



14TH ANNUAL

Advanced Practice Provider Conference

Saturday, February 7, 2026

7:15 a.m.-3:30 p.m. *(In-person-only event)*

**Newport News Marriott at City Center
740 Town Center Drive, Newport News, VA 23606**

CONTINUING MEDICAL EDUCATION CREDITS AVAILABLE

Conference includes breakfast and lunch.



**Presented by Riverside Medical Group Advanced Practice
Provider Conference Planning Committee**

**For registration questions, please contact Tamekia Williams
at tamekia.williams@rivhs.com or 757-316-5800.**

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

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

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

8-9 a.m. **Keynote: Spin the AI Wheel: Productivity Meets Patient Care**

Andy Beatman, Microsoft AI Product Leader

Objectives:

- Identify practical ways AI can improve personal productivity in health care settings
- Explore real-world examples of how organizations are using Microsoft AI to save time and enhance patient care
- Apply simple, actionable AI tools and strategies to everyday workflows
- Engage with interactive demos and discussions that spark ideas for individuals and teams

9:10-10:10 a.m. **MASH and Fatty Liver: "Steatotic Liver Disease"**

Michelle DiPasquale, AGACNP-BC

Brittany Morris, FNP-BC

Riverside Gastroenterology Specialists

Objectives:

- Discuss disease progression and anatomy of hepatic steatosis as well as new nomenclature regarding different disease states
- Identify at-risk patients and recognize diagnostic tools to help with risk stratification
- Discuss role of advanced practice providers in managing comorbid conditions and assisting with lifestyle management
- Discuss pharmacological management strategies for hepatic steatosis

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

Breakout Sessions

ACUTE CARE BREAKOUT SESSION #1

10:30-11:15 a.m.

Palliative Care

Carrie Fisher, D.O.

Jenny Tucker MSN, FNP-C, ACHPN

Riverside Hospice and Palliative Medicine

Objectives:

- Differentiate specifics of palliative care versus hospice care
- Identify resources for palliative care and hospice care
- Identify appropriate surrogate decision makers if patient does not have capacity
- Select appropriate patients that would benefit from palliative care consultation
- Initiate basic goals of care conversations

PRIMARY CARE BREAKOUT SESSION #1

10:30-11:15 a.m.

Pediatrics Update

Patrice Pennyfeather, DNP, CPNP

Louis Everett, RN, Certified Health Coach

Riverside Primary Care Mercury West

Objectives:

- Compare AAP and CDC immunization schedules
- Identify recent drivers of measles outbreak
- Gain practical NP talking points relative to vaccination recommendations
- Identify state pharmacy vaccine availability
- Identify strategies to combat pediatric obesity in the primary care setting

Breakout Sessions

ACUTE CARE BREAKOUT SESSION #2

11:20 a.m.-12:05 p.m.

Physiologic Impacts of Vaping

Som Chalise, M.D., FCCP

Riverside Pulmonary and Critical Care Medicine

Objectives:

- Review the mechanics and components of vaping
- Identify clinical manifestation of vaping use
- Understand mechanism of organ dysfunction with vaping

PRIMARY CARE BREAKOUT SESSION #2

11:20 a.m.-12:05 p.m.

Obstructive Sleep Apnea (OSA)

John Waite, FNP-C

Riverside Pulmonary and Critical Care Medicine

Objectives:

- Review the incidence and risk factors associated with obstructive sleep apnea (OSA)
- Describe the health consequences and morbidity associated with untreated OSA
- Compare current treatment options for OSA, including oral appliances, CPAP, and hypoglossal nerve stimulation
- Discuss the role of weight loss interventions, GLP-1 receptor agonists, in OSA management

12:05-12:45 p.m.

Lunch/Exhibitors/Posters

12:45-1:30 p.m. Networking Session for APP students (location to be determined)

Breakout Sessions

ACUTE CARE BREAKOUT SESSION #3

12:45-1:30 p.m.

Pain Management: A Lesson in Mixology

Megan Johnson, MS, APRN, FNP-C, AGACNP-BC

Riverside Trauma and Acute Care Surgery

Objectives:

- Differentiate between acute and chronic pain
- Develop an evidence-based multimodal pain management regimen tailored to individual needs
- Identify non-pharmacologic pain relief strategies
- Examine special considerations for pain management in select populations

PRIMARY CARE BREAKOUT SESSION #3

12:45-1:30 p.m.

Dizziness vs. Vertigo: an ENT Perspective

Evenel Pierre, PA-C

Riverside Ear, Nose and Throat Physicians and Surgeons

Objectives:

- Define and differentiate between dizziness and vertigo using clinical terminology and patient-reported symptoms
- Classify types of dizziness (e.g., presyncope, disequilibrium, psychogenic) based on history and physical exam findings
- Apply diagnostic frameworks such as the HINTS exam to evaluate patients presenting with dizziness or vertigo
- Perform and interpret bedside maneuvers including the Dix-Hallpike and Epley maneuvers for diagnosing and treating BPPV
- Identify red flags that suggest central causes of vertigo requiring urgent referral or imaging

Breakout Sessions

ACUTE CARE BREAKOUT SESSION #4

1:35-2:20 p.m.

Ischemic Limb Identification and Management

Megan Cobb, PA-C

Riverside Vascular Specialists

Objectives:

- Review ischemic limb pathophysiology
- Differentiate acute from chronic limb ischemia
- Discuss diagnostic workup and interpretation to include guideline directed treatment strategies
- Identify pearls and pitfalls related to management

PRIMARY CARE BREAKOUT SESSION #4

1:35-2:20 p.m.

Echo in the OPT Setting

Erin Satterfield, FNP-BC

Riverside Cardiology Specialists

Objectives:

- Identify valvular abnormalities on echocardiograms that warrant surgical evaluation versus surveillance
- Interpret findings of ascending aortic dilation including size thresholds that indicate concerns and recommended follow up
- Recognize common echocardiographic diagnoses that prompt referral to cardiology
- Determine indications for referral of pulmonary HTN patients

2:20-2:30 p.m. **Break/Exhibitors/Posters**

2:30-3:30 p.m. **Optimizing Diabetes Care**

Nebretta Blount, FNP-C

Riverside Endocrinology and Diabetes Specialists

Objectives:

- Develop evidence-based strategies for managing uncontrolled diabetes in the pre- and post-operative settings
- Compare and contrast traditional insulin delivery methods with advanced systems, including insulin pumps and continuous-glucose monitoring
- Apply appropriate guidelines to achieve optimal glycemic control for surgical patients
- Develop individualized care plans incorporating modern insulin delivery technologies to improve patient outcomes

3:30 p.m. **Closing and Raffles**

Riverside Health 14th Annual APP Conference Registration

Advanced Practice Provider Conference

Saturday | February 7, 2026 | 7:15 a.m. to 3:30 p.m.

Conference is open to all advanced practice providers and advanced practice provider students.

Register ONLINE by January 23, 2026.

riversideonline.com/app

Registration fees:

Riverside NP/CNM/PA	\$50
Non-Riverside NP/CNM/PA	\$125
NP/CNM/PA Student	\$40

Register before
Jan. 1, 2026, and
you'll be entered in
a raffle for a chance
to win a special
prize!

Payment types accepted:

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

Mail-in payment address:

Riverside Medical Group Administration
Attn: Tamekia Williams, APP Conference
856 J. Clyde Morris Blvd., Suite A
Newport News, VA 23601

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

Refunds: Will be made until Jan. 16, 2026 less a \$15 administrative fee. No refunds after this date.

Hotel rooms: [Book your group rate for \\$129/night until Jan. 18, 2026.](#) or call 866-329-1758 and ask for the "Riverside APP Conference" group block.

Committee

Riverside Medical Group Advanced Practice Provider Conference Planning Committee

Conference Co-Chairpersons:

Sarah Halvorsen, FNP-BC, ENP-BC (Chairperson)
Tammy Hedspeth, FNP-BC (Exhibitor Coordinator)
Terry Thompson, ACNP-BC, FHM (CME Coordinator)

Committee Members:

Sarah Aledia, AGACNP-BC
Hannah Dun, FNP-BC
Brittany Fields, PA-C
Latosha Foster, FNP (Community Outreach Coordinator)
Jatifha Harris, ACNPC-AG, CCRN, SCRNP
Julie Lear, ACNPC-AG, AGPCNP-C
Amberly Levan, FNP-C
Kelli MacAdam, DNP, CNM
Vince Mertz, DNP, FNP-C, PMHNP
Lindsay Otis, FNP-C
Omari Peterkin, PMHNP
Ashlea Robertson, FNP-C (Exhibitor Coordinator)
Carla Rothmann, FNP-BC (Community Outreach Coordinator)
Tiffany Schaefer, PA-C (Poster/Exhibitor Coordinator)
Nehemiah Thrash, M.D.
Katie Valdivieso, AGACNP
Meenal Walia, PA-C (Poster Coordinator)

Information

Accreditation Statement: CME/CNE jointly provided by UVA Health and Riverside Health. Conference is approved for 6.0 CME credits.

Financial Support: This educational activity is supported by Riverside Health 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: Nursing contact hours/pharmacology credit: pending approval from Riverside Health

Hosted by: Riverside Health

Give Back to the Community

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 of the
Sim Lab, please visit us
here.**



**To make a donation
to the Sim Lab, please
visit us here.**



Help us spread pawsitivity! Bring pet food and supplies to the conference and make a big difference for pets in need. Items will be distributed to pet pantries on the Peninsula and the Eastern Shore. Requested items are listed below! Receive extra raffle tickets for donations.



EASTERN SHORE, VIRGINIA

**DOGS
Deserve
BETTER**

The Peninsula Pet Pantry is a 501(c)3 nonprofit organization formed in 2010 by a group of animal lovers in Yorktown, Virginia, who felt that a dedicated organization offering support to animal caregivers with limited resources was desperately needed in the Hampton Roads community. By providing temporary pet food and supplies, as well as resource referral services, the Peninsula Pet Pantry is helping to keep pets with their owners and out of animal shelters and humane groups. Our motto is simple: There's No Place Like Home because there truly is no better place for our beloved pets.

Dogs Deserve Better Eastern Shore (DDB-ESVA) aims to improve the lives of tethered or neglected dogs. Every DDB dog receives the medical care, quality food and emotional support they need to begin their healing journey.

Conference participants are invited to bring the following items for donation: Purina Pro Plan (both wet and dry food) for dogs, Milk-Bone large dog biscuits, ChuckIt! and Nylabone toys.