

NPAA 15TH ANNUAL NP EDUCATION CONFERENCE

April 6th and 7th

NPAA



Nurse Practitioner
Association of Alberta

15th Annual NPAA Conference

APRIL 6 - 7, 2019

CALGARY, ALBERTA
GREY EAGLE RESORT AND
CASINO
3777 GREY EAGLE DR

15th Annual NPAA Conference Schedule

Grey Eagle Resort

Soaring to New Heights in NP Practice

Conference Speakers

Day One: Saturday April 6, 2019

Plenary Session 8:45 – 10:00

Angela Tran MN NP

Sandra Van Hecke

MN NP

Moving Forward Together

Advancing NP Practice with the NP Workforce Strategic plan: the past, the present and the future.



Angela Tran is the Senior Practice Lead- ANP for the South Sector. She is a Family All Ages NP with practice experience in Primary Care. Her past nursing experience is varied from inpatient, outpatient, academia and community care. In addition to her current role as Senior Practice Lead, she continues to practice as a full scope NP at the Family Care Clinic, which is a multidisciplinary primary care clinic for complex patients.



Sandra is the Senior Practice Lead- ANP for the North Sector. She is an Adult Only NP with 10 years of NP practice experience in Acute Care. More recently, Sandra has expanded her practice to Correctional Health. Her background Registered Nursing experience includes cardiovascular intensive care and emergency. Sandra maintains her full scope NP practice in acute care and corrections.

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15th Annual NPAA Conference Schedule

Grey Eagle Resort

Soaring to New Heights in NP Practice

Madeline Hall

B.A, J.D.

Legal Advisor

Dealing with Difficult Patients

The presentation will address: when and how you can (and cannot) end the therapeutic relationship; tips on how to practice defensively using communication and documentation; and how to respond to patient complaints.



Madeline Hall, BA (first-class honours), J.D., is a Legal Advisor with the Canadian Nurses Protective Society, a not-for-profit organization created to meet the professional liability needs of nurses.

Madeline has experience in a wide variety of areas within health law, including medical defence, professional liability, privacy, and professional discipline matters. Madeline has appeared before the Ontario Superior Court of Justice, the Ontario Court of Appeal, the Ontario Small Claims Court, the College of Physicians and Surgeons of Ontario, the Health Professions Appeal and Review Board, and the Ontario Human Rights Tribunal. Prior to joining the CNPS, Madeline was an associate at a large national law firm where she practiced civil litigation exclusively in the area of medical defence. In 2017, Madeline took a nine-month hiatus from Canadian law and moved to Washington, D.C., where she volunteered for a disability rights law firm. There she lobbied congressmen and women alongside nation-wide stakeholders regarding health care bills, and worked on class action lawsuits on behalf of persons with disabilities.

Saturday Breakout Sessions 10:30 – 11:30

**Lorelei
Sawchuk**

**RN MN NP
CHPCN(C)**

Caring for the Imminently Dying Person and their Family

Nurse Practitioners frequently report a need for education, resources and tools that assist them with providing quality and consistent end of life care to imminently dying persons in their last hours to few days of life and their families. Evidence and best practice based tools and resources will be presented including the Care of the Imminently Dying Pathway and the Provincial Clinical Knowledge Tops on Care of the Imminently Dying Adult

Lorelei Sawchuk, MN, RN, CHPCN(C) is a Nurse Practitioner and the Education Lead with Covenant Health Palliative Institute in Edmonton, AB. Lorelei is an active clinician working as the Palliative Care Nurse Practitioner and Co-Clinical Lead with the Covenant Health Palliative Care Consult Team for the Grey Nuns and Misericordia Community Hospitals in Edmonton, AB. Lorelei assisted in the development of designated end of life care beds within a 700 bed acute care hospital and in creating the Care in the Imminently Dying Pathway and the Alberta provincial guidance for Care of the Imminently Dying (Last Hours to Days of Life) Adult in All Locations.

15th Annual NPAA Conference Schedule

Grey Eagle Resort

Soaring to New Heights in NP Practice

Dr. Vishal Tulsi
BSc, MD, FRCPC,
CSCN(EMG),
CIME
Clinical Assistant
Professor
Physical Medicine and
Rehabilitation
The University of
Calgary
Kinesis Medical Centre

Assessment and Management of Back Pain in Primary Care

Description: An interactive and practical approach to the diagnosis of treatment of back pain.

Learning objectives:

Brief anatomy overview

Key historical features/red flags on history

Diagnostic approach to determining pain generating structures

5 minute approach to physical exam in your clinic (with demonstration)

When to order an XR, MRI, EMG or other tests

A patient focused approach to treatment

Dr. Tulsi is a Physiatrist at Kinesis Medical Centre and the Foothills Medical Centre. His clinical areas of focus include electrodiagnostics, spine management myofascial pain, and spasticity management for neurological disorders.

Krista Aktug
RN MN NP

Managing Mental Health and Substance Use Disorders in the Patient with Chronic Pain: Safe Prescribing in the Age of the Opioid Crisis.

This presentation will discuss the relationship between chronic pain and mental health disorders (particularly depression, anxiety and substance use disorders). As guidelines around opioid prescribing have changed in the landscape of the opioid crisis, we will discuss:

- What are the risk factors for developing aberrant drug behavior in patients taking opioids?
- How do we identify substance use disorder in patients prescribed long-term opioids?
- Is there a correlation between mental health and pain?
- What do current guidelines say about safe prescribing of opioids?
- Is there a role for benzodiazepines in patients with anxiety disorder and chronic pain?
- Pharmacology pearls for managing chronic pain in the patient with anxiety or depression.
- When to taper and how to develop a taper plan.

Krista Aktug graduated with her nursing degree at the University of Victoria in 2005. She went on to work in emergency nursing for several years before pursuing her graduate studies and NP designation. She previously worked as a primary care NP with a panel of complex patients struggling with homelessness, mental health and substance use disorders as well as in outreach clinics at several community shelters and rehabilitation facilities in Calgary. She currently works as an NP for the Inpatient Chronic Pain Consult Service at all four adult hospitals in Calgary.

15th Annual NPAA Conference Schedule

Grey Eagle Resort

Soaring to New Heights in NP Practice

**Erica Kalke RN
MN NP LC**

Breastfeeding for the Primary Care Practitioner

Included in this presentation is an overview of the prevention, recognition and treatment of common breastfeeding issues. Including various types of infection, low milk supply, nipple shield use and misuse, tongue ties and lip ties.

Erica Kalke has for 25 years worked in NICU. Of these years 10 were focused on feeding issues in the role of Lactation Educator then as NP. She has worked in the Healthy Beginnings Postpartum Program and taught Prenatal & Breastfeeding Classes for Public Health. Currently, and for the past 8 years, Erica has been in independent practice in a Breastfeeding Clinic setting. Erica performs tongue ties clippings (frenotomy) and has a review paper on the Effect of Tongue Ties on Breastfeeding published in Acta Paediatrica 2012.

Saturday Breakout Sessions 11:30-12:30

**Ashley Clerk
RN MN NP**

Chest X-ray Interpretation Lab

This interactive presentation will give the audience a systematic approach to chest x-ray interpretation. The focus will be on recognizing common abnormalities and variants that are helpful in the diagnose, monitoring and treatment of medical conditions. Topics include pneumonia, heart failure, pleural effusions, pneumothorax and pulmonary emboli. The speaker will use a case-based approach to help navigate patient care, and is geared towards all levels of providers.



Ashley Clerk is an Intensive Care (ICU) Nurse Practitioner (NP) in Calgary AB. She began practicing with the Department of Critical Care Medicine 15 years ago and was the first ICU NP in Calgary. Ashley has been truly instrumental in defining the ICU NP role and advocating for NP's to practice autonomously and to full scope. She completed her undergraduate Nursing and Science degrees from Lakehead University, and Masters and post graduate degrees from University of Calgary. She is certified with the Canadian Association of Critical Care Nurses (CNCC-C), has completed the Society of Critical Care Medicines Fundamentals of Critical Care Support (FCCS), and is an Advanced Cardiac Life Support (ACLS) instructor. She is involved in several committees including Patient and Family Centered Care (PFCC), Donation after Cardiac Death and the development of Policies & Procedures. Her research interests include Post Intensive Care Syndrome, Post Traumatic Stress Disorder (PTSD) and the ICU. Ashley lives on a ranch in Bragg Creek, AB with her husband and 3 young children. She enjoys hobby farming, yoga and embracing the arts. She is currently working towards better understanding the role the ICU team and family presence has on delirium and Post Intensive Care Syndrome (PICS). Ashley Clerk can be reached at ashley.clerk@albertahealthservices.ca

15th Annual NPAA Conference Schedule

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Soaring to New Heights in NP Practice

**BETSY
THOMAS**
BSc. Pharm

Don't Just do Something, Stand There: Brief Topics in Care of the Elderly, Version 2.0

Using a jeopardy style format, attendees will choose from a list of care of the elderly topics that are practical and relevant to primary care, and based on the best available evidence.



Betsy Thomas is the project manager for education and knowledge translation for the Primary Health Care Opioid Response Initiative. She has practiced as a pharmacist for over 20 years which included working in an independent community pharmacy and a primary care network in Edmonton. She is a member of PEER (Patients, Experience, Evidence, Research), a collaboration of Primary Care Knowledge Translation professionals.

Leisha Naphin
RN MN ANP

Leslie Poirier
RN MN ACNP

The Road to Revascularization: PCI vs CABG

This presentation will highlight patient specific considerations leading to each of the revascularization strategies for myocardial ischemia. Relevant trials and recommendations regarding co-morbidities such as diabetes, chronic renal failure, and left ventricular dysfunction in patients needing revascularization will be reviewed. In addition, a discussion of anatomy such as left main coronary artery disease and revascularization recommendations will be highlighted.

Leisha is a born and raised Calgarian. At the University of Calgary she completed her nursing degree with honors in 2003. She was quickly immersed in clinical passion and leadership in cardiac surgery and the cardiac transplant/VAD clinic as well as teaching at the University of Calgary. She went on to complete her MN NP in 2014 and has continued her work in cardiac surgery at Foothills Hospital as part of a dynamic team. Leisha is currently the Provincial Director for the Canadian Council of Cardiovascular Nurses. She enjoys playing fastball, volleyball and is the proud mom to a 12 year old daughter.

Leslie did her Bachelor degree of nursing at University of Calgary graduating in 2000, and then went on to work in cardiac surgery and CCU at the Foothills Medical Centre. She then pursued her Acute Care Nurse Practitioner & Masters Degree at Dalhousie University with a specialty in cardiology, graduating in 2006. She held a position in cardiac surgery at the Foothills for 10 years and then in 2016 moved onto medical cardiology specifically the Red Team- CCU/81/82 at the Foothills Hospital.

She is a mom to two little men, ages 5 & 6, and happily married.

15th Annual NPAA Conference Schedule

Grey Eagle Resort

Soaring to New Heights in NP Practice

**Cristina
Zaganelli**

RN MN NP

**Tricia Metz RN
MN NP FAA**

Navigating Opioid Use Disorder: Review of the Opioid Crisis and the Changing Landscape for Clinical Management

This presentation will provide a current overview of the opioid crisis, review of the latest comprehensive treatment guidelines for clinical management, and highlight existing evidence that describes the benefit of assessing, diagnosing and initiating management of opioid use disorder in a primary care setting.

By the end of this presentation, participants will be able to:

Describe the opioid crisis- where are we now and how to there

Understand how to assess and diagnose Opioid Use Disorder

Describe first through fourth line treatment recommendations for opioid use disorder

Initiate first line treatment and follow up in primary care

Cristina Zaganelli is a Nurse Practitioner at the injectable Opioid Agonist Treatment Clinic, Youth Substance Use and Mental Health Services, and the CUPS Health Centre.

She has worked for twelve years with adults and adolescents with complex concurrent disorders, substance use disorders, poverty, and homelessness.

Tricia began her career as a Registered Nurse in Vancouver's inner city where she was introduced to management of addiction and concurrent disorders within the healthcare system. From there she returned to Alberta in pursuit of advanced training and subsequently gained over ten years' experience working among vulnerable populations in the context of primary care and addiction and mental health at the Opioid Dependency Program in Calgary.

Plenary Sessions 13:30-14:30

**BETSY
THOMAS
BSc. Pharm**

Medical Cannabinoids: Will the Evidence get you Low or High?

This talk will provide attendees with the evidence for medical cannabinoids and the limits, and will lead them in a reflection on the appropriate use of medical cannabinoids in practice. It will focus on nausea and vomiting of chemotherapy, spasticity, and the benefit for the treatment of pain, and consider the adverse events associated with medical cannabinoids



Betsy Thomas is the project manager for education and knowledge translation for the Primary Health Care Opioid Response Initiative. She has practiced as a pharmacist for over 20 years which included working in an independent community pharmacy and a primary care network in Edmonton. She is a member of PEER (Patients, Experience, Evidence, Research), a collaboration of Primary Care Knowledge Translation professionals.

15th Annual NPAA Conference Schedule

Grey Eagle Resort

Soaring to New Heights in NP Practice

Saturday Breakout Sessions 15:00-16:00

**Dr. Vivian
Ewa; MBBS,
CCFP (COE),
FCFP,
MMedEd,
FRCP Edin.**

Identifying frailty in the older adult: Why does it matter?

At the end of this session participants will be able to:

1. Describe frailty and its clinical importance
2. Incorporate frailty into therapeutic interventions
3. Identify community resources to manage frail older adults

Dr Vivian Ewa completed a general professional training in Internal Medicine at the University Hospital of Wales and obtained her MRCP(UK) in 1999. She moved to Canada and completed training in Family Medicine at the University of Calgary in 2003 and Care of the elderly Medicine in 2004. She obtained a master's degree in medical education from the University of Dundee in 2018.

She is currently a clinical assistant professor and section chief for seniors care in the Department of Family Medicine, University of Calgary. She is also the Medical director for Facility living, Calgary zone

Her clinical practice involves Inpatient geriatric consult service, Home Care Geriatric consult team, Outpatient seniors' health clinic and the Seniors Health Outreach Program (SHOP) to Supportive and Long-Term Care facilities.

She is involved in undergraduate and postgraduate teaching at the University of Calgary.

**Lisette
Lockyer
RN MN ACNP
(child)**

Pediatric Concussions

Up to date your practices for treating concussion patients. This presentation will include advice on how to provide a good recovery. Also it will provide updates on ongoing research and current projects in Alberta that will affect how concussion patients are treated.

Lisette is a Pediatric NP who's been practicing as an NP since 2007. She completed her program at University of Toronto which was the Acute Care NP (child). Prior to that she worked Pediatric ICU at Alberta Children's Hospital. Lisette started her career in Colorado- at the Children's hospital on a Acute Care surgical step down unit where she worked with amazing NPs and had dreams of becoming one of them! Prior to that she was a Nova Scotia girl who went to Dalhousie for her BSCN.

15th Annual NPAA Conference Schedule

Grey Eagle Resort

Soaring to New Heights in NP Practice

Ashley Clerk

RN MN NP

Post ICU Syndrome

Increased life expectancy, reduced ICU mortality rates, along with once thought to be fetal conditions now becoming chronic illness has led to an increase in the number of ICU survivors. Post Intensive Care Syndrome (PICS) describes the long-term physical, cognitive and psychological consequences of ICU survivorship. It is estimated 85% of ICU survivors will suffer some burden of illness 1 year later. This presentation highlights the burden survivorship carries, and discuss available tools and resources to help navigate the patient through the system. The presentation is geared to the non-ICU provider.



Ashley Clerk is an Intensive Care (ICU) Nurse Practitioner (NP) in Calgary AB. She began practicing with the Department of Critical Care Medicine 15 years ago and was the first ICU NP in Calgary. Ashley has been truly instrumental in defining the ICU NP role and advocating for NP's to practice autonomously and to full scope. She completed her undergraduate Nursing and Science degrees from Lakehead University, and Masters and postgraduate degrees from University of Calgary. She is certified with the Canadian Association of Critical Care Nurses (CNCC-C), has completed the Society of Critical Care Medicines Fundamentals of Critical Care Support (FCCS), and is an Advanced Cardiac Life Support (ACLS) instructor. She is involved in several committees including

Patient and Family Centered Care (PFCC), Donation after Cardiac Death and the development of Policies & Procedures. Her research interests include Post Intensive Care Syndrome, Post Traumatic Stress Disorder (PTSD) and the ICU. Ashley lives on a ranch in Bragg Creek, AB with her husband and 3 young children. She enjoys hobby farming, yoga and embracing the arts. She is currently working towards better understanding the role the ICU team and family presence has on delirium and Post Intensive Care Syndrome (PICS). Ashley Clerk can be reached at ashley.clerk@albertahealthservices.ca

**Dr. Brandie Walker MD
PhD FRCPC**

Comprehensive Care in COPD- Role of the Nurse Practitioner

Overview of diagnosis and management of COPD in primary care with emphasis on new inhaled medication and importance of multidisciplinary approach to optimized care.



Dr. Brandie Walker is a Clinical Assistant Professor in the Division of Respiriology at the University of Calgary and has a busy clinical practice at the Foothills Medical Centre. Her area of both research and clinical interest is in airways diseases (both COPD and Asthma). She is the Medical Director of the Calgary COPD and Asthma Program (CCAP). Dr. Walker is also the Co-Chair of the Airways Working Group of the Provincial Respiratory Health Strategic Clinical Network. She is involved as a site Principal Investigator or sub-Principal Investigator on several national and multinational clinical trials in areas of asthma and COPD therapeutics.

15th Annual NPAA Conference Schedule

Grey Eagle Resort

Soaring to New Heights in NP Practice

Plenary Sessions 16:00-17:15 AGM

NPAA

Annual General Meeting

The annual general meeting is for members and will include a summary of the NPAA year and voting on future directions.

Wine and Cheese 17:15-19:00

17:15-17:30

Dr. Alison Ross NP

What does NPAC do for me?

Stan Marchuk NP

Our brief presentation will discuss the benefits and importance of becoming a member of the national NP association.

Dr. Alison Ross is the President Elect of the Nurse Practitioner Association of Canada (NPAC). Alison Ross has been a Family/All Ages Nurse Practitioner for 6 years. She currently works in the Chronic Disease Management Portfolio for North Zone, AHS. Her role includes policy and program development, provider education, clinical support to the Chronic Disease Management clinicians, stakeholder engagement and her own clinical practice. In 2016, she completed a Doctor of Nursing Practice from Duke University.

Stan Marchuk is the Membership Coordinator for the Nurse Practitioner Association of Canada (NPAC). Stan is a Family Nurse Practitioner whose work involves complex care management of patients (and their families) with end-stage renal disease in the area of hemodialysis. Stan obtained a diploma in nursing from Okanagan College in 1994, a Bachelor degree from University of Victoria 1997 and a Masters degree with family nurse practitioner specialization from University of Victoria in 2009. He is currently pursuing a doctorate of nursing practice. Stan has also served as president of the British Columbia Nurse Practitioners Association and also served as a member of the College of Registered Nurses of BC standards committee. He currently is adjunct faculty with the University of Victoria School of Nursing.

15th Annual NPAA Conference Schedule

Grey Eagle Resort

Soaring to New Heights in NP Practice

Day Two: Sunday April 7, 2019

Plenary Sessions 8:45 – 10:00

Pam Mangold
RN MN

CARNA Update

An update on Bill 21, NP authorization of cannabis for medical purposes, CARNA's new platform: my learning space and their recent regulation changes.



Pam joined CARNA in 2013 as a policy and practice consultant. In this position, she provides consultation on nursing practice and policy issues, represents CARNA on regulatory issues at regional and provincial levels, and collaborates with others engaged in health care delivery.

Pam has 30 years of nursing practice in Calgary that started on an acute medical-surgical and acute respiratory unit. From there, she worked in a variety of different practice settings including sleep medicine, home enteral and parenteral therapy, women's health, outpatient pediatric services and professional practice. She has occupied roles in front line nursing, clinical education, administration and management. Pam completed her Masters of Nursing at the University of Calgary in 2001.

She loves cross country skiing and spending time with her family at her farm located in central Alberta.

Dr. Jim L. Silvius
BA(Oxon),
MD, FRCPC

Medical Assistance in Dying: What to do if I am asked to assess this?

This session will describe the MAID program in Alberta including the practical aspects of assessment. It will address issues of eligibility and the safeguards under the legislation, and conscientious objection along with the approach Alberta has taken to ensure that the rights of requesters and providers are addressed irrespective of personal belief. An update on the program after 3 years will also be provided.

Dr. Silvius is a Clinical Associate Professor in the Division of Geriatric Medicine, Cumming School of Medicine, University of Calgary; Provincial Medical Director, Seniors Health at Alberta Health Services (AHS); and Senior Medical Director, Seniors Strategic Clinical Network at AHS. His responsibilities at AHS have included oversight of the development and implementation of the Palliative and End of Life Care Framework (2014) and, more recently, he has led the development of medical assistance in dying as a service on behalf of AHS. For this work he received the Canadian Medical Association's Dr. William Marsden Award for Medical Ethics in 2017. He maintains a clinical practice in geriatrics at Rockyview General Hospital.

15th Annual NPAA Conference Schedule

Grey Eagle Resort

Soaring to New Heights in NP Practice

Sunday Breakout Sessions 10:30 – 11:30

Jared Friesen

RN MN NP

Jeremy Wiens

RN MN NP

Suturing Skills

In this suture workshop, you will learn the foundations of laceration repair and suture methods. You will be expected to review slides which will be sent to you before the course begins to maximize hands-on time learning suture methods. We will also be available to help more advanced providers work on their advanced suture skills.



Jared is a Family/All-Ages Nurse Practitioner at the Airdrie Urgent Care Center where he has worked since 2014. He also works casually at the Rapid Access Unit, a short stay hospitalist unit, at South Health Campus. Jared has volunteered on the NPAA board since 2015 where he served as Vice President from 2015-2017 and then as Director of Primary Care and then Director of Stakeholder Affairs from 2017-2019. Most importantly, Jared is married to his amazing wife Rachel and together have two beautiful daughters, Grace Mae and Evangeline Jane, ages 7 and 3.



Jeremy Wiens is an Adult Nurse Practitioner at South Health Campus on the General Surgery team; he has been there since 2015. Most of his time is spent caring for patients before and after surgery or assisting in the operating room. Prior to becoming a NP, Jeremy worked as an RN for 5 years on a general surgery/GI ward at Vancouver General Hospital. Jeremy is married to his wife Anna and together they have 3 children ages 7, 5, and 2.

**Dr. Jim L.
Silvius
BA(Oxon,)
MD, FRCPC**

If it Ain't Broke, Does it Need to Be Fixed?

Appropriate prescribing includes both prescribing and deprescribing. As individuals age, what was once appropriate may become less so. The session will focus on an approach to deprescribing that includes both the considerations that go in to decision-making and tools that may be helpful in identifying medications that are no longer appropriate, and supporting, deprescribing efforts.

Dr. Silvius is an Associate Professor in the Department of Medicine, Division of Geriatric Medicine, Cumming School of Medicine, University of Calgary. He has held numerous leadership positions over his career and most recently a combined role of Provincial Medical Director, Seniors Health and Senior Medical Director, Seniors Health Strategic Clinical Network. He maintains a clinical practice in geriatrics at Rockyview General Hospital. External to AHS he is the current Chair of the Canadian Drug Expert Committee, CADTH. Other interests include being a co-founder and co-director of the Canadian Deprescribing Network (CaDEN), participation in TREC (Translating Research in Elder Care) and the DementiaNet, and distance health care delivery.

15th Annual NPAA Conference Schedule

Grey Eagle Resort

Soaring to New Heights in NP Practice

**Sandra
Anderson**
RN MN NP
(adult)

Alcohol Related Liver Disease

This presentation will discuss the diagnosis, management and prevention of Alcohol Related Liver Disease.



Sandra Anderson graduated in 2007 from the NP program at University of Calgary with a focus on Adult Internal Medicine. In addition to internal medicine, Sandra has NP experience in Nephrology and Hepatology. She has been working in the Cirrhosis Clinic since 2015. Prior to becoming a NP Sandra worked as a CNS in Acute Pain Service and as a RN, primarily with the Southern Alberta Organ Donation program as a donor coordinator and intensive care.

**Sumeet
Dhaliwal**
RN MN ANP

Treating Glomerulonephritis: Not only about Kidneys

Complications of Immune suppression in Glomerulonephritis.



Since completing her Master's in Nursing and Post Graduate NP Diploma from the University of Calgary in 2010, Sumeet has been an integral part of the Southern Alberta Renal Program. She started her NP career in CKD III and outreach kidney disease prevention clinics based out of Calgary. For the past 4 years she has been the NP for the Glomerulonephritis (GN) clinic and has contributed in the development of GN treatment protocols and clinic processes.

Sumeet has 14 years of nephrology nursing experience. Her clinical nursing background has been both on the inpatient renal and transplant unit at Foothills Medical Centre as well as in hemodialysis clinic at Surrey Memorial Hospital. Sumeet has also been a Sessional Clinical Instructor at the University of Calgary.

15th Annual NPAA Conference Schedule

Grey Eagle Resort

Soaring to New Heights in NP Practice

Sunday Breakout Sessions 11:30-12:30

Ellen Chan

RN MN NP

How to Train Your Brain & Other Neuro Puns

Master a screening neuro exam in 3 - 5 mins and identify red flags of common neurologic presentations. Demonstration included.

As an experienced health care practitioner, Ellen has worked across multiple settings as a registered nurse in acute care and ambulatory care, most notably in trauma surgery, cardiology, and pulmonary medicine. She most recently graduated from the University of Calgary acute care NP program in 2017 and bravely moved into a world that is most unknown to her, "inpatient general neurology". While still a baby NP, she brings her enthusiasm and is excited to share how to get the most information in a limited amount of time with a screening neurological exam.

**Rishma
Rhemtulla MN
NP GNC (c)**

Osteoporosis Update

Osteoporosis is a disease that can be referred to as "Silent Thief" and is often undiagnosed even after a fracture. We will be discussing how to diagnose and treat osteoporosis across the care continuum. Furthermore, we will explore the challenges of treatment in the elderly population.



Rishma Rhemtulla is a Nurse Practitioner in Specialized Geriatric Medicine. Currently, she works at South Health campus under Geriatric Medicine Consult Service. Her role primarily focuses on caring for the elderly. Referring physicians and NPs will consult Geriatric Medicine around Dementia, Management of Behaviors, Delirium, Falls, Disposition and admission to the Acute Geriatric Unit. She runs the service and collaborates with Geriatricians. Rishma is also a Co-Chair of the Elderly Friendly Working Group and assists in enhancing the care of the elderly at South Health Campus. She has been involved in several QI projects and policies around elderly care, including the Least

Restraint policy, Delirium education and assessment in the Emergency Department, and age care Seton collaboration with South Health Campus.

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Nurse Practitioner
Association of Alberta

15th Annual NPAA Conference Schedule

Grey Eagle Resort

Soaring to New Heights in NP Practice

**Noreen
Antonishyn
MSN NP CDE**

ABCDEs of Diabetes Management

This presentation will cover key message of 2018 Diabetes Canada guidelines

- ABCDES of Diabetes management
- Latest and greatest of diabetes medications
- Flash glucose monitoring
- Clinician resources

Noreen Antonishyn is a Nurse Practitioner and a certified diabetes educator in Calgary, Alberta. Noreen has been a registered nurse for 28 years with 19 of those years as a Nurse Practitioner. Noreen obtained her master's as a family Nurse Practitioner from Texas Woman's University in Dallas. Before returning to Canada, Noreen worked several years as a Nurse Practitioner with a cardiology group in Dallas, Texas.

She is the NP within the Calgary Vascular Risk Reduction Program since its inception in 2006. She also provides diabetes management for the patients going through the bariatric surgery program. In addition, she has worked within the Diabetes and Pregnancy Program. From 2009-2011, she chaired the Calgary Diabetes Educator Section.

Health promotion has been a passion for Noreen. She has focused specifically on prevention/management of arterial disease and diabetes. Noreen shares her knowledge and passion with both her patients and colleagues. She has several published articles and patient education booklets on the prevention and management of arterial disease.

Jared Friesen

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15th Annual NPAA Conference Schedule

Grey Eagle Resort

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Sunday Plenary 13:30-14:30

Nancy Clark

RN MN NP

Introducing a New Clinical Model - NP Led Coronary Care Unit (CCU)

The learning objective for this talk will be to share the process that was undertaken to formally expand the NP role within the CCU at Rockyview General Hospital to a 24/7 model. The implementation, integration and evaluation of the NP role expansion as well as some of preliminary clinical evaluation markers comparing the discharge rates and length of stay with the new NP led CCU model compared to the pre- 2018 CCU model will be highlighted.



Originally from Nova Scotia, Nancy completed her undergraduate education at St. Francis Xavier University in Antigonish, NS with a Bachelor of Arts degree in Psychology and a Bachelor of Science Degree in Nursing. She started her nursing career in emergency medicine in rural hospitals in NS and after relocating to Calgary, AB in 2000 she focused her nursing practice in medical cardiology. She is one of the first graduating class alumni from the University of Calgary's Faculty of Nursing MN/NP program, completing her studies in 2003. She is employed with Alberta Health Services as a full-time acute care Nurse Practitioner in medical cardiology of the Libin Cardiovascular institute at the Rockyview General Hospital (RGH) in Calgary, AB. Her NP practice is as a clinical lead within the Coronary Care Unit and cardiology consultant for the emergency department.

NPAA



**Nurse Practitioner
Association of Alberta**

15th Annual NPAA Conference Schedule

Grey Eagle Resort

Soaring to New Heights in NP Practice

**Betty Anne
Thibodeau
RN MN NP**

Parents' Satisfaction with Pediatric Nurse Practitioner Care at a Tertiary Hospital

Will discuss parents' satisfaction with pediatric Nurse Practitioner care in a tertiary hospital. The presentation will:
Report the results of a Pediatric Nurse Practitioner led research study at the Stollery Children's Hospital.
Discuss the impact of the Parent Perception results on the Pediatric Nurse Practitioner Role

Betty Ann Thibodeau has worked as a Pediatric Urology Nurse Practitioner at the Stollery Children's Hospital for the past 12 years. Betty Ann obtained her BScN from the University of Alberta in 1987 and previously worked as a pediatric staff nurse, clinical supervisor and educator at the Stollery Children's Hospital as well as a pediatric staff nurse at the Grey Nuns Hospital.

Betty Ann completed her in MN in Advanced Nursing Practice at the University of Alberta in 2009 with her thesis entitled "Urinary Incontinence and Quality of Life in Children" as well as published an article with the same name in the Journal of pediatric Urology in 2013. Betty Ann also wrote a bedwetting article for Edmonton's Child in 2015 and has previously presented at the NPAA Conference, Nursing Research Days, Pediatric Update, Urology Daze and Stollery Education Days in Edmonton, at the Urology Nurses of Canada Annual Conference in London, Ontario and the Pediatric Urology Nurse Specialist meeting in San Francisco.

Betty Ann currently sees many children with day and/or nighttime wetting in her Pediatric Voiding Dysfunction Clinics. Betty Ann also follows the urology postoperative inpatients and does urodynamics two days per week as well as any intermittent cath teaching at the Stollery Children's Hospital.

Betty Ann attends the Northern Alberta Pediatric and Adolescent Spina Bifida clinics at the Glenrose Rehabilitation Hospital and has been on the Board of Directors of the Spina Bifida and Hydrocephalus Association of Northern Alberta for the past 12 years, volunteers at Camp Freedom (a summer camp for teens with Spina Bifida) and is the Chair of the Edmonton Urology Interest Group.



15th Annual NPAA Conference Schedule

Grey Eagle Resort

Soaring to New Heights in NP Practice

Donna Clare

RN MN NP

Novel independent Nurse Practitioner practices in Canada. Entrepreneurial innovation or professional desperation?

This presentation will report on the findings from a recent Canadian study that describes novel NP models of care, how they evolved, how they function, as well as provider satisfaction and income generation. It is hoped that this study will foster entrepreneurship within the NP community.

Attendees will:

- 1) discover examples of non-traditional models of practice across the country;
- 2) understand how working with other providers can enhance NP scope of practice, autonomy, and job satisfaction;
- 3) identify their own “super-powers” and skills when considering independent practice;
- 4) be able to identify the pioneering spirit and the strong professional-identity required for engaging in novel models of NP care; and
- 5) be inspired to seek out new professional relationships or situations, or support those NPs who do.



Donna is a past president of the NPAA, and a recipient of an Excellence in Nursing Award from CARNA in 2016. She is currently a tenured faculty member in the NP program at Athabasca University and works as a private practice NP in Calgary.

NPAA



Nurse Practitioner
Association of Alberta

15th Annual NPAA Conference Schedule

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Soaring to New Heights in NP Practice

Sunday Breakout Sessions 14:45-15:45

**Kimberly
Shapkin MSN
NP GNC(c)
DCA**

A Case Based Approach to Working with People Living with Dementia

Care for persons' living with dementia is complicated. Associated behaviors' and acute illness that occur make it even more challenging for loved ones, caregivers and healthcare professionals. As Nurse Practitioners we are often caring for a person living with dementia that presents with a complication of a comorbidity, a fall or progressing frailty. When this occurs, providing high quality medical and holistic care challenges all of us. This session will discuss strategies and will provide suggestions to help you work through scenarios that you have or most likely will experience with your patients living with dementia.



Kimberly Shapkin is a Master's prepared Nurse Practitioner with a focus on caring for the older adult. Kimberly is certified with the Canadian Nurses Association in Gerontology and is a Designated Capacity Assessor. She is a Nurse Practitioner Instructor with the Faculty of Nursing at the University of Calgary, has a practice with Seniors Health in Alberta Health Services and is currently pursuing her PhD at the University of Victoria. Recently Kimberly has collaborated on two research projects that focus on improving the quality of life for people living with dementia and their caregivers. She plans to continue advocating and working with people living with dementia in her future studies.

**Charissa
Elton-Lacasse
MScN FNP-C**

Sherlock Holmes and Metabolic Derangements: Elementary my dear!

Analytical breakdown of common electrolyte abnormalities through the lens of case studies and 'sleuthing' out the best diagnostic and treatment approaches possible. Ideal for the new or experienced clinician to develop an easy, systematic approach in dealing with metabolic derangements, utilizing humour and real life situations.

Charissa Elton-Lacasse works within the Department of Critical Care Medicine at the South Health Campus in Calgary, Alberta. She is a Critical Care Clinician, researcher, perpetual learner and passionate advocate for providing the best care possible.

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Soaring to New Heights in NP Practice

Nancy Clark
RN BA MN NP
CCN (C)

ECG Interpretation

An approach to ECG interpretation will be reviewed. Including: ACS, Bundle Branch Blocks, and VT versus Aberrancy.



Originally from Nova Scotia, Nancy completed her undergraduate education at St. Francis Xavier University in Antigonish, NS with a Bachelor of Arts degree in Psychology and a Bachelor of Science Degree in Nursing. She started her nursing career in emergency medicine in rural hospitals in NS and after relocating to Calgary, AB in 2000 she focused her nursing practice in medical cardiology. She is one of the first graduating class alumni from the University of Calgary's Faculty of Nursing MN/NP program, completing her studies in 2003. She is employed with Alberta Health Services as a full-time acute care Nurse Practitioner in medical cardiology of the Libin Cardiovascular institute at the Rockyview General Hospital (RGH) in Calgary, AB. Her NP practice is as a clinical lead within

the Coronary Care Unit and cardiology consultant for the emergency department.

Dr. Thiru Govender
FRCPC
Developmental and
Community
Paediatrician

ADHD Management: New Challenges

The focus of this talk will be on diagnosis and multi-disciplinary management of ADHD

Dr. Thiru Govender is a Developmental Paediatrician and Community Paediatrician. He obtained his Medical degree from Trinity College Dublin. Subsequently, he completed a Paediatric Residency and fellowship in Developmental Paediatrics from Department of Paediatrics at the University of Calgary. He previously was the head of Paediatrics at the

Peter Lougheed Centre and was the previous Chief of Division for community Paediatrics in Department of Paediatrics at Alberta Children's Hospital. Currently, he works in private practice and is a consultant at a refugee clinic, Hearing Clinic, COPE and Paediatric Behaviour and Developmental Clinic.

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Nurse Practitioner
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Plenary Sessions 15:45-16:00

Teddie Tanguay RN MN NP

NPAA President Closing Address

Closing address and door prizes.

Teddie Tanguay's, careers in nursing began with completion of the RN Diploma program from the Royal Alexandra Hospital. After a short time in orthopedics she transferred to Critical Care at the Royal Alexandra Hospital, where she has spent the rest of her career in Critical Care. Teddie has worked in various roles: Unit Manager, Clinical Educator and now Nurse Practitioner. During her career she has returned to University twice once to get her Bachelor of Science in Nursing in 1990 and then in 2000 for her Masters of Nursing to become a Nurse Practitioner. She continues to love working with critically ill adults. Further, Teddie is active in her role as the President of the NPAA.

Save the Date

16th Annual Conference

Edmonton, Alberta

Spring 2020