

20th Annual Conference

VERMONT Nurse Practitioners Association



Terrific at 20!

Register by
March 15
for best rate

Thursday & Friday, March 25-26, 2010

STOWEFLAKE MOUNTAIN RESORT & SPA

Stowe, Vermont

Thursday afternoon March 25

M.E. Time - Many Extras!

Thursday evening 6:30pm

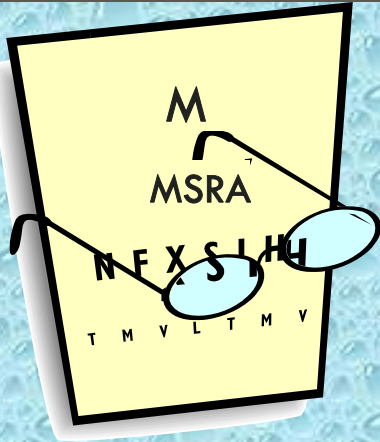
Pre-Conference Dinner | Discussion

MSRA: New Approach to an Old Problem

Friday, all day conference March 26

Educational Sessions, Exhibits, Networking & More!

EXHIBITOR INVITATION—CLICK HERE



**M S R A:
NEW
APPROACH
TO AN OLD
PROBLEM**
**Nancy O'Rourke,
MSN, ACNP,
ANP, RN-C**

A Multi-State Reimbursement Alliance (MSRA) uses different strategies and a business model to achieve recognition and success. Join us for our Annual Pre-Conference Dinner & Discussion! Colleagues from throughout the state will have opportunity to discuss this new way for nurse practitioners to negotiate with insurance companies and get them to recognize and pay for NP services.

The discussion will be led by Nancy O'Rourke, MSN, ACNP, ANP, RN-C. Nancy earned a certificate in OB/GYN from University of Pennsylvania in 1989, continued on to receive her MSN at Simmons College, and has worked in Critical Care settings for over 20 years. She has served as the President of the Massachusetts Coalition of Nurse Practitioners for the past four years and has been the State Representative for the American Academy of Nurse Practitioners since 2004. Nancy is the first nurse practitioner to be appointed by the Governor to the Health Care Cost and Quality Council Advisory Board which oversees the quality efforts of the Massachusetts universal health care system. In addition, she is an appointee to the Medical Home Steering Committee and Evaluation Subcommittee.

As President of the Coalition, Nancy spearheaded the legislative effort to pass Chapter 305 in Massachusetts, a bill which statutorily recognizes nurse practitioners as primary care providers.



**"...Nurse Practitioners
are part of the
solution..."**

**Deborah Markowitz,
Vermont Secretary of State**

The 2010 race for the Vermont governorship is on and we are pleased to have Secretary of State and Candidate for Governor, Deb Markowitz, as our keynote presenter. Recently endorsed by Madeline Kunin, Vermont's first and only female governor, Markowitz will present the keynote address on a platform of leadership among women in their careers, helping to shape public policy, and the betterment of our communities.

In 1998, Deb Markowitz defeated a two term incumbent to become the first woman to be elected Secretary of State in Vermont. A distinguished record of achievement, she is widely recognized for making it easier to start and expand businesses in Vermont. She eliminated a backlog of professional licensing complaints in the office of Professional Regulation and has strengthened the office's prosecutions to protect Vermonters from neglect, fraud, and abuse.

Deb believes in the power and responsibility of citizens and communities to come together to solve problems. A champion of open and accountable government, she fought attempts to weaken our public records laws, championed legislation to enable Vermont's communities to adopt binding ethics policies, and was instrumental in strengthening the laws that preserve important government records. She established the Safe-at-Home program to protect victims of domestic violence from being tracked down through public records. Throughout her political career, Deb has won six state wide elections and winning every town in Vermont with Republicans and Progressives in the races. She is a University of Vermont alumnae and received her

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Vermont APRNs' declare their independence! Please join us in celebrating our 20th year, while at the same time, supporting the professional organization that is bringing nurse practitioners into the foreground of health care policy reform. We will inspire you with the richness and depth of what nurse practitioners bring to the exam room, the board room, and the state house chambers. Discover what your talented colleagues and peers are doing through networking opportunities. Learn how to embrace the power of being leaders in health care access and legislation. Become empowered to face the insurance industry with the self-awareness that we are the answer to primary health care and the chronic disease model of education and prevention. Don't miss this opportunity to participate!

*Deborah Wachtel, APRN, MPH
Annual Conference Program Chair*

Conference Schedule, Friday, March 26

7:30-8:30am REGISTRATION, BREAKFAST, EXHIBITS (till 1:30pm)

8:00-8:30pm VNPA BUSINESS MEETING
Members & Non-Members Welcome

8:30-9:45am **KEYNOTE ADDRESS:**
"Nurse Practitioners are Part of the Solution"
Deb Markowitz (previous page)

9:45-10:15am BREAK WITH EXHIBITORS

10:15-11:15am **PLENARY SESSION: Policy and Politics:**
Understanding Health Care Reform and the
Opportunities It Presents for Nurse Practitioners
Nancy O'Rourke, MSN, ACNP, ANP, RN-C

This session will present an overview of health reform issues, including payment reform, at the state and federal levels and how these movements could impact your practice. We will also review how you can be proactive in influencing health policy and becoming a political force in your own state.

11:15-12:15pm **CONCURRENT SESSIONS - A**

A-1 Autism in Young Children: Making Sense of Screening and Diagnosis

*Carol Buck-Rolland, APRN
Clinical Associate Professor, University of Vermont
PNP, Vermont Child Development Clinic*

Autism Spectrum Disorder currently affects one out of every 100-150 young children in America. This session will review the spectrum disorder. Specific screening procedures for use in the primary care setting will be described as well as an overview of current diagnostic procedures. Recommended management of children diagnosed with ASD will also be discussed.

A-2 Memory Loss: What's Normal, What's Not...& Rx Options

*Mary Val Palumbo DNP, APRN, GNP-BC
Director, Office of Nursing Workforce | Associate Professor
University of Vermont*

The role of the NPs in the identification of Memory Impairment is critical to early treatment and improved long term outcomes. This session will provide participants with an overview of assessment, treatment, and management of persons with memory impairments including Alzheimer's disease. Family care will also be highlighted.

12:15-1:30pm LUNCH, FUNDRAISER, EXHIBITS

1:30-2:30pm **CONCURRENT SESSIONS - B**

**B-1 Endocrine Disrupting Chemicals:
Environmental Toxins and Thyroid Function**

*Frances Carr, PhD
Professor of Pharmacology | VP, Research and Graduate Studies
University of Vermont*

This session will explore the overall health impacts of exposure to endocrine disrupting chemicals. Given the central role of the thyroid in early childhood development, growth, and reproduction; the discussion will also focus on the known and putative impacts of EDC exposure on thyroid hormone action. The discussion will also focus on the role of public awareness and the impact of the recent Endocrine Society Scientific Statement on Endocrine-Disrupting Chemicals.

**B-2 Practical Review of the Evaluation & Treatment
of Pediatric Anxiety Disorders in the Primary Care Setting**

*Jeanne Greenblatt, MD, MPH
Child and Adolescent Psychiatrist
Vermont Department of Health | Porter Practice Management*
This session will provide a overview of common childhood anxiety

disorders and a practical approach to their evaluation and treatment in the primary care setting will be emphasized.

2:30-2:45pm AFTERNOON BREAK

2:45-3:45pm **CONCURRENT SESSIONS - C**

C-1 Universal Precautions for Addictions and the Vermont Prescription Monitoring System (VPMS)

*Meika Zilberberg, MS
Coordinator, Vermont Prescription Monitoring Program
Todd W. Mandell, MD
Medical Director, Division of Alcohol & Drug Treatment Programs
Vermont Department of Health*

This session will introduce the concept of Universal Precautions and demonstrate its need in a clinical setting as well as provide ways to screen for addictions. The impetus for, the set up, and implementation of the VPMS will be discussed and a real time utilization of the system will be presented.

C-2 Morphology, Distribution, and Other Clues: Differential Diagnosis of Dermatitis & Other Skin Eruptions

*Maureen Harkin, FNP
Nurse Practitioner, Dermatology
Four Seasons Dermatology*

Oh no, it's a rash. Do skin eruptions leave you scratching your head more than the patient is scratching their rash? This session will provide you with helpful tools that will assist you in differential diagnosis of skin eruptions.

3:45-5:15pm **CONCURRENT SESSIONS - D**

D-1 Simple Procedures You Can Perform in Your Office

*Marty Linseisen, MSN, FNP-BC
Clinical Assistant Professor University of Vermont
Emergency Department NP, Northwest Medical Center*

In this session, we will review two procedures that can be performed in your office setting. Many times, wounds and incision and drainage of abscesses are referred to emergency rooms or surgeons for management. Learn how to perform these procedures and keep these patients in your office.

**D-2 Complementary Modalities of Pain Management:
Acupuncture & Meditation**

*Helene Langevin, MD
Licensed Acupuncturist
Research Assistant Professor, Department of Neurology
University of Vermont*

*Theodore Tsaousidis
Meditation and Psycho-spiritual Teacher
Sitting at the Gate*

With a focus on pain management, this year's CAM session features two panelists from varied backgrounds and experience. Dr. Helene Langevin has headed NIH-funded research at UVM on the mechanisms of acupuncture since 1998. She will provide us with a better understanding of acupuncture as an accompaniment to Western Medicine.

We are also pleased to have join us, Theodore Tsaousidis, a practicing meditation and psycho-spiritual healing teacher. For over thirty years, Theodore has been practicing meditation and facilitating programs in the area of mindfulness meditation for

Continuing Education: This activity has been submitted to the Vermont State Nurses Association for approval to award contact hours. The Vermont State Nurses Association Committee on Education is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's COA.



REGISTRATION, PAYMENT: Complete the registration form (below) or download a form at: www.VTNPA.org. Return your completed registration form by **Monday, March 15** with a check made payable to:

Vermont Nurse Practitioners Association
741 Hand Road No. Ferrisburgh, VT 05473

There is a \$25 cancellation fee. No refunds after March 15, however you may send a substitute in your place without penalty. VNPA dues for 2010 must be received by March 15 in order to receive the lower, member registration rate.

A membership application and information can be accessed on line at the VNPA Web site. For more information:

Julie Basol, Conference Director JNB Marketing, LLC
Ph: 802.425.3936 | Fax: 802.425.5507 | JNB@gmavt.net

or Deborah Wachtel, APRN, MPH Program Chair: Deborah.Wachtel@vtmednet.org

CONFERENCE SITE, ACCOMMODATIONS:

1746 Mountain Road (Rt. 108), Stowe, VT 800.253.2232

The 20th Annual VNPA Conference will be held at the Stoweflake Mountain Resort & Spa on Friday, March 26, 2010 with its Pre-Conference Dinner & Discussion the night before. A block of overnight rooms have been reserved and are available for participants the nights of March 25 and 26. To obtain the reduced rate of **\$159 + tax** (per night, sgl/dbl), call **800 253-2232** or **802 253-7355**. *You must specify that you are attending the VNPA Conference in order to receive the reduced overnight room rate.* Deadline for securing the reduced rate is: **February 26, 2010**.

The Stoweflake is a AAA Four-Diamond resort with an abundance of amenities, including their world class spa, state-of-the-art fitness facilities, two award-winning restaurants and luxurious accommodations. For Spa services, please contact the Resort at least one week in advance. www.stoweflake.com

DIRECTIONS TO THE CONFERENCE: FROM I-89: Take Exit 10, Waterbury/Stowe/Rt. 100. Turn onto Rte. 100 at the end of the exit ramp toward Stowe. Continue for ~ 11 miles. Turn left at the blinking red light in the village onto Rt. 108/Mtn. Road. Continue on Rte.108 for ~ 2 miles - the Stoweflake will be on the right.

Further directions: www.randmncally.com



Logistics

Registration Form

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Vermont Nurse Practitioners Association
741 Hand Road No. Ferrisburgh, VT 05473

For more information contact:

Julie Basol, Conference Director JNB Marketing, LLC
Ph: 802.425.3936 | Fax: 802.425.5507
JNB@gmavt.net

Name/Credentials: _____

Position Title: _____

Organization: _____

Address: _____

City/State/Zip: _____

Phone: _____ Email: _____

(circle one from each time slot; selections are not binding)

CONCURRENT SESSIONS

A 1 2 B 1 2

C 1 2 D 1 2

If you require special accommodations or have additional needs in order to participate, please check this box. Indicate your requests in writing and include with your registration form.

Registration Fee	Early Bird < 3/15	Reg. Fee > 3/15	On Site Fee
Pre-Conference (1)	<input type="checkbox"/> \$50	<input type="checkbox"/> \$55	<input type="checkbox"/> \$60
Member (2)	<input type="checkbox"/> \$125	<input type="checkbox"/> \$145	<input type="checkbox"/> \$175
Non-Member	<input type="checkbox"/> \$160	<input type="checkbox"/> \$180	<input type="checkbox"/> \$185
Student or Retiree (3)	<input type="checkbox"/> \$65	<input type="checkbox"/> \$70	<input type="checkbox"/> \$75

Not sure of your VNPA membership status?

Contact Sarah Dudley, Membership Chair:
SKDudley_2000@yahoo.com

Amt. Enc.: \$ _____

Ck #: _____

1) Includes dinner

2) Current membership status required. 2010 dues must be received by March 15 in order to receive the member rate.

3) Fee applies to currently enrolled NP students; verification may be requested.

M.E. Time

The Stoweflake Mountain Resort & Spa provides an ideal setting for attendees to get their much needed M. E. time!

Thursday afternoon, plan for M. E. time

- **Many Extras** -

and treat yourself to an afternoon at the Resort's Spa.

Join us for an invigorating FREE yoga session at 4:30pm, then meet us for cocktails in the lounge prior to the Pre-Conference Dinner and Discussion.

Book your appointment(s) at the Spa today!

800.253.2232



VERMONT Nurse Practitioners Association



VNPA

Scholarship Fund: In an effort to support broadening the political and professional knowledge and influence of Vermont Nurse Practitioners, VNPA is offering grant money to its members through two annual scholarships (up to \$1000) to full VNPA members, and two annual scholarship to student members in the amount of \$500. To that end we have created a fund to offer financial support in the form of annual grants to be awarded to two eligible Nurse Practitioners, and two NP students who will attend a national NP summit, symposium, or conference specifically geared to NP professional/ political/ legislative issues. The mission of this scholarship is to encourage active participation in health policy and policy-making. Applications are available at www.VTNPA.org; click on 'Scholarship'.

VNPA will continue raising funds for the NP and NP Student Scholarship Fund to assist in providing education towards policy work and political activism among our colleagues. Now more than ever, the time is ripe for NP voices in the policy world.

You can buy tickets beforehand from Deborah Wachtel, Carol Buck Rolland, and Ann Gotham, and Helen Linseisen (\$5 each/\$25 gets you 6) or at the Conference. Prizes include contributions from Small Dog Electronics, Outdoor Gear Exchange, and many more VNPA supporters!

gearX.com
Outdoor Gear Exchange

