

**This is a Directory of the sessions recorded at the 2008 National Clinical Conference in Nashville, TN. If you are ready to start your CE online sessions please click on**  
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### **A Case of the Wobbles: Evaluating Gait Dysfunction**

Gait dysfunction is a common complaint in clinical practice. Fifteen percent of individuals over 65 have gait problems and one in four will require walking aids by age 80. This program will focus on common causes of gait disorder, description of abnormal gait and identification of treatable causes.

### **Viral Hepatitis: What the Primary Care Provider Needs to Know**

This program is intended to update Nurse Practitioners with the latest information about diagnosis, management and treatment of viral hepatitis. This session will also focus on when to refer patients to specialists and how to monitor them in the primary care.

### **Dizziness: Is the Ear to Blame**

This course assists the provider to make an accurate assessment and diagnosis of dizzy patients in an ambulatory setting. Included are rapid assessment, differential diagnosis, latest treatment, and follow-up guidelines.

### **The Critically Ill Older Adult**

The older adult population is a heterogeneous group and often presents with subtle complaints that can lead to rapid deterioration. It is important for the advance practice nurse to recognize these subtle changes so they may act appropriately.

### **Women are Different: Coronary Disease and Heart Failure**

The purpose of this presentation is to provide an overview of the most current gender based research for the diagnosis and management of coronary artery disease and heart failure in women.

### **Alcohol Screening and Brief Intervention for Adolescents**

Adolescents at risk for alcohol problems need to be identified and strategies implemented to screen and assess. This presentation will discuss the detriments of alcohol to youth, developmental issues, screening/assessment tools to identify at risk adolescents, and guidelines for implementation.

### **Reducing CV Risk with CAM and Lifestyle Modifications**

Cardiovascular (CV) disease remains the leading cause of death in the United States. Modifiable CV risk factors, the Metabolic Syndrome, lifestyle modifications, and traditional and complimentary alternative methods of risk factor management will be reviewed.

## **Primary Care Insulin Management for Type 2 Diabetes Mellitus**

This presentation will enable the participant to develop an awareness of the newer insulin choices and plan treatments for active individuals with type 2 DM using insulin.

### **Conquering Insulinophobia: Do You Fear Insulin or Does It Fear You**

Starting insulin can be a daunting task for the nurse practitioner and patient. In this session discover techniques to overcome your patient's (and perhaps your) insulin resistance with opportunities to work with insulin devices.

## **In-Hospital Prevention of Venous Thromboembolic Disease**

Venous thromboembolic disease is a significant cause of morbidity and mortality in the hospitalized medical patient. Targeted therapeutic approaches are imperative in order to promote early recognition and treatment of this preventable disease.

## **Pleural Effusions: From Simple to Complex**

Pleural effusions can be caused by a wide variety of intrathoracic and systemic diseases. A knowledgeable nurse practitioner can systematically investigate for an etiology and provide the proper treatment of the pleural effusion in an efficient manner.

## **Aging Gracefully: Making Decisions Throughout Mid-life**

This presentation addresses the trend of using natural hormones, the issue of bio-identical hormone therapy, how to identify bio-identical hormones, order and interpret saliva tests and prescribe hormones based on the tests.

## **Looking for a Zebra in the Herd: Pancreatic Cancer for the Primary Care Provider**

This presentation will assist nurse practitioners in primary care to identify patients with a possible diagnosis of a pancreatic neoplasm and initiate the appropriate laboratory tests and diagnostic imaging studies.

## **Managing Thyroid Disorders: Much More Than TSH**

Thyroid function is dependent upon so much more than thyroid stimulating hormone. Learn more about diagnosis and management of thyroid disorders in this informative session.

## **Neuro Drug Update**

This session will focus on a review of newer drug therapies for chronic neurologic disease. New therapies for Parkinson's Disease, stroke, dementia, Multiple Sclerosis and epilepsy will be discussed.

## **Coding Tips and Tidbits**

Medicare coding is a constantly evolving process.&nbsp; There are new, deleted, and revised codes yearly. Knowing what the requirements for evaluation and management codes are will help increase reimbursement and avoid fraud and abuse charges.

### **MRSA: It's Everywhere**

MRSA is now prevalent in all populations. Identification and treatment in all age groups is vital to prevent a lethal progression of the infection.

### **New Asthma Guidelines (EPR-3) for Adults and Children**

The newest evidence based guidelines from the NIH, Expert Panel Report 3, 2007 are discussed as related to diagnosis and management of children and adults with asthma. Case study exemplars are provided.

### **Diagnosis and Treatment of Osteoporosis 2008**

This session is designed to assist the primary care provider with the ability to diagnose and treat osteoporosis. A case study format will be utilized.

### **Knowing When and How To Take The Keys Away: Elders and Driving**

Few elders plan for a time when they cannot drive any longer, yet many will be faced with this decision. This session will explore the role of the NP in assisting elders with this transition.

### **Preceptors and Students: The Process of Evaluation**

The purpose of this presentation is to provide NPs who precept or wish to precept NP students a greater understanding of the process of evaluating NP students. This presentation would be valuable for novice and expert preceptors.

### **Advanced Care Planning**

The role of advanced care planning in the geriatric population is essential for preparing not only for the end of life but for crises that occur as a normal part of the aging process and co-morbid medical conditions. Interactive case studies will be presented.

### **Behavioral, Pharmacological, and Surgical Treatment of Obesity: An Overview**

This presentation will discuss the clinical challenges of treating obesity in adults. Topics include how to utilize behavioral treatment for obesity, the efficacy and side effects of pharmacologics used for weight reduction, and current options and indications for surgical treatment.

## **Coronary Artery Disease 2008: Can We Identify and Treat the Risk Factors Earlier and More Aggressive**

Emphasis will be in the early identification and treatment of the components of the Metabolic Syndrome: diabetes, hypertension, dyslipidemia and obesity as they relate to CAD. Interactive case studies will enhance and cement the knowledge gleaned from the discussion..

## **An Integrative Approach to the Menopause Transition**

In this session we will discuss an integrative approach to the management of the menopause transition. What are the many non-hormonal strategies that can be used to manage the menopause transition? What is the evidence for the use of conventional, complementary and alternative treatments?

## **Hypertension: Optimizing Clinical Outcomes & Health**

Hypertension is the most common cardiovascular clinical problem with some of the most devastating end organ disease and negative clinical outcomes. Optimizing clinical outcomes requires early diagnosis, treatment, patient education and provider patient partnerships.

## **Myofascial Trigger Point Treatment Protocol: A Treatment Option for Perplexing Pain Syndromes**

Myofascial trigger point treatment offers providers a way to review pain patterns, understand pathophysiology of muscular pain, assess function and plan a treatment. Treatment using the work of Travell on myofascial pain patterns allows understanding of the cause of pain and ways to eliminate it.

## **Patient and APN Partnerships in Evidence-Based Practice**

Evidence-based practice (EBP) is data-driven decision-making, and is an approach to patient care that involves informed use of clinical literature in order to arrive at a desired outcome.

## **Hypertension 2008: Can We Decrease Target Organ Damage**

Early identification of patients at risk for target organ damage from hypertension, classes of antihypertensive medications designed to attenuate/avoid target organ damage, and mechanisms to evaluate impact of these medications and their potential adverse effects will be discussed.

## **Recognizing and Managing SIRS and Sepsis in Older Adults**

A treatment plan based on comprehension of the SIRS/sepsis cascade and application of the latest evidence on aggressive treatment for older patients complements APNs' clinical decision-making, and will lead to favorable outcomes.