



Riverside 12th Annual

ADVANCED PRACTICE PROVIDER *Conference*

Join Us

Saturday | February 10, 2024

7:15 a.m. to 4:55 p.m.

In person only event

Newport News Marriott City Center

740 Town Center Drive, Newport News, VA 23606

Conference includes breakfast and lunch. Riverside is requesting approval for 6.8 CME/CNE

For registration questions, please contact Kristine Bohn at kristine.bohn@rivhs.com or 757-534-7046.

Day of conference contact: Text or call Terry Thompson at 757-298-8019.



RIVERSIDE

Presented by Riverside Medical Group
Advanced Practice Provider Committee

7:15 a.m. **Registration/Breakfast/Exhibitors/Posters**

7:45 a.m. **Welcome**

8:00 - 9:00 a.m. **Interdisciplinary Approaches to Advance Health Equity**

Cynthia Romero, M.D., FAAFP

Director, M. Foscue Brock Institute for Community and Global Health

EVMS Professor, Family and Community Medicine

Objectives:

- Review definitions of community health, health disparities, health equity
- Describe examples of health disparities and healthcare inequities
- Discuss current strategies to address health disparities and advance health equity

9:05 - 10:05 a.m. **ABCDs of Adiposity Based Chronic Disease Management**

Christine Kessler, MN, ACCNS, ACNP, ANP-C, BC-ADM, FAANP

Founder, Metabolic Medicine Associates, King George, VA and

Journeys Weight Loss Clinic, St Mary's, MD

Objectives:

- Discuss the underlying pathogenesis of adiposity (obesity & overweight) and contributing links to complications, morbidities, and mortality
- Identify appropriate physical and diagnostic assessment data needed prior to weight loss planning & potential barriers to care
- Develop patient-centric dietary and physical activity prescriptions for weight reduction
- Discuss indications, contraindications, general dosing, efficacy and safety of currently approved anti-obesity medications

10:05 - 10:30 a.m. **Break/Exhibitors/Posters**

10:30 - 11:15 a.m. **Heart Failure: A Clinical Review**

Linda "El" Summers, DMSc, PA-C

Riverside Cardiology Specialists

Objectives:

- Review the pathophysiology of systolic and diastolic heart failure, hypertrophic cardiomyopathy, and infiltrative cardiomyopathies
- Describe typical diagnostic testing essential for the diagnosis and management of patients with heart failure
- Apply innovations in pharmacologic therapy for heart failure and determine their optimal use in specific patient populations
- Identify patients for advanced heart failure therapies and discuss treatment options

BREAKOUT | Sessions

ACUTE CARE BREAKOUT SESSION #1

11:20-12:05 p.m.

Things We Do For No Reason In Adult Acute Care Medicine

Sarah Tiesing, MSN, FNP-C
Lead APC, TeamHealth Hospitalist
CJW Hospitals, Richmond, VA

Objectives:

- Engage in discussion surrounding high-value care in the hospitalized patient
- Identify the value of the use of NPO after midnight orders in the hospitalized patient
- Identify the value of the echocardiogram in the patient who presents with syncope
- Identify the value of Docusate Sodium in the hospitalized patient
- Identify the value of routine TSH testing in the hospitalized patient

PRIMARY CARE BREAKOUT SESSION #1

11:20-12:05 p.m.

Diagnosis and Management of Dementia

Jennifer Campbell, MSN, APRN, A-G NP-C
Riverside Neurology Specialists

Objectives:

- Define Dementia and identify types by their associated features
- Differentiate Dementia from other conditions that may mimic symptoms
- Integrate appropriate diagnostic testing with referrals
- Recognize traditional versus innovative treatment options and apply learned material to current practice

12:05 - 12:50 p.m. **Lunch/Exhibitors/Posters**

ACUTE CARE BREAKOUT SESSION #2

12:50-1:35 p.m.

Management of Electrolyte Imbalances in Acute Care

Silya Mazigh, M.D.
Riverside Regional Medical Center Hospitalist

Objectives:

- Develop an assessment framework for frequently seen electrolyte imbalances: hyponatremia and hypercalcemia
- Identify severity indicators and potential adverse outcomes of delayed recognition
- Implement corrective measures and monitoring frequency for these critical abnormal values

PRIMARY CARE BREAKOUT SESSION #2

12:50-1:35 p.m.

Non-Alcoholic Fatty Liver Disease (NAFLD)

Linda "El" Summers, DMSc, PA-C
Riverside Cardiology Specialists

Objectives:

- Recognize the prevalence of NAFLD and identify risk factors that contribute to its development
- Describe the current recommendations for screening, diagnosing and assessing patients for NAFLD
- Examine the role of NAFLD in cardiovascular risk
- Determine the best management options for NAFLD

1:35 - 1:45 p.m. **Break/Exhibitors/Posters**

1:45 - 2:35 p.m.

Functional Medicine: A Root-Cause Approach to Personalized Health Care

Jennifer McCord, M.D.

Founder, Jennifer McCord, M.D., PLLC Functional Medicine (located at Pointe Wellness Center, Newport News, VA)

Objectives:

- Identify principles underlying functional medicine
- Explore tools used by a functional medicine practitioner
- Compare and contrast the differences between the “systems approach” in conventional vs. functional medicine
- Apply a root-cause approach to personalized health care by reviewing case studies

2:35 - 3:00 p.m.

Break/Exhibitors/Posters

3:00 - 3:50 p.m.

Polypharmacy/Cytochrome P 450 Pathway/Pharmacokinetics Meds

Darleen Hoffert, DNP, RN, AGNP-C, LNC

Assistant Professor, Radford University School of Nursing

Objectives:

- Review polypharmacy and the patient-, provider- and system-related implications
- Discuss the relationship between cytochromes and medication metabolism
- Discuss the role of the Cytochrome P450 system in polypharmacy
- Utilize a systematic approach to medication mapping to evaluate patient cases of polypharmacy related to the CYP 450 enzymatic system

3:55 - 4:40 p.m.

Opioid Use Disorder: Detox, Treatment and Management

Omari Peterkin, PMHNP

Shawan Johnson, PharmD

Riverside Mental Health and Recovery Center

Objectives:

- Identify red flag warning signs of opioid abuse
- Differentiate signs and symptoms of impending detoxification
- Compare and contrast pharmacological versus nonpharmacological treatment options
- Identify pharmacodynamics of medications in treatment

4:45 - 4:55 p.m.

Closing and Raffles

Networking Session for APP students immediately following the conference.



REGISTRATION

EPS1

ADVANCED PRACTICE PROVIDER *Conference*

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Conference is open to all Advanced Practice Providers and Advanced Practice Provider Students.

Register ONLINE by February 2, 2024

riversideonline.com/app

Registration fees:

Riverside NP/CNM/PA	\$50
Non-Riverside NP/CNM/PA	\$100
NP/CNM/PA Students	\$40

Payment types accepted:

Credit Card or Check. A nominal convenience fee is added to credit card payments.

Mail-in payment address:

Riverside Health System
Attn: Kristine Bohn, APP Conference
701 Town Center Drive, Suite 1000
Newport News, VA 23606

Check payable to: Riverside Physician Services
(Memo: APP Conference)

Refunds: Will be made until Jan. 26, 2024 less a \$15 administrative fee. No refunds after this date.

Book your group rate for Riverside APP Conference

\$129/night until January 14, 2024 or call 866-329-1758 and ask for "Riverside APP Conference" group block.

COMMITTEE | *Co-Chairpersons*

Riverside Medical Group Advanced Practice Provider Conference Planning Committee

CONFERENCE CO-CHAIRPERSONS:

Tammy Hedspeth, FNP (Exhibitor Coordinator)
Terry Thompson, ACNP-BC, FHM

COMMITTEE MEMBERS:

Vickie Armstrong, DNP, GNP-BC (Poster Coordinator)
Virginia Caldwell, FNP-BC
Jennifer Campbell, APRN, A-G NP-C (CME Coordinator)
Brittany Fields, PA-C
Jennifer Fisher, FNP-C
Latosha Foster, FNP (Community Outreach Coordinator)
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Evenel Pierre, PA-C
Ashlea Robertson, FNP (Exhibitor Coordinator)
Carla Rothmann, FNP-BC (Community Outreach Coordinator)
Tiffany Schaefer, PA-C (Poster Coordinator)
El Summers, DMSc, PA-C (CME Coordinator)
Nehemiah Thrash, M.D.
Katie Valdivieso, AGACNP
Meenal Walia, PA-C

INFORMATION

ACCREDITATION STATEMENT: Riverside Health System is applying for continuing medical education (CME).

FINANCIAL SUPPORT: This educational activity is supported by Riverside Health System and Riverside Medical Group. Disclosure of faculty and commercial relationships will be made at the activity.

TARGET AUDIENCE: All Advanced Practice Providers and students enrolled in an advanced practice provider curriculum.

NURSING CONTACT HOURS: Riverside Health System is applying for nursing contact hours.

HOSTED BY: Riverside Health System



RIVERSIDE

The Riverside Medical Group APP Committee invites our conference participants to “GIVE BACK” to our communities.



The Riverside Simulation Training Lab, dedicated in memory of Dr. Brandon D. Rogers, is the culmination of a three year collaborative effort among the Rogers Family, Community Donors, Riverside Medical Staff, and the Riverside Foundation. This 8,400 square-foot facility outfitted with specialized clinical areas and a procedural suite is designed to emulate the clinical environment and provide a safe place for medical staff/providers to develop, learn and practice skills to ultimately improve patient care.

For more information
and a Virtual Tour:



To make a donation,
please visit us online here.



Williamsburg House of Mercy provides quality compassionate human services to all people, especially the most vulnerable, regardless of faith. We provide a safe and welcoming environment for area homeless to find respite, receive services, and work toward ending their homelessness, and emergency assistance and supportive services to those struggling to maintain housing and regain stability.

**Conference participants are invited to bring the following items for donation:
NON-PERISHABLE FOOD ITEMS**

To make a monetary donation online, please visit the website and indicate that your donation is from the Riverside APP Conference.

