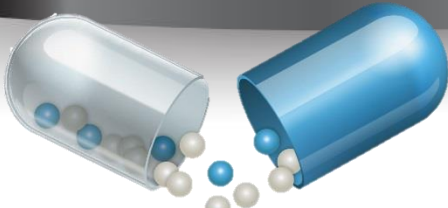


12th Annual



ADVANCED PHARMACOLOGY CONFERENCE

April 11-13, 2019

Up to 16 Pharm hours & up to 13.45 CEs available,
plus poster CEs



INTEGRIS

*INTEGRIS Baptist Medical Center, Auditorium-Concourse Level
3300 NW Expressway, Oklahoma City, OK. 73112*

Program Objectives

OACNS hosts the conference to give Oklahoma CNSs a local place to obtain pharm hours. OACNS invites any neighboring state's CNSs as well as any other Advanced Practice Registered Nurses needing Pharmacology hours.

Following completion of this workshop, participants will be able to:

- Identify disease management and evidenced-based practice to use in care of a wide range of disease processes such as cardiology, neurology, urology, acute and chronic disease processes.
- Discuss updates in pharmacology related to management of selected medical & mental health disorders.
- Describe the role of the Advanced Practice Registered Nurse in prescribing medications in acute and chronic conditions.

Speakers: Advanced Practice Registered Nurses and Pharmacists will be sharing their expertise with the participants.

Pharmacology Hours: Maximum of 16 pharmacology hours possible per participant.

We have been approved, from the Oklahoma Board of Nursing, for 16 Total Pharmacology Hours Level B continuing education category.

Nurses wishing to take this course for the purpose of renewal of prescriptive authority recognition are reminded that any pharmacotherapeutic courses for continuing education credit must be relevant to their scope of practice.

Contact Hours: INTEGRIS Health is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's commission on accreditation. This activity has been provided through INTEGRIS Health for 13.45 contact hours if all sessions are attended, and 1.0 contact hours for each poster presentation.

Conference Committee:

Conference Leader – Elaine Haxton

Content Expert – April Merrill

Nurse Planner – Tamara Meier

Emcee – Melissa Craft

Co-Emcee – Stephanie Moore

Poster Coordinator – Lynette Gunn

Proof reader & Social Media expert – Samantha Kuplicki

Vendor Coordinator – Tiffany Ngo

Volunteers – Shanelle Stensaas, Angela Lewis, Abbi (Cheryl) West, Carroll Clarizza

Finance – Susie Keeper

Conference Coordinator – Sandi Cooksey

Hotel Information

We do not have a contract with any certain hotel.
However, there is a list of close hotels
and the approx. cost at
<https://www.oacns.org>
under the conference tab

Conference Schedule

Thursday, April 11, 2019 (1 Pharm Hour & 1 Contact Hour available for this day)

Registration and Sign-In 6:00 pm

- *You must check in for the Contact and Pharm Hours to be valid*

Welcome 6:25 pm (Conference Rooms F, G, & H)

Session 1 6:30 pm-7:20 pm (dinner presentation)

Essential Oils - What Providers Need to Know

Amanda Spencer APRN, NP-C

Friday, April 12, 2018 (8 Pharm Hours & 6.64 Contact Hours available for this day)

Registration and Sign-In 7:30 am

You must check in for the Contact and Pharm Hours to be valid - Breakfast on your own

Welcome 8:00 am (Auditorium)

Session 2 8:05 am - 8:55 am

Alzheimer's Type Dementia, Assessment Factors, Education Factors, And Medication Management.

Joanne L. Alderman, MSN, APRN-CNS, RN-BC, FNGNA

Session 3 9:00 am - 9:50 am

Medical Cannabis for the Advanced Practice Nurse

Stephanie R. Moore, DNP, APRN, ACNS-BC

Caroline Coussens, APRN-CNS, BC

Break to visit Booths and Posters: 9:50 am to 10:15 am

Session 4 10:15 am - 11:05 am

New Migraine Treatments: Anti-CGRP and Gepants

Rhonda Coleman-Jackson, DNP, APRN-CNS

Session 5 11:10 am - 12:00 pm

Opioids: Managing Risk and Benefit

Teresa Etter, MS, ACNS-BC, CCNS

Lunch (provided) Poster & Booth Visits 12:00 pm - 1:00 pm

Session 6 1:00 pm - 1:50 pm

Pharmacologic Management of Heart Failure

Amanda Spencer APRN, NP-C

Session 7 1:55 pm - 2:45 pm

Ending the Epidemic: Preventing HIV Transmission through PrEP and Rapid Treatment

Russell Rooms, MSN, APRN, FNP-BC

Break: 2:45 pm-3:00 pm

Session 8 3:00 pm - 3:50 pm

Down and Dirty; The Effects of Oral Biofilm on Systemic Health

Susie Keeper, MSN, APRN-CNS, AGCC-BC, RDH

Session 9 3:55 pm - 4:45 pm

Pharmacy's Role in the Patient Centered Medical Home and Medical Neighborhood

Susan Conway, Pharm.D., FASHP, BCPS

Saturday, April 13, 2018 (7 Pharm Hours & 5.81 Contact Hours available for this day
Breakfast on your own)

Registration and Sign-In 7:30 am

You must check in for the Contact and Pharm Hours to be valid -

Welcome 8:00 am (Auditorium)

Session 10 8:05 am - 8:55 am

Hypertension Management for Advanced Practice Nurses

Ruth Ann Fritz, APRN-CNS BC, CNN, CCRN-K

Session 11 9:00 am - 9:50 am

Wound Management and Infections

LeAnne R. McWhirt, APRN-CNP, CWCA

Break to visit Posters: 9:50 am-10:05 am

Session 12 10:05 am - 10:55 am

Decreasing Cardiovascular Risk with Anti-Diabetes Drugs in Patients with T2DM

Diana Webber, DNP, APRN-CNP

Session 13 11:00 am - 11:50 am

New Kids on the Block: An Overview of Select 2018 FDA Drug Approvals

Amy Costner-Lark, DNP, APRN, FNP-BC; Jennifer Roberts, DNP, APRN, FNP-C

Stephanie Byrd, MS, APRN-CNP; Diana Webber, DNP, APRN-CNP

Kimberly Allen, DNP, APRN-CNP

Lunch (provided) Poster Visits 11:50 am - 12:35 pm

Session 14 12:35 pm - 1:25 pm

Pharmacologic Methods of Contraception

Bobbi Jo (B.J.) Loflin, Pharm.D. Pharmacy Specialist Resident

Session 15 1:30 pm - 2:20 pm

The Skinny on Post-Bariatric Supplementation

Emilee Bailey, PharmD, Pharmacy Specialist Resident

Session 16 2:25 pm - 3:15 pm

Managing Patients on Immunosuppression Therapy

Melissa Craft, PhD APRN-CNS AOCN

Registration Information

Register online at www.oacns.org

Early Bird Pricing Until March 25!!	Full Conf	Fri & Sat Only	Thurs Only	Fri Only	Sat Only
1-OACNS Members & INTEGRIS Employee	\$295	\$280	\$40	\$195	\$170
2-Non-OACNS Members	\$395	\$375	\$40	\$225	\$200
3-Student OACNS Members & Student INTEGRIS Employees	\$135	\$120	\$40	\$90	\$80
4-Student Non-Members	\$165	\$150	\$40	\$105	\$90
OACNS Board Members	\$90	\$90	\$25	\$60	\$50
Speakers and Conference Committee Members	\$10	\$10	\$10	\$10	\$10

If you are **not** a member of OACNS but are an INTEGRIS Employee, please email Sandi@oacns.org to get a discount **before you pay**.

Pricing Starting March 26 th	Full Conf	Fri & Sat Only	Thurs only	Fri Only	Sat Only
1-OACNS Members & INTEGRIS employees	\$335	\$320	\$50	\$215	\$190
2-NON-OACNS Members	\$435	\$425	\$50	\$245	\$220
3-Student OACNS Members & Student INTEGRIS employees	\$155	\$140	\$50	\$110	\$100
4-Students Non-OACNS Members	\$185	\$170	\$50	\$125	\$110
OACNS Board Members	\$110	\$110	\$35	\$70	\$60
Speakers and Conference Committee members	\$10	\$10	\$10	\$10	\$10

Questions: E-mail webmaster@oacns.org for any questions

(OACNS) Oklahoma Association of Clinical Nurse Specialists Federal Tax ID# 80-0647003

- Accommodations on the basis of disability for the conference center are available; including vegetarian and gluten free meals, please e-mail preferences to sandi@oacns.org by April 1st 2019
- Program Changes: OACNS reserves the right to substitute speakers, cancel or rearrange sessions due to low enrollment or other unforeseen circumstances. OACNS does not reimburse for hotel, airfare or any other expenses related to the conference.
- Conference Material will be available online to download prior to the conference. You will receive an email with the link to the handouts when they become available from the speakers. Some presenters might not have handouts.
- Starting this year, we will have the evaluations electronically. We will utilize QR codes, so you will need a QR code app on your phone. The QR code will be given to you during the presentation for you to complete the evaluation.
- We understand that things happen. Cancellation Policy: Cancellations are subject to a \$50 service charge; cancellations must be received by March 30; there will be no refunds after March 30, but you may send someone in your place; email webmaster@oacns.org the name of the substitute.
- Refunds will be processed up to four weeks after the conference. (PayPal refunds will be faster.)

Speakers' Bios

Amanda Spencer, APRN, NP-C

Amanda is an Adult-Gerontology Nurse Practitioner in Oklahoma City. She graduated from the University of Oklahoma Health Sciences Center with her BSN in 2009 and then again with her MSN in 2015. She has over 10 years of experience caring for cardiac patients and currently works at Oklahoma Heart Hospital in the Center for Heart Failure. Her passion is teaching patients about their disease processes and empowering them to take control of their health and wellness. Amanda believes the nursing model is the perfect approach to healthcare as it puts the patient first and focuses on the entire well-being of the patient, not just their disease process. In addition to allopathic medicine, Amanda is a firm believer in safely supporting patients in their desires to also utilize natural medicine. She believes the best approach to health is an integrative one, combining the two modalities. In addition to teaching patients she also enjoys teaching nurses, colleagues, and the community about health, wellness, and disease management.

Joanne Alderman, MSN, APRN-CNS, RN-BC, FNGNA

Joanne's Nursing career began in 1975 as an ADN graduate. Joanne practiced Critical Care Nursing in a major Tulsa hospital from 1975 – 1991. She completed the BSN program at Langston University in Oklahoma, and continued on to obtain her Master's Degree in Nursing from The University of Oklahoma and becoming certified as a Geriatric Advanced Practice Nurse in 1993. Joanne was awarded prescriptive authority in 1998. She practiced with supervisory physicians providing care in nursing homes, Rehabilitation LTAC, and performing wound management in these settings. She was elected as a board member-of the National Geriatric Nurses' Association, and in her second term, became 2016 President as well as an FNGNA Fellow. Joanne is the founding board member of the Tulsa Alzheimer's Association and currently serves on the association's speakers' bureau. She serves as Assistant Adjunct Clinical Professor for The University of Oklahoma, in addition to acting as Project Leader of a CMS Region VII/Oklahoma State Department of Health \$444,000 Grant for the NICHE Program at three nursing homes/Alzheimer's Living Centers and one hospital inclusive of three classes each (all shifts), annually that included: (a) Geriatric Resource Nurses, (b) Geriatric Nurse Techs/Aides, & (c) Geriatric Nurse Review Course in preparation to sit for the ANCC National Certification as a Gerontological Nurse, daily rounding with Department of Nursing on all patients 65 y/o and older. Joanne managed an APRN-CNS/Physician Collaborative Clinical/Educative Practice and continues as an independent provider with a supervising physician. Additionally, Joanne was honored with a request to be a member of the Governor's Long-Term Care Advisory Board in 2017 for a 2-year term with renewal. She also serves on the STAR-OKLTC Stakeholder group. Currently, Joanne is a Provider at a CCRC-ALC, member of an OSDH Grant/employed by O.U. - educating about Alzheimer's Type Dementia in our Northeastern OK nursing homes.

Stephanie R. Moore, DNP, APRN, ACNS-BC

Stephanie is an Oncology CNS at Cancer Treatment Centers of America® in Tulsa; she joined the staff in January 2012. She is certified by the American Nurses Credentialing Center. She earned a Doctor of Nursing practice from Oklahoma City University, a Master of Science degree in nursing (Acute Care Clinical Nurse Specialist) from the University of Oklahoma, and a Bachelor of Science degree in nursing from East Central University in Ada, Oklahoma.

Currently, Stephanie provides care in the outpatient medical oncology clinic in the Gastroenterology Center at CTCA and facilitates the survivorship support program. She serves on the Transformational Leadership Committee, the Cancer Committee, and is a member of the Breast Program Leadership Committee. Additionally, she is President-Elect for the Oklahoma Association of Clinical Nurse Specialists (OACNS).

Previously, Moore served in nursing roles at hospitals in Oklahoma, and Kansas, areas. She has also been active in academia as an instructor and Director of the Acute Care Clinical Nurse Specialist Program at the University of Oklahoma College of Nursing. She is a two-time winner of the school's Outstanding Faculty of the Year Award.

Stephanie enjoys spending time with her family. She also enjoys learning and supporting schools in her hometown of Broken Arrow, Oklahoma. In addition, she volunteers as a Girl Scouts leader in her community and mentors young women in her church.

Caroline Coussens, APRN-CNS, BC

Caroline was born and raised in New Orleans, Louisiana. She came to Oklahoma to attend Oral Roberts University where she met her husband Brent (of almost 35 years) and obtained a Bachelor of Science degree in nursing. She earned a Master of Science degree in nursing as a Clinical Nurse Specialist from the University of Oklahoma College of Nursing. She is certified by the ANCC in Adult Health. She assumed her entire career would be specialized in Oncology, but this would not be the case. In the year 2001, she left her career in Oncology to embark on an incredible adventure – to start a free clinic for the uninsured in one of the neediest areas in the city of Tulsa. Eighteen years and thousands of patients later, The Tulsa Dream Center Medical Clinic is now partnered with Good Samaritan Health Services and continues to serve the uninsured adult population of North Tulsa.

Caroline is married, has 3 children and 5 grandchildren. She enjoys spending time with her growing family.

Rhonda Coleman-Jackson, DNP, APRN-CNS

Rhonda has been employed by OU Physicians Neurology outpatient clinic for the past 6 years. Her practice is comprised of patients with migraine, dementia, and dementia with migraine. She also has a background in pain management and combines these principals with her management of migraine and neuropathy. She also enjoys mentoring Clinical Nurse Specialist students. She obtained her Bachelor of Science from Central State University (now named University of Central OK) in 1984, then attended University of Oklahoma College of Nursing and obtained her Masters in Science in 1992, and returned to obtain her DNP in May 2015.

Teresa Etter, MS, ACNS-BC, CCNS

Teresa obtained her Clinical Nurse Specialist degree in 2007 and took her first position at St. Mary's Hospital as Critical Care CNS in 2008. She worked there for two years, streamlining best practices in the cardiac surgery recovery program. In 2010, she started working in wound care and started her own extended-care wound business, treating chronic wounds in nursing home patients. Since 2015, she has been working at Enid Pain and Spine's interventional pain clinic, where she currently sees patients with chronic pain. She is responsible for risk screening, identifying addiction behaviors and monitoring medication adherence in her patients. She is also a BioTE provider, helping men and women with hormone replacement.

Russell Rooms, MSN, APRN, FNP-BC

Russell "Rusty" is the owner and lead Nurse Practitioner of Diversity Family Health, a private practice clinic specializing in the care of the LGBT+ community in Oklahoma. He also serves as Health Equality Coordinator/Advanced Practice Nurse for OU Medicine. He is a master's prepared Emergency Clinical Nurse Specialist and Nurse Practitioner with over 28 years of experience in emergency care and hospital administration. Russell uses his education and experience concentrating bridging gaps in healthcare whether it be removing barriers for the LGBT+ community or building processes to improve hospital operations. Russell spent two and a half years with TeleTracking Technologies Inc.® with Avanti® consulting, specializing in leadership coaching for healthcare systems that are centralizing patient logistics. Russell has been part of the OU Medicine family off and on since 1992 in various clinical and leadership roles, previously as the Associate Chief Nursing Officer for Emergency and Access Services. Other roles have included Health Equality Coordinator, Director, Clinical Nurse, and part of the Aeromedical Transport Team. Skilled in Lean Six-Sigma and Studer principles, Russell specializes in coaching leaders in process and leadership change to increase the quality and efficiency of care. He also works keeps up his skills in urgent care with Access Medical Center. Russell has experience as a small business owner providing travel medical services and consulting and is also responsible for designing and implementing Forensic Nursing Services for a seven-hospital system in south Texas. Russell has ADHD.

Susie Keepper, MSN, APRN-CNS, AGCC-BC, RDH

Susie graduated from the OU Clinical Nurse Specialist program in 2018. She volunteers as an APRN and a Registered Dental Hygienist (RDH) at Broken Arrow Neighbors, which serves the disadvantaged. Susie is currently working with the Oklahoma Dental Board allowing RDHs into hospitals, nursing homes, or community centers providing education to patients and staff, and access to care. Access to treatment with complete healthcare collaboration is essential for comprehensive patient wellbeing.

Susie lives in the Tulsa area with her husband and standard poodle, Molly. In her spare time, she enjoys reading, researching, cooking, gardening, swimming, and theater. Susie currently serves on the board of the Oklahoma Association of Clinical Nurse Specialist (OACNS).

Susan Conway, Pharm.D., FASHP, BCPS

Susan is a professor at the University of Oklahoma College of Pharmacy and a clinical pharmacist at INTEGRIS Family Care Baptist. She earned a Doctor of Pharmacy from the OU College of Pharmacy and completed a pharmacy residency at Methodist Healthcare-Memphis. She is a Board-Certified Pharmacotherapy Specialist. Her areas of clinical and teaching expertise include anticoagulation, immunizations, diabetes, and comprehensive medication management (CMM). She has spent the past 4 years developing and implementing CMM services for the INTEGRIS Health Partners Care Coordination program and the INTEGRIS Medical Group primary care clinics.

RuthAnn Fritz, APRN-CNS BC, CNN, CCRN-K

Ruth Ann is a board-certified Clinical Nurse Specialist who has worked critical care and nephrology for almost 40 years. She currently works with 5 nephrologists in Tulsa and cares for patients with Chronic Kidney Disease and End Stage Renal Disease. She has twice served as president for the Oklahoma Association of Clinical Nurse Specialists, and currently is serving in the role of secretary.

LeAnne R. McWhirt, APRN-CNP, CWCA

LeAnne is a Board-Certified Adult Nurse Practitioner at the Eastern Oklahoma VA Health Care System. She has been a nurse for 17 years and an APRN for the past 5 years. Her experience as a nurse has been in the Intensive Care Unit, ER and the Wound/Hyperbaric Center. Her experience as a Nurse Practitioner has been in Wound/Hyperbaric Oxygen Care and Primary Care. She has been Wound Certified by American Board of Wound Management for the past 11 years and has 13 years of Wound Care experience. She is a member of Association of Oklahoma Nurse Practitioners. In 2017, she accepted a position at the Eastern Oklahoma VA Health Care System to be the Nurse Practitioner for the Wound Center. She has authored several articles for the Oklahoma Nursing Times and has been a poster presenter at the Wound, Ostomy, and Continence Nurses' Society National Conference. She has served at the Good Shepard Clinic providing medical care for the uninsured. She also serves as a board member for RISE Shelter which is a home for girls age 12-18 whom have been victims of sex trafficking. RISE currently is housing 6 young girls who are recovering with a multidisciplinary team in place to assist them in restoring their identities after sexual exploitation. She also dedicates her free time to serve on a medical mission team who provides care to the indigent population in Costa Rica.

Diana Webber, APRN-CNP

Dr. Webber has extensive experience as a Registered Nurse and, in the last 13 years, as a Family Nurse Practitioner and nursing educator. She has had clinical advanced practice nursing experience in general pediatrics, women's health, and adult primary care. She is fluent in Spanish; and she has founded and now manages an all-volunteer staffed, free primary care clinic for uninsured persons in southeast Oklahoma. She currently works part time in a community pediatric clinic for the Spanish-speaking population, and she serves as a part-time clinical professor in the University of Oklahoma Health Sciences Center Fran and Earl Ziegler College of Nursing Family Nurse Practitioner program. One of her passions is to serve as a volunteer health care provider in international, cross-cultural settings.

Amy Costner-Lark DNP, APRN, FNP-BC

Dr. Costner-Lark is a family Nurse Practitioner and assistant professor of nursing at University of Oklahoma Health Sciences Center Fran and Earl Ziegler College of Nursing. She is the program director for the Nurse Practitioner and the DNP program. Amy has over 19 years of experience as a NP in family practice, Cardiology and Neurology.

Jennifer Roberts, DNP, APRN-FNP-C

Jennifer is a retired Major from the United States Army with over twenty years of service. She is a Family Nurse Practitioner that received her Masters of Science degree from The University of Oklahoma College of Nursing in 2008 and her Doctorate of Nursing Practice degree from Texas Christian University in 2016. She currently teaches at Oklahoma University in the FNP program and works part-time in a family practice clinic treating patients across the lifespan.

Stephanie Byrd, APRN-CNP, FNP-C

Stephanie has been working as a Family Nurse Practitioner since 2001. Her background includes family medicine, obstetrics and gynecology, occupational health, travel medicine, urgent care, and currently ear nose and throat. She received her BSN and MS from the University of Oklahoma and will complete her DNP and Post-Master's Nurse Educator certificate from Johns Hopkins University in May of 2019. She has served as faculty at Dartmouth-Hitchcock Medical Center, The University of Texas Health Sciences Center in Houston, and has been teaching in the Family Nurse Practitioner Program at the University of Oklahoma since 2011.

Kimberly Allen, DNP, APRN-CNP

Kim has been a Family Nurse Practitioner since 2001. Her background includes family medicine, women's health, and pediatrics. She received her BSN and MS from the University of Oklahoma and completed her DNP in 2015 from the University of Alabama at Birmingham. She served as faculty from 2005-2004 in the Family Nurse Practitioner Program at the University of Oklahoma and recently returned in the fall as Clinical Professor. She is a co-owner of a Nurse Practitioner owned Family Practice that started in 2014.

Bobbi Jo (B.J.) Loflin, Pharm.D. Pharmacy Specialist Resident

BJ completed her undergraduate curriculum in interdisciplinary studies with concentrations in biology and chemistry at Cameron University. She received her Doctor of Pharmacy degree from Southwestern Oklahoma State University College of Pharmacy in Weatherford, Oklahoma. She is currently completing a PGY1 Residency at INTEGRIS Baptist Medical Center in Oklahoma City, Oklahoma. In her free time BJ enjoys traveling and reading.

Emilee Bailey, PharmD, Pharmacy Specialist Resident

Emilee is currently a Pharmacy Specialist Resident at INTEGRIS Baptist Medical Center in Oklahoma City, OK. She received her Doctor of Pharmacy from Southwestern Oklahoma State University in Weatherford, OK in 2009. Emilee then worked as a Pharmacist at Salisbury Pharmacy in Clinton, OK and Alliance Health Clinton Hospital in Clinton, OK before pursuing residency. In her free time, Emilee enjoys spending time with her family and playing the piano.

Melissa Craft, PhD, APRN-CNS, AOCN

Melissa is an Oncology Clinical Nurse Specialist who is an Associate Professor at the University of Oklahoma Health Sciences Center Fran and Earl Ziegler College of Nursing. Dr. Craft has over 35 years of experience in cancer nursing. She is the Interim Associate Dean for Academic Administration and Graduate Education and continues to serve as Director of the PhD Program. In addition to teaching and administration, Dr. Craft has a busy research program which focuses on how to help people who are dealing with critical life events such as dealing with cancer and cognitive challenges after chemotherapy.