities for obesity prevention and treatment, including USPSTF-recommended care, AAP’s Interim Guidance for Weight Management during the COVID-19 Pandemic, and CDC’s portfolio of evidence-based pediatric weight management programs. We will conclude by sharing applied tools for clinical practice, such as inclusive language, motivational interviewing, and social determinants of health screening.

302 Nursing Beyond the Borders: Addressing Healthcare Needs and Health Disparities for Children in Immigrant Families (1.0 CE)

(March 2021)

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.

303: Are We Listening? Barriers and Challenges for Families of Children with Medical Complexities (1.25 CE)

(March 2021)

Emily Charles, MS, APRN, FNP-C, PNP-AC

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.

304: School-Based Health During the Pandemic (0.75 CE)

Lydia Yeager, DNP, MSN, RN, CPNP-PC, AE-C, Nan M. Gaylord PhD, RN, CPNP-PC, PMHS, FAANP, FAAN, Camilla Giallourakis, DNP, APRN, CNP – AC/PC & Andrea Harmony MSN, APRN, NP-C
This presentation will provide an overview of school-based health; what school-based health centers are doing to protect students, staff, and the community during the COVID-19 pandemic; telehealth usage by school-based health centers, and school based reproductive services.

305: Empathic Communication 101: How to Approach Difficult Conversations in Any Setting - (1.0 CE) (March 2021)
Amy Hatton, MSN, RN, CPNP-PC, CHPPN

Many studies demonstrate that health care providers are not comfortable with difficult conversations or “breaking bad news” and training improves comfort with this essential skill. While the news cannot be changed, delivery by an expert clinician that empathically and accurately communicates the difficult information can positively affect the patient and family experience. This presentation aims to educate pediatric nurse practitioners on skills and tools when having difficult conversations or communicating life altering news across settings, education, and level of experience. Participants will leave this session empowered to deliver difficult news across practice settings with new confidence and abilities.

306: Shot@Life Champion Training (0.75 CE)

Shot @ Life Champions are our strongest supporters across the nation and the world — individuals who are dedicating their voice, time, and support to stand up for children in developing countries. Champions represent a diverse group of parents, students, medical professionals, activists and anyone who believes in the importance of global childhood immunizations.

307: A Primer on Nutraceuticals... What Do I Need to Know? (Oct. 2021)(1.0 CE/1.0Rx)
Debra P. Shockey, DNP, RN, CPNP