

care • continuity • connection



# A n n u a l C o n f e r e n c e

Earn

up to 25.25 contact hours.

(includes main conference and pre-conference workshops).

Pharmacology hours available for designated sessions. Additional credit for corporate-supported symposium.

## Creating a Culture of Excellence in the Care of Older Adults

REGISTRATION BROCHURE

Register online at [www.gapna.org/annual-conference](http://www.gapna.org/annual-conference)

*Marriott Rivercenter • San Antonio, Texas*  
*September 30 - October 3, 2015*

[www.gapna.org](http://www.gapna.org)

*This conference will provide a format for learning and networking that assists gerontological advanced practice nurses to enhance their knowledge and practice.*

## *What You Can Expect*

- ◆ Relevant general and concurrent sessions designed to offer choice and variety
- ◆ Eighteen breakout sessions to target your learning
- ◆ Educational interactions with leading industry representatives
- ◆ Peer-conducted research presented as interactive poster sessions and oral presentations
- ◆ Indefinite Online Library access
- ◆ Dynamic pre-conference workshops designed to meet the needs of APRNs with a range of practice experience
- ◆ Opportunities to network with colleagues from across the country
- ◆ The Southwest culture and charm of San Antonio!
- ◆ Earn up to 15.5 contact hours (main conference)
- ◆ Earn pharmacology credit for designated sessions (R)

## *GAPNA 2015 Conference Planning Committee*

M. Catherine Wollman, DNP, CRNP, *Chair*

Margaret T. Bowers, DNP, RN, FNP-BC, FAANP

Kathryn M. Daniel, PhD, RN, ANP-BC, GNP-BC

Vaunette Fay, PhD, RN, FNP, GNP-BC

Joanne Miller, PhD, APN/GNP-BC

Barbara Resnick, PhD, RN, CRNP, FAAN, FAANP

Dawn Marie Roudybush, GNP-BC, *Board Liaison*

Hazel Dennison, DNP, RN, APNc, CPHQ, CNE, *Director of Nursing Development*

Rosemarie Marmion, MSN, RN-BC, NE-BC, *Nurse Planner*

# Conference Faculty

**Alan P. Agins, PhD**  
President  
PRN Associates, Ltd.  
Tucson, AZ

**Jody F. Agins, MSN, FNP/GNP-BC, RNP**  
President  
Seminars for Healthcare Education, Inc.  
Tucson, AZ

**Janyce Cagan Agruss, PhD, APN-BC**  
Family Nurse Practitioner & Associate Professor  
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Clinical Coordinator, Bariatric Surgery  
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Adjunct Clinical Associate Professor of Pharmacy  
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Ann Arbor, MI

**Margaret T. Bowers, DNP, RN, FNP-BC, FAANP**  
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Duke University School of Nursing/Department of Medicine  
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**Rebecca Bryant, DNP, FNP-BC**  
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**Vika Bursua, PharmD, CACP**  
Clinical Pharmacy Specialist in Anticoagulation  
Jesse Brown VA Medical Center  
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**JoAnn Coleman, DNP, ANP, ACNP, AOCN**  
Clinical Program Coordinator  
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**Damien Doyle, MD, CMD, FAAFP**  
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Associate Professor  
Director of the Adult-Gerontology Nurse Practitioner Program  
Associate Director of the University Center on Aging and Health  
Frances Payne Bolton School of Nursing  
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**Melodee Harris, PhD, APRN, GNP-BC**  
Specialty Coordinator, Adult-Gerontology Primary Care Nurse Practitioner Program  
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**Melissa Kramps, DNP, GNP-BC, NP-C**  
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Director of Education  
Sunshine Social Services, Inc.  
Wilton Manors, FL

**Phillip Olla, PhD**  
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Professor, Department of Nutrition and Metabolism  
The University of Texas Medical Branch  
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Clinical Nurse Practitioner  
Optum  
Phoenix, AZ

**Cathryn Reimanis, DNP(c), MS, CNS, ANP-BC, CWOCN**  
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Genesis Physician Services  
Lakewood, CO

**Barbara Resnick, PhD, RN, CRNP, FAAN, FAANP**  
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**Paul E. Schulz, MD**  
Professor of Neurology; Director, Memory Disorders and Dementia Clinics  
Director, Neuropsychiatry and Behavioral Neurology Fellowship  
The Mischer Neuroscience Institute of UT Health (formerly The UT Health Science Center at Houston) and Memorial Hermann Hospital-TMC  
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**Jennifer Serafin, MS, BSN, GNP-C**  
Geriatric Nurse Practitioner  
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San Francisco, CA

**Laura Steadman, EdD, MSN, CRNP, RN**  
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Continence Nurse Practitioner & Owner/Continence Consultant  
Urology Health Specialists, LLC  
Drexel Hill, PA  
Continence Solutions, LLC  
Media, PA  
University of Pennsylvania Health System Division of Urogynecology  
Philadelphia, PA

# Conference Program

## TUESDAY, September 29, 2015

4:00 p.m. – 7:00 p.m. Registration Open

## WEDNESDAY, September 30, 2015

7:30 a.m. – 7:00 p.m. Registration Open

8:00 a.m. – 11:00 a.m. Pre-Conference Workshops  
2.5 contact hours each

### 010 Research Workshop: Designing an Evidence-Based Project: Methods and Strategies



*Facilitators: Research Committee Members*

This advanced session will assist advanced practice nurses, DNP students, and graduates in planning their evidence-based practice project through design selection, measuring outcomes, and planning data analysis. Strategies to address ethical concerns, getting through the investigational review board (IRB) process, and overcoming barriers will also be presented. This session assumes participants have some basic understanding of designs and have a well-developed project question with literature review. The session will include instructional lecture with examples, small group work, and interaction with professional researchers and faculty.

**Recommended book to complement course:** *Johns Hopkins Nursing Evidence-Based Practice Model and Guidelines (2nd ed.)*. Workshop registrants may purchase this text at the discounted cost of \$35 by choosing “Optional Research Book for Workshop” on registration form.

### 020 Education Workshop: Essential Gerontological Nursing for Advanced Practice Nursing

*Melodee Harris, PhD, APRN, GNP-BC;  
Laurie Kennedy-Malone, PhD, GNP-BC, FAANP,  
FGSA; Melissa Kramps, DNP, GNP-BC, NP-C*

This session will explore essential concepts for the advanced practice geriatric nurse. The session will focus on the primary elements of those working with older adults, including atypical presentation of diseases, bimodal disease processes, and geriatric syndromes, and recognition of common psychiatric diseases in older adults.

12:00 p.m. – 5:00 p.m. Pre-Conference Workshop  
4.5 contact hours

### 030 Pharmacology Workshop: Prescribing Diabetes Medications and Treatment in the Older Adult (Part 1) & Anticoagulant Management in the Elderly (Part 2)



*Katherine Pereira, DNP, FAANP, FAAN;  
Vika Bursua, PharmD, CACP*

Part 1 of this pre-conference workshop will provide a review on how drug action, absorption, distribution, metabolism, and elimination change during the aging process, with case studies used to illustrate concepts. Strategies will be discussed that can promote safe medication management and prescribing in older adults. Part 2 of this pre-conference workshop will focus on how anticoagulation treatment decisions in the elderly are challenging, as this population is at a high risk for thrombotic events and anticoagulation-associated bleeding. The clinical profiles of the various anticoagulant drug classes will be reviewed, including a detailed look at the newly approved target-specific oral anticoagulant drugs.

1:00 p.m.

GAPNA Foundation  
Scramble Golf Outing  
(Off-Site)

*See p. 10 for details.*

5:15 p.m. – 6:30 p.m.

Industry-Supported Presentation Theater

*(Seating is limited/Light refreshments will be provided.  
Attendees will be admitted on a first-come basis.)*

Type 2 Diabetes – Management in the Elderly and Long-Term Setting

*Supported by Boehringer Ingelheim*

6:45 p.m. – 9:00 p.m. Pre-Conference Workshop  
2.25 contact hours

### 040 ER/LA Opioid REMS: Achieving Safe Use While Improving Patient Care



*Alan P. Agins, PhD;  
Jody F. Agins, MSN, FNP, GNP-BC, RNP*

**Special note: This workshop is free to any conference attendee who registers to attend.**

This program discusses the patient selection and assessment of risk associated with opioid use for long-term management of chronic pain, the initiation and modification of ER/LA prescriptions, ongoing monitoring, and counseling for patients. It covers the legal, regulatory, and safety perspectives associated with ER/LA opioid use.

Presented by the Nurse Practitioner Healthcare Foundation, a member of the Collaborative on REMS Education (CO\*RE), 10 interdisciplinary organizations working together to improve pain management and prevent adverse outcomes.

This educational activity is supported by an independent educational grant from the ER/LA Opioid Analgesic REMS Program Companies (RPC). Please see [www.er-la-opioidREMS.com](http://www.er-la-opioidREMS.com) for a listing of the member companies. This activity is intended to be fully-complaint with the ER/LA Opioid Analgesic REMS education requirements issued by the US Food & Drug Administration (FDA).

Continuing education credit of 2.25 hours, in pharmacology, is provided 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.

## THURSDAY, October 1, 2015

6:30 a.m. – 5:00 p.m. Registration Open

7:00 a.m. – 8:00 a.m.

110 New Member/First-Time Attendee Breakfast

7:00 a.m. – 8:00 a.m.

Industry-Supported Presentation Theaters


*(Seating is limited/Breakfast will be provided.  
Attendees will be admitted on a first-come basis.)*

Huntington's Disease in the Long-Term Care Facility

*Supported by Lundbeck*

When Struggling with Symptoms:  
Assess Your Treatment Plan (COPD)

*Supported by Sunovion Pharmaceuticals, Inc.*

**Session Key: R** = Pharmacology hours offered  = Student support offered

# Conference Program

**8:00 a.m. – 9:15 a.m. Welcome & Introduction  
Keynote Address**  
*1.0 contact hour*

**120 Transforming Care of Older Adults through QAPI**  
*Suzanne Gillespie, MD, RN, CMD*

Continuing concerns about nursing home quality are generating interest nationally in integrating quality assurance and performance improvement (QAPI) into existing improvement efforts. This session will discuss how QAPI introduces innovative thinking and new methods for improvement and explore how APNs have a critical leadership role in leveraging QAPI to foster effective change in delivering long-term care.

**9:15 a.m. – 10:45 a.m. Grand Opening Exhibit Hall/  
Poster Viewing/Coffee Break**

**10:45 a.m. – 11:45 a.m. General Session**  
*1.0 contact hour*

**130 Dealing with Difficult Situations in Advanced  
Directives**  
*Damien Doyle, MD, CMD, FAAFP*

Clinicians have long recognized when we focus on the right things for the patient the right outcomes result. This session will explore what can happen when disease progression and prognosis are not clearly understood and why it is necessary to ensure appropriate utilization and cost while decreasing suffering and prolonging quality of life.

**12:00 p.m. – 1:00 p.m.**

**Industry-Supported Presentation Theaters**

*(Seating is limited/Lunch will be provided.  
Attendees will be admitted on a first-come basis.)*

**Treatment Option for Patients with Symptomatic  
Neurogenic Orthostatic Hypertension**

*Supported by Lundbeck*

**Pneumococcal Immunization for Nursing Facility  
Residents**

*Supported by Pfizer*

**1:15 p.m. – 2:15 p.m. Concurrent Sessions**  
*1.0 contact hour*

**141 Best Practice Guidelines for the Preoperative  
Assessment of the Older Adult: Implications for  
the Nurse Practitioner**  
*JoAnn Coleman, DNP, ANP, ACNP, AOCN*


This session will explore why a geriatric preoperative assessment may be critical for the nurse practitioner caring for the preoperative and postoperative patient for developing an individualized plan of care, identifying special needs of the patient, instituting safety measures and proactive interventions, and preparing for discharge planning.

**142 The Sexual Revolution Revisited –  
Coming of Age**

*Katherine Aldrich, PhD, ANP-BC;  
Teresa Kiresuk, DNP, ANP/GNP;  
George Byron Peraza-Smith, DNP, GNP-BC, CNE*

This session will examine the impact of sexually transmitted infections (STIs) in older adults and the best evidence and practices for preventing, screening, treating, and educating sexually active

older adults on STIs. Using a case-based approach, strategies for communication and education will be discussed.

**143 Research and Clinical Project Abstract Presentations**  
 Several research or clinical projects will be presented that discuss the creative work APNs are doing to further the care of older adults.

**2:30 p.m. – 3:30 p.m. General Session**  
*1.0 contact hour*

**150 Get Informed, Get Involved, Make a Difference:  
Getting Our Voices Heard by Those Who Make  
Decisions**

*Evelyn G. Duffy, DNP, AGPCNP-BC, FAANP*

The GAPNA 2014-2015 Health Affairs Agenda and an overview of the GAPNA strategic initiatives for the coming year will be presented during this meeting. This is your opportunity to provide feedback on the GAPNA initiatives.

**3:45 p.m. – 4:45 p.m. Concurrent Sessions**  
*1.0 contact hour*

**161 Quality Improvement Skills for Advanced Practice  
Nurses in Long-Term Care: Culture, Teams, and  
Tools**

*Linda J. Keilman, DNP, GNP-BC;  
George Byron Peraza-Smith, DNP, GNP-BC, CNE*

This session will provide APNs with the skill set required to effectively lead interprofessional teams in improving systems and practices, discussing the formation of teams and the role teams play in continuous quality improvement (CQI), and assisting the APN in utilizing QI techniques and tools for examining system and practice challenges.

**162 Managing the Multiple Symptom Burdens of  
Advanced Disease Management**

*Caroline Duquette, DNP, APRN, GNP-BC, CHPN;  
M. Jane Griffith, MSN, RN, GNP-BC, ACHPN*

Persons living and dying with multimorbid advanced diseases present an opportunity for interdisciplinary, patient-family centered care. This session will utilize comprehensive case studies with evidence-based palliative care interventions to improve outcomes.

**163 Diabetes Management Strategies**

**R** *Katherine Pereira, DNP, FAANP, FAAN*

This session will discuss major classes of diabetes medications and the latest recommendations from the American Diabetes Association for individualized disease management. Case studies will be used to help participants synthesize and apply concepts to clinical practice.

**4:45 p.m. – 6:15 p.m. Exhibits Open/Poster  
Reception**

**6:30 p.m. – 8:00 p.m.**

**Industry-Supported Presentation Theater**

*(Seating is limited/Light refreshments will be provided.  
Attendees will be admitted on a first-come basis.)*

**Addressing Chronic Hepatitis C Virus (HCV) Infection**

*Supported by AbbVie*

# Conference Program

FRIDAY, October 2, 2015

**6:00 a.m. – 7:00 a.m. Foundation Fun Run/Walk**

Get energized with morning exercise and earn a contact hour for listening to a downloadable MP3 recording from the GAPNA Online Library. See below and p. 10 for more info.

**201 Osteoporosis Diagnosis and Management**  
**R Update for the Advanced Practice Nurse**  
*Janyce Cagan Agruss, PhD, APN-BC*  
1.0 contact hour

This MP3 session will review the topic of bone health in the mature woman, including osteopenia, as well as osteoporosis and the use of the dexascan to diagnose both osteopenia and osteoporosis. Use of pharmacologic and nonpharmacologic agents for osteopenia and osteoporosis will also be included.

**6:30 a.m. – 4:45 p.m. Registration Open**

**7:00 a.m. – 8:00 a.m.**

**Industry-Supported Presentation Theaters**

*(Seating is limited/Breakfast will be provided.  
Attendees will be admitted on a first-come basis.)*

**Welcome to APTIOM (eslicarbazepine acetate)**

*Supported by Sunovion Pharmaceuticals, Inc.*

**A Nebulized Long-Acting Beta Antagonist for the Maintenance Treatment of COPD: Who, When, and Why**

*Supported by Mylan, Inc.*

**8:15 a.m. – 9:45 a.m. General Session**  
1.5 contact hours

**210 Update on Vaccinations**  
**R Barbara Resnick, PhD, RN, CRNP, FAAN, FAANP**

This session will review current information on vaccines based on national guidelines and their relevance for older adults. In addition, updates on the vaccines currently available, the benefit of these vaccines for older adults, and the ways to improve vaccination rates within settings of care will be shared.

**9:45 a.m. – 11:15 a.m. Exhibits Open/Poster Viewing/Coffee Break**

**11:15 a.m. – 12:15 p.m. General Session**  
1.0 contact hour

**220 Antimicrobial Therapy Review – Focus on Geriatrics**  
**R Adam Bursua, PharmD, BCPS**

This session will provide a high-level review of antibiotic drug classes while highlighting notable concepts relative to prescribing these agents in geriatric patients. Antibiotic therapy for commonly encountered infections in elderly patients will be a focus, and elements of antimicrobial stewardship will be included.

**12:30 p.m. – 1:30 p.m.**

**Industry-Supported Presentation Theaters**

*(Seating is limited/Lunch will be provided.  
Attendees will be admitted on a first-come basis.)*

**Exploring Risk Reduction in Thrombosis**

*Supported by Janssen Pharmaceuticals, Inc.*

**Opioid-Induced Constipation: The Science, the Struggle, and an Orally Administered Treatment Plan**

*Supported by AstraZeneca*


**1:45 p.m. – 2:45 p.m. Concurrent Sessions**  
1.0 contact hour

**231 Nutrition, Protein Intake, and Sarcopenia Prevention and Treatment in the Older Adult**  
**Douglas Paddon-Jones, PhD**

This session will highlight current protein/nutrition recommendations and review the potential translation of basic science and clinical research trials to effective nutritional strategies to optimize muscle health during adult life.

**232 Home-Based Care: A Practical Guide for Start-Up and Management for Nurse Practitioners**  
**Rebecca Bryant, DNP, FNP-BC**

This session will share a practical, systematic approach for nurse practitioners (NPs) in the start-up of a NP-owned home call practice or integrating home-based care into their current practice environment.

**233 Research and Clinical Project Abstract Presentations**  
 Several research or clinical projects will be presented that discuss the creative work APNs are doing to further the care of older adults.

**2:45 p.m. – 3:45 p.m. Exhibits Open/Poster Viewing/Refreshment Break**

**3:45 p.m. – 4:45 p.m. Concurrent Sessions**  
1.0 contact hour

**241 Acute and Chronic Heart Failure: Key Points from 2013 Guidelines**  
**R Margaret T. Bowers, DNP, RN, FNP-BC, FAANP**

This session will review the 2013 Clinical Guidelines for heart failure with application to the geriatric population in both acute and chronic settings.

**242 Opioid Therapy and Analgesic Management in Geriatrics**  
**R Adam Bursua, PharmD, BCPS**

This session will provide an overview of the clinical profile of analgesic medications, with a focus on opioid analgesics. Trends in opioid use and outcomes will be discussed. Application of pharmacokinetic and pharmacodynamic properties of opioid medications in geriatrics will be highlighted.

**243 Make Your Practice Gender Neutral: Compassionate Care for Older LGBT Patients**  
**Katherine Aldrich, PhD, ANP-BC;**  
**James Lopresti, MA, MDiv, ThM, PhD, LMHC;**  
**Jennifer Serafin, MS, BSN, GNP-C**

This session will address the health care needs of older LGBT adults while exploring means of decreasing bias and perceived discrimination. Case studies and small group interactions will be utilized to increase participants' confidence in providing care in a gender-neutral manner.

# Conference Program

5:00 p.m. – 6:00 p.m.

## Committee Meetings/Special Interest Group (SIG) Meetings

Members of the following Committees and SIGs are invited to meet at this time to discuss issues of concern. If you are interested in joining a committee or SIG, you are encouraged to attend.

- Awards
- Chapter Leadership
- Communications
- Education
- Health Affairs
- Historical
- Nominating
- Practice
- Research
- GeroPsych
- Hospice/Palliative Care
- House Calls
- Leadership
- LGBT
- Post Acute Care/LTC
- Transitional Care
- GNP Taskforce

7:00 p.m.

**Foundation “Texas Hoedown”**  
*See p. 10 for details.*

## SATURDAY, October 3, 2015

6:30 a.m. – 5:00 p.m. **Registration Open**

6:30 a.m. – 8:00 a.m.

### Breakfast Symposium

*(Breakfast will be provided. Attendees will be admitted on a first-come basis.)*  
*1.5 CE Credit Hours\**

### Best Practices Recommendations for Management of Overactive Bladder in the Elderly

This symposium aims to provide advanced practice nurses managing elderly patients with a better understanding of the differential diagnosis of idiopathic overactive bladder (OAB), goals of therapy, benefits and limitations of behavioral and pharmacologic interventions, and expected outcomes from treatment. Expert recommendations on effective communication techniques and patient counseling strategies to enhance adherence to OAB therapy, minimize treatment-related adverse effects, and improve treatment satisfaction will also be highlighted.

Jointly provided by Medical Learning Institute Inc. and PVI, Peer-View Institute for Medical Education.

*Supported by an education grant from Astellas Scientific and Medical Affairs, Inc.*

*\*1.5 CE Credit Hours have been applied for through AANP.*

8:15 a.m. – 9:15 a.m.

### General Session

*1.0 contact hour*

### 310 **The Hype and the Science of Pharmacogenomics: Promising or Problematic?**

**Manju T. Beier, PharmD, CGP**

This session will provide a brief background on the science of pharmacogenomics and applications in cardiovascular, psychiatry, and pain management. Brief case scenarios will be presented to illustrate pharmacogenetic-guided medication therapy. Ethical, legal, social, and economic challenges of translating pharmacogenomics into clinical practice will be discussed.

9:30 a.m. – 11:30 a.m. **In-Depth Focus Sessions**

*2.0 contact hours*

### 321 **Innovative Projects**



This session will showcase innovative projects that GNPs have created and implemented in such areas as antipsychotic reduction, increasing completion rates for advanced care directives, and other projects that may cross the spectrum of acute to long-term care. Focus of discussion will include innovation and current outcomes achieved.

### 322 **Differentiating Between Dementia, Encephalopathy, and Mood Disorders**

**Paul E. Schulz, MD**

With the advent of modern therapies, it is vital to distinguish between dementia, encephalopathy, and a mood disorder, and it is essential to differentiate between dementias. The goal of this session is to cover pointers to help distinguish between these conditions.

### 323 **Urinary Incontinence: After the Diagnosis, Then What?**

**Cathy Reimanis, DNP(c), MS, CNS, ANP-BC, CWOCN; Donna L. Thompson, MSN, CRNP, FNP-BC, CCCN-AP**

The management of urinary incontinence (UI) in older adults requires careful consideration of evidence that supports treatment. This session will discuss promising new modalities in the treatment for older adults, including neuromodulation. First-line treatment strategies will be presented, along with an in-depth review of current and future pharmacologic options. For patients with UI and excessive moisture skin damage, new evidence-based guidelines of UI-associated skin damage will be reviewed. Other potential skin damage differential diagnoses with treatment guidelines also will be provided.

11:45 a.m. – 1:15 p.m.

### 330 **Awards Luncheon**

Join us during this special luncheon as awards are presented to the 2015 GAPNA Excellence, Foundation, and Research Award Winners. The incoming Board of Directors also will be introduced. Please confirm your attendance by marking the appropriate line on the registration form. The membership meeting will immediately follow the Awards Luncheon.

1:15 p.m. – 2:15 p.m.

### Membership Meeting

2:30 p.m. – 3:30 p.m.

### Concurrent Sessions

*1.0 contact hour*

### 341 **The Nuts and Bolts of Precepting**

**Natalie Baker, DNP, GNP-BC, ANP-BC; Vaunette Fay, PhD, FNP, GNP-BC; Barbara Harrison, PhD, APRN, FNP-BC, GNP-BC; Gail Prothe, DNP, APRN, FNP/ GNP-BC; Laura Steadman, EdD, MSN, CRNP, RN**

This session will equip clinicians with the knowledge, confidence, and desire to precept students by presenting a roadmap for success beginning with the initial contact with the student to the end of the student's rotation. Potential pitfalls and barriers will also be discussed.

### 342 **Using mHealth to Create Innovative Care Solutions for Older Adults**

**Deborah Dunn, EdD, MSN, GNP-BC, ACNS-BC; Phillip Olla, PhD**

This session will review the process undertaken to develop a mobile app solution to transform the communication between long-term care health care providers and family caregivers by leveraging the expertise of both health care providers and technology experts to create a technology solution. The presenters will discuss their collaboration in a “hacking health” hack-a-thon that

brought together technology creators and health care professionals to develop a practical technology-based, patient-centric solution to a widespread problem.

### 343 Current Issues in Dermatology

**R Patti Parker, PhD(c), APRN, CNS, A/GNP, BC**

This session will provide a review and update of identification, evaluation, and treatment regimens for common geriatric dermatoses seen and evaluated by advanced practice nurses.

**3:45 p.m. – 4:45 p.m. General Session**  
*1.0 contact hour*

### 350 Herbal Medications and Drug Interactions

**R Manju T. Beier, PharmD, CGP**

This session will provide a brief basic background on mechanisms behind drug-drug interactions and their unintended consequences. Significant drug-herb interactions with commonly used herbal remedies by residents and their families will be presented.



*“The content was all useful to my daily practice. It was difficult to choose the sessions; however, I took advantage of the recorded sessions that I could not attend. That is a tremendous advantage, and a value added service for a reasonably priced conference.”*

**Diane Backhaus, NP, Liberty, MO**



*“The pacing of the sessions was perfect. A nice mix of general and special sessions. I have been attending this conference annually for the past 4 years. I learn something new every time! More importantly, the quality and efficiency of my practice is enhanced.”*

**Gail Prothe, FNP-BC, Maricopa, AZ**

## Online Library & Paperless Conference!

**Receive added educational value for your conference investment.**

**FREE access to the GAPNA Online Library!**  
[www.gapna.org/library](http://www.gapna.org/library)

### What Are the Benefits?

- Unlimited free online access to all approved sessions after attending the conference.
- “Virtually” attend sessions you missed onsite or revisit courses you found interesting.
- Never have to choose between concurrent sessions again!
- Share the meeting content with two colleagues at no charge.

Content will be available approximately 3 weeks after the conference, so you can take advantage of this additional learning experience at your convenience. (Additional CNE contact hours may be obtained for a separate fee.)

### Handouts Available Online

Approximately 2 weeks before the conference, redeem the conference code GAPNA15 in the Online Library ([www.gapna.org/library](http://www.gapna.org/library)) to access the session handouts.

### Paperless Online Evaluations and CNE Certificates

No need to worry about filling out paper forms and submitting them onsite. Simply complete the evaluation and print your CNE certificate at your convenience from home or work!

## GAPNA Research/Project Consults Available

Trying to finish up your doctorate? Working on an evidence-based project? Having difficulty submitting your research proposal? Not sure how to go about your first research project? Need to speak about your project with someone with experience in research?

GAPNA recognizes your needs and wants to help. The Research Committee will provide free consultations and one-on-one guidance. Please send an email to [GAPNA@ajj.com](mailto:GAPNA@ajj.com) and provide your name, email contact, and a brief description of the research/project issue you would like to discuss. You will be contacted to set up a time to meet at the Annual Conference with a committee member who has experience in your research area. The meeting will be scheduled during Exhibit Hall or lunch-on-your-own time.

GAPNA Research Committee members will have a booth in the Exhibit Hall where your consultation can take place. We're reaching out to you; tell us how we can help you with your research/clinical project.



# General Information

## Continuing Nursing Education

Gain continuing nursing education (CNE) contact hours for your professional development, recertification, and relicensure. Contact hours will be awarded on a 60-minute contact hour basis as follows:

Main conference: Up to 15.5 contact hours  
**Thursday, October 1** 5.0 contact hours

**Friday, October 2**  
(Includes MP3 recording) 5.5 contact hours

**Saturday, October 3** 5.0 contact hours

## Pre-Conference Workshops

Research: 2.5 contact hours  
Education: 2.5 contact hours  
Pharmacology: 4.5 contact hours

Sessions marked with **R** contain pharmacology content that can be applied toward pharmacology credit requirements. Pharmacology content credit is time-based on the objectives and content outline. Pharmacology credit can be accumulated by any one person attending conference sessions (if attending sessions offering the highest number of pharmacology hours available). Additional pharmacology credit is available for pre-conference workshops where indicated.

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.

## Exhibits

Representatives from a variety of leading companies and organizations will be on hand to answer your questions and demonstrate their products and services. You will learn about the latest products and services for gerontological advanced practice nurses. Conference badges must be worn to gain admittance to the exhibit hall.

## Industry-Supported Presentation Theaters

An Industry-Supported Presentation Theater is a dedicated time for industry to host a session that provides information on a specific product or service of interest to NPs working in the specialty of gerontology. Since these sessions may be promotional and are specific to a certain product, no contact hours are available for these sessions.

## Guest Registration

Guest registration includes admittance to the exhibit hall on Thursday (10/1) and Friday (10/2) only.

## Payment Policy

**Register Early!** Registrations will not be processed unless full payment is received with the registration form. If a check is returned by the bank for insufficient funds or credit cards denied, full payment must be received by cashier's check or money order with an additional \$15 processing fee.

## Cancellation Policy

Upon fax (856-218-0557), email (GAPNA@ajj.com), or written notice to GAPNA (P.O. Box 56, Pitman, NJ 08071-0056) of need to cancel, your registration fee will be refunded, less a \$50 administration fee. Cancellations must be received at the National Office **August 26, 2015**. Telephone cancellations will not be accepted. No refunds will be made thereafter.

In the event GAPNA should find it necessary to cancel or postpone this conference for any reason including, but not limited to, registration responses, strikes, or acts of God, GAPNA will not be liable for registrants' expenses. However the cancellation/postponement is ultimately resolved, GAPNA will act responsibly to protect members' and registrants' investment in the conference and association.

## Catch Up with Colleagues

Registrants of the GAPNA Conference may be interested in finding out if colleagues in the field will also be in attendance. Your name and email address will be added to a list that will be accessible by others who have registered for the conference via an online link provided in the conference registration confirmation email. It is your responsibility to contact others on the list and make arrangements with them directly.

## Share a Room

If you are interested in sharing a room during the conference and would like your name added to the Willingness to Share a Room List, simply check the appropriate box when you are registering for the conference. Your name, telephone number, city, state, and email address will be added to a list that will be accessible by others who have registered for the conference via an online link provided in the conference registration confirmation email. It is your responsibility to contact others on the list and make arrangements with them directly.

## Hotel Information

San Antonio Marriott Rivercenter  
101 Bowie Street  
San Antonio, TX 78205

San Antonio Marriott Rivercenter has been designated as the headquarters hotel for the Gerontological Advanced Practice Nurses Association Annual Conference. A block of rooms has been secured for attendees at the special rate of **\$182 single/double**. Rates are subject to applicable state and local taxes (currently at 16.75%). The special conference rate is available until **Friday, September 4, 2015**. Reservations received after this date will be accepted on a space and

rate available basis. To make your reservations, call 800-648-4462 and refer to the GAPNA Conference, or make your reservations online at [www.gapna.org](http://www.gapna.org).

Check-in time is 4:00 p.m. and check-out time is 12:00 p.m.

The San Antonio Marriott Rivercenter is just steps away from the world famous San Antonio River Walk, a premier shopping, dining, and entertainment destination. Featuring luxurious rooms and suites, guests will enjoy supreme comfort conveniently located near many area attractions, including Sea World, Six Flags Fiesta Texas, and the San Antonio Zoo. The Alamo, one of the nation's most storied and revered landmarks, is within easy walking distance from the hotel.

## Airport/Transportation Information

San Antonio International Airport is approximately 8 miles from the hotel. Airport Express shuttle service is available for approximately \$18 one way (reservation required). Taxi service is available for approximately \$22 one way.

All pricing is current at the time of printing and is subject to change.

## Weather

Temperatures in late September and early October in San Antonio range from a high of 87 degrees to a low of 56 degrees. Plan to pack a sweater or wear layers due to air conditioning in the meeting rooms.

## Photo Release

GAPNA occasionally uses photographs of conference participants in promotional materials. By virtue of your attendance, you agree to usage of your image in print or electronic media.



# Participate in These Enjoyable Events and Support the GAPNA Foundation, Nursing Scholarships, and Research!

## GAPNA Foundation Events

The goal of the Gerontological Advanced Practice Nurses Association Foundation, Inc. (GAPNAF) is to promote leadership and scholarship in advanced nursing practice, education, and research to enhance the health care for older adults through its administrative activities, scholarly activities, and resource development. GAPNAF provides financial grants to support scholarly research and projects related to gerontological nursing and educational opportunities for registered nurses and advanced practice nurses working with older adults. Help GAPNAF achieve this important mission by participating in their exciting events during the conference in San Antonio.

### Scramble Golf Outing

Wednesday, September 30

Tee time: 1:00 p.m. (rain or shine)

Canyon Springs Golf Club, located in north central San Antonio at the edge of the beautiful Texas Hill Country, resides amidst the original Claussen Homestead. It was recently voted Best Overall Public Golf Club, as well as Reader's Favorite. Canyon



Springs Golf Club opened in 1998 and offers an 18-hole par 72 championship course taking full advantage of the natural terrain.

Cost: \$150 per person (includes electric cart with GPS, practice balls, and guaranteed fun!). Golf clubs available for rental at pro shop. Full bar and restaurant onsite. Bring your sense of humor!

### Fun Run/Walk

Friday, October 2

6:00 a.m. – 7:00 a.m.

Get energized with an exhilarating morning run or walk in beautiful San Antonio! Enjoy morning exercise and, as an added bonus, earn contact hours for listening to

a downloadable MP3 recording from the GAPNA Online Library\*.

Cost: \$25 per person

\*Downloadable MP3 recording provided at no extra charge to Fun/Run Walk attendees if registered for main conference or Friday daily rate.

### “Texas Hoedown”

Friday, October 2

7:00 p.m.

Come join us for a fun-filled, spirited evening of great Texas food, country music, and dancing with your colleagues. Feel free to dress in your favorite jeans and boots. It's going to be a fantastic time that you don't want to miss.

Cost: \$80 per person. Cash bar available.

**Cash donations also are accepted and all donations are tax deductible. See p. 11 to register or to donate.**

## Discover the Unforgettable in San Antonio

Noted for its heavy Spanish influence, San Antonio was named for Saint Anthony of Padua by a 1691 Spanish expedition in that area. It is the seventh most populous city in the United States and second most populous in Texas. You have a fiesta of options to explore when you visit San Antonio during GAPNA's 2015 Annual Conference. The Marriott Rivercenter offers an ideal location and easy access to immerse yourself in this fascinating city. Here is a taste.

### Remember the Alamo

The Alamo (Mission San Antonio de Valero) was founded in 1718 as the first mission in San Antonio, serving as a way station between east Texas and Mexico. In 1836, decades after the mission had closed, the Alamo became an inspiration and a motivation for liberty during the Texas Revolution. For 13 days in 1836, close to 200 Texas defenders held the Alamo from over 1,000 of General Santa Anna's troops from Mexico. The most famous of the defenders, William Travis, Jim Bowie, and Davy Crockett, died fighting overwhelming odds for freedom.

### River Walk

The San Antonio River Walk is a verdant oasis of cypress-lined paved paths, arched stone bridges, and lush landscapes. It gently winds through the city center, providing millions of visitors each year with easy ac-

cess to the city's cultural hot spots, historic sites, restaurants, and other attractions.

### Dining

San Antonio's culinary palette derives from the influence of European and Mexican traditions of generations ago. New arrivals who settled here introduced us to fragrant spices, cooking styles reflecting both heritage and innovation, and foods of exotic lands. Many of the city's acclaimed chefs who studied elsewhere bring their world-class training back to this culinary landscape. Talented new chefs are honing their skills every day at the prestigious Culinary Institute of America – San Antonio.

### Shopping

A top shopping destination, according to Forbes.com, offers “options, ease and affordability.” Your shopping experience will show San Antonio features all of those assets and more, making it clear why that publication placed the city among the top ten best cities for shopping. Great western wear shops, unique boutiques, upscale department stores, incomparable malls, and regional outlet centers are just a few of the reasons San Antonio ranks high on the shopping list.

### Local Art Scene

San Antonio has captivated people from cultures around the world since the city was first established in the early 1700s. Mexi-

can, European, Asian, African, and Western traditions all blend together into a personality that's uniquely San Antonio. You'll find outdoor sculptures and artwork, art galleries, more than 25 museums, over 40 performing arts stages, and many cultural arts festivals. Together, these artistic attractions make San Antonio one of the top 25 cities for art in the United States.

### Nightlife

When the stars come out over San Antonio, it's time to head to the nightclubs and dance halls. Main Plaza, in the heart of downtown, has live music all year long. Two-step to a country-western band at Cowboys Dance Hall, or soak up Tejano's Latin rhythms at Graham Central Station. San Antonio is home to the revered Jim Cullum Jazz Band (you may have heard their weekly radio show on NPR) and they play live at Bohanan's Prime Steaks & Seafood. Whatever your mood, San Antonio offers a wide range of entertainment options when the sun goes down.

Experience the culture and history of this vibrant city during GAPNA's 34th Annual Conference. To learn more about San Antonio and request a free visitors guide, visit [www.visitsanantonio.com](http://www.visitsanantonio.com) or [www.sanantonio.gov/visitors](http://www.sanantonio.gov/visitors)

**REGISTRATION FORM**  
**GAPNA 34th Annual Conference**  
**September 30 - October 3, 2015 – San Antonio, TX**

Print Name: \_\_\_\_\_ Credentials: \_\_\_\_\_

Organization/Employer Name: \_\_\_\_\_

Mailing Address - Street:  Home  Work \_\_\_\_\_

City / State / Zip: \_\_\_\_\_

Nursing License # \_\_\_\_\_ Exp. date \_\_\_\_\_

Daytime Phone:  Home  Work (      ) \_\_\_\_\_

E-mail (required):  Home  Work \_\_\_\_\_

Do not share my email address with any GAPNA exhibitor or networking vendors

**discount code:**  
**r d 1 5 1 0 H G F E D C B A**  
 (use this code for online discount)

**3 Ways To Register**

Register Online at  
**www.gapna.org/annual-conference**

By Fax: 856-218-0557

Mail completed form with payment to:  
**GAPNA Registration**  
**East Holly Avenue/Box 56**  
**Pitman, NJ 08071-0056**

**Registration cannot be processed without payment.**

**Purchase Orders cannot be accepted.**

Make checks payable in U.S. funds to: **GAPNA**

All cancellations and transfers must be received in writing. For cancellations postmarked prior to August 26, 2015, we will refund registration cost, less a \$50 administrative fee. We are unable to make refunds after August 26, 2015, but will gladly transfer your registration to a colleague if the request is made in writing to GAPNA at the above address.

You will receive your **receipt/confirmation** information via the email address used to register for this meeting.

<i>*Non-members may register at the Member rate by including membership fee with registration fees.</i>	GAPNA Member	Non-Member*
<b>Main Conference Registration Fees</b> (Pre-Conference Workshops not included)	<b>Rate</b>	<b>Rate</b>
Postmarked 8/19/15 & before - Early Fee	<input type="checkbox"/> \$469	<input type="checkbox"/> \$589
Postmarked 8/20/15 & after - Regular/Onsite Fee	<input type="checkbox"/> \$559	<input type="checkbox"/> \$689
Student/Retired (CNE not included) CNE may be obtained at a discounted rate through Online Library	<input type="checkbox"/> \$259	<input type="checkbox"/> \$359
<b>Pre-Conference Workshop Fees</b> (additional fee)		
<input type="checkbox"/> Pre-Conference Workshop 010: Research	<input type="checkbox"/> \$95	<input type="checkbox"/> \$135
<input type="checkbox"/> Optional Research Book for Workshop 010	<input type="checkbox"/> \$35	<input type="checkbox"/> \$35
<input type="checkbox"/> Pre-Conference Workshop 020: Education	<input type="checkbox"/> \$95	<input type="checkbox"/> \$135
<input type="checkbox"/> Pre-Conference Workshop 030: Pharmacology	<input type="checkbox"/> \$115	<input type="checkbox"/> \$155
<input type="checkbox"/> Pre-Conference Workshop 040: Opioid (no additional fee)	<input type="checkbox"/> Yes, I will attend	
<b>Daily Rate</b>		
Daily - (indicate 1 day only) <input type="checkbox"/> Thursday <input type="checkbox"/> Friday <input type="checkbox"/> Saturday	<input type="checkbox"/> \$259	<input type="checkbox"/> \$369
Daily Student/Retired (CNE not included) - (indicate day) <input type="checkbox"/> Thursday <input type="checkbox"/> Friday <input type="checkbox"/> Saturday	<input type="checkbox"/> \$119	<input type="checkbox"/> \$169
Guest Badge for Exhibit Hall only - (see page 9)	<input type="checkbox"/> \$175	<input type="checkbox"/> \$175
Guest Badge for Awards Luncheon only	<input type="checkbox"/> \$85	<input type="checkbox"/> \$85
Guest Name: _____		
<b>Membership Fees:</b> <input type="checkbox"/> New <input type="checkbox"/> Renewal		
<input type="checkbox"/> Regular (advanced practice nurses) <input type="checkbox"/> Associate (other)		<input type="checkbox"/> \$100
<input type="checkbox"/> Student - \$60 <input type="checkbox"/> Retired - \$75 (enter dollar amount) _____		<input type="checkbox"/> \$ _____
<b>GAPNA Foundation Event Fees:</b>		
9/30/15 Scramble Golf Outing _____ # persons @ \$150 =		\$ _____
10/2/15 Fun Run/Walk _____ # persons @ \$25 =		\$ _____
10/2/15 Texas Hoedown _____ # persons @ \$80 =		\$ _____
Foundation Donation <input type="checkbox"/> \$25 <input type="checkbox"/> \$50 <input type="checkbox"/> \$75 <input type="checkbox"/> \$100 <input type="checkbox"/> Other _____		\$ _____
<b>TOTAL ENCLOSED</b>		\$ _____

**Catch Up with Colleagues/Share a Room**

**Catch Up with Colleagues**

No, I do not want my information included on a list of attendees.

**Share a Room**

I am interested in sharing a room.

**Special Needs\* (dietary, access, etc.)**

\_\_\_\_\_

\_\_\_\_\_

\* Please let your server know that you reserved a special needs meal.

**Session Selections — Indicate 1st and 2nd choice for all Concurrent Sessions. Attendees are automatically registered for the Keynote Address and all General Sessions.**

<b>Thursday, October 1</b>	<b>Friday, October 2</b>	<b>Saturday, October 3</b>
<b>New Member/First-Time Attendee Breakfast</b> <b>7:00 am – 8:00 am</b> 110 _____  <b>Concurrent Sessions – 1:15 pm – 2:15 pm</b> 141 _____ 142 _____ 143 _____  <b>Concurrent Sessions – 3:45 pm – 4:45 pm</b> 161 _____ 162 _____ 163 _____	<b>Concurrent Sessions – 1:45 pm – 2:45 pm</b> 231 _____ 232 _____ 233 _____  <b>Concurrent Sessions – 3:45 pm – 4:45 pm</b> 241 _____ 242 _____ 243 _____	<b>In-Depth Focus Sessions – 9:30 am – 11:30 am</b> 321 _____ 322 _____ 323 _____  <b>Awards Luncheon – 11:45 am – 1:15 pm</b> 330 _____  <b>Concurrent Sessions – 2:30 pm – 3:30 pm</b> 341 _____ 342 _____ 343 _____

**PAYMENT OPTIONS**

Tax ID #93-0832304

Check enclosed made payable in U.S. funds to GAPNA Charge my:      

\* Last 3 digits after signature on back of VISA/MasterCard – Last 4 digits on front right of American Express.

Credit Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_ Security Number \* \_\_\_\_\_

Billing address \_\_\_\_\_

Signature \_\_\_\_\_ Name on Card (please print) \_\_\_\_\_

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East Holly Avenue, Box 56  
Pitman, NJ 08071-0056

PRSTD STD  
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PAID  
Permit #1081  
Bellmawr, NJ

Register online at [www.gapna.org/annual-conference](http://www.gapna.org/annual-conference)

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## Annual Conference

*Marriott Rivercenter • San Antonio, Texas*

*September 30 - October 3, 2015*

[www.gapna.org](http://www.gapna.org)

*Creating a Culture  
of Excellence in the  
Care of Older Adults*