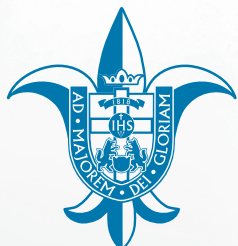




**SAINT LOUIS
UNIVERSITY
SCHOOL OF NURSING**

**13TH ANNUAL ADVANCED
PRACTICE NURSING
CONFERENCE AND WORKSHOPS**

FEB. 18-19, 2010



**SAINT LOUIS
UNIVERSITY**

FACULTY

Todd A. Armstrong, Pharm.D., BCPS

Medical Outcomes Specialist
Pfizer, Inc.
St. Louis, Missouri

Stephen Benz, MD

President, Tesson Heights Orthopaedics
General Orthopaedics,
Fellowship in Hand Surgery
St. Louis, Missouri

Jill Ann Kliethermes, MSN, RN, APRN, FNP-BC

Chief Executive Officer
Missouri Nurses Association
Jefferson City, Missouri

Raman Malhotra, M.D.

Assistant Professor
Department of Neurology & Psychiatry
Saint Louis University
School of Medicine
St. Louis, Missouri

Dorcas McLaughlin, PhD, RN, PMHCNS-BC

Associate Professor of Nursing
Psychiatric Mental Health Nursing
Saint Louis University
School of Nursing
St. Louis, Missouri
Private Practice, Board Certified
Psychodramatist

Gere Ochs, MSN, RN, BC-ANP/ACNP

Associate Professor of Nursing
Coordinator of the Acute Care
Nurse Practitioner Option
Saint Louis University
School of Nursing
St. Louis, Missouri

Shalini Paruthi, MD

Pediatric Sleep Specialist
Division of Pulmonary Medicine
Cardinal Glennon Hospital
St. Louis, Missouri

Barbara J. Smith, JD, B.G.S., A.S.

Owner
Smith Law, and of Counsel,
Smith Rehabilitation Consultants, Inc.
Martinsville, Indiana

**Thomas A. Smith, MS, LMHC, BS Pharm, P.D.,
FASCP, NCP, DAPA**

President and CEO
Smith Rehabilitation Consultants, Inc.
Martinsville, Indiana

Deirdre M Schweiss, MSN, RN, CPNP

Assistant Professor
Saint Louis University
School of Nursing
St. Louis, Missouri

Rita Tadych, PhD, RN, PMHCNS-BC

Licensed Psychologist
Assistant Professor of Nursing
Coordinator of Psychiatric Mental Health Nursing
Graduate Specialty
Saint Louis University
School of Nursing
St. Louis, Missouri

**Joanne Thanavaro, DNP, APRN,
ACNP-BC, ANP-BC, DCC**

Associate Professor
Coordinator, Adult Nurse
Practitioner Program
Saint Louis University
School of Nursing
St. Louis, Missouri

Rick Watters, JD

Lashly & Baer, P.C.,
St. Louis, Missouri

Wendy Wright, MS, RN, ARNP, FNP, FAANP

Adult/Family Nurse Practitioner
Wright & Associates Family Healthcare
Partner-Partners in Healthcare Education, LLC.
Bedford, New Hampshire



KEYNOTE:
EILEEN T. O'GRADY PHD, RN, NP

Keynote address: Health Policy 2010: Unleashing the Power of APNs

Dr. O'Grady is a certified adult nurse practitioner and serves as Policy Editor and columnist for the American Journal of Nurse Practitioners and Nurse Practitioner World News and is a Visiting Professor at Pace University in New York City where she teaches health policy to doctoral nursing students.

She has been on the faculty of George Mason University's Center for Health Policy Research and Ethics, George Washington University's Department of Health Care Sciences where she was awarded the 'Outstanding Teacher of the Year', and worked as a research analyst at Abt Associates, Inc.

She has held a number of leadership positions with professional nursing associations, most notably as a founder and vice chair of the American College of Nurse Practitioners (ACNP). She was a 1999 Policy Fellow in the U.S. Public Health Service Primary Care Policy Fellowship and in 2003 was given the ACNP 'Legislative Advocacy Award' for her leadership on nurse practitioner policy issues.

Dr. O'Grady has practiced as a primary care provider for 15 years and has clinical expertise in sports medicine. She has authored numerous articles and book chapters on primary care, orthopedics, and health policy. She has taught nurses and physicians around the United States as well as around the world with the U.S. Peace Corps.

CUT HERE AND SAVE!



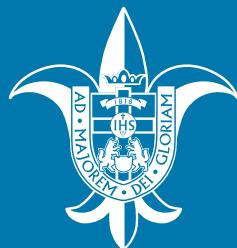
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**SAINT LOUIS
UNIVERSITY**

DAY 1:

THURSDAY, FEB. 18, 2010

WORKSHOPS

(Early registration recommended)

7:30-8 A.M. - CHECK-IN

8 a.m.-11:30 a.m.

1 Basic Wound Care and Suturing

(Enrollment limited to 30 participants)
Gere Ochs

This workshop is structured for the Advanced Practice Nurse who has had minimal suturing experience. The course will review basic wound assessment and care of, including common wound care problems. The course will emphasize basic laceration repair including the use of anesthetics, specific suturing materials, knot tying techniques, and common techniques of closure. Participants will practice basic suturing techniques under the supervision of the instructor. Current SLU graduate students should not enroll.

2 Heart Sounds and Murmurs

Wendy Wright

Cardiac assessment skills are essential for every nurse practitioner, regardless of employment setting. This session is for every nurse practitioner looking to improve the identification of heart sounds and murmurs. Using an interactive CD ROM, various murmurs will be discussed and heart sounds projected both acoustically and visually.

3 Use of Action Methods with Traumatized Children and Adults

(Enrollment limited to 20 participants)
Dorcas McLaughlin

Research findings support that interpersonal violence, disasters, and war have a profound impact on the mind and body. Action Methods, one of the original mind/body therapeutic modalities, integrates sensory experiential methods with cognitive behavioral approaches to treat children and adults suffering with trauma symptoms. This workshop will begin with a didactic presentation of the neurobiological and psychological responses associated with trauma, followed with experiential activities to show how action methods may be used by advanced practice nurses to treat survivors suffering with trauma-

based symptoms. Action methods that reduce hyperarousal and dissociation, retrieve fragmented trauma memories, reframe distorted cognitive messages, and create a healing story will be demonstrated and practiced. *The speaker is board certified as a practitioner in psychodrama, group psychotherapy, and sociometry. As an advanced practice nurse in private practice, she integrates psychodrama in her work with individuals, couples, and groups.*

11:30 a.m.-12:30 p.m.

LUNCH *(Provided)*

12:30-4 p.m.

4 Eye Exam: Improving Your Skills

(Limited Enrollment - All individuals must bring their own ophthalmoscope)
Wendy Wright

Nurse practitioners frequently encounter individuals with eye problems and complaints. It is essential that the nurse practitioner be able to differentiate between benign vs. serious ocular conditions. The first half of this seminar will provide didactic information regarding a complete eye examination and will review common and serious ocular conditions, and recommendations for treatment of each condition. This discussion will include retinal diseases including hypertensive and diabetic retinopathy. The last half of the workshop will provide the nurse practitioner with the opportunity to perform a complete eye examination on a colleague. In addition, each participant will have the opportunity to practice removing a foreign body from the eye, fluorescein staining for the purpose of identifying corneal abrasions and fundoscopic examination.

5 Assessment of Sports Related Orthopedic Injuries

(Limited enrollment)
Stephen Benz

The purpose of this workshop is to give nurse practitioners a better understanding of the pathology, assessment, diagnosis, and treatment of sports related orthopedic injuries. Topics will include the pre participation exam, medical issues, and injuries of the upper and lower extremities of both the pediatric and adult athlete.

6 Psychopharmacology of the Now and the Future Thomas A. Smith

This workshop will review the new pharmacological and non-pharmacological treatments of: Addiction, anxiety, depression, dementia, developmental disorders, PTSD, and schizophrenia. This seminar will not only bring you up-to-date on current psychopharmacological treatments, but also focus on new drug therapies "in the pipeline" as well as a quick overview of psychotherapies for these conditions. Nurses and nurse practitioners in private practice settings, clinics and hospitals, and in case management will benefit from attending this fast-paced presentation

7 Advanced Wound Care and Suturing (Previous Basic Suturing course required)

(Enrollment limited to 30 participants)

Gere Ochs

This workshop is designed to prepare the NP who has experience in basic wound closures. This course will review nerve block anesthesia, wound prep, advanced repair techniques to complex wounds ie: subcuticular and mattress. Evidenced based practice guidelines will be emphasized in the care of complex wounds in specific anatomic sites. Participants will practice advanced suturing techniques under the supervision of the instructor. Basic suturing skills and or participation in a basic suturing course are strongly recommended.

DAY 2:

FRIDAY, FEB. 19, 2010

7:30-8 A.M. - CHECK-IN

8 a.m.-9 a.m.

KEYNOTE: Eileen T. O'Grady

Health Policy 2010: Unleashing the Power of APNs

9:15-10:15 a.m.

CONCURRENT SESSIONS

(Choose One)

A Aggressive Risk Factor Management in the Prevention of Coronary Artery Disease

Wendy Wright

B Ethical Quandries in your clinical practice: Legal exposure and

how to possibly limit it.

Barbara J Smith and Thomas A Smith

C Improving Patient Adherence Through Health Behavior Change

Todd A. Armstrong

10:15-10:45 a.m. - BREAK

Vendor Exhibits

10:45-11:45 a.m.

CONCURRENT SESSIONS

(Choose one)

D Evaluation and treatment of syncope in the primary and acute care setting

Joanne Thanavaro

E Integrative therapies: So much more than complementary and alternative therapies.

Barbara J Smith and Thomas A Smith

F Update on Pediatric Palliative Care for the APN

Deirdre Schweiss

11:45 a.m.-12:45 p.m.

LUNCH (Provided)

12:45-1:45 p.m.

CONCURRENT SESSIONS

(Choose one)

G Introduction to Sleep Disorders in Adults

Raman Malhotra

H Controversies in treating your aged clients- from compliance to outcomes.

Barbara J Smith and Thomas A Smith

I Introduction to Pediatric Sleep Disorders

Shalini Paruthi.

1:45-2 p.m. - BREAK

2-3:30 p.m.

CLOSING SESSION

APRN Collaborative Practice and MONA's Work on Advanced Practice: Current Practice Responsibility and Future Direction

Brief presentations and panel Q & A to clarify requirements now in place and provide legal status update on controlled substance prescriptive authority, along with communicating MONA's investment regarding APRN practice.

Jill Kliethermes, Rita Tadych and Rick Watters

PLEASE SUBMIT QUESTIONS AHEAD OF TIME TO: tadychra@slu.edu

REGISTRATION INFORMATION

TUITION

Tuition includes lunch, break refreshments and conference materials. A late fee of \$10 will be charged at the door or for registrations post-marked or called in after February 08, 2010.

HOW TO REGISTER

You may preregister by mail using the form below; in person at the School of Nursing, 3525 Caroline Street, Room 443, or by FAX (314) 977-8819. Payment may be by check, money order, VISA, MasterCard or Discover. Preregistration by 10 calendar days prior to the day of the conference is strongly encouraged to ensure availability of seating space and handout materials and to avoid late registration charges. Upon receipt of your preregistration form and tuition fee, you will be sent an acknowledgement letter with information relative to the conference.

ACCREDITATION

Saint Louis University School of Nursing is an approved provider of continuing nursing education by the Missouri Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation (MONA Provider #112-VII).

MONA approval pertains only to the educational activity and does not imply endorsement of any commercial products.

CONTACT HOURS

February 18, 2010 6.5 contact hours
February 19, 2010 5.5 contact hours
Total for both days: 12.0 contact hours
Satisfactory completion of this educational activity consists of attendance at each session and completion of the end of conference evaluation.

LOCATION & PARKING

The conference will be held at the Saint Louis University Medical Center. A map with parking information will be sent to you with your confirmation of registration.

ACCOMMODATIONS

Hotel accommodations can be made at the Water Tower Inn (please use booking ID #1370) at Saint Louis University by calling (314) 977-7500; e-mail: WTI@slu.edu. Water Tower Inn is offering a special conference rate of \$60 per night until Feb. 1. Call Sally Lehnert (314) 977-8919 for additional hotel options.

CANCELLATION

Since considerable advance planning is necessary for a program, the following refund policy is in effect: FULL REFUND, less a \$10 processing fee, if request is received SEVEN calendar days prior to the day of the conference. NO REFUND thereafter.

EXHIBITS

Commercial vendors are invited to exhibit at the conference. For more information please contact Kris L'Ecuyer, conference director, at (314)977-8975, or lecuyerkr@slu.edu

FOR MORE INFORMATION

Write or call

Sally Lehnert, Conference Coordinator
Continuing Nursing Education
Saint Louis University
School of Nursing
3525 Caroline Mall,
St. Louis, MO 63104
Phone: (314) 977-8919
Fax: (314) 977-8819
E-mail: lehnert@slu.edu

**You can also access the information through our web site:
www.nursing.slu.edu. Click on continuing nursing education.**

REGISTRATION

ADVANCED PRACTICE NURSING CONFERENCE AND WORKSHOPS

Feb. 18-19, 2010 (Course Number – NR 10022)

CONCURRENT SESSIONS:

(Circle one for each time)

FEB. 18 – WORKSHOPS

8 a.m. 1* 2 3

12:30 p.m. 4 5 6 7*

*SLU grad students should not enroll in workshop 1 or 7.

FEB. 19

9:15 a.m. A B C

10:45 a.m. D E F

12:45 p.m. G H I

TUITION

_____ \$75 for **one** AM workshop (Feb. 18)

_____ \$75 for **one** PM workshop (Feb. 18)

_____ \$150 for two workshops (one AM & one PM) (Feb. 18)

_____ \$125 February 19 conference

_____ Current SLU Graduate Student 50 percent discount
Workshops open to students on space available basis

_____ \$10 late fee if postmarked after

Feb. 8, 2010

NO GROUP DISCOUNTS

NAME: _____

DATE OF BIRTH: _____

HOME ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

HOME PHONE: () _____ **WORK PHONE:** () _____

CLINICAL SPECIALITY OR PRESENT POSITION: _____

PLACE OF EMPLOYMENT: _____

WORK ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

E-MAIL ADDRESS: _____ **DEGREE(S)** _____

METHOD OF PAYMENT:

ENCLOSED IS A CHECK (Payable to Saint Louis University)

PLEASE CHARGE MY:

MASTERCARD VISA DISCOVER

CARD # _____ **EXPIRATION DATE** _____

AUTHORIZING SIGNATURE: _____

Credit card numbers may also be called in over the phone to Sally Lehnert at (314) 977-8919.

MAIL THIS FORM TO: *Sally Lehnert, 3525 Caroline Mall, St. Louis, MO 63104*

CONFERENCE GOALS

THE PURPOSE OF THIS CONFERENCE IS TO PROVIDE AN OPPORTUNITY FOR ADVANCED PRACTICE NURSES, INCLUDING NURSE PRACTITIONERS AND CLINICAL NURSE SPECIALISTS TO:

- Enhance knowledge of current issues in advanced practice nursing from leading experts and nationally recognized speakers.
- Develop clinical skills applicable to advanced practice nursing.
- Network with nurses in various specialties of advanced practice nursing.



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Advanced Practice Nursing
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FEB. 18-19, 2010