



Riverside 11th Annual

ADVANCED PRACTICE PROVIDER *Conference*

EPS10

Join Us

Saturday | February 4, 2023

7:15 a.m. to 4:00 p.m.

In person only event

Newport News Marriott City Center

740 Town Center Drive, Newport News, VA 23606

Conference includes lunch and Riverside is requesting approval for 6.3 CME/CNE



RIVERSIDE

Presented by Riverside Medical Group
Advanced Practice Provider Committee

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

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

8 - 9 a.m.

The Snowball Effect: How to Build Positive Momentum in Your Life

Kristin Cuthriell, MEd, MSW

National Speaker, Author and Licensed Psychotherapist in Virginia Beach, VA

Objectives:

- Identify positive/negative snowball effect and five techniques to build positive momentum
- Identify distorted beliefs about resentment, its impact on all aspects of life and tips to a healthy restructure
- Identify the impact of radical acceptance and self-compassion on the snowball effect

9:05 - 10:05 a.m.

Peripheral Arterial Disease (PAD) Management

Sathish Mohan, M.D.

Riverside Vascular Specialists

Objectives:

- Review anatomy and physiology of the vascular system
- Identify risk factors for developing PAD
- Identify appropriate work-up to accurately diagnose PAD
- Discuss prevalence and prognosis of PAD
- Review treatment options for PAD

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

10:30 - 11:20 a.m.

Dealing With the Trauma of Healthcare Assault

Cara Jackson, D.O.

Riverside Emergency Department

Objectives:

- Quickly recognize escalation and how to protect the patient, yourself and the team
- Complete a debriefing after a violent event, recognizing secondary victim syndrome and PTSD
- Discuss techniques to help with returning to work after experiencing a violent event at work
- Care for the person who caused the violent event

PROGRAM | Agenda

Mental Health: The Next New Vital Sign

11:25 - 11:55 a.m. **Mental Health Emergencies**

Omari Peterkin, PMHNP
Riverside Behavioral Health Center

Objectives:

- Identify reasons (red flags) to send your patient to the Emergency Department
- Identify pharmacological vs. non-pharmacological treatment methods
- Learn tips on how to respond in crisis situations

11:55 - 12:25 p.m. **Practical Management of Depression and Anxiety in Women**

Olivia Reichenbacker, DNP, APRN, PMHNP-BC
Partners in Women's Mental Health

Objectives:

- Recognize signs and symptoms of anxiety and depression in women
- Determine appropriate pharmacologic and non-pharmacologic management strategies for anxiety and depression
- Understand the impact of female reproductive hormonal changes on anxiety and depression

12:25 - 1:15 p.m. **Lunch/Exhibitors/Posters**

BREAKOUT | Sessions

ACUTE CARE BREAKOUT SESSION

1:15 - 2 p.m.

Radiology: What Not to Miss

Houston Aaron, M.D.
Peninsula Radiological Associates

Objectives:

- Discuss diagnostic capability differences between X-ray, MRI and CT imaging
- Identify "can't miss" diagnoses using body systems imaging case studies
- Recognize and locate various tubes and lines
- Review adjustments for IV contrast in acute and chronic renal disease

PRIMARY CARE BREAKOUT SESSION

1:15 - 2 p.m.

Inflammatory Bowel Disease (IBD): Crohn's and Ulcerative Colitis

Ashutosh Naniwadekar, M.D.
Riverside Gastroenterology Specialists

Objectives:

- Differentiate between diagnosis of ulcerative colitis and Crohn's disease
- Identify best practice treatment of IBD
- Discuss indications for ER evaluation and the management of IBD flare
- Identify appropriate surgical referrals

BREAKOUT | Sessions

ACUTE CARE BREAKOUT SESSION

2 - 2:45 p.m.

Sepsis: What's Bugging You?

Terry Thompson, ACNP-BC, FHM

Tanya Claiborne, PharmD

Riverside Regional Medical Center

Objectives:

- Identify sepsis criteria in the appropriate patient
- Implement appropriate guideline-directed therapies to treat sepsis
- Select most appropriate initial antibiotic regimens based on presentation

PRIMARY CARE BREAKOUT SESSION

2 - 2:45 p.m.

PCOS and Insulin Resistance: Impact on Health and Fertility

Darine Moukalled, M.D.

Riverside Partners in Women's Health

Objectives:

- Understand the role genetics and lifestyle play in PCOS
- Know the effect of PCOS on ovulation
- Describe the hormonal imbalance occurring with PCOS
- Discuss how PCOS affects cardiometabolic dysfunction

2:50 - 3:50 p.m.

Not All Hearts Are Created Equal: Review of Heart Disease in Women

Alexandra Ward, M.D., Medical Director

Riverside Women's Heart Center

Objectives:

- Define heart disease: MINOCA, SCAD
- Identify epidemiology/CV risk factors for women
- Identify appropriate diagnostic testing for CAD disease
- Initiate appropriate therapies and referrals to cardiology

3:50 - 4 p.m.

Closing and Raffles



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REGISTRATION



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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.*

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

Register ONLINE by January 27, 2023

riversideonline.com/app

Registration fees:

Riverside NP/CNM/PA	\$30
Non-Riverside NP/CNM/PA	\$75
NP/CNM/PA Students	\$30

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. 20, 2023 less a \$15
administrative fee. No refunds after this date.

Marriott Room Block: \$129/night until Jan 15, 2023 or call
866-329-1758 and ask for "Riverside APP Conference" group
block.

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 full-time in
an advanced practice provider curriculum.

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

HOSTED BY: Riverside Health System



RIVERSIDE

COMMITTEE | *Co-Chairpersons*

Riverside Medical Group Advanced Practice Conference Planning Committee

CONFERENCE CO-CHAIRPERSONS:

Rashi Harjai, AGACNP-BC, FNP-BC, MBA
Tammy Hedsbeth, FNP (Exhibitor Coordinator)
Terry Thompson, ACNP-BC, FHM

COMMITTEE MEMBERS:

Vickie Armstrong, DNP, GNP-BC
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Jennifer Fisher, FNP
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Tiffany Schaefer, PA-C (Poster Coordinator)
Cheryl Sharp, DNP, WHNP, CNM (CME/CNE Coordinator)
Enid Tatum, FNP
Nehemiah Thrash, M.D.
Meenal Walia, PA-C

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.



RIVERSIDE

For more information or to make a donation, please visit us online here.



A [February 2021](#) report from the National Commission on COVID-19 and Criminal Justice showed domestic violence increased over 8% during pandemic lock downs. Many people were cut off from what limited support systems they had. Please consider donating to help members of our community escaping domestic violence. The importance of the work these organizations do cannot be underestimated. **Avalon Center** serves Williamsburg/Middle Peninsula and **ESCADV** serves the Eastern Shore.

**Conference participants are invited to bring the following items for donation:
toilet paper, paper towels and cleaning spray**

To make your donation online, visit either of these websites and indicate that your donation is from the Riverside APP Conference.



Donate to Avalon Center



Donate to Eastern Shore Coalition
Against Domestic Violence (ESCADV)