

2018 APRN Pharmacology Conference



Session 1: Future of Nursing and Culture of Health; Danielle Howa Pendergrass, DNP, APRN, WHNP-BC

Dr. Pendergrass's session will address the broader aspect of health, how NPs fit into this framework, and what they can do in their communities, including mentoring, securing appointments to boards and demonstrating leadership. Her presentation is based heavily on the IOM's Future of Nursing report, social determinants of health, and health equity. Dr. Pendergrass will also demonstrate how AARP & the Campaign for Action is working for NPs throughout the nation.

Danielle Howa Pendergrass DNP, APRN, WHNP-BC offers services to over 20,000 underserved women in rural price Utah where she owns and operates Eastern Utah Women's Health. In order to provide services, she used the 2010 IOM recommendations to change Utah's Medicaid policy to allow all nurse practitioners to directly bill and be reimbursed by Medicaid. She went on to negotiating equal pay for equal services and now all nurse practitioners in Utah are paid at 100% the physician rate. She has also partnered with local, state and federal funding to ensure that all women have access to affordable healthcare. Danielle is one of twenty nurses named as a Breakthrough Leader in Nursing by the Future of Nursing: Campaign for Action, a joint initiative of AARP and the Robert Wood Johnson Foundation. She was featured in AARP and is the recipient of several leadership awards. She recently served as the Utah State Representative for the American Association of Nurse Practitioners and is a nurse consultant for the Center to Champion Nursing in America. She is most proud of the impact she has had on her community.



Session 2: Pre- Travel Risk Assessment, Not a 5-Minute Consult, Part 1: Sara Heineman MN, APRN-FNP

These two sessions cover pre-travel risk assessment, including: travel/routine immunizations, malaria, traveler's diarrhea, altitude illness, insect precautions, food/water precautions, and safety.

Sara Heineman is a graduate of MSU College of Nursing for both her Bachelor's Degree (2003) and Master's Degree as a Family Nurse Practitioner (2009). She worked as a FNP in both primary care and urgent care settings and realized her true love is public health. Sara returned to Missoula City-County Health Department in the spring of 2013 in a management position and in May 2015 started working in the International Travel Clinic. When not at work, she loves being in the outdoors and traveling with her husband and dogs.



Session 3: Medications in Dementia-the Good(ish), the Bad and the Ugly; Miranda Meunier, GNP-BC

Miranda Meunier will present basics of dementia diagnosis and management including description of different types of dementia, diagnostic criteria, medications used to “treat” dementia including medications for behavioral issues, and medications that should be avoided in individuals with dementia and older adults.

A native of Montana, Miranda has focused her professional career on improving health of older adults in Montana. After receiving a BSN from St. Olaf College in Minnesota in 2002, Miranda moved to Seattle and worked at a community hospital there before moving to North Carolina to pursue a Master’s program at Duke University. Miranda completed her Master’s degree in 2008. Through her Master’s program, Miranda specialized as a Gerontological Nurse Practitioner and was a Hartford Foundation scholar. Upon graduation, Miranda accepted a position as a nurse practitioner in the Geriatrics Department at Billings Clinic and has enjoyed being “home” ever since. Her work mostly focuses on caring for patients in assisted living, nursing homes, and rehab settings. She has been involved in many volunteer activities including serving as a member of a workgroup that developed a state plan for dementia in Montana. She enjoys speaking engagements that teach other providers and the public about various geriatric topics. Miranda loves the Big Sky State and spends her free time enjoying the outdoors including skiing and camping.



Session 4: Pre- Travel Risk Assessment, Not a 5-Minute Consult, Part 2: Sara Heineman MN, APRN-FNP

These two sessions cover pre-travel risk assessment, including: travel/routine immunizations, malaria, traveler’s diarrhea, altitude illness, insect precautions, food/water precautions, and safety.

Sara Heineman is a graduate of MSU College of Nursing for both her Bachelor’s Degree (2003) and Master’s Degree as a Family Nurse Practitioner (2009). She worked as a FNP in both primary care and urgent care settings and realized her true love is public health. Sara returned to Missoula City-County Health Department in the spring of 2013 in a management position and in May 2015 started working in the International Travel Clinic. When not at work, she loves being in the outdoors and traveling with her husband and dogs.



Session 5: Psychotropic Medications in Pregnancy and Lactation; Diane Goedde, NP

This session will consist of a discussion of the use of psychotropic medications in pregnancy and lactation. Ms. Goedde will provide information about principles to consider when prescribing any type of medication in pregnancy and lactation. Safety profiles of psychotropic medications in pregnancy and lactation will be discussed.. Case studies will be utilized to illustrate the principles and help guide decision making regarding prescribing of psychotropic medications during pregnancy and lactation.

Diane Goedde is a Nurse Practitioner in Psychiatric Services at Billings Clinic, Billings, MT, serving as a hospitalist in an acute psychiatric stabilization unit. She is a 2003 graduate of Gonzaga University with a Master of Science in Nursing. In 2007 Diane started an outpatient collaborative care OB Mental Health clinic which she continues to run on a weekly basis. She also serves as the sole provider for

an outpatient collaborative care Oncology Mental Health Clinic. She is currently involved in a research study to look at the effectiveness of the OB Mental Health Clinic and how the clinic can better serve its population.

Session 6: Obstructive Sleep Apnea for the Busy Practitioner; James Osmanski, DO

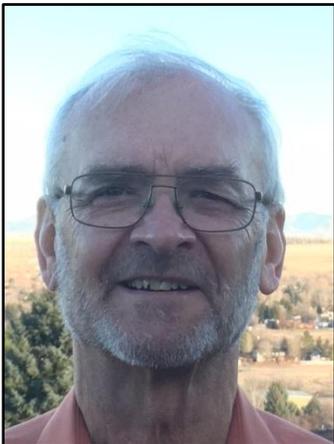
Dr. Osmanski will provide an Introduction to diagnosis and management of obstructive sleep apnea, including PAP and non-PAP strategies, using case histories as examples. Dr. Osmanski is a pulmonary, critical care, and sleep physician who practices at Bozeman Health, where he serves as the director of the Sleep Disorder Center.



Session 7: Seizures: What You Need to Know; Elize Cline, FNP-BC

Ms. Cline's presentation will include information about seizures, antiepileptic drugs, psychosocial aspects of seizure disorders, special considerations of seizure disorders in pregnancy. Learners will gain insight into how to assess seizures as medical emergencies. Use of marijuana in management of seizure disorders will be explored.

Elize Cline was raised in Helena and Missoula. She graduated from Montana State University in 2009, and began her nursing career at St. Patrick Hospital in Missoula Montana working in acute care Neuroscience until 2013. In the summer of 2011, she participated in a medical mission trip delivering nursing care in Kenya and serving as the team RN through InterVarsity. In 2014, she obtained her Masters in Nursing through Montana State University. During that time, she worked as a Graduate Teaching Assistant for MSU College of Nursing – Missoula Campus, which was the highlight of her Master's Program. Upon graduation, she briefly worked in family practice and urgent care before joining St. Peter's Hospital in outpatient Neurology. She has been in her current position three years and enjoys caring for her community. She lives with her husband and red retriever in Helena, and enjoys fly fishing, skiing, cooking, and traveling the world.



Session 8: COPD: Guideline Therapy 2017; Rick Blevins, MD

The Global Initiative for Chronic Obstructive Lung Disease (GOLD) first released guidelines in 2001 recommending treatment strategies based upon a simple spirometric grading into 4 stages. This has evolved over subsequent revisions into a more complex, but more accurate ABCD grouping based on symptoms and risk of exacerbation. Spirometry, while essential for diagnosis, has been separated from the ABCD pharmacologic treatment groups. GOLD stages 1-4 are still used for prognostic and other non-pharmacologic considerations. The session will focus on understanding guidelines and approaches to treatment.

Dr. Rick Blevins received his MD degree from the University Of Colorado School Of Medicine and did residency training in Internal Medicine followed by a fellowship in Pulmonary Medicine, both in the Navy. Following discharge, he moved to Great Falls where he practiced both pulmonary and critical care medicine for 32 years. He relinquished his critical care practice in 2014, and continued pulmonary practice until 1/1/ 2017, when he retired (mostly). He still does hospital medicine part time in Great Falls,

and has been working part time in Glendive while one of their hospitalists has been deployed. Dr. Blevins is board certified in Internal medicine and pulmonary diseases and also a fellow of the American College of Chest Physicians.



Session 9: Caring for Patients with Suicide Risk: Building a Foundation for Assessment, Screening and Treatment and Medication Risk and Assessment; John Honsky, APRN and Karl Rosston, LCSW



This presentation focuses on suicide within our culture, with specific attention towards the role of primary care in assessment and intervention with high risk suicidal patients. Information is based on SAMHSA's Suicide Prevention Toolkit for Rural Primary Care Providers and covers national and Montana data, demographics of a suicidal person, warning signs, depression screening with the PHQ-9, risk assessment utilizing the Columbia Suicide Severity Rating Scale, safety planning, lethal means counseling, and caring contact. Considerations of APRNs in relation to medications increasing the risk of suicidal ideation will be explored.

Karl Rosston, LCSW, is the Suicide Prevention Coordinator for the Department of Public Health and Human Services. Karl came to DPHHS from Shodair Children's Hospital where he was the Director of Social Services and a therapist on the acute crisis unit. Previously, Karl worked at the University of Colorado, where he was on the faculty of the Department of Psychiatry. Along with being an instructor, he worked as a clinical consultant as part of a collaboration project between the University of Colorado and the Colorado Division of Youth Corrections. He is a licensed clinical social worker who maintains a small private practice in Helena. He received his Master's in Social Work from the University of Denver and his Bachelor's in Psychology from the University of Montana. As the State's Suicide Prevention Coordinator for the past year, Karl has been focusing on providing evidenced-based programs to all Montana secondary schools, revising the State Suicide Prevention Plan, stabilizing the Montana Suicide Prevention Lifeline, implementing firearm safety programs, implementing a statewide media campaign, providing suicide prevention trainings around the state, and coordinating suicide prevention efforts around the state

John Honsky, APRN, has been an active member of the Montana Nurses Association and MNA's Council on Advanced Practice for years. He is a Family Psychiatric Nurse Practitioner who cares for patients across the life span with Partnership Health Center, Missoula's Community Health Center. He has a bachelor's degree in nursing from Montana State University, a master's degree in psychiatric nursing, and a master's degree in education administration and curriculum development, both from Gonzaga University. He is on the faculty at Gonzaga University and Montana State University, Bozeman. John enjoys music, archery, and trekking across new terrain.



Session 10: Keep it Down Please! Strategies to Treat Hypertension; Joni Walton, PhD, NP-C

In this session, Dr. Walton will review the Eighth Joint National Committee Pharmacologic Recommendations as well as discuss ASH (American Society of Hypertension) lifestyle changes and when to start treatment. Medication classes to treat hypertension will be discussed, including issues related to costs and affordability. Indications for echocardiograms and stress tests will be explored.

Joni Walton works as a Family Nurse Practitioner at Marias HealthCare in Shelby, Montana. Joni has a long history of working as a Cardiovascular Clinical Nurse Specialist in both acute and outpatient settings. She has worked as a researcher, educator and clinician and has many research publications on both spirituality and recovery from illness. Joni focuses on life balance, and maintaining health and wellness.

Session 11: PTSD; Irene Walters, MSN, APRN-BC: Information not yet received.

Session 12: Chronic Pain and New Opioid Guidelines and the Usage of Suboxone; Char Lewis, MN, APRN-FNP and Tanya McCullough, NP: Information not yet received.



Session 13: Anxiety Management; Lorina Massey, MSN, APRN

According to the Anxiety and Depression Association of America, anxiety disorders are the most common mental health issue in our country. These treatable anxiety conditions affect around 40 million adults, but less than half of people suffering actually receive treatment. These folks access health care much more often presenting to their doctor more frequently, seek care in emergency departments, frequently “self-medicate” and they are six times more likely to have a psychiatric hospitalization. These are also patients that can be difficult to help and can require a lot of time for office staff. We will explore evidenced based treatments as well as tips and pearls for accurate assessment, diagnosis and treatment.

Lorina was born and raised in NW Montana. She received her undergraduate education at Salish Kootenai College and graduated with my MSN and FNP from Gonzaga University in 2005. In 2007, she obtained her post master’s degree as a psychiatric nurse practitioner, also from Gonzaga University. Lorina worked as an RN at Montana State Hospital in Warm Springs for 5 ½ years and has worked both inpatient and outpatient as a psychiatric nurse practitioner. Currently, Lorina works full time providing outpatient psychiatric care for children through geriatrics at St. Joseph’s Medical Center in Polson. She also provides short term care (contracted with Western Montana Mental Health) at the Lake House crisis house in Polson. Lorina has been married for 35 years and has 6 children and 7 grandchildren. She finds time to enjoy indoor and outdoor gardening, hunting, canning and spending time with her large family.



Session 14: Something's going on "Down There": Vulvovaginal issues and Dyspareunia; Erin Stevens, MD

This session will include discussion of vulvar dermatology including lichen simplex, lichen planus, lichen sclerosis, VIN, vulvar cancers and discuss the appropriate treatments of each condition.

Erin Stevens, MD is one of three full time gynecologic oncologists at the Billings Clinic. She did her medical school training at New York Medical College, her residency in obstetrics & gynecology at Stony Brook Medical Center in Long Island and her fellowship training at Downstate Medical Center in Brooklyn, NY. Between her residency and fellowship she practiced as a general gynecologist in Miles City. She made her way back to Montana in 2013 to join the Billings Clinic and is now chair of the department of gynecologic oncology. The Billings Clinic practice is home to the only gynecologic oncologists in Montana, Wyoming and North Dakota and is the largest practice in the Northern Rockies.

Session 15: NASH vs NAFLD, and Cologuard Usage; Jeannie Fahlquist, NP: Information not yet received.



Session 16: Bleeding When You Shouldn't Be: Causes & Workup of Abnormal Uterine Bleeding; Erin Stevens, MD

This session will identify the causes of both premenopausal and postmenopausal vaginal bleeding, the workup and treatment of these conditions, and the follow up after diagnosis and/or treatment.

Erin Stevens, MD is one of three full time gynecologic oncologists at the Billings Clinic. She did her medical school training at New York Medical College, her residency in obstetrics & gynecology at Stony Brook Medical Center in Long Island and her fellowship training at Downstate Medical Center in Brooklyn, NY. Between her residency and fellowship she practiced as a general gynecologist in Miles City. She made her way back to Montana in 2013 to join the Billings Clinic and is now chair of the department of gynecologic oncology. The Billings Clinic practice is home to the only gynecologic oncologists in Montana, Wyoming and North Dakota and is the largest practice in the Northern Rockies.



Session 17: Endocrinology; Deb Kern, MSN, APRN, FNP-BC:

This session will cover issues in endocrinology including hypo/hyperthyroid, SIADH, Addisons and Cushings. Case studies will be utilized to discuss the clinical presentation and diagnostic testing as well as current recommendations for management of these issues.

Deb Kern graduated from Washington State University with a BSN, Idaho State University with an MSN and did post graduate work at MSU. She has worked as a Clinical Nurse Specialist in critical care in Seattle in Bone Marrow Transplant Unit and Medical ICU. She is currently working part time at Community Health Partners and teaching part time in the College of Nursing at MSU.



Session 18: New Wellness Guidelines for Primary Care; Keven Comer, MN, APRN, FNP-BC

Believe it or not, many Americans receive “too much” health care--not personalized for them. According the New York Times, up to one-third of annual US health care expenses are spent on unnecessary hospitalizations, tests, ineffective new drugs and medical devices, unproven treatments and unnecessary end of life care. This interactive class will update primary care providers regarding health maintenance screening intervals and recommendations and guidelines from the US Preventive Services Task Force. Recommendations from the “Choosing Wisely” campaign regarding guidelines to help cut unnecessary testing and the science behind the recommendations will be explored.

Keven Comer works as a Nurse Practitioner in the Internal Medicine Clinic at Bozeman Health.