Keynote speaker offers list of leadership skills NPs need to change the world

Wednesday morning’s opening keynote speaker called on attendees to not only recognize that nurse practitioners (NPs) are a national and global asset, but to embrace their responsibility to address health inequities. Rear Admiral (RADM) Susan Orsega, MSN, FNP-BC, FAAN, FAAN, issued a challenge in her talk, “How Can NPs Contribute to the Culture of Practice in the Nation’s Health Care System?”

“Think of one thing you can do for population health and health disparity, whether it’s addressing the opioid epidemic or obesity,” said RADM Orsega, chief nurse officer in charge of the Commissioned Corps of the U.S. Public Health Service Nurse Professional Affairs. “We know the opioid epidemic is disrupting families and impacting medical costs and economic costs. One small effort can make a large impact.”

She called on attendees to not just recognize that nurse practitioners are a national and global asset, but also to embrace their responsibility to act. “We can all be public health practitioners. If not now, then when?” RADM Orsega asked, adding that history has shown that NPs are “compassionate, innovative, thought-provoking leaders in health care.”

She offered five leadership skills that NPs should pack in their parachutes to work in the complex and challenging health care environment. She said her experiences working in African countries and during disasters helped shape these five skills.

She started with the important role interconnected teams play in shaping health care. “We must recognize that health care today is a place where learning must be constant. An interdisciplinary approach must be abundant,” she said.

Next, RADM Orsega noted the importance of self-awareness in complex, unpredictable or vulnerable environments using her experiences working at Ground Zero after 9/11 as an example.

“Establishing self-awareness and working with the ambiguity lead you to successfully impacting patient care in a multitude of settings,” RADM Orsega said. Number three on her list is sharing knowledge and resources, a skill increasingly important in the vastly expanding global community. “As globalization progressively connects and impacts the health of people worldwide, NPs are uniquely positioned and equipped to make a difference,” RADM Orsega said.

The Towers Pinnacle Award was presented to Angela Patterson, DNP, FNP-BC, NEA-BC, an interdisciplinary model for nurse practitioners both here and abroad. Dickens is a commissioner officer in the U.S. Public Health Service. He served as the officer in charge of the 76-member Public Health Service Ebola Response Team in Liberia, which provided health care relief in Monrovia, Liberia, West Africa, and oversaw local Ebola response efforts.

AANP honors exemplary NPs with national awards

AANP recognized two nurse practitioner (NP) leaders with AANP 2018 National Leadership Awards during Wednesday morning’s General Session. Angela Patterson, DNP, FNP-BC, NEA-BC, was honored with the 2018 Sharp Cutting Edge Award, and Capt. James L. Dickens, DNP, RN, FNP-BC, FAAN, received the Towers Pinnacle Award.

Dr. Patterson thanked her MinuteClinic team and AANP for the honor. “Words cannot express the honor I feel in receiving this award,” said Dr. Patterson. “I promise to uphold the tenants of the Sharp Cutting Edge Award and remain steadfastly committed to advancing the purpose of our profession, to respect the trails that have been laid down by our predecessors and to continue to pioneer in ways that ensure affordable access to quality health care across our nation.”

The Towers Pinnacle Award was presented by award namesake Jan Towers, PhD, NP-C, CRNP, FAAN, FAANP, a long-time health policy expert. “I just want to make some comments about how proud I am that the Towers Award recipient is Captain Dickens,” said Dr. Towers. “He has really been a role model for nurse practitioners both here and abroad.”

A new Welcome to the AANP 2018 Conference reception was held Tuesday evening for all attendees as a kickoff to the meeting.

STAY CONNECTED WITH AANP

• Download the conference mobile app at mobile.aanp.org to navigate the convention center and personalize your session schedule. The app is also available in Apple and Google Play app stores.

• Use #AANP18 to stay informed during the AANP 2018 National Conference and share your experience with others.

• Follow @AANP_News on Twitter and Instagram.

• Use #NPsLead year-round to join the online NP conversation.

“AANP honors exemplary NPs with national awards”

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National Awards continued on page 4

Keynote speaker offers list of leadership skills NPs need to change the world
Welcome to the AANP National Conference
By Joyce M. Kneistrick, PhD, CFNP, APRN, FAANP

The AANP 2018 National Conference is the nation’s largest multispecialty nurse practitioner (NP) conference. It features hundreds of engaging sessions and workshops, making it the best place for NPs to earn CE credit, learn the latest in NP education and discuss current clinical, legislative, regulatory and practice issues affecting NPs.

My favorite part about this meeting is networking with other NPs who share the same concerns about what our organization is doing to help move the profession forward. This conference is truly a time for us all to come together as a united voice and strive toward better patient care.

That is one of many reasons I am thrilled to welcome you to Denver, where you will “move mountains in health care.”

We have an engaging mix of opportunities across the educational gamut, from the novice to the expert, and also from the primary care NP to the acute care NP. The conference is topped off with keynote speakers: Rear Admiral Susan Ongeza, MSN, FNP-BC, FAANP; FAAN, assistant surgeon general and chief nurse officer with the U.S. Public Health Service, and Kevin L. Smith, DNP, FNP, chief clinical officer at Zipnosis, Inc., who are both movers and shakers in our field.

AANP continuously upgrades its education to ensure NPs are up-to-date. With public health crises such as the opioid addiction, it’s of utmost importance for NPs to be able to prescribe medication-assisted therapies. Our mission is reflected in the acronym PEARL, meaning we are focusing on

- practice, education, advocacy, research and leadership to advance quality health care.
- We are working very hard in all of those venues to help NPs in all specialties.
- In my first year as president, we’ve fought hard on both the federal and state level to remove barriers to practice. We now have 22 states plus Washington, D.C., and Guam with full practice authority. We continue to advocate for all nurse practitioners, regardless of their specialty.
- A few months ago I met with the U.S. surgeon general to share how NPs are making a difference in health care. I also testified before Congress to heighten awareness of some of the federal funding issues impacting nursing and NPs.
- AANP has more than 90,000 members strong. As there is a shortage of primary care physicians, more NPs are stepping up to fill that gap. That’s exciting for not only our profession, but also for the public we serve.

Although we’ve come so far, there is still work to be done. In my next year as AANP president, I would like for us to continue spreading the message about NPs. I would like for us to be able to impact the health care system even more as we move into interdisciplinary care. I would like to see the patient at the center of the team, and in order to accomplish that, everyone needs to be able to do their role at the full extent of their education and licensure.

I love being an NP because it is so rewarding. I’m able to make changes in the health care system and contribute positive changes not only for my patients, but also for the families and communities in which I practice.

Once again, welcome to the beautiful city of Denver and the AANP National Conference! Learn as much as you can, network with your colleagues, and enjoy your time in Denver. You are sure to come away feeling energized and informed.

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AANP Education and Accreditation Department offers CE classes and resources to advance your career

The AANP Education and Accreditation Department works assiduously each year to ensure it is offering the most up-to-date educational information to its members. It offers more than 170 continuing education (CE) activities in the AANP CE Center and has developed these classes for the annual conference. Stop by the AANP Education and Accreditation booth in the AANP Plaza for free education materials and resources while supplies last.

**Sessions at Conference**

**Friday**

**Working Together to Improve Patient-Centered Depression Screening & Treatment Through Shared Decision Making**

7–9 a.m., repeated 9:15–10:15 a.m.

Room 704

This interactive CE session examines the importance of recognizing the physical, emotional and cognitive domains of depression in the primary care setting.

Speakers: Luann Richardson, FNP; PMHNP; FAAN; Josh Hamilton, DNP; RN; BC; FNP-CC; PMHNP-BC; CNE; FAANP; and Facilitators: Leslie K. Robbins, PhD, APRN; PMHNP-BC; PMHNP-BC; DNP; Kristyn M. Ramaz, DNP; PMHNP-BC

**Diabetes and Cardiovascular Disease: Shifting Paradigm of Individualized Care**

12:15–1:30 p.m.

Lunch CE Symposium

Four Sessions Ballroom 4

One interactive CE symposium hosted by expert nurse practitioners (NPs) and a patient with type 2 diabetes mellitus (T2DM). Experts will provide participants with the tools and perspectives needed to make a confident cardiovascular risk assessment in patients with T2DM and treatment decisions to improve patient outcomes. Our panel includes a patient with T2DM who will bring their personal experience to provide insights that will improve the participants’ patient-centered practice.

Speakers: Dave Harris, DNP; AANP FNP-BC, AC-ADM; FAANP; David F. Kugler, MSN, APRN-BC, BC-ADM

**Free Patient Education Tools and Resources**

AANP Education and Accreditation Booth in the AANP Plaza in the Expo Hall

**Are you Sitting Comfortably? Dealing with Opioid-Induced Constipation**

Patient education tool developed to equip NPs for the effective patient-centered education and management of Opioid-Induced Constipation (OIC). This tool serves as an engaging visual patient teaching aid while prompting the NP to utilize the most current evidenced-based strategies for patient-centered OIC management. The goal is to assist patients at risk for or with OIC to maximize their autonomy in treatment decisions, avoid or minimize complications, and enhance their quality of life.

**Let’s Talk – Weight and Your Well-Being**

An educational tool to empower patient’s knowledge and strategies to use for the lifelong management of obesity (supply limited).
NPs: Moving Mountains in Health Care
Expanded CE credit hours, Rapid-Fire presentations added to robust NP conference

Denver may have been an inspiration for this year’s conference theme, NPs Moving Mountains in Health Care, yet the theme is really a true testament of the hard work and barriers nurse practitioners (NPs) overcome every day in their practice, said Susan S. VanBeuge, DNP, APRN, FNP-BC, ONE, FAANP, AANP 2018 National Conference Committee chair.

“We are out there in the forefront of providing safe, patient-centered, effective and compassionate care,” Dr. VanBeuge said. “We’re moving health care ahead in providing primary care and specialty care to a wide variety of patients in big cities like Denver and in rural areas where other people don’t want to practice. We have some limitations with the laws and regulations that happen from state to state and even at the federal level, so we must push hard for change and work harder to provide that safe, compassionate care. We move mountains every day in our practice, from patient to patient.”

To coincide with the theme, there are several new initiatives at this year’s conference. Attendees will be able to earn 40 hours of continuing education (CE) credit, thanks to a jam-packed educational agenda. AANP’s planning committee pushed for those expanded hours to maximize attendees’ time at the conference and to fill accreditation needs, all while ensuring the program is engaging.

“It doesn’t take away our learning or knowledge base, but it allows for more sessions and more opportunities to see different topics being discussed,” she said, noting sessions were changed from 75 minutes to 60 minutes to accommodate the increase in hours.

New Rapid-Fire presentations are scattered throughout the entire schedule in 90-minute increments. Researchers will give 20-minute presentations on clinical topics, giving attendees a taste of multiple topics in a short amount of time.

The education doesn’t stop at sessions. The Exhibit Hall will open at 2:30 p.m. Thursday, featuring 360 vendors, the AANP Plaza, Partner Pavilion and scientific posters. The conference opened Tuesday with specialized seminars. Thursday, Friday and Saturday are filled with more than 200 sessions, 40 deep-dive workshops, military branch sessions, and networking opportunities, along with Specialty Practice Groups meeting throughout the conference. Salute to the States, which honors NPs and NP advocates, will take place Friday.

On Thursday night 63 new AANP members will be inducted as AANP fellows, giving the program a total of 745 active fellows.

On Thursday, the Opening General Session keynote speaker, Rear Admiral Susan Orsega, MSN, FNP-BC, FAANP, FAAN, assistant surgeon general and chief nurse officer with the U.S. Public Health Service, will bring her perspective on how NPs contribute to the culture of practice in the changing health care landscape. The closing keynote speaker is Kevin L. Smith, DNP, FNP, FAANP. He is chief clinical officer at Zipnosis, Inc., a virtual care software and technology company.

Each year, nearly 3,300 babies are born at Denver Health Medical Center, many of them are living below poverty levels. You can make life sweeter for Denver’s tiniest and most vulnerable citizens by making a cash contribution or donating a onesie at the AANP Store.

Donate via the conference app, at the AANP Store or our Kiosk in the Plaza.

Donate to Newborns in Need
AANP attendees have the opportunity during this year’s conference to help Denver area families in need with newborns by donating to Newborns in Need.

A program of the Denver Health Foundation, Newborns in Need exists to provide every baby delivered at Denver Health Hospital with a good start on life through the donation of a Warm Welcome bag containing diapers, a sleep sack, bibs, socks, hats, pajamas, blankets, baby lotion, baby shampoo, a stuffed animal and a book. The program also provides portable cribs, strollers and car seats for parents who are unable to afford them. This program is sustained entirely through private donors. In 2017, Newborns in Need distributed nearly 3,400 Warm Welcome bags, each with a retail value of approximately $120.

You can help this initiative by visiting the AANP Store in the Exhibit Hall and purchasing a onesie that will be donated to the program. Attendees can also make monetary donations at the store and at the Newborns in Need kiosk in the AANP Plaza, located in the Exhibit Hall, or online through the AANP conference app.

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Pierson reflects on her years as editor of JAANP

A key benefit of AANP membership is free access to two AANP journals — The Journal of the American Association of Nurse Practitioners (JAANP) and The Journal for Nurse Practitioners (JNP). While both peer-reviewed journals publish relevant and critical information for nurse practitioners (NPs), regarding health policy updates, systematic reviews and research, JNP (published in print and online 10 times a year) is more clinically-focused, and JAANP (published online monthly) is more research-focused. JAANP (booth #561) is celebrating its 30th anniversary this year with cake in the Exhibit Hall Thursday at 3 p.m., and everyone is invited to attend. For the anniversary, JAANP also updated its cover artwork for a fresh look.

In addition to this milestone year, the journal handed off its editor-in-chief reins to Kim Curry, PhD, ARNP, FAAN, as long-time editor Charon Pierson, PhD, GNP, FAAN, retires. "Charon has been a wealth of information and assistance to me," Dr. Curry said. "She has an outstanding reputation nationally and internationally as an editor. She will be sorely missed by everyone at JAANP, including the new editor." Dr. Curry is looking forward in her first year as editor to building off Dr. Pierson’s work by maintaining the journal’s quality. The journal primarily focuses on publishing high-quality original scholarship and research related to advanced practice clinical care, roles and workplace issues.

"We run a lot of articles on new and novel approaches to patient care, management of disease states, and education of advanced practice nurses," she said. "Our emphasis is on original research and science, including the full spectrum of health and illness. We get articles on new pharmacologic therapies and systematic reviews to help people understand the state of the science on managing certain conditions." JNP (booth #760), the more clinical-focused journal, is targeted toward the experienced NP. JNPs Editor-in-Chief Marilyn W. Edmunds, PhD, G/ANP, FAAN, said an important part of the journal is its convenience factor.

"Our goal is to bring the most accurate, relevant and up-to-date clinical information that is going to impact their practice," Dr. Edmunds said. "We see NPs as playing an increasingly valuable part in health care delivery as they assume more leadership roles to help mitigate the shortage of nurses, physicians, and NPs predicted for the coming years." Dr. Edmunds said she loves coming to the national conference because it gives her a chance to hear from and talk to NPs about what new things they are doing for their patients and about any ongoing research in their own practices.

"The experienced NP clinicians working on the frontlines of health care are doing really innovative work," she said. "NPs’ ability to provide compassionate care, be patient advocates and provide a holistic focus is really married to their competent assessment, diagnostic and treatment skills." Health policy issues which impact NP practice are also a main emphasis of the journal as the field works to break down the barriers of achieving full practice authority and give NPs a place at the decision-making table.

Around the world, collaborative partnerships provide mutual advantages for sharing knowledge and networking. The rigorous approach that locally and globally relevant scientific and public health questions," she said. RADM Orsega encouraged the attendees to be public health diplomats. She explained that being aware of the local cultural fluency is a competency that provides opportunities to improve the public health of the individual and the community.

"Every individual represents a voice from different cultures and backgrounds. It’s really about bringing together all of these voices," she said. Finally, RADM Orsega emphasized the importance of being cognizant of surroundings. In the global community, distance is no longer a barrier to the spread of disease, as was seen in the Dallas Ebola cases, she said. "Be the nurse practitioner detective," she said. "We can't prepare for every infectious disease, but you can be one step ahead, and we must continue our vigilance in advocacy and culture preparedness for the next Ebola." She concluded with a call to action for NPs to make a transforming contribution to shape the nation’s health and wellness and to address health inequality.

"We can be the linchpin in improving health across this nation and around the world," she said. "Let’s go move mountains."
Build your job network at the AANP Career Fair

Nurse practitioners (NPs) looking to advance or start their careers can get a head start at the AANP Career Fair this Thursday, Friday and Saturday in the Exhibit Hall, adjacent to the AANP Plaza. Approximately 30 employers ranging from small practices to larger hospital systems and universities will be available to answer questions and discuss their open positions. Each attendee will receive a recruitment guide of all participating companies and the available positions where the companies are hiring.

Practice your interviewing skills, network with potential employers and start building relationships through face-to-face connections. "It can be frustrating when you’re looking for a job. You’re sending out résumés, and not getting responses,” said Jim Cook, director of career services for Your Membership, which operates the Career Fair. “This fair certainly gives you an opportunity to meet employers and hiring managers face-to-face and receive immediate feedback on your background and résumé. You will also learn more in-depth information about the companies and specifics about each job.”

The Career Fair is two-fold: In addition to providing an opportunity for job seekers to meet one-on-one with employers from across the country, the fair allows employers to recruit and meet with numerous qualified NPs searching for new opportunities.

Cook recommends attendees in all career stages and specialties — such as gastroenterology, family medicine, women’s health, internal medicine or cardiology — stop by this NP-targeted career fair to see what the industry currently has to offer.

Since the Career Fair spans across three days, it gives attendees the flexibility to manage their time accordingly between sessions and to speak with more than one employer; no appointment is necessary.

Search the available positions posted on the NP Job Center at jobcenter.aanp.org and upload your résumé for employers to review.

Explore the Exhibit Hall for more learning opportunities

The AANP Exhibit Hall will host its Grand Opening on Thursday at 2:30 p.m., opening the doors to information on products from a wide array of exhibitors, industry research and resources for nurse practitioners (NPs) and NP students.

From health care companies and specialty practices to universities, nearly 300 exhibitors span the show floor. NPs from all specialties will find an exhibitor with services and products tailored toward them.

The center of the Exhibit Hall hosts the AANP Plaza, which features the various departments within the AANP organization. It includes Research, Education, Federal and State Government Affairs, Membership, Fellows, Communication, Certification and PAC. AANP staff members will be available to meet with attendees and answer questions. The Partner Pavilion, near the AANP Plaza, also spotlights 12 AANP partners with resources and products available to AANP members — so stop by. You will also discover cutting-edge research and industry innovations in two areas in the hall where 74 NP posters and 27 industry scientific posters will be displayed. The NP posters will alternate daily with 25 on display each day, Thursday through Saturday. These posters explore novel clinical or education interventions, innovative models of care, emerging health conditions, evolving leadership and policy issues, original research findings and more. Poster authors will be available to discuss their research on their designated day during poster hours listed below.

The Product Theater will showcase exhibitors making 20-minute presentations on different products. These non-CE presentations are funded entirely by the supporting/sponsoring company. Check the AANP Mobile App for the most up-to-date schedule of events in the Exhibit Hall.

Visit the NP Poster Presentations on Thursday, Friday and Saturday in Exhibit Hall F during exhibit hours. Be sure to come back each day for new posters. Plus, get an insider’s point of view during Attended Poster Presentations, where the authors will be available to answer questions and provide an in-depth discussion on their findings. See the National Conference Guide for a list of presentations.

Sign Up for Research Studies
Put your data to good use and learn more about research opportunities by visiting the Research Booth at the AANP Plaza or go to aanp.org/research.

Relax, Network & Engage at the NP Lounge
Have some downtime between sessions? This is your perfect opportunity to stop by the Lounge, located on the Meeting Room Level by the Mile High Ballroom.
• Give your feet a rest as you read up on how to make the most of your AANP membership.
• See what’s new at AANP with a special highlight reel.
• Plan to meet up with old friends and new NPs alike.

• Take a selfie at the #AANP18 backdrop — and be sure to share it on social media to engage with the AANP community!

Latest Research & CE at Poster Presentations
Learn more about hot topics and stay updated on the latest research before it hits the news — all while earning CE credit!

The Product Theater will showcase exhibitors making 20-minute presentations on different products. These non-CE presentations are funded entirely by the supporting/sponsoring company. Check the AANP Mobile App for the most up-to-date schedule of events in the Exhibit Hall.

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DynaMedPlus® is the clinical information resource that optimizes speed-to-answer for the busy clinicians.

Health Monitor Network is a leading patient engagement provider and AANP patient education partner.

Journal of the American Association of Nurse Practitioners (AANPN) publishes original research, systematic reviews, health policy analysis, and education research and selected quality improvement project reports.

Mercer Consumer offers professional liability insurance and a variety of other insurance products.

Prescriber's Letter provides timely information to improve medication adherence, care quality and reduce medication errors.

SmartBrief is the leading digital publisher of targeted professional news by industry for health care professionals.

The Journal for Nurse Practitioners (JNP) offers high-quality, peer-reviewed clinical articles, original research, continuing education, brief reports, and departments that help NPs excel as providers of primary and acute care across the lifespan.

UpToDate® offers evidence-based clinical decision support that is critical for delivering high-quality, cost-effective care.

VisualDx® is the tool of choice to improve diagnostic accuracy at the point of care.
You’ve put a lot into building your life, both professionally and personally. As an AANP member, you have access to high-quality insurance plans that can help you protect everything you’ve built.

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- Professional Liability Insurance