



Riverside Health's 13th Annual APP Conference Agenda

February 8, 2025

7:15 a.m. **Registration/Breakfast/Exhibitors/Posters**

7:45 a.m. **Welcome**

8-9 a.m. **Keynote: What's Going On, Aspiring Legendary Champions!**

Karen Barefoot, Director of Business Development at Industrial Reliability and Repair
NCAA 5X Hall of Famer and Best-Selling Author

Objectives:

- Analyze and refine leadership execution styles to optimize performance in both professional roles and personal endeavors
- Identify and implement critical pivots necessary to simultaneously pursue professional excellence and personal fulfillment, mastering the art of "playing to win" in the game of life
- Transform challenges, setbacks and perceived shortcomings into catalysts for developing a champion's mindset and vision
- Cultivate radical responsibility to unlock hidden potential that leads to the creation of lasting organizational impact and a meaningful personal legacy

Breakout Sessions

ACUTE CARE BREAKOUT SESSION #1 | 9:05-9:50 a.m.

Acute Hypoxic Respiratory Failure

Silya Mazigh, M.D.

Riverside Regional Medical Center Hospitalist

Objectives:

- Differentiate etiologies of acute respiratory failure
- Utilize ABG results to optimize treatment
- Identify red flags on CXR
- Select appropriate therapies for acute management of respiratory failure

PRIMARY CARE BREAKOUT SESSION #1 | 9:05-9:50 a.m.

Ortho Pearls for Hip, Knee and Spine Complaints

Crystal Fesperman, PA-C

Riverside Orthopedic Specialists

Objectives:

- Review key anatomic landmarks related to hip and knee joints and spine complaints
- Order appropriate imaging test based on symptoms
- Perform initial ortho examinations and identify red flags for urgent referral
- Differentiate appropriate PCP vs. orthopedic specialty referrals for management

ACUTE CARE BREAKOUT SESSION #2 | 9:55-10:40 a.m.

Atrial Fibrillation: An Overview for Primary Care

Linda "El" Summers, DMSc, PA-C

Riverside Cardiology Specialists

Objectives:

- Recognize the prevalence, pathophysiology and risk factors of atrial fibrillation
- Review AHA, ACC and HRS guidelines
- Diagnosis of atrial fibrillation: A review of wearable devices
- Assessment of ChadsVasc risk score to identify appropriate anticoagulation strategies
- Describe the management and treatment of atrial fibrillation: Ablation versus medical therapy

PRIMARY CARE BREAKOUT SESSION #2 | 9:55-10:40 a.m.

Stop the Shaking

Vince Mertz, DNP, FNP-C, PMHNP

Riverside Neurosurgical & Spine Specialists

Objectives:

- Identify the pathophysiology of Parkinson's disease
- Analyze presenting symptoms of Parkinson's disease
- Correlate physical exam findings with the diagnosis of Parkinson's disease
- Summarize current/future treatment options for Parkinson's disease

10:40-11:10 a.m.

Break/Exhibitors/Posters

Pharmacology Update: Clinical Toxicidromes

Tanya Claiborne, PharmD, BCEMP

Riverside Regional Medical Center

Objectives:

- Detail history & epidemiology of toxin abuse
- Determine signs & symptoms of medication misadventures
- Demonstrate how to obtain an accurate medication history
- Define toxicidromes and key antidotes
- Differentiate deadly ingestions
- Discuss emerging substances with abuse potential

Locker Room Leadership: Designing Rituals and Practices That Reinforce Core Values

Karen Barefoot, Director of Business Development at Industrial Reliability and Repair

NCAA 5X Hall of Famer and Best-Selling Author
(Limited to 20 registrants)**Objectives:**

- Identify secrets of building a winning culture
- Implement rituals and practices in your daily routine to enhance your practice

12:10-1 p.m. **Lunch/Exhibitors/Posters** (12:30-1 p.m. Networking Session for APP students in Grand Ballroom)

ACUTE CARE BREAKOUT SESSION #3 | 1:05-1:50 p.m.

PRIMARY CARE BREAKOUT SESSION #3 | 1:05-1:50 p.m.

Shock Therapies

Katie Valdivieso, AGACNP-BC

Callie Tayrien, AGACNP-BC

Riverside Surgical Specialists

Objectives:

- Identify pathophysiology of various types of shock in critical care
- Diagnose early stages of shock
- Provide initial treatments & stabilization
- Correctly interpret hemodynamic monitoring
- Prevent complications associated with shock

Women's Health With Urology Review and PCOS

Amberly Levan, FNP-C, Riverside Urology Specialists

Kelli MacAdam, DNP, CNM,

Riverside Partners in Women's Health

Objectives:**Urology Updates:**

- Distinguish causes of recurrent UTI
- Select appropriate testing for interstitial cystitis and overactive bladder
- Evaluate interventions for stress urinary incontinence and atrophic vaginitis

Polycystic Ovary Syndrome:

- Identify diagnostic criteria for PCOS
- Individualize medical treatments and lifestyle modifications for PCOS therapies

ACUTE CARE BREAKOUT SESSION #4 | 1:55-2:40 p.m.

PRIMARY CARE BREAKOUT SESSION #4 | 1:55-2:40 p.m.

Breaking Down Cardiomyopathy: Understanding the Why, How and What We Can Do About It

Alexandra Ward, M.D.

Riverside Cardiology Specialists

Objectives:

- Identify pathophysiology of cardiomyopathy
- Distinguish the various types of cardiomyopathy
- Outline diagnostic strategies and treatment modalities for management

First Steps in a Rheumatologic Workup: Tips for Referring Providers

Tina Valentine, AGPCNP-C

Victoria Lear, FNP-C

Riverside Rheumatology Specialists

Objectives:

- Characterize the significance of ANA testing
- Distinguish appropriate referral criteria
- Identify signs/symptoms of rheumatoid arthritis
- Diagnose and treat gout

2:40-2:55 p.m. **Break/Exhibitors/Posters**

3-4 p.m.

Human Trafficking

Megan Probasco, FNP-C

Riverside Primary Care Hidenwood

Elizabeth Ameling, Traumatologist

Founder and Executive Director, Latisha's House

Objectives:

- Describe the various types of human trafficking
- Differentiate associated signs and symptoms of potential trafficking victims
- Outline appropriate action when trafficking is suspected
- Identify community and legal resources for trafficking victims

4-4:10 p.m.

Closing and Raffles