

Gerontological Advanced Practice Nurses Association

# Contemporary Pharmacology

*& Prescribing in Older Adults*

**March 28-30, 2019**

**Hilton Chicago**

CHICAGO

care • continuity • connection

**GAPNA**  
Gerontological Advanced  
Practice Nurses Association

# Conference Supporters

GAPNA gratefully acknowledges the following companies for their support of the

*GAPNA Pharmacology Conference*  
*Contemporary Pharmacology and Prescribing in Older Adults*



# WELCOME

## Hello Colleagues!

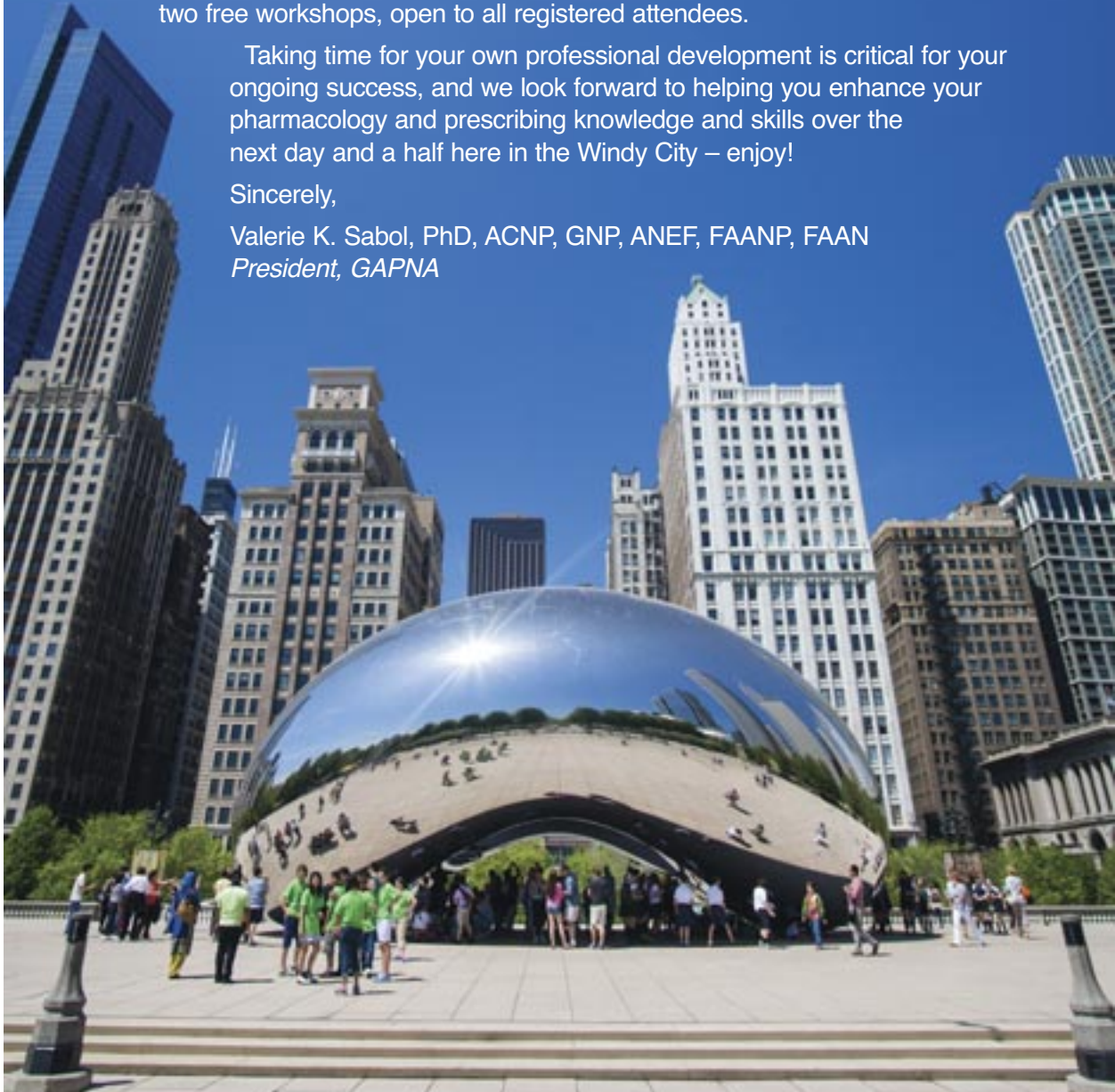
On behalf of the Board of Directors and the National Office, I welcome you to Chicago for *GAPNA's Contemporary Pharmacology and Prescribing in Older Adults Conference*. I extend heartfelt thanks and appreciation to the 2019 Planning Committee (Joanne Miller, PhD, APRN, GNP-BC; Karla Anderson, APN, FNP-BC; Lory Arquilla-Maltby, MSN, APRN; Dana Frank, PharmD, BCGP; Michael Koronkowski, PharmD; and Patricia Ann McCann, MSN, BS, RN, APRN) for their time and dedication in planning and organizing this important educational event!

In addition to receiving updated pharmacotherapeutic information, we hope that you will take the opportunity to network with colleagues, leading experts, and industry representatives. We are also pleased to partner with the Nurse Practitioner Healthcare Foundation and offer two free workshops, open to all registered attendees.

Taking time for your own professional development is critical for your ongoing success, and we look forward to helping you enhance your pharmacology and prescribing knowledge and skills over the next day and a half here in the Windy City – enjoy!

Sincerely,

Valerie K. Sabol, PhD, ACNP, GNP, ANEF, FAANP, FAAN  
*President, GAPNA*



# 2019 CONFERENCE SCHEDULE

## Thursday, March 28, 2019

2:00 pm – 7:00 pm  
Registration Open  
Location: Normandie

3:00 pm – 4:30 pm  
Pre-Conference Workshop  
Location: Grand Ballroom  
1.5 contact hours (which includes 0.5 hours of pharmacology credit)\*

010: Pathways in Management: Osteoarthritis and Chronic Low Back Pain  
Wendy Wright, MS, ANP-BC, FNP-BC, FAANP, FAAN, FNAP

- After attending this session, the participant will be able to develop practical strategies for assessing, managing, and improving function for patients with osteoarthritis (OA) and chronic low back pain (CLBP); reflect on current standards of care and nationally accepted guidelines for OA and CLBP; advance current understanding of pain pathophysiology, epidemiology of chronic pain, and the impact and burden of pain; and establish positive, realistic goals with patients, providing appropriate education tools and resources to support their care.

\*Contact hours awarded by the Nurse Practitioner Healthcare Foundation.

4:30 pm – 6:00 pm  
Opening Networking Reception and Exhibits  
Location: Normandie

6:00 pm – 7:00 pm  
Industry-Supported Evening Presentation  
(Seating is limited)  
Location: Grand Ballroom

## Friday, March 29, 2019

6:30 am – 5:45 pm  
Registration Open  
Location: Normandie

7:00 am – 8:00 am  
Industry-Supported Breakfast Presentation  
(Breakfast will be provided/seating is limited)  
Location: Boulevard ABC

A GLP-1 RA Treatment Option from Eli Lilly and Company\*

Meenakshi Patel, MD, FACP, MMM, CMD

This presentation will discuss a GLP-1 receptor agonist indicated as an adjunct to diet and exercise to improve glycemic control for specific patients. Join a discussion on the efficacy and safety of this therapy and obtain information on dosing and administration in long-term settings. Attendees will have the opportunity to ask the presenter questions about the data presented and refreshments will be provided.

Supported by Lilly USA, LLC

\*This program is sponsored by and the speaker is presenting on behalf of Lilly USA, LLC. It is being presented consistent with FDA guidelines and is not approved for continuing education credit.

8:00 am – 9:00 am

General Session

Location: Grand Ballroom

1.0 contact hour (which includes 1.0 hour of pharmacology credit)

101: Pain Management

Birinder Marwah, MD

- After completing this learning activity, the participant will be able to discuss management of acute and chronic pain in the geriatric population.

9:00 am – 9:45 am

Coffee Break/Networking/Exhibit Displays

Location: Normandie

9:45 am – 11:15 am

General Session

Location: Grand Ballroom

1.5 contact hours (which includes 1.5 hours of pharmacology credit)

102: Prescribing and De-Prescribing for the Older Adult Patient

Lynn Borkenhagen, DNP, APRN, CNP, ACHPN

- After completing this learning activity, the participant will identify general considerations in optimizing drug therapy for elders.

11:20 am – 12:20 pm

General Session

Location: Grand Ballroom

1.0 contact hour (which includes 1.0 hour of pharmacology credit)

103: Diabetes

Lauretta Quinn, PhD, MSN

- After completing this learning activity, the participant will be able to identify newer diabetes medications and future trends in diabetes pharmacological management.

12:20 pm – 1:20 pm

Industry-Supported Luncheon Presentation

Location: Boulevard ABC

(Lunch will be provided/Seating is limited)

An Alternative to Warfarin in LTC

Clemencia Rasquinha, MD, CMD

This presentation will review anticoagulants and management considerations in the long-term care (LTC) setting and present an alternative to warfarin for reducing the risk of stroke in patients with nonvalvular atrial fibrillation and for treating deep vein thrombosis/pulmonary embolism.

Supported by Janssen Pharmaceuticals, Inc.



**GAPNA**  
**Excellence Awards**  
Nominations  
due June 1

# 2019 CONFERENCE SCHEDULE

1:20 pm – 2:20 pm

General Session

Location: *Grand Ballroom*

1.0 contact hour (which includes 1.0 hour of pharmacology credit)

**104: Optimizing Cardiovascular Risk Reduction through Lipid Management**

*Lynne T. Braun, PhD, CNP, FAHA, FAANP, FNLA, FPCNA, FAAN*

- After completing this learning activity, the participant will discuss risk management, guideline recommendations, and patient-centered approaches for lipid-lowering therapies for patients at intermediate or high-risk for cardiovascular disease events.

2:20 pm – 2:50 pm

Refreshment Break/Networking and Exhibits

Location: *Normandie*

2:50 pm – 3:50 pm

General Session

Location: *Grand Ballroom*

1.0 contact hour (which includes 1.0 hour of pharmacology credit)

**105: Psychotropic Medications and Psychiatric Disorders**

*Ben Inventor, PhD, CNP*

- After completing this learning activity, the participant will be able to discuss appropriate use of psychotropic medications for common psychiatric conditions of older adults, explain the definition and purpose of pharmacogenomics, and apply pharmacogenomics in the care of psychiatric conditions of older adults.

3:55 pm – 5:25 pm

General Session

Location: *Grand Ballroom*

1.5 contact hours (which includes 1.5 hours of pharmacology credit)

**106: Caring for the "Broken Heart"**

*Karolina Marinescu, MD*

- After completing this learning activity, the participant will be able to review various heart failure management options, discuss the 2017 ACC/AHA/HFSA-focused guideline update, and identify advanced heart failure patients.

**Saturday, March 30, 2019**

7:00 am – 1:15 pm

Registration Open

Location: *Normandie*

7:00 am – 8:00 am

Continental Breakfast/Networking

Location: *Normandie*

8:00 am – 9:00 am

General Session

Location: *Grand Ballroom*

1.0 contact hour (which includes 1.0 hour of pharmacology credit)

**201: Anticoagulation in Older Adults**

*Vika Bursua, PharmD, CACP*

- After completing this learning activity, the participant will be able to compare and contrast the clinical profiles of currently available oral anticoagulants and identify the most optimal anticoagulant for their patient.

9:05 am – 10:05 am

General Session

Location: *Grand Ballroom*

1.0 contact hour (which includes 1.0 hour of pharmacology credit)

**202: Tips and Tricks for Prescribing COPD Medications and Inhaler Devices**

*Lori Wilken, PharmD, BCACP, AE-C, NCTTP*

- After completing this learning activity, the participant will be able to confidently prescribe COPD medications to meet individual patient needs.

10:05 am – 10:20 am

Coffee Break/Networking

Location: *Normandie*

10:20 am – 11:20 am

General Session

Location: *Grand Ballroom*

1.0 contact hour (which includes 1.0 hour of pharmacology credit)

**203: Oncology**

*Kelly Szymanski, DNP, AGNP*

- After completing this learning activity, the participant will be able to discuss short- and long-term oncology treatment side effects as well as an overview of cytopenia and anticoagulation management.

# 2019 CONFERENCE SCHEDULE

11:25 am – 12:55 pm

General Session

Location: Grand Ballroom

1.5 contact hours (which includes 1.5 hours of pharmacology credit)

204: Antibiotic Prescribing across the Continuum of Care

*Lisa R. Young, PharmD, BCIDP*

- After completing this learning activity, the participant will be able to identify the most common adverse drug reactions related to prescribing antibiotics in the geriatric population and select an appropriate antimicrobial including dose and monitoring plan.

12:55 pm – 1:30 pm

Closing Remarks

Location: Grand Ballroom

2:00 pm – 6:00 pm

Gerontological Specialist Certification Exam

Location: Williford A (3rd Floor)

2:15 pm – 4:30 pm

Post-Conference Workshop

Location: Boulevard ABC

2.25 contact hours (which includes 2.25 hours of pharmacology credit)\*

901: Pain Management and Opioids: Balancing Risks and Benefits

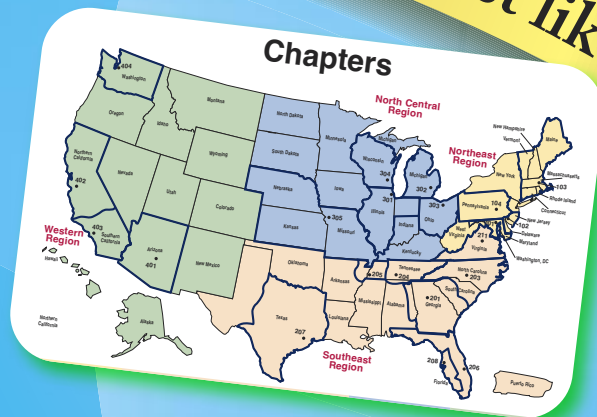
*Theresa Mallick-Searle, MS, ANP-BC*

- After attending this session, the participant will accurately assess patients with pain for consideration of an opioid trial, establishing realistic goals for pain management and restoration of function, initiate opioid treatment (IR and ER/LA) safely and judiciously, maximizing efficacy while minimizing risk, monitor and re-evaluate treatment continuously; discontinue safely when appropriate, counsel patients and caregivers about safe storage and disposal, as well as safe use, misuse, diversion and overdose, and demonstrate working knowledge and ability to access general and specific information about opioids, especially those used in your practice.

\*Contact hours awarded by the Nurse Practitioner Healthcare Foundation.

Find your local  
**GAPNA**  
 chapter  
 Network and grow with NPs just like you!

- 21 chapters nationwide
- Connect with APRNs in your area
- Improve your practice through local CE events
- Join [gapna.org/chapters](http://gapna.org/chapters)



Email [gapna@gapna.org](mailto:gapna@gapna.org) for more info, or to start a chapter in your area.

# HOTEL FLOOR PLAN



**We've got  
Exciting  
News!**



**Our Online Community –  
GAPNA Exchange  
is officially up and running!**

*GAPNA Exchange* is an online community designed to help you connect, communicate, and collaborate with your gerontology peers.

Through our Open Forum, you can participate in the discussion group, and read what your peers are saying.

*We can't wait  
to hear from you!*

**gapna.org/exchange**

Contact the National Office: [gapna@gapna.org](mailto:gapna@gapna.org) • (866) 355-1392



# Continuing Education Information and Disclosure

## Learning outcome

After attending this conference, the participant will be able to apply updated information on pharmacotherapeutic agents to their prescribing practices for the older adult.

## Requirements for successful completion

Attend 90% of each session in which contact hours are earned, complete an on-line evaluation, and submit.

## Disclosures

**Planning committee:** Michael Koronkowski discloses a role as a consultant for the following: OptumRx, Inc., P&T advisor; HRSA-GWEP, co-investigator; White Crane Wellness Center, Senior Programs.

**Speakers:** Lynne Braun (session 104) discloses that she receives a royalty from UpToDate as an author.

## Commercial support and sponsorship disclosure

No commercial support or corporate sponsorship was received for this program.

## Continuing nursing education

Gain continuing nursing education (CNE) contact hours for your professional development, recertification, and relicensure.

**Main conference:** Up to 11.5 contact hours  
**Friday, March 29:** 7.0 contact hours  
**Saturday, March 30:** 4.5 contact hours

All education sessions contain pharmacology content that can be applied toward pharmacology credit requirements. Pharmacology content credit is time-based on the learning outcomes and content outline.

This conference is jointly provided by Anthony J. Jannetti, Inc. (AJJ) and the Gerontological Advanced Practice Nurses Association (GAPNA).

Anthony J. Jannetti, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Anthony J. Jannetti, Inc. is a provider approved by the California Board of Registered Nursing, Provider Number CEP5387.

GAPNA urges participants to be aware of the CNE requirements for relicensure in the states in which they hold a license.

## Contact hours for workshops 010 and 901 are awarded by the Nurse Practitioner Healthcare Foundation.

The Nurse Practitioner Healthcare Foundation is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

About the Nurse Practitioner Healthcare Foundation: The Nurse Practitioner Healthcare Foundation (NPHF) is a non-profit organization with the mission of im-

proving health status and quality of care through NP innovations in clinical care, research, education, health policy, and philanthropy. NPHF is always interested in connecting with NP volunteers to help with CE content development, development of white papers, scholarship and award application reviews, and other projects.

Contact: Pam Jenkins, MS, NP,  
Program Director at  
pamjw@nphealthcarefoundation.org  
Website: nphealthcarefoundation.org

## Introducing a DEMENTIA Care Course



The John A. Hartford  
Foundation



With the support of The John A. Hartford Foundation and GAPNA, the UCLA Alzheimer's and Dementia Care program developed *The Dementia Care Specialist (DCS) Curriculum*. This 22-module online curriculum provides a basic knowledge base for Nurse Practitioners who are looking to advance their expertise in caring for patients with dementia.

The overall goal of this course is to provide Nurse Practitioners with knowledge necessary to provide high quality dementia care management.

Until September 1,  
this course is available to  
GAPNA members at NO cost!

For access, go to  
[gapna.org/DCS](http://gapna.org/DCS)

**9.00**  
contact hours  
available

After September 1:  
Member Price: \$39.00  
Standard Price: \$59.00

CNE accreditation information can be found before learner begins each module of the course.

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GAPNA's  
Online Library  
Includes:

- Conference handouts
- Online Evaluations/CNE
- Conference sessions (live audio recordings)
- Earn CNE credit post-event for sessions you missed onsite
- Access anytime, anywhere!

Evaluation Deadline Date: April 22, 2019

## How to Claim CNE Credit

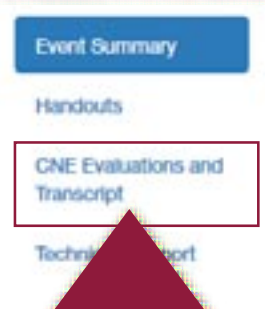
1. Log in at [gapna.org/pharm19CE](http://gapna.org/pharm19CE) with your GAPNA username and password.\*
2. Click on **CNE Evaluations and Transcript**. Then simply complete an evaluation for each session for which you want to claim CNE credit.

Please remember to complete the Overall Conference Evaluation as well. Your feedback helps us make each conference more successful!

Your CNE certificate/transcript for this conference can be accessed any time by clicking on *CNE Transcript* under *My Account*.

### **\*Do not create a new account!**

If you do not know your password, if you or your employer mailed your registration, and/or you have never established a GAPNA online account, go to [gapna.org](http://gapna.org) and click the Log In button, enter your email address then click "Forgot Your Password".



Questions about claiming credit? 877-796-1325  
Other Inquiries: 866-355-1392 | Visit: [gapna.org/pharm19CE](http://gapna.org/pharm19CE)

# GAPNA Gives Back...

GAPNA is partnering with “Little Brothers — Friends of the Elderly” in order to give back to the local community of elders in need. Their mission is to relieve isolation and loneliness among the elderly. Since 1979, they have been working with persons age 70 and over who are without the benefit of family or adequate social contacts. Priority is given to elders living independently at, or below, the poverty line.

This year, we are collecting gift cards on any amount to Target, Staples, or Dunkin’ Donuts. If you would like to participate in GAPNA Gives Back, please drop off gift cards with the amount indicated at the GAPNA Registration Desk during the GAPNA Contemporary Pharmacology Conference.



## GAPNA’s Spring Rising Star

### Abby Luck Parish

Abby Luck Parish, ANP, AGPCNP-BC, GNP-BC, FNAP, was awarded the 2018 Tradition Meets Innovation Award for her work redesigning core courses for Vanderbilt University School of Nursing, where she works as an assistant professor teaching core courses for MSN students and statistics for DNP students.

Recently, Abby worked with the Vanderbilt Center of Gerontological Nursing Excellence as a project leader and first author, conducting an integrative review of the literature on layperson’s perceptions of aging and frailty. The Vanderbilt Center of Gerontological Nursing Excellence is comprised of nurse educators, practitioners, and researchers, all of whom are passionate about older adults and partner together on community education, scholarly projects, and curriculum innovations.

“Some of my favorite things about working with older adults include managing multimorbidity, optimizing function, and engaging in end-of-life discussions,” Abby says. “These sorts of activities drew me to the nursing profession and are some of the most meaningful parts of my work.”

Abby has been an active member of GAPNA since 2010. When asked why she became involved in GAPNA, Abby said, “Local chapter engagement is one of the most fun aspects of GAPNA membership – it is so meaningful to connect with others who share



our passion for older adults, and it’s an honor to give back to those chapters by serving in leadership roles.”

In the past, Abby has served as secretary, vice president, and president of the Middle Tennessee Chapter of GAPNA. “I strongly suggest taking on one of these roles to anyone who is interested in getting more involved in GAPNA!” Abby says. Continuing to live by that example, Abby has served as a GAPNA leader at

more than just the chapter level. Currently, she co-edits the GAPNA section of *Geriatric Nursing* with Dr. Benjamin Smallheer, publishing practice updates relevant to APNs working with older adults.

Abby also serves as the chair of the GAPNA Awards Committee and you may recognize her leading the awards ceremony at the GAPNA Annual Conference. “It is so inspiring getting to read the excellence award nominations and hear about the amazing things that GAPNA members and chapters are doing across the country to promote the health of older adults,” Abby says. “Reading nominations is one of my favorite things I do each year.”

Outside of her work, Abby enjoys cooking and spending time with her two children. “My 1-year-old attended the national GAPNA conference with me when she was only a few weeks old!” Now that’s commitment!

## 2019 Call For Gerontological Advanced Practice Nurses Association Foundation Grants/Awards Applications

Applications are due **May 15, 2019** for the following grants/awards presented at the *Annual Meeting* ([www.gapna.org](http://www.gapna.org))

### Awards Available

- **GAPNAF – Center for Clinician Advancement: UnitedHealth Group Grant (\$5,000) – Research/Project Focus:**

- Clinician competence in an evolving interprofessional environment (ex. team-based care, transitional care)
- Clinical practice impacting informed and engaged consumer-focused healthcare (ex. advanced care planning, self-care management)
- Interprofessional collaboration

- **GAPNAF Research Grant (\$2,000)**

- **GAPNAF Clinical Project Grant (\$2,000)**

- **NEW – GAPNAF Virginia Lee Cora Research/Project Grant (\$2,000)**

- Focus must be on APRNs, older adults, and their families (can be non-traditional families)

#### Eligibility Requirements

- Applicants must be a current GAPNA member. If you are not a current member, you may include a GAPNA membership application and fee with the grant application.

#### Grant Requirements

- Each grant is time limited and must be used during the 12 months following award.
- Grant funds must be used strictly for expenses related to the proposed research or project. No indirect or tuition expenses will be covered.

#### Proposal Requirements

The proposal must be relevant to the nursing care of older adults.

- Evidence-based: examines and/or provides support for decision making in clinical practice and
- Outcomes based: designed to measure and improve health outcomes for older adults.

#### Review Criteria

The reviewers will evaluate the application using the following criteria:

- Overall impact
- Significance
- Investigator
- Innovation
- Approach
- Environment

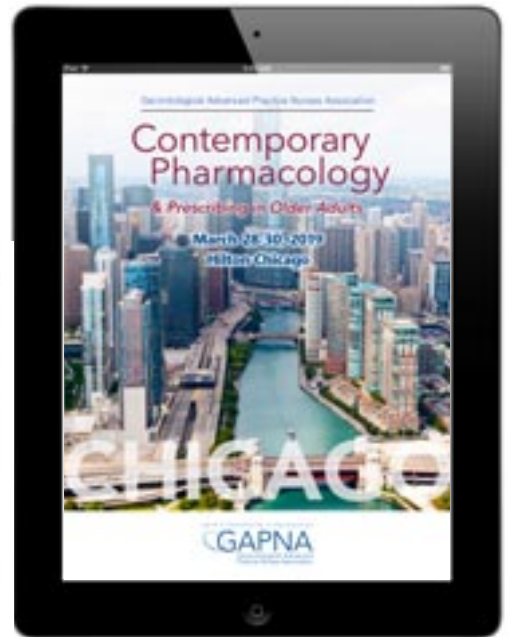
Go to [www.gapna.org](http://www.gapna.org) for more details and the application.

# Conference App and Social Media Information

Get the most out of your experience with GAPNA's conference app!

Use the app to:

- \*Learn more about the sessions
- \*Find and contact fellow attendees
- \*Post photos for all to see
- \*Connect to social media



## Find us wherever you go!

Get GAPNA news and updates instantly and join the conversation with a community of nurse practitioners.

**Follow the action: #GAPNAPharm19**

Share your photos and stories before, during, and after the GAPNA Pharmacology Conference using the hashtag #GAPNAPharm19.

Let us know from where you're traveling, how sessions are going, or what you're doing in your down time. Give your friends and colleagues at home a look into your conference experience.



Facebook.com/GAPNA



@GAPNA\_HQ



Connect with us on LinkedIn!





Are you an advanced practice nurse  
providing care to older adults?



Do colleagues seek your assistance in  
managing complex issues with older adult patients?

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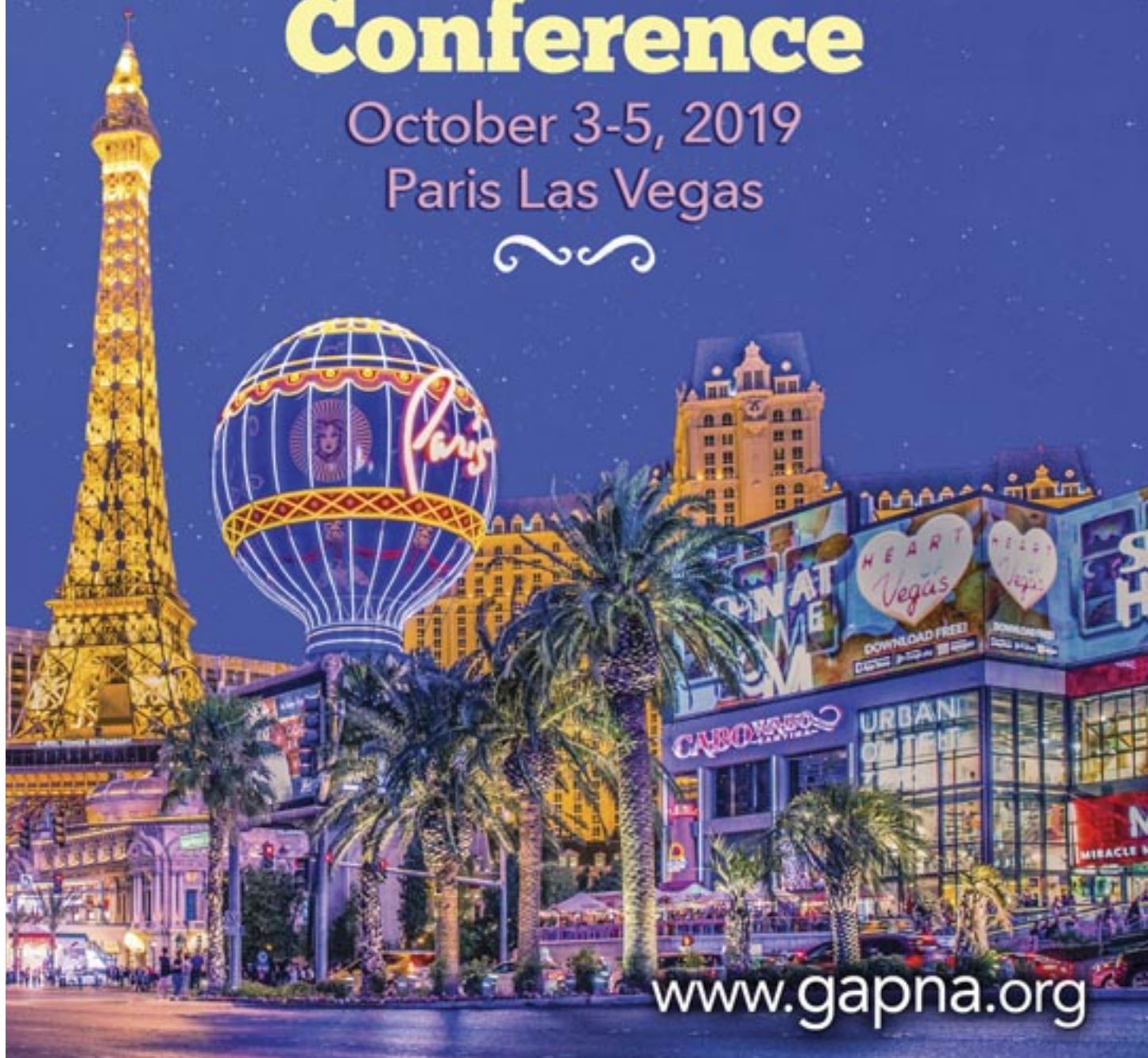
**GAPNA**

Gerontological Advanced  
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Annual  
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October 3-5, 2019

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