

2nd Annual Pharmacology Review Event Agenda

Friday, April 26, 2019 at 7:30am CT - Saturday, April 27, 2019 at 3:30pm CT

i All times listed in Central Time (US & Canada).

Friday, April 26, 2019

7:30am - 8:00am

Check-in and exhibit time

8:00am - 8:15am

President's Welcome

Brian Goodroad, DNP, APRN, CNP, FAANP

8:15am - 9:45am

Pain Management and Opioids: Balancing Risks and Benefits (part 1)

Pamela Stitzlein Davies, MS, ARNP, A/GNP, ACHPN, RN-BC, FAANP Nurse Practitioner, University of Washington Adjunct Faculty, Seattle Pacific University, School of Health Sciences

1.5 CE Credits

The most recent nationally vetted standards for safe opioid prescribing are presented based on the FDA Prescriber Education blueprint and developed by CO*RE. Content discusses the four phases of safe prescribing standards: (1) pain assessment and screening tool use guidelines; (2) opioid trial definition and expected components including UDT, PPA & Informed Consent; (3) long term therapy, UDT and screening tool use frequencies, and (4) aspects associated with termination of care. Concepts of Red Flag behaviors and problem cases are reviewed.

Pharmacology information includes CO*RE content on immediate release and long acting opioids, dose and drug family changes, equal analgesic drug conversions and abuse deterrent medications. Completion of this program and its evaluation meets many state-based requirement, including Boards of Nursing, for opioid prescriber education.

9:45am - 10:15am

Exhibit Break

10:15am - 11:45am

Pain Management and Opioids: Balancing Risks and Benefits (part 2)

1.5 CE Credits

continued from session 1

11:45am - 12:30pm

Lunch/Exhibit

12:30pm - 1:30pm

Prescribing for Common Psychiatric Disorders

Janelle Jones APRN, CNP, PMHNP-BC Janelle Jones APRN, CNP, PMHNP-BC works with college students at the Boynton Mental Health Clinic at the University of MN.

1.0 CE Credit

Mental health disorders adversely impact the functioning of millions of Americans, across the lifespan, each year. Psychiatric treatment is being sought out more frequently and patients are presenting with higher acuity. In an effort to help more prescribers provide accessible and quality care, this presentation aims to familiarize prescribers with common psychiatric disorders and first-line psychotropic prescribing practices.

1:30pm - 2:30pm

Stop the Spread! Screen Instead

Jen Zaremba DNP, APRN, PCNS-BC is a board certified pediatric clinical nurse specialist and is currently the advanced practice nurse leader for pediatric emergency services for the Fairview Health System.

1.0 CE Credit

This presentation will provide information on incidence and prevalence of gonorrhea and chlamydia in different life stages and populations. It will also discuss lab tests used to diagnose gonorrhea and chlamydia and make recommendations as to when screening should be completed. Pharmacologic treatment options will also be discussed as well as recommendations for follow up.

2:30pm - 3:00pm

Exhibit

3:00pm - 4:00pm

PrEP: Pre-exposure Prophylaxis for the Prevention of HIV Infection

Ashley Beasley, RN, CNP is a family nurse practitioner at The Red Door Clinic of Hennepin County Public Health Clinic

1.0 CE Credit

This presentation will introduce advanced practice nurses to PrEP, Preexposure Prophylaxis for the prevention of HIV. The presentation will include information about HIV risk and risk reduction, pharmacology of emtricitabine/tenofovir when used for PrEP, and patient assessment components related to the appropriate and safe use of this medication in HIV negative individuals as a pharmacological tool in the prevention of HIV.

4:00pm - 5:00pm

Probiotics & the Brain...what's the Connection?

Kerry Johnson, DNP, APRN, CNP is currently an Associate Professor at Metropolitan State University in the College of Nursing and Health Sciences. Dr. Johnson is currently the interim Co-Chair for the Department of Nursing at Metropolitan State University.

1.0 CE Credit

Probiotics can do more than improve your gut health. The gut-brain axis partnership is not new, but the research showing how bacteria affect our brain has increased dramatically. This presentation will review probiotics and their role and function in health and disease. Clinical guide to probiotic products for adults will also be reviewed

Saturday, April 27, 2019

7:30am - 8:00am

Check-in/Registration

8:00am - 9:00am

Peeling Back the Layers: A Best Practice Approach to Managing Atopic Dermatitis

Susan Tofte MS, BSN, FNP-C

1.0 CE Credit

Atopic Dermatitis (AD) is ranked the "most burdensome skin disorder" by the Global Burden of Disease Study with an estimated 18 million affected in the U.S. This includes 3 percent of adults and 20 percent of infants and children, and a financial burden of over \$5 billion in 2015 with an additional near \$30 billion in out-of-pocket expenses for adults alone. Whether you are providing care in a specialty area or in family practice, this activity will prepare you to identify AD, assess severity and utilize evidence-based guidelines to select the best treatment to help your patients better manage their disease and prevent complications.

9:00am - 10:00am

Measures of Renal Function and Renal Processing of Drugs

Lisa Carney Anderson, PhD is an Assistant Professor and the Director of Education in the Department of Integrative Biology/Physiology, University of Minnesota.

1.0 CE Credit

The kidneys are essential organs for homeostasis such as electrolyte balance and clearance of waste and drugs. In this presentation an overview of the basics of renal function, as measured creatinine clearance and the fraction excretion of Na⁺, will be provided with an emphasis on the secretion of wastes and drugs. Drug clearance relies on active transport across the renal epithelium; drugs use transporters that either secrete weak acids or weak bases.

10:00am - 10:30am

Exhibit

Drawings for Door Prizes!

10:30am - 11:30am

Lactation and Pharmacotherapeutics

Ben Ranstrom, DNP, APRN, PNP AC/PC, FNP/ENP, RNFA works in trauma, surgery and critical care in the metro area and is a former IBCLC. Courtney Schantzen, MSN, APRN, CNP-P, CLC is a Pediatric Nurse Practitioner with the Indian Health Service stationed in White Earth, Minnesota.

1.0 CE Credit

The science and practice of pharmacology in the context of lactation is are discussed using common clinical scenarios.

11:30am - 12:30pm

Medical Cannabis Use in Pediatrics: The First Years in Minnesota

Gretchen Moen, DNP, APRN, CPNP-BC is the founder and clinical director for Dakota Child and Family Clinic, a nonprofit, charity clinic in Burnsville MN. Dr. Moen is a primary care pediatric nurse practitioner and is an Assistant Professor and pediatric nurse practitioner options coordinator at St Catherine University.

1.0 CE Credit

Medical Cannabis is growing in popularity in the treatment of a variety of conditions. To understand its popularity, and application to practice Dr. Moen will share her experience with medical cannabis and provide an overview of the MN medical cannabis program.