



American
Psychiatric
Nurses
Association

APNA 28th
ANNUAL CONFERENCE

October 22-25, 2014

JW Marriott Indianapolis | Indianapolis, Indiana



*Building Connections:
Psychiatric-Mental Health Nursing Perspectives*

WELCOME FROM THE APNA PRESIDENT



Dear Friends and Colleagues:

Welcome to Indianapolis, Indiana for the 28th Annual Conference of the American Psychiatric Nurses Association. The theme of this year's conference, **Building Connections: Psychiatric-Mental Health Nursing Perspectives**, serves as a foundation for the scientific and educational excellence that our members expect each year. The conference will continue to build the connections and knowledge "scaffolding" that we have been creating and molding throughout the year.

As in past years, the conference will feature educational sessions, symposia, interactive panels, thought-provoking posters, and exhibitors with important information to share. All these offerings include the persons with whom we want to connect. Nothing is more exciting than dialoging with the many podium and poster presenters who stimulate our thoughts and ideas, as we connect their work with our own journey as psychiatric nurses.

I am pleased to have the honor of introducing Friday's keynote speaker Dr. Angela Barron McBride, who will share many things with us, including strategies for building connections at different stages of our career development. These strategies can serve our patients, facilitate career development, and influence our work, communities and health care. Dr. McBride is a seasoned author and well recognized nurse leader, known for her early works such as *The Growth and Development of Mothers*, and *Living with Contradictions: a Married Feminist*. Dr. McBride's more recent publications are in one of her areas of passion – nursing leadership – as reflected in her book, *The Growth and Development of Nurse Leaders*. Dr. McBride brings many years of teaching, coaching, and developing nurse leaders, with passion and a wonderful sense of humor. You will not want to miss her!

Our Thursday morning keynote speaker Mr. Andrew Solomon brings his unique perspective to us. I know Mr. Solomon through his most recent award-winning books, *Far From the Tree*, his ground breaking work on depression, *The Noonday Demon*, and other numerous published works. I have used many of his quotes and scientific references in my own practice and teaching. He is a thought-provoking writer, whose thoughts, perceptions and experiences will engage you in unexpected ways. As psychiatric nurses, we cherish the narrative of the other's growth and journey. Mr. Solomon will share part of his journey with us. Don't forget to leave some room in your suitcase for a copy of his book, which will be part of your conference packet.

As always, interactions with the Board of Directors and council leadership are part of our conference, allowing for meaningful connections with colleagues surrounding the issues that are important to you. A great way to connect with fellow attendees is at the Friday evening event. This year we will be just a quick walk across the street to the Indiana State Museum. Enjoy the exhibits and mingle with friends at this great networking event! Please also join us for the Annual Meeting & Town Hall on Saturday afternoon to close out the conference. We look forward to seeing you there!

With Regards,

Patricia D. Cunningham, DNSc, APRN, BC
APNA President

2013-2014 Board of Directors

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New this year!

Attendee Perks

DSM-5 for Advanced Practice Nurses – A Conference Course

This 8.5-hour multi-day course will examine the changes in the DSM-5 with an emphasis on how to perform a thorough diagnostic interview, identify symptom criteria, and write a case formulation paragraph. Utilizing faculty-led presentations, facilitated discussions, and interactive group work, this course will take place throughout the conference during designated times on Wed-Sat. Pre-requisite online session is required to attend. See page 6 for more information.

Conference Mobile App

Available before, during, and after the conference, our new mobile app offers an easy, on-the-go option. Browse through conference schedules, maps, and other program information right in the palm of your hand! Log in using your registration details and you can view or edit your personalized agenda – the app will pre-populate with the sessions you selected during registration!

More Sessions, More Choices, More Chances to Earn CE!

This year's conference schedule packs a bigger punch than ever before! An extra session room allows for more clinical topics, research studies, education strategies, and best practices to be presented. What does that mean for attendees? More topics to choose from in any given session block, and more podcast recordings (with the opportunity to earn CE) available after the conference.

Mentor Match Live!

If you haven't been able to fully utilize our Member Bridge *Mentor Match* program, or if you have an online mentoring relationship that you'd like to foster in a face-to-face setting, Mentor Match Live! is for you! Participate in mentor and mentee sign-ups, meet-ups, and activities during the conference. Check our website for more details in September!

Real-time Updates

1. Enter your cell phone number in the **Text Message Notifications** field when you register to receive last minute updates and event reminders via text during the conference. 2. Connect with your fellow conference attendees on www.apna.org/ConferenceConnect - use this online community to find a roommate, arrange a meet-up, or share photos of your conference experience. 3. Follow us on Twitter (@AmerPsychNurses / #PMHNCon), Facebook, Google +, and YouTube for more interaction... *Talk to you online!*

Poster Presentations

This year's posters will be set up in the open areas of the JW Marriott, available for viewing throughout the day on Thursday (starting at 10am) and Friday (until 4pm)! Take in the posters' content at your own pace, then view the full abstracts or revisit posters through our **Online Poster Gallery**. Get a glimpse of last year's posters at www.apna.org/PosterGallery.

Online Evaluations & CE Certificates

Jot down your responses as you attend sessions, then log into the APNA website at your convenience to complete the evaluations online. Once you're finished, the system will generate a CE Certificate with an itemized list of the sessions you attended. Evaluations will be accessible during and after the conference through **November 24, 2014**.

Session Podcasts in the APNA eLearning Center

Did you know that your Annual Conference registration comes with access to audio recordings of the conference sessions? *It's included in your registration fee!* You can earn contact hours after the conference for any sessions you did not attend on-site – full conference registrants may be able to **earn more than 130 contact hours total** for sessions on-site and online. *Note: This number is not final and subject to change.*

Keynote Speakers

ANDREW SOLOMON

Far from the Tree: Parents, Children and the Search for Identity
Thursday, October 23 | 8:00am – 9:00am

Andrew Solomon writes with extraordinary humanity on the subjects of politics, culture, and psychology. His latest work, *Far From the Tree: Parents, Children & the Search for Identity*, received the 2012 National Book Critics Circle Award for nonfiction and was chosen by the New York Times as one of the Ten Best Books of 2012. A regular contributor to NPR, The New York Times and many other publications, Andrew has lectured on an extensive range of topics at Harvard, Yale, and MIT, and is a frequent lecturer in psychiatry at Weill-Cornell Medical College. He holds a PhD in Psychology from Jesus College in Cambridge where he is the only foreign student to have ever received the top first-class degree.



ANGELA BARRON MCBRIDE, PHD, RN

Building Leadership Connections at Each Career Stage
Friday, October 24 | 8:00am – 9:00am

Dr. McBride is Distinguished Professor-University Dean Emerita at the Indiana University School of Nursing and chairs the Indiana University Health Board's Committee on Quality and Patient Safety. Her recent book, *The Growth and Development of Nurse Leaders*, won the 2011 PROSE Award in the "Nursing and Allied Health" category. Dr. McBride is a former President of Sigma Theta Tau International and the American Academy of Nursing and now chairs the national advisory committee for the Robert Wood Johnson Foundation's Nurse Faculty Scholars Program. The recipient of many awards and six honorary doctorates, she has been elected to the Institute of Medicine and designated as a "Living Legend" by the American Academy of Nursing.



general information

REGISTRATION INFORMATION

To register for the APNA 28th Annual Conference, go to www.apna.org/AnnualConference. Register by September 8, 2014 to take advantage of early bird registration rates. Onsite registration will be open from Wednesday, October 22, 2014 until space is no longer available. When registering onsite, please allow ample time to complete the registration process and be aware that some sessions may be unavailable due to limited capacity.

SPECIAL REGISTRATION CATEGORIES

Student: To qualify for the student rate, you must be an APNA Student Member; your membership must be current through October 31, 2014; and you must be enrolled in a nursing program on a full-time basis. You will need your APNA member number to log in to register for the conference.

Retired: APNA Retired Members who are 65 or older are eligible to receive the retired discount.

Military: The military registration rate is available for members of the Military, Reserves or National Guard on active duty. **You must show proof of current active military service at Registration Check-in.**

SESSION INFORMATION

Sessions have been scheduled with plenty of time in between to minimize late arrivals. Presenters will be urged to stay on schedule so please arrive on time to each session. Attendees will not be allowed to enter sessions after they have started. APNA reserves the right to make program changes as necessary and the right to cancel sessions if minimum enrollment has not been met or events occur beyond the reasonable control of APNA.

CONTINUING EDUCATION INFORMATION

Continuing education contact hours are awarded based on the number of sessions attended and evaluations completed. The APNA 28th Annual Conference will offer up to **25.5 contact hours on-site**. Registrants will have the option to earn contact hours for sessions they did not attend in person via online session recordings. This means that registrants may be able to earn **more than 130 total contact hours** for sessions on-site and online. (Note: This number is not final and subject to change.) See the APNA website for complete information on obtaining contact hours.

The American Psychiatric Nurses Association is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

CONFERENCE EDUCATIONAL LEARNING OBJECTIVES

By the end of this conference, the learner will be better able to:

1. Identify opportunities for building knowledge connections in administration, education, practice, research, and policy.
2. Develop communication strategies for articulating the impact of psychiatric-mental health nurses with patients, families, colleagues, and communities.
3. Engage in the integration of psychiatric-mental health nursing strategies to promote relationships and transform our healthcare environment.

ANCC REVIEW COURSES

Psychiatric Mental Health Nurse Practitioner Review and Psychiatric Mental Health Nurse Review

Contact Hours: up to 14* | Register online: www.apna.org/AnnualConference.

Monday, October 20, 2014, 8:00am – 4:30pm

Tuesday, October 21, 2014, 8:00am – 4:30pm

* This is a two-day course. You must attend both days in order to receive up to 14 contact hours.

Take advantage of our *Review Course + APNA Conference Package* for a discounted rate!

HOTEL ACCOMMODATIONS

JW Marriott Indianapolis – Headquarter Hotel

The luxurious JW Marriott is conveniently located in downtown Indianapolis. You'll enjoy plush hotel accommodations and accessible conference space all under one roof. The JW Marriott is surrounded by 200 shops, restaurants and entertainment options including the NCAA Hall of Champions, Lucas Oil Stadium and the Indiana State Museum.

Guest Room Information JW Marriott guest rooms include LCD TVs, lavish bedding, 24-hour room service, large well-lit desks, and ergonomic chairs. All guest rooms feature a coffee/tea maker, hair dryer, and an in-room safe. **APNA attendees who reserve their hotel rooms through APNA's registration and housing process receive complimentary internet access in their rooms.**

Hotel Parking The self-parking rate at the JW Marriott is \$18 for overnight and drive-in guests with in-and-out privileges. Current rates for valet parking are \$36 per car, per night.

Marriott Courtyard – Overflow Hotel

The Marriott Courtyard is attached to the JW Marriott by a short covered hallway. The guest rooms provide ample space with stunning views of White River State Park and Victory Field.

Guest Room Information Marriott Courtyard guest rooms include LCD TVs, a sofa or oversized chair, a desk, and an option to order out from TGI Friday's. Each room features a coffee/tea maker, hair dryer, and an alarm clock.

Hotel Parking The self-parking rate at the Marriott Courtyard is \$23 for overnight and drive-in guests with in-and-out privileges. Current rates for valet parking are \$27 per car, per night.

Shipping Items to Hotel

If you are shipping items to yourself at the hotel, shipping and handling charges will apply. See www.apna.org/AnnualConference for details.

TRAVEL INFORMATION

Known as the Crossroads of America, Indianapolis International Airport (IND) provides several options for direct flights from both coasts.

By Air: Attendees are eligible for airline discounts through United and American Airlines. For discount code information, see www.apna.org/HousingTravel. For flight information, transit services and other information, visit the Indianapolis International Airport website at <http://www.indianapolisairport.com>.

By Car: Indianapolis is a short drive from several major cities. Louisville, KY is a quick 1.5 hour drive and it's just 3 hours from Chicago, IL and Columbus, OH.

By Train: Traveling by train is an easy and convenient option as the Indianapolis Amtrak station is just two blocks from the JW Marriott.

Getting to and from the Airport The airport provides a taxi and bus system to get to and from the JW Marriott. The airport is just 15 minutes from downtown, which is an estimated \$35 taxi fare. For more transportation information, visit www.apna.org/Indianapolis.

Getting Around Downtown Select taxi companies participate in a \$5 flat rate fare for trips within the downtown area bordered by the White River, 12th Street, I-65 and I-70. More information at www.apna.org/HousingTravel.

WEATHER & ATTIRE

Indianapolis average high temperatures in October are mid 60s with lows in the mid 40s. Business casual attire and comfortable shoes are suggested for the conference. We strongly recommend carrying a sweater throughout the day as the meeting room temperatures may fluctuate. Be sure to wear your attendee badge each day at the conference.

AMERICANS WITH DISABILITIES ACT

APNA fully intends to comply with the legal requirements of the Americans with Disabilities Act. If any conference participant is in need of accommodation, please do not hesitate to contact APNA at 855-863-2762 and/or visit the APNA Registration Desk onsite at the conference.

Wednesday

October 22

6:30am – 6:30pm
Registration Open

**Pre-Conference Sessions
(Morning)**

- Block 1: 7:15am – 9:15am
- Block 2: 9:30am – 11:30am

**Pre-Conference Sessions
(Afternoon)**

- Block 3: 1:15pm – 3:15pm
- Block 4: 3:30pm – 5:30pm

*Pre-Conference Session Tracks:
Therapy, Education, Integrated Care,
Addiction, Advanced Practice, Practice,
Research, Suicide Assessment &
Management, Psychopharmacology,
Nurse Leadership & Self-Care*

5:45pm – 6:10pm
**Orientation for Newcomers,
Volunteers, and New Members**
(all attendees welcome)

6:15pm – 8:00pm
**Opening Program and
President's Address –
Pat Cunningham**

8:15pm – 9:45pm
Product Theater Dinner

Thursday

October 23

6:00am – 7:30am
Product Theater Breakfast

7:30am – 6:00pm
Registration Open

8:00am – 9:00am
**Keynote Presentation –
Andrew Solomon**

Concurrent Sessions

- Block 1: 9:15am – 10:00am
- Block 2: 10:15am – 11:00am

*Session Tracks:
Undergraduate Education,
Psychopharmacology, Child &
Adolescent, Military, Suicide
Assessment, Recovery,
Administration, Mindfulness*

10:00am
Poster Presentations Open

11:15am – 12:00pm
Mini Concurrent Sessions

*Session Tracks:
Undergraduate Education, Roles in
Integrated Care, Child & Adolescent,
Military, Research, Graduate Education,
Addiction, Team-based Care*

12:15pm – 1:45pm
TBD – pending funded program

1:30pm – 5:00pm
Exhibit Hall Open

4:30pm – 6:00pm
Interactive Panels

6:15pm – 7:15pm
Chapter Meetings

7:30pm – 9:00pm
Product Theater Dinner

Friday

October 24

7:30am – 5:00pm
Registration Open

8:00am – 9:00am
**Keynote Presentation –
Angela McBride**

9:00am – 11:30am
Exhibit Hall Open

11:00am – 11:45am
Mini Concurrent Sessions

*Session Tracks:
Education, Advanced Practice,
Child & Adolescent, Military, Research,
Graduate Education, Administration,
Emergency Departments*

12:00pm – 1:30pm
TBD – pending funded program

Concurrent Sessions

- Block 1: 1:45pm – 2:30pm
- Block 2: 2:45pm – 3:30pm
- Block 3: 3:45pm – 4:30pm

*Session Tracks:
Undergraduate Education,
Integrated Care, Child & Adolescent,
Military – PTSD, Research, Inpatient
Safety, Administration, Practice*

4:30pm
Poster Presentations Close

4:45pm – 6:15pm
Interactive Panels

6:30pm – 9:00pm
**Friday Evening Event –
Night at the Museum**

Saturday

October 25

8:00am – 1:30pm
Registration Open

8:00am – 9:00am
**Breakfast Presentation:
APNF Benefit**

Concurrent Sessions

- Block 1: 9:15am – 10:00am
- Block 2: 10:15am – 11:00am
- Block 3: 11:15am – 12:00pm

*Session Tracks:
Graduate Education, Integrated Care,
Child & Adolescent, Recovery –
Inpatient, Research & Practice,
Staff Education, Addiction, Emergency*

12:15pm – 1:30pm
Annual Meeting & Town Hall



Schedule at a Glance



WEDNESDAY, OCTOBER 22

CONFERENCE COURSE

8.5 Contact Hours

DSM-5 for Advanced Practice Nurses **APRN**

This 8.5-hour multi-day course will examine the changes in the DSM-5 with an emphasis on how to perform a thorough diagnostic interview, identify symptom criteria, and write a case formulation paragraph. Topics addressed include: overview of the DSM-5 changes, neurodevelopmental disorders, personality disorders, substance use & addictive disorders, depressive & bipolar disorders, anxiety & obsessive-compulsive disorders, trauma-related & stress-related disorders, dissociative disorders, and schizophrenia spectrum disorders. Utilizing faculty-led presentations, facilitated discussions, and interactive group work, this course will take place throughout the conference during the following times:

Wednesday, October 22: 1:15pm - 5:30pm
Thursday, October 23: 4:30pm - 6:00pm

Friday, October 24: 4:45pm - 6:15pm
Saturday, October 25: 10:15am - 11:45am

A two-hour pre-requisite online session is required (2.0 contact hours) and must be completed by September 30, 2014 in order to attend this conference course. Select the "Conference Plus! with DSM Course" option when you register.

PRE-CONFERENCE SESSIONS (MORNING) - Block 1
7:15am - 9:15am

2.0 Contact Hours

1011 (Therapy Track) **Cognitive Behavioral Therapy (CBT) Nuts & Bolts for Beginners and Expert Clinicians** **APRN**
7:15am – 9:15am

CBT's portability links well with other approaches. High reimbursability provides tangible benefits. Use of both case conceptualization models and the CTRS will help APPNs measure their own success using CBT. APNs increase their treatment options, skill, career satisfaction and patient outcomes by using CBT skillfully.

Speakers: Kathleen T. McCoy, DNSc APRN-BC FAANP; Ruth Milstein, DNP APRN-BC PMHNP LPC; Pamela Lusk, DNP APRN-BC PMHNP

1012 (Integrated Care Track) **Collaborative Primary Care and Behavioral Health Care** **RN APRN**
7:15am – 9:15am

Research has shown that collaborative care programs have evidenced based success over other models of integrated care. This presentation will discuss the collaborative care tasks that are needed to have an effective program and discuss the steps to get this type of program set up.

Speaker: Rita M. Haverkamp, MSN, PMHCNS-BC

1013 (Addiction Track) **Integrated Dual Disorders Treatment Mental Health and Substance Abuse** **RN APRN**
7:15am – 9:15am

Integrated Dual Disorder Treatment is evidence-based practice that improves outcomes with co-occurring severe mental illness and substance use disorders by combining substance abuse and mental health services. The model uses multidisciplinary team approach to coordinate every aspect of recovery. IDDT emphasizes that individuals achieve sobriety, symptom management, and independent living.

Speaker: Judith W. Magnon, RN-BC, BS, CAC

1014 (Practice Track) **Co-morbidities of Diabetes and Hypertension in Adult Patients with Bipolar Illness and Schizophrenia: Medical Considerations. Using Motivational Interviewing to Help these Patients** **RN APRN**
7:15am – 9:15am

Psychiatric nurses work with patients with diabetes and hypertension who have Bipolar Illness and Schizophrenia. This presentation will review new national standards for these illnesses, pathophysiology, epidemiology, and treatments for these illnesses and how antipsychotic medications impact these illnesses. Motivational interviewing will be reviewed as a method to help patients.

Speaker: Lauren S. Froimson, RN MSN PMHCNS, GNP



1015 (Research Track) Welding Strong Connections Between Research and Practice: PhD and DNP Partnerships to Generate Knowledge and Improve Care RN APRN

7:15am – 9:15am

Close collaborative relationships between PMH clinical nurse leaders (NPs and DNPs) and nurse researcher (PhDs) are essential to building new knowledge and translating knowledge into practice settings. This program explores role preparation, design options, and strategies to establish effective, collaborative working relationships to conduct research and implement findings in practice.

Speakers: Marianne Smith, PhD, RN; Andrea Kwasky, DNP, PMHCNS-BC, PMHNP-BC; M. Jane Suresky, DNP, PMHCNS-BC; Jaclene A. Zausaniewski, PhD, RN-BC, FAAN

1016 (Suicide Assessment & Management Track) Training in the Collaborative Assessment and Management of Suicidality (CAMS) APRN

7:15am – 3:15pm **

The purpose is to train advanced practice nurse in the Collaborative Assessment and Management of Suicidality (CAMS), a structured clinical framework for assessing, monitoring, and intervening with a patient at risk for suicide, including the use of problem-focused interventions and a multi-purposed clinical tool, the Suicide Status Form (SSF).

Speaker: Janet York, PhD, PMHCS, BC, FAAN

****Note:** This is a 6-hour course that will take place during pre-conference blocks 1, 2, and 3, for a total of 6.0 contact hours.



1017 (Psychopharmacology Track) Collaborative Care: Developing Roles and Organizing Psychiatric Nursing Based Treatment Options and Psychopharmacology in Integrated Mental Health Settings APRN



7:15am – 9:15am

PMH-APRNs' understanding of integrated mental health is evolving. Discussing clinical roles, boundary of clinical responsibilities of patient care, management of co-morbid illnesses, and presenting cases with psychopharmacology options is important to validate practice. Introduction of holistic approaches need to be introduced to patients as we assess, diagnosis, triage and prescribe.

Speaker: Sharon R. Katz, FPMH-APRN, CRNP

PRE-CONFERENCE SESSIONS (MORNING) - Block 2

2.0 Contact Hours

9:30am - 11:30am

1021 (Therapy Track) Mind Your Non-verbals!: An Introduction to Developmental Somatic Psychotherapy APRN

9:30am – 11:30am

Advances in neuroscience are creating a paradigm shift in psychotherapy, reuniting body and mind. Developmental Somatic Psychotherapy (DSP) is a novel Gestalt approach addressing relational history as it is embodied in the present. This highly experiential workshop will introduce basic concepts of DSP, working relationally with gesture, posture and breath.

Speakers: Kirste L. Carlson, DNP, PMHCNS-BC; Deborah J. Schneider-Murphy, LISW

1022 (Integrated Care Track) What's a Psychiatric Nurse to Do? Exploring Roles and Competencies in Integrated Care RN APRN

9:30am – 11:30am

Various models of Integrated Care (IC) have recently emerged; however little is known about roles for psychiatric nurses within IC or the competencies they need. This session will present examples of current IC initiatives and evidence-based resources; attendees will help to clarify the roles and competencies needed by psychiatric nurses.

Speakers: Joyce M. Shea, DNSc, APRN, PMHCNS-BC; Angelina G. Manchester, MSN, RN; Lourdes C. Pineda, MSN, RN-BC, CCM; Amanda L Schuh, MS, RN, PMHNP-BC



WEDNESDAY, OCTOBER 22

1023 (Addiction Track) Tobacco Treatment for Persons Living with Mental Illness: Building Connections between Education and Practice RN APRN

9:30am – 11:30am

This presentation will provide participants with practical strategies to facilitate the use of tobacco cessation interventions in the clinical setting. This presentation provides participants an opportunity to learn effective tobacco treatment strategies and learn about outcomes of recent studies implementing these strategies within academia and healthcare systems.

Speakers: Carol A. Essenmacher, MSN, DNP(c), PMHCNS-BC; Rhonda G. Schwindt, DNP, RN, PMHCNS-BC

1024 (Practice Track) Therapeutic Neuromodulation: Implications for Psychiatric Mental Health (PMH) Nurses RN APRN

9:30am – 11:30am

Neuromodulation induces changes in neurons and neuronal circuits to alleviate psychiatric conditions. We will explore the mechanisms of action, safety and efficacy of deep brain stimulation (DBS), electroconvulsive therapy (ECT), magnetic seizure therapy (MST), transcranial magnetic stimulation (TMS), deep TMS, vagus nerve stimulation (VNS), and transcranial direct current stimulation (tDCS).

Speakers: Donna J. Ecklesdafer, MSN, BSN, RN; Julie Ann Mulder, MS, BA, BSN, RN-BC; Dawn Miller, RN, BSN; Mary Rosedale, PhD, PMHNP-BC, NEA-BC

1025 (Research Track) The Making of a Psychiatric Mental Health Nurse Scientist RN APRN

9:30am – 11:30am

Are you dreaming about becoming a psychiatric nurse researcher? Studying to be one? Are one? Meet a Rock Star of Psychiatric Mental Health research and examine your needs at your point along the journey! You can network with established scientists and those who share your issues as well.

Speakers: Linda S. Beeber, PhD, PMHCNS-BC, FAAN; Bernadette Mazurek Melnyk, PhD, RN, CPNP/PMHNP, FNAP, FAAN

1027 (Psychopharmacology Track) Conquering Clinical Conundrums: Psychopharmacology in the 21st Century APRN

9:30am – 11:30am



This session will provide the PMH APRN with real life prescriptive challenges and offer new and innovative ways to address them. Utilizing psychopharmacogenetics, laboratory studies, review of systems, symptom evaluation and observation as clinical tools, this presentation will guide PMH APRNs in how to personalize psychopharmacological treatments for their patients.

Speaker: Laura G. Leahy, DrNpc, APN, PMH-CNS/FNP

PRE-CONFERENCE SESSIONS (AFTERNOON) - Block 3

2.0 Contact Hours

1:15pm - 3:15pm

1031 (Education Track) The Making of a Therapist: How Are We teaching Psychotherapy in Graduate Psychiatric Nursing Curriculums? from the APNA Education Council, Graduate Branch APRN

1:15pm – 3:15pm

Psychotherapy, a foundation of advanced practice psychiatric nursing is 'our fourth P.' This interactive workshop will feature a panel of graduate faculty in PMHNP programs discussing how they incorporate psychotherapy content and creatively leverage community psychiatric resources to provide quality clinical experiences for their graduate psychiatric nursing students.

Speakers: Pamela Lusk, DNP, PMHNP-BC; Candice Knight, PhD, EdD, APN, PMHNP-BC, PMHNP-BC; Richard Pessagno, DNP, PMHNP-BC; Mary D. Moller, DNP, APRN, PMHCNS-BC, CPRP, FAAN

1032 (Integrated Care Track) The Transition to Behavioral Health Consultant: Successes and Missteps RN APRN

1:15pm – 3:15pm

Working as a Behavioral Health Consultant requires the PMH-APRN to re-conceptualize assessment and intervention techniques in a manner congruent with the culture of primary care. This practical presentation discusses a PMH-APRN's transition into the BHC role and addresses lessons learned both in the exam room and at the systems-level.

Speaker: Joseph Wolf Schatz, MSN, CRNP, PMHNP-BC



WEDNESDAY, OCTOBER 22

1033 (Advanced Practice Track) **Risk Management Considerations When Treating Suicidal and Violent Patients** **APRN**
 1:15pm – 3:15pm
 This program will explore the liability risks inherent in treating suicidal/violent patients, as well as the types of claims brought against mental health providers. This program will discuss strategies designed to minimize risks encountered by mental health providers when treating these patients.
Speaker: *Moira K. Wertheimer, BSN, JD*

1034 (Practice Track) **Creating an Inpatient Treatment Program to Instill Hope and Provide a Continuing Path to Recovery** **RN APRN**
 1:15pm – 3:15pm
 Are you feeling limited by the problem-focused medical model? Do you want to provide more than safety and medications for your patients? This is the "how to" for creating an inpatient recovery program, offering specific tools and strategies.
Speaker: *Judy S. Linn, BSEd, MSN*

1035 (Research Track) **Understanding the Funding Landscape** **APRN**
 1:15pm – 3:15pm
 The session will provide words of wisdom to successfully navigate the challenging funding landscape of research. There will be opportunities to pose questions to representatives of federal and non-governmental organizations to highlight funding options that can be of direct support to research by psychiatric-mental health nurses.
Speakers: *Debra J. Barksdale, PhD, FNP-BC, ANP-BC, FAANP, FAAN; Tonna Thomas, MS; Valerie Maholmes, PhD, CPS*

1037 (Nurse Leadership & Self-Care Track) **Nuts and Bolts of Board Leadership: Get Ready to Nominate Yourself** **RN APRN**
 1:15pm – 3:15pm
 In this presentation, the "nuts and bolts" of board leadership will be summarized through an interactive dialogue and a review of the literature on board leadership. This presentation will assist participants to identify their strengths and empower them to consider a role in governance through board leadership in APNA.
Speakers: *Diane M. Wieland, PhD, RN, PMHCNS-BC, CNE; Leslie Oleck, MSN, RN, PMHCNS-BC, LMFT*

PRE-CONFERENCE SESSIONS (AFTERNOON) - Block 4
3:30pm - 5:30pm

2.0 Contact Hours

1041 (Education Track) **Transforming Culture: Building Appreciative Connections** **RN**
 3:30pm – 5:30pm
 Respectful communication can transform culture and build a healthy workplace. Research indicates that a happy workforce has less staff turnover, is more productive, and makes fewer mistakes. By educating ourselves and our students to engage in and expect respectful behavior, we are improving the future of nursing (IOM, 2010).
Speakers: *Rebecca B. Harmon, PhD, RN; Anita Thompson-Heisterman, MSN, PMH CNS-BC, PMHNP-BC*

1042 (Integrated Care Track) **Integrating Psychiatric & Mental Health Nursing and Palliative Care Nursing: Building Bridges to Improve Outcomes** **RN APRN**
 3:30pm – 5:30pm
 Participants will examine a framework for integrating psychiatric & mental health nursing and palliative care to improve patient outcomes, to save costs, and to better serve a high-risk community of persons living with SPMI, including strategies for implementing the framework in practice and nursing preparation programs.
Speaker: *John D. Chovan, PhD, DNP, CNP, CNS, PMHNP-BC, PMHCNS-BC, ACHPN, AHN-BC*

“This conference is very comprehensive in approach and relevant to the changing times.” – Past conference attendee



WEDNESDAY, OCTOBER 22

- 1043** (Advanced Practice Track) **The Missing Vital Sign: Adverse Childhood Experiences (ACEs) Impact on the Epigenome, Behavioral Health and the Critical Need for Nurses to Practice Trauma Informed Care** **APRN**
3:30pm – 5:30pm
Experiences that change the epigenome early in life can have a powerful impact on physical and mental health for a lifetime. The often “invisible” nature of trauma’s effects and emerging research in the fields of genetics, epigenetics, and neuroplasticity make a rapid translation of findings into practice of critical importance.
Speakers: Joy A. Lauerer, DNP PMHCNS BC; Colleen C. Williams, DNP, PMHNP-BC; Kathleen C. Gaffney, APN, PMHCNS, CPNP, PMHS-BC
- 1044** (Practice Track) **Caring for the Hallucinating Patient: Non-Pharmacological Interventions** **RN APRN**
3:30pm – 5:30pm
Hallucinations are a common manifestation of many psychiatric and medical disorders. They can increase consumer distress and cause significant safety risks. This presentation discusses the causes and lived experience of hallucinations and provides many practical, concrete interventions for improving reality testing, coping, and safety for persons experiencing hallucinations.
Speaker: Edward A. Herzog, MSN, APRN-CNS
- 1045** (Research Track) **Depression Recognition, Assessment and Intervention: Emerging Psychiatric Mental Health Nursing Research** **RN APRN**
3:30pm – 5:30pm
Depression and the depressive symptom spectrum affect more than 15 million American adults and constitute the leading cause of disability for adults aged 15-44 years of age. Three psychiatric mental health nursing researchers will present findings on new assessment approaches, innovative ways of avoiding stigma to intervene and woman-specific risks.
Speakers: Linda S. Beeber, PhD, PMHCNS-BC, FAAN; Carla J. Groh, PhD; Jaclene A. Zauszniewski, RN-BC, PhD, FAAN
- 1046** (Suicide Assessment & Management Track) **The Phenomenon of Suicide: Competency Number One for the Psychiatric Mental Health Nurse Generalist** **RN**
3:30pm – 5:30pm
The PMH nurse will be able to understand the difference between the No Harm Contract and Safety Plan. The nurse will learn the reasons that the Safety Plan is the best intervention to utilize to reduce a patient's suicidal drive. The Safety Plan will be demonstrated.
Speakers: Pamela E. Marcus, RN APRN/PMH-BC; Amanda L. Schuh, PhD, RN, PMHNP-BC; Eric C. Arauz, MA, MLER
- 1047** (Nurse Leadership & Self-Care Track) **Compassion Without Fatigue** **RN APRN**
3:30pm – 5:30pm
Do you feel like a teddy bear with all the fuzz rubbed off? Have you found yourself emotionally depleted by the work? This workshop will address vicarious trauma, burnout and compassion fatigue: how to recognize it, and how to deal with it.
Speaker: Michael E. Holtby, LCSW, BCD

ORIENTATION FOR NEWCOMERS, VOLUNTEERS, AND NEW MEMBERS

5:45pm – 6:10pm *All attendees welcome*



OPENING PROGRAM AND PRESIDENT’S ADDRESS

6:15pm - 8:00pm

Persistence, Change, and Growth: A “Reconnecting”

1.0 Contact Hours

APNA President: Patricia D. Cunningham, DNSc, APRN, BC

PRODUCT THEATER DINNER

8:15pm – 9:45pm

No Contact Hours Provided

Sponsoring Company: Sunovion Pharmaceuticals, Inc.



HURSDAY, OCTOBER 23

PRODUCT THEATER BREAKFAST

6:00am - 7:30am

No Contact Hours Provided

Sponsoring Company: Takeda Pharmaceuticals U.S.A., & Lundbeck



KEYNOTE PRESENTATION

8:00am - 9:00am

Far from the Tree: Parents, Children and the Search for Identity

1.0 Contact Hours

Keynote Speaker: Andrew Solomon

CONCURRENT SESSIONS - BLOCK 1

9:15am - 10:00am

.75 Contact Hours

2011 (Undergraduate Education Track) **Integrating Psych Throughout the Curriculum: the Why, the What, the How**

RN APRN

9:15am - 10:00am

The Sentara College of Health Sciences has taken a new approach to the education of nurses in the area of mental health. Mental health/psychiatric nursing education has been integrated throughout the nursing curriculum maximizing resources and enhancing a holistic nursing education. Benefits, challenges, and integration strategies are discussed.

Speakers: Linda Etchill-Ewald, MS, PMHCNS-BC; Patricia M. King, PhD, RN-BC

2012 (Psychopharmacology Track) **Integrating Psychotherapy and Medication Prescribing in Advanced Practice** **APRN**

9:15am - 10:00am



This presentation is planned to address the concern of the Graduate Council regarding the separation of therapy skills and prescribing both in the curriculum and in practice. The types of psychotherapy that can be incorporated into 15-20 minute medication appointments will be reviewed and discussed with examples given.

Speaker: Susan Dawson, EdD, PMHCNS/NP-BC

2013 (Child & Adolescent Track) **Exploring Brain-behavior Relationships to Disrupt the Cycle of Sexual Abuse**

RN APRN

9:15am - 10:00am

This study's purpose was to explore brain-behavior relationships of sexual offending in male adolescents using functional neuroimaging. Preliminary analysis shows ASOs to have significantly greater activity in the fusiform and left inferior frontal gyrus during an empathy task, but greater deactivation in the latter during an emotion regulation task.

Speaker: Sara Jones, PhD, APRN, PMHNP-BC

2014 (Military Track) **Psychological Well-Being in a Deployed Setting** **RN APRN**

9:15am - 10:00am

The Navy Mobile Care Team, a surveillance team deployed to Afghanistan to evaluate the psychological health and readiness of expeditionary Sailors by conducting mental health surveillance with a focus on mental health problems, stigma, combat exposure, and associated deployment related stressors. Participants will understand the unique stressors of this population.

Speaker: Jean Fisak, PMNCNS-BC

2015 (Suicide Assessment Track) **Nightmares and Suicide: What is the Link?** **RN APRN**

9:15am - 10:00am

This presentation will describe an evidence-based practice project about the association between nightmares and suicide. The presenters will review the evidence that supports the understanding of nightmares as a risk factor for suicide. Implications for education and practice will be discussed.

Speakers: Jane S. Mahoney, PhD, RN, PMHCNS-BC; Bethany Sphar, BSN, RN; Audrey Pyle, BSN, RN



HURSDAY, OCTOBER 23

2016 (Recovery Track) **Bridging the Gap to Wellness** **RN**

9:15am – 10:00am

The VNA Psychiatric Bridge Program was developed to provide in-home psychiatric care and support to patients that reside in Cuyahoga County who are discharged from the state hospital. Bridge services ensure the clinical stability of recently-discharged patients until the first appointment at their assigned community mental health center.

Speakers: Amy Silbaugh, BSN, RN; Tom Huggins, RN

2017 (Administration Track) **Lean Behavioral Health Nursing - Learning from a Car Company** **RN APRN**

9:15am – 10:00am

Lean is a performance improvement process that can be used in healthcare. Psychiatric care can be viewed as a flow across a continuum. Lean provides a process for clarifying roles, preparing the necessary standard work, eliminating wasteful overlap, cutting time from overworked schedules and clarifies roles for the patient.

Speaker: Linda Paradiso, RN, MSN, NPP, NEA-BC

2018 (Mindfulness Track) **Minding the Space - Kindling Presence and Compassion in Clinical Practice** **RN APRN**

9:15am – 10:00am

This course will introduce “spaciousness” and “the pause” as fundamental concepts which lie at the core of the mindfulness experience. Course participants will use mindfulness techniques that include the body and the mind to experience exactly what mindfulness is, why it works, and how to use it.

Speaker: Maryanne J. Godbout, DNP, PMHCNS-BC

CONCURRENT SESSIONS - BLOCK 2

.75 Contact Hours

10:15am - 11:00am

2021 (Undergraduate Education Track) **Exploring the Placement and Teaching of Psychiatric Mental Health Content within Nursing Curricula** **RN**

10:15am – 11:00am

Survey data will be used to explore current practice in delivering PMH content within undergraduate curricula. There is a paucity of information available on where this content is located and who teaches it. This presentation will highlight the unique contribution of PMH nursing in developing undergraduate nursing skills.

Speakers: David M. Sharp, RN, MA, RPN, RGN, RNT, MSc, PhD; Diane Esposito, ARNP, PhD, PMHCNS-BC

2022 (Psychopharmacology Track) **Enhancing Cultural Competence with Cultural Neuroscience and Ethno-Psychopharmacology: Starting an Interdisciplinary Dialogue** **RN APRN**



10:15am – 11:00am

Emerging academic fields, cultural neuroscience and ethno-psychopharmacology, indicate culture can shape the neurobiological underpinnings of issues critical to psychiatric nursing such as psychopathology, psychopharmacology, the self, cognition and emotion. Incorporating findings from these new fields into psychiatric nursing could improve our cultural competence when working with diverse client populations.

Speaker: Jason F. Earle, PhD, PMHNP-BC

2023 (Child & Adolescent Track) **An Ounce of Prevention: Psychiatric Nursing's Role in Child Abuse** **RN APRN**

10:15am – 11:00am

This presentation will review the current state of child abuse in the U.S., identify psychiatric nursing roles and responsibilities in recognition and intervention of child abuse, and discuss Parent-Child Interaction Therapy (PCIT), one of the few evidence-based modalities for preventing future child abuse occurrences.

Speakers: Amy S. Perry, BSN, RN-BC; Erin Ellington, DNP, RN, PMHNP-BC

2024 (Military Track) **Moral Injury in Returning Veterans: Concept and Emerging Treatments** **APRN**

10:15am – 11:00am

Posttraumatic stress disorder and traumatic brain injury are the signature mental illnesses afflicting Veterans of wars in Iraq and Afghanistan. Advances in the treatment of trauma have led to the conceptualization of moral injury as a state distinguished from PTSD. The concept, treatment strategies, and research will be discussed.

Speaker: Doris C. Vallone, PhD, PMHCNS-BC



HURSDAY, OCTOBER 23

2025 (Suicide Assessment Track) **The Journey towards Competency Based Suicide Training for PMH Nurse Generalists** RN APRN

10:15am – 11:00am

The purpose, journey and development of suicide specific competencies for the PMH nurse generalist will be discussed and identified.

Speaker: Cheryl A. Puntil, MN, APRN, PMHCNS, BC

2026 (Recovery Track) **Building Connections in Borderline Personality Disorders for Improved Recovery Outcomes in an IMPACT Setting** RN APRN

10:15am – 11:00am

Patients with Borderline Personality Disorder can be frustrating in outcomes. Their achievement of treatment goals appears to be limited. Treatment in recent years has focused on Cognitive Behavioral Therapy practice and techniques and this has been useful. However, these outcomes are small steps forward in patient's personal journey of recovery.

Speaker: Dale Knode, RN, BS, HSAD

2027 (Administration Track) **Decreasing Seclusion and Increasing Restraint and Seclusion Documentation Compliance using LEAN Processes** RN

10:15am – 11:00am

Sheppard Pratt utilizes LEAN methodology to decrease the use of seclusion by 50% and increase documentation compliance to 100%. Two inpatient psychiatric units built bridges with their stakeholders to engage staff and make real changes in safety and compliance.

Speakers: Rick M. Wallace, MSN, RN; Jackie Williams-Porter, MBA, RN

2028 (Mindfulness Track) **Mindfulness Based Interventions: Mindful Integration in PMH Nursing Practice** RN APRN

10:15am – 11:00am

Mindfulness-based interventions have proliferated in the past decade. It is important that PMH nurses understand the underlying theory, mechanisms, and evidence regarding efficacy of these interventions for stress management and for specific psychiatric problems. This presentation will explore mindfulness, its application in evidence-based interventions, and its usefulness in PMH practice.

Speaker: Janice H. Goodman, PhD, PMHCNS-BC

POSTER PRESENTATIONS OPEN

up to 4.0 Contact Hours

10:00am

This year the poster presentations will be available for viewing in the open areas of the JW Marriott throughout the day on both Thursday and Friday. Attendees will be able to earn up to 4.0 contact hours for time spent reviewing and evaluating the posters.

MINI CONCURRENT SESSIONS

.75 Contact Hours

11:15am - 12:00pm

2031 Undergraduate Education

11:15am – 12:00pm

Feasibility and Acceptability of Psychiatric Nursing Simulation for Nursing Students RN

The presentation will describe the format, contents, and outcomes of psychiatric nursing simulation using standardized patients that is designed to enhance therapeutic communication skills among nursing students.

Speaker: Heeseung Choi, PhD, MPH, RN

A Systematic Review of Classroom Pedagogy in Undergraduate Psychiatric Mental Health Nursing Courses APRN

The Taxonomy of Significant Learning (Fink, 2003) provides a conceptual framework for systematic evaluation of teaching and learning strategies employed in the classroom. This review revealed current pedagogy to be limited to Foundational Knowledge and Application. Evidence gaps exist in higher levels of learning for PMH undergraduate nursing courses.

Speaker: Marian L. Farrell, PMHNP-BC, PMHCNS-BC, CRNP



HURSDAY, OCTOBER 23

2032 Roles in Integrated Care

11:15am – 12:00pm

The Newly Created Psychiatric Nurse Practitioner Role within the Sex Offender Division of the Judicial Branch **RN APRN**

Within the Judicial Branch Sex Offender Program clients have served prison time for pedophilia. The Program is designed to help offenders admit their crime of pedophilia. At times the clients have deep rooted psychiatric problems that need to be addressed. The APRN's role in the program is discussed.

Speakers: Jill Espelin, DNP, PMHNP-BC, CNE, APRN; Lucia DeVivo Catalano, MSN, APRN

Integration of Mental Health into Primary Health Care Setting: What is the Role of Psychiatric Mental Health Nurses? **RN APRN**

This presentation highlights the significant role Psychiatric Mental Health Nurses (PMHNS) play in the delivery of mental health care at the primary care level. It presents findings from a study that evaluated an Australian government initiative aimed at having PMHNS work within general practice along side Family Physicians.

Speaker: Michael Olasoji, PhD, RN, RPN, BNurs(Hons), PGDip MHN, MACMHN

2033 Child & Adolescent

11:15am – 12:00pm

Going Back to School: APRNs Find Ways to Improve Access to Mental Health Care **APRN**

The CDC estimates 13-20% of children/adolescents have some form of mental health issue. Only 21% receive services. Schools are often places where symptoms are identified as needing intervention. Increasing compliance with treatment is key to addressing these mental health issues. This presentation reviews features of different school based programs.

Speakers: Linda Lazar, MSN, PMHNP-BC, PNP-BC; Deborah S. Miller, MSN, PMHCNS-BC

Processes of Disease Management and Treatment Use in Adolescent Depression **RN APRN**

The results of a grounded theory study that explores how African American adolescents understand and manage their depressive symptoms will be presented. Young adults who were depressed as adolescents and adolescents currently in treatment for depression will be interviewed, and a theoretical framework describing their experiences will be developed.

Speaker: Halima Al-Khattab, BSN, RN

2034 Military

11:15am – 12:00pm

Transforming to a Recovery-oriented System of Care in a Psychiatric ICU: The Risks, the Rewards, and the Role of Nursing **RN**

Recently, institutions developed initiatives to improve the quality of care in the inpatient psychiatric unit setting. Patient-centered care (PCC) and recovery-oriented care (ROC) are two concepts upon which these initiatives are based. This presentation outlines one VA's psychiatric ICU's transformation from baseline practices to their implementation of PCC/ROC.

Speakers: Jennifer S. Birch, MA, RN, MSN, PMHNP-BC; Abbey Day, RN, BSN; Erik Lee, RN, PHN, MSN

Impact of Deployment on Women's Mental Health **RN**

Deployed women comprise approximately 15% of the military force and have unique mental health needs. Assessment of suicide, depression, and PTSD should be included in nursing assessments. This presentation describes the factors that underlie these emerging mental health issues and implications for nursing practice.

Speakers: Mary Ann Boyd, PhD, PhD, PMHCNS-BC; Wanda Bradshaw, BSN, MSN, RN-C

2035 Research

11:15am – 12:00pm

Impact of Primary Nursing in a High Dependency Psychiatric Care Unit in Singapore: Patients', Caregivers' & Nurses' Perspectives **RN**

In this mixed methods study, Primary Nursing (PN) was introduced into the High Dependency Psychiatric Care Unit to manage acutely disturbed patients. The impact of PN was examined from the patients', caregivers' and nurses' perspectives. PN fostered close patient relationships, trust and satisfaction.

Speaker: Kalaivanan Dakshnamoorthy, RN, RMN, B Sc Nursing

Behavioral Health Nurses and the Initiation and Sequelae of Rapid Response Team (RRT) Calls **RN APRN**

Rapid Response Teams are widely used in medicine, but what about psychiatry? This session will discuss the implementation of the RRT in a 222 bed inpatient behavioral health facility, and the IRB approved study to measure the impact of RRT on the transfer of patients between medicine and psychiatry.

Speakers: Kristy Loewenstein, MSN, RN-BC, PMHNP-BC; Marybeth McManus, MPA, BSN, RN-BC



HURSDAY, OCTOBER 23

2036 Graduate Education

11:15am – 12:00pm

Launching Professional Development via a PMHNP Residency: A Partnership between a VAMC and School of Nursing RN APRN

An innovative PMHNP residency is being undertaken via partnerships with four VAMCs who have partnered with schools of nursing. The Institute of Medicine's report on the Future of Nursing recommends residencies for advanced practice nurses. The goal of the residency is to promote the professional development of recently graduated PMHNPs.

Speakers: Teena M. McGuinness, PhD, CRNP, FAAN; Savannah Wilhite, MSN, PMHNP-BC, CRNP; Kara Tucker Carter, MSN, PMHNP-BC, CRNP; Jessica R. Waldrop, MSN, PMHNP-BC, CRNP; Audry G. Gorman, DNP, PMHNP-BC, CRNP

The RIDE: Graduate Students Team Up for Recovery-based, Interprofessional Distance Education APRN

This federally funded Interprofessional Education project brings together graduate students in psychiatric mental health nursing, pharmacy and exercise and nutrition sciences with the purpose of learning to work together as teams to promote wellness in persons with mental health problems. We report on the design and outcomes of first cohort.

Speaker: Marian W. Roman, PhD, RN, PMHCNS-BC

2037 Addiction

11:15am – 12:00pm

Building Relationships through Collaboration: An Interprofessional Project Impacting Substance Use in Rural Areas RN APRN

This presentation describes an online intervention for the healthcare workforce to learn an evidence-based practice reducing risks associated with substance use, abuse, and dependence. A psychiatric-mental health nurse-led team collaborated with practitioners in Ohio, Pennsylvania, and West Virginia.

Speaker: Kathy Puskar, DrPH, RN, FAAN

An Education Program to Address Patient and Colleague Substance Misuse in Anesthesia RN APRN

This presentation describes an example of building knowledge connections and communication strategies for articulating psychiatric-mental health nursing issues with patients and colleagues. The implementation protocol and results described in this presentation contribute to patient safety from both personal and practitioner levels.

Speaker: Ann M. Mitchell, PhD, RN, FAAN

2038 Team-based Care

11:15am – 12:00pm

The Tidal Model: A New Perspective for Psychiatric Nurses RN APRN

The Tidal Model was developed in 1998. Its usefulness has been demonstrated across the continuum of care. The Tidal Model has not been influential on the research and practice of psychiatric nursing in the United States, but appears to have a great deal to offer our discipline in the future.

Speaker: Julie M. Brandy, PhD, RN, FNP-BC

Interprofessional Model of Geropsychiatric Care in a Program of All-inclusive Care for the Elderly APRN

This presentation describes a successful interdisciplinary Geropsychiatric care model developed to meet the needs of 430 members of a Program of All-Inclusive Care of the Elderly (PACE). Members have a mean age of 79.4, female (80.1%), diagnosis of dementia (42.5%) and/or depression (38.9%) and SMI (7.4%).

Speaker: Pamela Z. Cacchione, PhD, CRNP, BC, FAAN

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HURSDAY, OCTOBER 23

TBD – PENDING FUNDED PROGRAM

12:15pm - 1:45pm

EXHIBIT HALL OPEN

1:30pm - 5:00pm

INTERACTIVE PANELS

4:30pm - 6:00pm

1.5 Contact Hours

2041 The 6th Annual Institute for Mental Health Advocacy Interactive Panel RN APRN

4:30pm – 6:00pm

Psychiatric nurses are becoming increasingly visible and effective as advocates and experts in healthcare policy. In this interactive panel we discuss the function of APNA's Institute for Mental Health Advocacy. Expert panel members from various states will discuss grassroots initiatives with relevance to psychiatric nurses and psychiatric nursing care.

Speakers: Margaret Halter, PhD, APRN; Christine Tebaldi, MSN, APRN-BC

2042 APRN Council Interactive Panel APRN

4:30pm – 6:00pm

This presentation will engage audience members in sharing recent developments surrounding APRN practice in their states, advise about upcoming legislative issues and guide attendees to strategize next steps in breaking down barriers to practice.

Speakers: Kathryn Johnson, PMHNP-BC, PMHCNS-BC; Sattaria Dilks, DNP

2043 APNA Child and Adolescent Council Interactive Panel RN APRN

4:30pm – 6:00pm

Child and Adolescent Council activities over the past year will be discussed highlighting work across advocacy, education, research, service, and policy. Members will have the opportunity to connect with others within the council and to dialogue with council leadership around needs of members.

Speakers: Julie Carbray, PhD, FPMHNP, PMHCNS, BC; Diane M. Wieland, PhD, MSN, RN, PMHCNS-BC, CNE

2044 Recovery Council Interactive Panel – Creating a "Culture" of Recovery: Connecting Cultural Contexts and Recovery for Psychiatric Mental Health Nurses RN APRN

4:30pm – 6:00pm

Because mental health and illness exist within a cultural context, so should strategies for implementation of Recovery practices. The Recovery Council will share endeavors and seek feedback to provide PMH nurses meaningful opportunities to discover best practices for culturally competent recovery principles within a multitude of practice settings.

Speakers: Jennifer K. Barut, MSN, RN-BC; Kris Lambert, PhD, RN

2045 Tobacco Dependence Council Interactive Panel: Virtual Nursing Academy of APNA Champions for Smoking Cessation RN APRN

4:30pm – 6:00pm

This interactive panel will feature the work of our Virtual Nursing Academy of APNA Champions for Smoking Cessation each of whom was selected via a competitive call for applications in December 2013. Funding for the Academy was provided by the Smoking Cessation Leadership Center in partnership with APNA.

Speaker: Daryl L. Sharp, PhD, RN, PMHCNS-BC, NPP

CHAPTER MEETINGS

6:15pm - 7:15pm

PRODUCT THEATER DINNER

7:30pm - 9:00pm

No Contact Hours Provided

Sponsoring Company: Otsuka America Pharmaceutical, Inc. and Lundbeck



FRIDAY, OCTOBER 24



KEYNOTE PRESENTATION

8:00am - 9:00am

Building Leadership Connections at Each Career Stage

1.0 Contact Hours

Keynote Speaker: Angela Barron McBride, PhD, RN

EXHIBIT HALL OPEN

9:00am - 11:30am

MINI CONCURRENT SESSIONS

11:00am - 11:45am

.75 Contact Hours

3011 Education

11:00am – 11:45am

The Use of Simulation Training in Code 2000 Psychiatric Emergencies at the Veterans Affairs New York Harbor Healthcare System RN APRN

This is a description of an education initiative to provide Simulation Training to responders of Psychiatric Emergencies at the VA New York Harbor Healthcare System. The use of simulation training provides staff with the opportunity to decrease anxiety, use clinical judgement, and gain valuable skills to achieve optimal patient outcomes.

Speakers: Linda I. Kaplan, RN, MSN, CARN; Danielle Battinelli-Weng, RN, BSN

Aren't All Nursing Students Anxious? Failure to Recognize Anxiety Disorders and Psychopathology in Nursing Students APRN

This presentation explores failure to recognize anxiety disorders among nursing students. The perception that nursing school is stressful and students will experience anxiety as the “norm” creates a barrier to identification of and early intervention for the student with an anxiety disorder. Strategies to address this issue will be presented.

Speaker: Brenda G. Kucirka, PhD, RN, PMHCNS-BC, CNE

3012 Advanced Practice

11:00am – 11:45am

Managing Treatment Failures In Depression, Bi-Polar Disorders and Personality Disorders: When Medication is Not Enough APRN

This presentation will utilize patient examples to help participants identify some common diagnostic mistakes and consequent treatment failures. A discussion of available options for treatment resistant cases will assist attendees in recognizing the need for and proper use of adjunct medication and psychotherapy plus consultation and supervision.

Speaker: Cynthia Taylor Handrup, DNP, APN, PMHCNS-BC

Suicide Assessment and Prevention: A Clinical Practice Guideline APRN

This presentation explores the development and implementation of a suicide clinical practice guideline. An algorithm to assess suicide risk and another algorithm for intervention will be presented. These practice guidelines were implemented with family nurse practitioners in a student health center. The outcome was successful and a practice change occurred.

Speaker: Shonda Phelon, DNP, APMHNP-BC, FNP-BC





FRIDAY, OCTOBER 24

3013 Child & Adolescent

11:00am – 11:45am

Designer Drugs and Adolescent Use: What all Psychiatric Nurses Need to Know RN

Due to the increase of emergency department visits, inpatient hospitalizations and death, the purpose of this presentation is to inform psychiatric nurses of designer drug use, training on identification of signs and symptoms and educate patients through supportive care to reduce the devastation of designer drugs, which can be permanent.

Speaker: Katharine Drobile-Landis, RN, BC, BSN (BSN-DNP candidate)

Understanding Self Injurious Behaviors in the Adolescent Population RN

The care and treatment of adolescent and young adult patients that exhibit self injurious behavior is quite challenging. Improving the ability of the psychiatric nurse to assess and plan the care of these patients is critical to the patient developing higher level skills of self observation leading to self supervision.

Speaker: Wayne Mitchell Steller, MSN, PMHNP-BC

3014 Military

11:00am – 11:45am

Hospitalization for Suicide Attempt: Continuity of Care and Transitions to Post-Discharge Behavioral Health Treatment RN APRN

This presentation of a VA retrospective observational study examines the relationship between health system characteristics surrounding care of a suicide attempt and the timing of post-discharge behavioral health care. Variations in the setting of care and inter-facility communication contributed to delays in the receipt of post-discharge behavioral health treatment.

Speaker: Alice C. Bernet, PhD, PMHNP-BC

Treating Combat Veterans with PTSD Using Group-Based Exposure Therapy RN APRN

This presentation will elaborate on the issue of multiple deployments in combat veterans within the last decade. Symptoms and new diagnostic criteria for PTSD in the DSM-5 are identified. A new form of treatment, Group-Based Exposure Therapy (GBET), specific to this population is shared.

Speakers: Laura M. Wells, BSN; Georgine R. Berent, EdD, RN-BC

3015 Research

11:00am – 11:45am

A Mid-Range Theory of Parental Postadoption Depression RN APRN

In this discussion, Dr. Foli will present her mid-range theory of parental postadoption depression. A critique of the existing literature, influential in the development of this theory, will be offered. Emphasis will be placed on how clinicians can approach parents who may be experiencing depressive symptoms post-placement.

Speaker: Karen J. Foli, PhD, RN

Interventions for Grandmothers: Comparative Effectiveness of Resourcefulness Training, HRV Biofeedback, and Journaling RN APRN

The comparative effectiveness of mental-health promoting interventions for grandmothers raising grandchildren has not been examined. This pilot trial investigated effects of resourcefulness training, biofeedback, and journaling on stress, depressive symptoms, and quality of life in 60 grandmothers. The findings showed differential effectiveness of the three interventions on the study outcomes.

Speaker: Jaclene A. Zauszniewski, PhD, RN-BC, FAAN

3016 Graduate Education

11:00am – 11:45am

Digital Story Telling as a Self-reflection Tool APRN

The purpose of this presentation is to explore and evaluate the use of digital story telling in a psychiatric mental health (PMH) DNP program. This presentation will explore the use of digital story telling as a tool to insure that self-reflection, compassion and empathy are instilled in PMH DNP students.

Speakers: Julie Dewitt-Kamada, DNP, PMHARNP; Carrie E. Holliday, PhD, PMHARNP

Simulation Pedagogy: Making it Interpersonal APRN

This curriculum intervention involves an immediate immersion using Peplau's Theory of interpersonal relationships with didactic and simulation. This immersion in a BSN-DNP PMHNP program accelerates and supports the learning necessary for students to transition from novice to accomplished independent clinicians treating military veterans, service members, retiree's and their families.

Speakers: Regina D. Owen, PMHNP-BC; Teresa Combs, PhD, APRN-BC

**3017 Administration**

11:00am – 11:45am

The New Confidential! Integrated Electronic Health Records and Privacy RN APRN

Confidentiality is a core component of Psychiatric Nursing. The EHR shared by multiple providers outside of our Mental Health silos. This creates new opportunities and new dangers for our patients' privacy and ethical practice. This presentation explores how we met the challenge to provide A New Confidentiality.

Speaker: Gail Stern, RN, MSN, PMHCNS-BC

Managing Patient and Staff Safety Through the Creation of a Hospital Wide Contraband Process RN

The increasing number of violent episodes in healthcare settings presents a challenge for hospitals. After reviewing the elements of a high risk event, one community hospital determined the need to create a house-wide contraband and safety process. The results of a follow-up survey demonstrate the effects of the process change.

Speakers: Kathy Holley, MS, BSN, RN;
Mary Matzinger, MA, BSN, RN

3018 Emergency Departments

11:00am – 11:45am

The Unique Role of the Psychiatric Nurse in Emergency Behavioral Health RN

The number of patients seeking psychiatric care in the emergency department has increased while inpatient beds have decreased. As the demands increase, it is imperative to look at the role psychiatric registered nurses can play in providing crisis assessment and disposition to patients presenting to the emergency department.

Speaker: Lisa A. Naugle, MSN,
Psychiatric Consultation Liaison Nurse

Decreasing Psychiatric Admission Wait Time in the Emergency Department by Facilitating Psychiatric Discharges: A Quality Improvement Project

RN APRN

This quality improvement project demonstrated how patient flow into and out of a psychiatric unit was improved. Access to inpatient psychiatric care was improved by significantly decreasing the wait time in the Emergency Department for psychiatric admissions by using PDSA cycles to make changes in discharge processes.

Speaker: Pamela R. Stover, MN, RN, ARNP,
PMHCNS-BC, PMHNP-BC

TBD – PENDING FUNDED PROGRAM

12:00pm - 1:30pm

CONCURRENT SESSIONS - BLOCK 1

1:45pm - 2:30pm

.75 Contact Hours

3021 (Undergraduate Education Track) Texture Layering, "We See a Sea Story", and 55 Word Stories: Building Geropsychiatric Nursing Competencies and Enhancing Quality of Life through Creative Arts Programming

RN APRN

1:45pm – 2:30pm

This presentation will summarize the evidence for use of creative engagement programming in the teaching and practice of geropsychiatric nursing. The process and outcomes of implementation of two programs, Opening Minds through Art (OMA) and TimeSlips Creative Storytelling Program, as a component of a senior level clinical course are described.

Speaker: Joan L. Fopma-Loy, PhD, RN

3022 (Integrated Care Track) One Step Closer Toward Integration: Implementation of a Collaborative Care Model at a Rural Virginia Free Medical Clinic APRN

1:45pm – 2:30pm

This presentation provides conclusions following a pilot of a collaborative care model (CCM) at a rural, free medical clinic (FMC). During the pilot, a PMHNP provided mental health services and an RN worked as the care manager. The CCM was a feasible approach for improving services in this practice setting.

Speaker: Brenda J. Johnston, MSN, PMHNP-BC



FRIDAY, OCTOBER 24

- 3023** (Child & Adolescent Track) **Transforming Psychiatric Mental Health Care in a Pediatric Hospital Setting** **RN APRN**
1:45pm – 2:30pm
Approximately one in every four to five youth in the U.S. meets criteria for a mental disorder. The unique role of the Psychiatric Mental Health Nurse Practitioner in a pediatric hospital setting will be reviewed to demonstrate how the gap between psychiatric education and practice can be bridged.
Speaker: *Bonnie A. Stollo, EdD, MS, PMHNP-BC*
- 3024** (Military - PTSD Track) **Coming Home: Using Prolonged Exposure Therapy to Help Veterans Work through Symptoms of PTSD** **RN APRN**
1:45pm – 2:30pm
This presentation illustrates the process of Prolonged Exposure (PE) therapy and its impact on reducing PTSD symptoms among veterans. Two case examples are included to demonstrate the PE process and specifically how PE is aimed at decreasing avoidance/escape behavior as well as decreasing cognitive distortions underlying hyper vigilance.
Speaker: *Patricia Hentz, EdD, PMHNP-BC*
- 3025** (Research Track) **Decreased Alcohol Use in Pregnant Substance Users Receiving Motivational Enhancement Therapy** **RN APRN**
1:45pm – 2:30pm
Pregnant substance users consume alcohol at higher rates than pregnant women in general, increasing the risk of fetal alcohol spectrum disorders (FASD) in the developing fetus. This study describes the success of a randomized clinical trial of motivational enhancement therapy to decrease prenatal alcohol use in pregnant substance using women.
Speaker: *Robin Osterman, PhD, RNC-OB, CNS*
- 3026** (Inpatient Safety Track) **Soothing Rooms: Reducing Restraint Trauma in Patient and Nurses** **RN**
1:45pm – 2:30pm
Learn how one acute mental health unit at a regional Midwestern hospital reduced the use of physical restraints by 35%. The presentation will identify techniques to use with patients struggling to regulate their emotions. Presenter will discuss evidence-based sensory tools to guide patients through a safe, stress-reducing experience.
Speakers: *Amy Kirsch, MSN, BSN, BA, RN; Eve Dano, BSN, BS, RN; Barbara Connors, MS, BSN, RN*
- 3027** (Administration Track) **Leading Through Turbulent Times Using Relationship Based Care** **RN**
1:45pm – 2:30pm
Relationship Based Care is a care delivery system that can be used to structure the efforts of a leadership team to improve patient outcomes while meeting the challenges of a changing healthcare system as demonstrated on an urban inpatient adult psychiatric unit.
Speaker: *Lisa S. Davis, BSN, MEd, RN-BC*
- 3028** (Practice Track) **The DSM-5: What Psychiatric Nurses Need to Know** **RN APRN**
1:45pm – 2:30pm
The Diagnostic and Statistical Manual of Mental Disorders, 5th edition, represents the first major revision in two decades. Structural and diagnostic changes are presented. DSM-5 measurement tools are discussed and applied. The future of psychiatric classification is explored, particularly in terms of transparency and a focus on biologically based initiatives.
Speaker: *Margaret Halter, PhD, APRN*

CONCURRENT SESSIONS - BLOCK 2
2:45pm - 3:30pm

.75 Contact Hours

- 3031** (Undergraduate Education Track) **Novel Education Strategies in Psychiatric Nursing Education: Video Vignettes** **RN**
2:45pm – 3:30pm
Nurse educators strive to use innovative teaching strategies to engage students. In psychiatric mental health (PMH) nursing education instructors use various approaches to introduce the assessment and treatment of mental health patients. Smart phone video provides a novel and practical way of representing PMH patients for classroom instruction.
Speaker: *Todd Hastings, MS, RN, PhD(c)*

**3032** (Integrated Care Track) **The Impact of Evidence-based Interventions on Patient Depression Outcomes in an Integrated Psycho-Oncology Program** **APRN**

2:45pm – 3:30pm

Depression is a prevalent mental health concern among cancer patients, affecting up to 60% of patients. Use of valid and reliable patient questionnaires, such as the Patient Health Questionnaire 9-item (PHQ-9) provides an opportunity to enhance quality. Medications and psychotherapy are both evidence-based approaches to the management of depression.

Speaker: Elizabeth M. Archer-Nanda, DNP, APRN, PMHCNS-BC

3033 (Child & Adolescent Track) **Expanding Roles: The APRN in the Pediatric Residential Treatment Setting** **APRN**

2:45pm – 3:30pm

We will review the multiple intervention strategies which the APRN's in our setting utilize in practice. This will include treatment planning, medication management, coordination of care and discharge planning. We will discuss interdisciplinary collaboration for the care of severe mentally ill children and adolescents in our residential treatment center.

Speakers: Carla Branson, MSN, APRN, PMHNP-BC; Dawn Glowatz, MSN, APRN, PMHNP-BC

3034 (Military - PTSD Track) **Spirituality as Coping in Trauma: Mantram Repetition Training for Veterans with Posttraumatic Stress Disorder** **RN APRN**

2:45pm – 3:30pm

Mantram Repetition Training (MRT) is an evidence-based stress reduction technique that can be effectively delivered by nurses to Veterans with Posttraumatic Stress Disorder. MRT is the selection, practice and use of a personally meaningful spiritual word or phrase to calm the mind in times of emotional distress, and is portable.

Speaker: Terese M. Schneider, DNPc, MSN, APN, PMHCNS/NP-BC

3035 (Research Track) **Treatment of Psychiatric Inpatients with Relationship Dysfunction Using a Short Term Cognitive Interpersonal Intervention** **RN**

2:45pm – 3:30pm

Relationship conflict for the psychiatric patient can have significant detrimental effects. Nurses can play a vital role in helping patients with relationship dysfunction and emotion regulation. This presentation will review research conducted with psychiatric inpatients to determine the benefits of an Intensive Cognitive Interpersonal Therapy intervention.

Speaker: Tamra L. Rasberry, PhD, MSN, RN

3036 (Inpatient Safety Track) **Staying Safe: Reducing Assaults and Staff Injuries** **RN APRN**

2:45pm – 3:30pm

This presentation highlights an essential struggle - how to balance the duty to protect patient rights and safety with the duty to keep staff and others safe. A staff training program that has helped to significantly reduce assaults by patients, staff injuries and lost time from work in an acute inpatient psychiatric hospital will be described.

Speakers: Diane E. Allen, MN, RN, PMH-BC, NEA-BC; Kathleen Cummings, BSN, RN-BC

3037 (Administration Track) **Developing & Evaluating a New Role in Medical/Surgical Inpatient Units: Geriatric-Psychiatric Safety Specialist (GPS)** **RN**

2:45pm – 3:30pm

The Adult/Medical Surgical and Psychiatric Nursing services collaborated to develop the Geriatric-Psychiatric Safety Specialist position based on the senior psychiatric technician position. Psychiatric nursing and NICHE educators conducted the training which resulted in a therapeutic component to the 1:1 role which was cost-effective and patient centered response to safety issues.

Speaker: Carole Farley-Toombs, MS, RN, NEA, BC

3038 (Practice Track) **The Truth about Electroconvulsive Therapy (ECT)** **RN APRN**

2:45pm – 3:30pm

Electroconvulsive Therapy (ECT) has been proven to be a safe and effective treatment for specific psychiatric disorders. Yet some Psychiatric Mental Health (PMH) nurses believe this treatment is punitive. We will examine safety, efficacy and mechanisms of action of ECT, current research and focus on real patient outcomes.

Speaker: Donna J. Ecklesdafer, MSN, BSN, RN; Dawn Miller, RN, BSN



CONCURRENT SESSIONS - BLOCK 3
3:45pm - 4:30pm

.75 Contact Hours

3041 (Undergraduate Education Track) Can Undergraduate Psychiatric Nursing Students Benefit from Learning and Implementing Group Therapy? RN APRN

3:45pm - 4:30pm

Nursing students are challenged by many aspects of their psychiatric clinical rotation. The focus of inpatient treatment is milieu and group interventions. Students have little experience in these interventions. The purpose of this project was to increase the knowledge and skill of students during their psychiatric clinical rotation.

Speakers: Debra Kloesz, MS, RN, CNE-BC; Grace Wasowicz, RN, PhD, PMHNP-BC

3042 (Integrated Care Track) The Chronic Care Model and Persons with Severe Mental Illness: An Integrated Approach to Care RN APRN

3:45pm - 4:30pm

Persons with a SMI prematurely lose 25-30 years of life, and evidence has associated the morbidity and mortality to multimorbid physical health conditions. Learn about the Chronic Care Model and strategies to use this framework to provide evidence based integrated care to persons with a SMI.

Speakers: Melinda McCusker, PMHNP; Dawn M. Vanderhoef, PhD, DNP, PMHNP/CNS-BC

3043 (Child & Adolescent Track) 1300 to 3: Lessons Learned on a Journey out of Seclusion, Restraint and Coercion on a Child and Adolescent Inpatient Unit RN

3:45pm - 4:30pm

This presentation combines trauma-informed and patient-centered care with essential elements of the Collaborative Problem Solving model into principles of practice that can be understood and adopted by bedside staff and nursing leadership as part of improved quality inpatient care for children and adolescents.

Speaker: Theresa R. Searls, APRN

3044 (Military - PTSD Track) Prazosin for the Treatment of Combat-Related Nightmares in Military Veterans with Post-Traumatic Stress Disorder APRN

R 3:45pm - 4:30pm

Prazosin is an effective off-label treatment for military Veterans that experience combat-related nightmares. A standardized titration protocol has been developed for clinicians that treat this patient population. Treating sleep disturbance in this patient population reduces residual PTSD symptoms and improves overall patient functioning.

Speaker: Jess A. Calohan, DNP, MN, PMHNP-BC

3045 (Research Track) Impact of Therapeutic Milieu and Unit Aggression on Progression to Discharge: Correlation of Emergency Events with Outcomes for Psychiatric Peers RN APRN

3:45pm - 4:30pm

Psychiatric milieu therapy has been de-emphasized in the past 40 years. Current literature is scant on the impact of milieu variables on treatment outcome. This research shows that observed aggression, control, and disorder in a psychiatric milieu predict length-of-stay for male patients with psychosis, confirming relevance of the therapeutic milieu.

Speaker: Alexander Johnston, MS, MTCM, PMHNP-BC





FRIDAY, OCTOBER 24

3046 (Inpatient Safety Track) Using Simulation to Connect Meaning to Inpatient Mental Health Safety RN

3:45pm – 4:30pm

Safety remains an important issue in the Inpatient mental health setting. Mental health staff are challenged to balance the many skills necessary to keep the patient safe within an engaging therapeutic environment. Simulation provides an environment where staff can become more proficient through a safe interactive learning experience.

Speakers: Candice L. Walsh, BS, RN-BC; Krista Kipper, BSN, RN, CHSE

3047 (Administration Track) Implementing a Behavioral Emergency Response Team (BERT): A Performance Improvement Strategy to Address Workplace Violence RN

3:45pm – 4:30pm

Descriptive analysis of process designing and creating a Behavioral Emergency Response Team (BERT), including: 1) staff identified need addressing violence and safety, 2) design team/task force-problem solving and development, 3) implementation strategies for clinical success, 4) fiscal considerations and strategy, and 5) pilot results after six months.

Speakers: Constance Noll, MA, BSN, RN-BC; Karen Doyle, MBA, MS, RN, NEA-BC

3048 (Practice Track) Recommendations for Prescribing Exercise, the Impact of Exercise on the Brain and a Program to Enhance Motivation, Support Patient Participation and Promote Adherence to Exercise APRN

3:45pm – 4:30pm

The positive impact of exercise on the brain and mood are scientifically clear. Exercise can be successfully integrated into the treatment plans of patients with depression using evidence based recommendations and connections with health and fitness facilities. Exercise can reduce the symptoms of depression and improve self-efficacy.

Speaker: Kirk Bergmark, APN, PMHCNS-BC

POSTER PRESENTATIONS CLOSE

4:30pm

INTERACTIVE PANELS

4:45pm - 6:15pm

1.5 Contact Hours

3051 Education Council Interactive Panel RN APRN

4:45pm – 6:15pm

This session will provide updated information regarding the role and context of work of the APNA Education Council as well as provide APNA members the opportunity to collaborate with the APNA Education Council.

Speakers: Barbara Jones Warren, PhD, RN, CNS-BC, PMH, FAAN; Donna Rolin-Kenny, PhD, APRN, PMHCNS-BC

3052 Institute for Safe Environments Interactive Panel RN APRN

4:45pm – 6:15pm

Institute for Safe Environments Interactive Panel Discussion will provide a forum for ISE leaders to engage with APNA members about issues, concerns and innovations related to safe practices for psychiatric nurses. ISE Co-chairs will provide a brief overview of recent workgroups, facilitate discussion and encourage participation.

Speakers: Diane E. Allen, MN, RN, PMH-BC, NEA-BC; Kathleen R. Delaney, PhD, PMH-NP, RN

3053 Administrative Council Interactive Panel Presentation - Staffing Discussion and Updates RN APRN

4:45pm – 6:15pm

The purpose of this presentation will be to review APNA position statement on "Staffing Inpatient Psychiatric Units" with the goal to obtain feedback from APNA members about the position statement and to also hear from the members any concerns that they have about inpatient staffing.

Speaker: Avni Cirpili, RN, DNP, NEA-BC



FRIDAY, OCTOBER 24

3054 Addictions Council Interactive Panel RN APRN

4:45pm – 6:15pm

This interactive panel will introduce members of the Addiction Council steering committee and advisory panels. It is an opportunity to discuss issues of substance use disorders and addiction that are pertinent to psychiatric nursing. Topics may include but are not limited to the following: prevention, screening, treatment, education, and research.

Speaker: *Matthew Tierney, APRN*

3055 Research Council Interactive Panel – Trauma and Healing: Findings and Insights from Three Nurse Scientists

RN APRN

4:45pm – 6:15pm

Psychiatric nurses facilitate healing for those affected by trauma and abuse via the therapeutic relationship and theory-based healing interventions. In this interactive panel, three nurse scientists will present key findings from their programs of research on trauma and healing. Audience members will have a chance for discussion with the scientists.

Speakers: *Danny Gaylon Willis, DNS, RN, PMHCNS-BC; Claire Burke Draucker, PhD, RN, APRN, FAAN; Ursula A. Kelly, PhD, ANP-BC, PMHNP-BC*

NIGHT AT THE MUSEUM!

Friday Evening Event – 6:30pm – 9:00pm | Indiana State Museum

Join us after a stimulating day of sessions for a fun Night at the Museum – just a short walk across the street from the JW Marriott! Built solely of Indiana materials (including limestone, brick and glass), the Indiana State Museum is a work of art in itself. The museum’s unique exhibits and hands-on experiences allow you to explore the history of the Hoosier state through an array of scientific, cultural, and art displays. Stories told at this world-class institution describe the events and characters that helped shape Indiana’s past, present and future.

**Included in all full conference registrations
Guest Tickets \$75**



“The APNA conference is always the highlight of my year!”

– Past conference attendee

BREAKFAST PRESENTATION: FOUNDATION BENEFIT

8:00am - 9:00am

Persistence, Change, and Growth: Success Stories of Integrated Mental Health Nursing Care

Enjoy a session led by APNA President Pat Cunningham and other invited panelists, while eating breakfast and making a donation to the American Psychiatric Nursing Foundation (APNF) at the same time!

\$36.50 per ticket – register via the online registration site or the offline form

CONCURRENT SESSIONS - BLOCK 1

.75 Contact Hours

9:15am - 10:00am

4011 (Graduate Education Track) **Cognitive Behavioral Therapy with Children and Adolescents – Teaching the Basics to Advanced Practice Nursing Students** **APRN**

9:15am – 10:00am

Graduate nursing faculties are preparing Psychiatric/MH APN's to treat persons across the lifespan. Cognitive Behavioral Therapy (CBT) is an evidence-based first line treatment for common child/adolescent mental health conditions. This session will focus on teaching our PMH graduate students how to provide basic CBT with children and adolescents.

Speaker: *Pamela Lusk, DNP, PMHNP-BC*

4012 (Integrated Care Track) **Integrating a FQHC Primary Care Clinic within a Mental Health Agency: Opportunities, Challenges and Lessons Learned** **RN APRN**

9:15am – 10:00am

This presentation will focus on the collaborative efforts of a community mental health agency and academic institution in planning, coordinating and opening an FQHC. Advantages to both as well as challenges and lessons learned will be discussed.

Speakers: *Carla J. Groh, PhD, PMHNP-BC, FAAN; Irva Faber-Bermudez, PMHNP-BC*

4013 (Child & Adolescent Track) **Development of an Educational Program to Promote Integration of Infant Mental Health Assessment and Intervention into an Advanced Practice Registered Nurse (APRN) Operated Primary Care Clinic** **APRN**

9:15am – 10:00am

Infant Mental Assessment (IMH) is crucial in primary care due to the rapid emotional, cognitive, and social development during the first 36 months of life. By providing APRNs the education needed to support IMH screening in primary care, clinicians can promote improved quality of life for infants and families.

Speakers: *Dorothy Henry Jordan, DNP, PMHCNS-BC; Martha W. Hernandez, DNP, PMHCNS-BC; Carolyn Cullen Williams, DNP, FNP-BC, PMHCNS-BC, PMHS*

4014 (Recovery - Inpatient Track) **Peer Support Specialists' Impact on the Care of Veterans on an Acute Inpatient Psychiatric Unit** **RN**

9:15am – 10:00am

The Michael E. DeBakey VA Medical Center, Acute Inpatient Psychiatric Unit began having Peer Support Specialists working in Nov. 2013. Data collected will give evidence directly related to five customer service measurements that measure the effectiveness of the addition having Peer Support Specialists available to inpatient psychiatric patients.

Speaker: *Allison Mason Johnson, BSN, MHA, RN*

4015 (Research & Practice Track) **The Role of Spirituality in Gay and Lesbian Elders' Lives** **RN APRN**

9:15am – 10:00am

Many believe that gay and lesbian individuals are spiritually bankrupt. This presentation reports the results of a qualitative study that explored the role of spirituality in this population. Findings of the study suggest that many of these individuals find spirituality to be the emotional and psychological grounding force in life.

Speaker: *Dawn Miller, PhD, ARNP, PMHNP-BC*


 SATURDAY, OCTOBER 25

4016 (Staff Education Track) **How to Lead Effective Therapeutic Groups: Development of an Orientation Module through a Nurse Driven Collaboration Between Educators and Bedside Nurses** RN

9:15am – 10:00am

Nurses are often under prepared for taking on the challenge of leading therapeutic groups. Participants will learn strategies for using shared governance to engage nurses in the development and dissemination of a recovery and evidence-based orientation module for leading psychoeducational groups. Educators will discuss implementation strategies and lessons learned.

Speakers: Jennifer K. Barut, MSN, RN-BC; Johnny J. Woodard, BSN, RN-BC

4017 (Addiction Track) **Neurobiology of Addiction** RN APRN

9:15am – 10:00am

We now understand that addiction is a disease that affects both the brain and behavior. By identifying biologic and environmental factors as well as genetic variables that contribute to the development and progression of addiction, we can treat them more effectively.

Speaker: JeanAnne Johnson Talbert, DHA, APRN-BC, FNP, CARN-AP

4018 (Emergency Track) **Boston Marathon Explosions Disaster Mental Health Response - Role, Recovery & Resilience** RN APRN

9:15am – 10:00am

Describe the disaster continuum and components of a disaster operation, including roles and responsibilities, while highlighting mental health assessment, collaboration and interventions by using examples from the Boston Marathon Explosions. Discuss the psychological impact of disaster utilizing current research and intervention strategies from Psychological First Aid.

Speaker: Christine Tebaldi, MS, PMHNP-BC

CONCURRENT SESSIONS - BLOCK 2

.75 Contact Hours

10:15am - 11:00am

4021 (Graduate Education Track) **Riding Out the Perfect Storm in Psychiatric Nursing Education** RN APRN

10:15am – 11:00am

There's a "perfect storm" bearing down on the way we teach and practice psychiatric nursing! This calls for new ways to educate nurses for transformative behavioral healthcare practice. The seminar will discuss the challenges and opportunities of new educational models and strategies that guide effective professional development of psychiatric nurses.

Speakers: Carole A. Shea, PhD, RN, FAAN; Linda D. Oakley, PhD, RN

4022 (Integrated Care Track) **Primary Care within a Community Mental Health Center: An Innovative Approach to Whole-Person Care** APRN

10:15am – 11:00am

Mental health care consumers are challenged by the traditional primary care system. Through a collaboration between a local hospital, university school of nursing, and community mental health center, a primary care clinic was established within the mental health center. Innovative models of care coordination have resulted in quality primary care.

Speaker: Laura Sidlinger, DNP, APRN-C

4023 (Child & Adolescent Track) **Finding Acceptance - Understanding Lesbian, Gay, Bisexual and Transgender Youth through Best Practices** RN APRN

10:15am – 11:00am

This presentation will provide education on youth who have identified as Lesbian, Gay, Bisexual and/or Transgender promoting understanding and supporting their ability to find acceptance among their families and peers, develop/enhance their self-confidence, strengthen their self esteem and promote self advocacy in their transition from youth to adulthood.

Speaker: Barbara J. Valerius, MSN, RN

4024 (Recovery - Inpatient Track) **Problems Encountered and Insights Gained: The Importance of Mental Health Recovery in Designing an Evidence-Based Program for Intensive Mental Health Treatment** RN APRN

10:15am – 11:00am

The evidence-based, recovery-oriented nursing model was implemented on this 20 bed inpatient unit and continues today. The protocol defines therapeutic effectiveness, recovery behaviors and provides evidence for refining clinical treatment. The Veteran's mental health recovery plan drives nursing practice and nursing practice is refined to facilitate mental health recovery.

Speakers: Carol Hawthorne Rumpler, MS, PMHCNS-BC; William D. Burmeister, MSA, RN

4025 (Research & Practice Track) **Possibilities, Partnerships and Healing** RN APRN

10:15am – 11:00am

This presentation is about the value of partnerships in healing and surviving the new culture of healthcare (doing more with less). Those partnerships depend on an emotional intelligence competency in fostering those relationships: Nurse to self, nurse to nurse and nurse to patient and use the ventilation, validation, education approach.

Speaker: Noel E. Holdsworth, DNH, PMHNP-BC, CTS

4026 (Staff Education Track) **Transforming Psychiatric Mental Health Care to Recovery Oriented Practice with an Inter-Professional Team** RN

10:15am – 11:00am

Twenty-five inpatient clinicians and peer navigators participated in APNA's Recovery to Practice curriculum. The Recovery Self-Assessment-Revised, Provider version was used pre/post-education to measure changes in clinicians' perceptions of recovery practices on their unit. Quality measures were compared pre- and post-intervention. Results, lessons learned, and future directions will be discussed.

Speaker: Celeste M. Johnson, DNP, APRN, PMH CNS

4027 (Addiction Track) **Drugs in Prisons: The Ticking Time-Bomb** RN APRN

10:15am – 11:00am

Routine drug taking within prison health facilities has been well known over many years. A recent study has identified how undetected drug-related acquired brain injury (ABI) impacts on behaviour, remediation and prevention of re-offending. Includes a 3-stage process of identifying this unbeknownst problem and clinical recommendations for future practice

Speaker: Isaac Daramola, MACNP, MACN

4028 (Emergency Track) **Bridging the Gap between Crisis and Care: How to Effectively Integrate a Psychiatric Emergency Care with Outpatient Management in a Community Hospital** RN

10:15am – 11:00am

Psychiatric complaints are a component in one out of every eight Emergency Department visits. EDs are becoming primary care settings for individuals presenting with psychiatric crisis. The goal of this program is to create a system to rapidly decompress the ED, provide rapid stabilization, & recovery oriented treatment.

Speakers: Jeannine S. Loucks, MSN, RN BC PMH; Laura Derr, RN, BSN, CEN; Brenda Talley, RN, BSN



ATURDAY, OCTOBER 25

CONCURRENT SESSIONS - BLOCK 3
11:15am - 12:00pm

.75 Contact Hours

4031 (Graduate Education Track) **Dual Certification in Primary and Psychiatric Mental Health Care for Advanced Practice Nurses: A Health Care Delivery Innovation** **APRN**

11:15am - 12:00pm

The PMHNP post-master's certificate program is an educational model for interprofessional preparation of dually certified advanced practice nurses. These APNs offer an innovative approach to improve upon integrated care by providing both services from a single provider, thus increasing efficiency, and reducing costs, stigma and barriers to care.

Speaker: *Debra A. Johnsen, MSN, FNP-BC*

4032 (Integrated Care Track) **How Effective is a Nurse Managed Clinic for Integrated Behavioral Health Care?** **APRN**

11:15am - 12:00pm

Integrated healthcare delivery plays an increasingly important role in healthcare reform. However little is known regarding outcomes of nurse managed integrated behavioral and medical healthcare. This paper presents a program evaluation of integrated behavioral services provided by advanced practice psychiatric nurses and students within a urban academic medical center.

Speaker: *Marsha Snyder, PhD, PMHNP, BC*

4033 (Child & Adolescent Track) **Self-care for Secondary Trauma Experienced by Child and Adolescent Nurses**
RN APRN

11:15am - 12:00pm

Secondary trauma is also known as secondary stress, compassion fatigue, and burnout. Child and adolescent psychiatric mental health nurses are vulnerable to this because of the population with whom they work. Survey results of issues causing secondary trauma and self-care measures will be explored.

Speakers: *Diane M. Wieland, PhD, MSN, RN, PMHCNS-BC, CNE; Joy A. Lauerer, DNP, PMHCNS-BC, RN; Susan Dawson, EdD, RN, PMHCNS-NP, BC*

4034 (Recovery - Inpatient Track) **Developing an Innovative Advanced Psychiatric Mental Health Nursing Curriculum: A Journey of Therapeutic Engagement** **RN APRN**

11:15am - 12:00pm

Details of an Advanced Psychiatric Nursing course to enhance psychiatric nurses skills in providing holistic person centered care using the Tidal Model principles of self-management and recovery will be discussed, along with focus group results identifying resultant practice changes.

Speakers: *Trish Jones-Bendel, MSN, RN; Jeanette Rossetti, EdD, RN; Kelly Bryant, MS, RN*

4035 (Research & Practice Track) **Building Connections With The Practice of Caring Science: Transcending Boundaries-Uniting In Human Caring** **APRN**

11:15am - 12:00pm

Dr. Giovannoni will present a 40-minute video reflection of his transcultural journey with Dr. Jean Watson to Nepal, Bhutan and Tibet followed by a 40-minute reflection of his personal experience on this journey. The video and discussion emphasizes that caring and healing is about making connections, relations, and not separation.

Speaker: *Joseph Giovannoni, DNP, PMHCNS-BC, APRN*

4036 (Staff Education Track) **Creatively Using Simulation to Connect the Education for Mental Health Professionals**
RN APRN

11:15am - 12:00pm

Have you considered incorporating simulation into your curricula? This session provides solutions to these dilemmas regardless of budget and resource constraints. The presenters will share how simulation can creatively be incorporated into curricula to address mental health core measures, quality initiatives, safety concepts, and system processes.

Speakers: *Krista Kipper, BSN, RN, CHSE; Beckie Langenbach, BSN, RN*



ATURDAY, OCTOBER 25

4037 (Addiction Track) **"I can't quit right now!" A Harm Reduction Approach to Tobacco Use in Residential Treatment**
RN

11:15am – 12:00pm

According to the CDC, about 3 of every 10 cigarettes (31%) smoked by adults are smoked by adults with mental illness. Come learn how a harm reduction approach can be used for tobacco dependency. A nurse has a lot of power to influence if equipped with the right tools.

Speaker: Valerie Mendralla, RN, MPH

4038 (Emergency Track) **An Alternative to Emergency Departments for Individuals in Mental Health Crises: "The Living Room" Program** **RN APRN**

11:15am – 12:00pm

In the absence of suitable alternatives, individuals experiencing mental health crises unnecessarily utilize emergency departments (EDs) which deliver ineffective and expensive interventions. "The Living Room" is a recovery-based community crisis respite program serving as an alternative to EDs for these individuals. The program, its outcomes, and future implications are discussed.

Speaker: Michelle Heyland, MSN, APN, PMHNP-BC

ANNUAL MEETING & TOWN HALL

12:15pm – 1:30pm



“This conference has changed my life and the way I think about nursing and who nurses are. More importantly, I found a place where I felt validated, safe, and supported with my ideas. I am thankful to every board member, APNA member, and every nurse in attendance who made this conference a reality to me. I cannot wait until next year.”

– Past conference attendee

OFFLINE REGISTRATION FORM

APNA 28th Annual Conference / October 22-25, 2014 / Indianapolis, Indiana

Register by September 8, 2014 to receive the early bird rates.

Please print or type. Full registration fees must accompany this form for registration to be processed. Confirmation emails will be sent to all confirmed participants.

ATTENDEE INFORMATION

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APNA MEMBER NUMBER (IF APPLICABLE)	CREDENTIALS		
TITLE	COMPANY		
ADDRESS			
CITY	STATE	ZIP	COUNTRY
TELEPHONE	FAX		
EMAIL ADDRESS (REQUIRED) PRINT CLEARLY			
EMERGENCY CONTACT NAME AND PHONE NUMBER			



If you would like to receive text message notifications and reminders during the conference, enter your cell phone number here: _____

CONFERENCE REGISTRATION RATES

	MEMBER	NONMEMBER	JOIN NOW!
Full Conference Registration (All full conference registrations include a ticket to the Friday evening event)			
Early Bird (deadline: September 8)	<input type="checkbox"/> \$495	<input type="checkbox"/> \$695	<input type="checkbox"/> \$630
Regular (deadline: October 14)	<input type="checkbox"/> \$570	<input type="checkbox"/> \$770	<input type="checkbox"/> \$705
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One Day Only Registration			
One Day	<input type="checkbox"/> \$299	<input type="checkbox"/> \$499	<input type="checkbox"/> \$435
Choose day:	<input type="checkbox"/> Thursday 10/23	<input type="checkbox"/> Friday 10/24	<input type="checkbox"/> Saturday 10/25
(Friday one day registrations will not include a ticket to the evening event)			

* Available to those with APNA Student and APNA Retired Memberships only.
 ** Available for members of the Military, Reserves or National Guard on active duty. Must show proof of current active military service at Registration Check-in.

Conference Plus! REGISTRATION OPTIONS***

Pre-Conferences (includes the full day of sessions on Wed, 10/22)	<input type="checkbox"/> \$150	<input type="checkbox"/> \$225
DSM Course (Wed-Sat, total 8.5 hrs)	<input type="checkbox"/> \$150	<input type="checkbox"/> \$225

***Available in addition to full or one day conference registration.

ANCC REVIEW COURSE PACKAGES & RATES

	MEMBER	NONMEMBER	JOIN NOW!
Review Course + Conference Registration Packages			
PMH NP Course + Conference Reg.	<input type="checkbox"/> \$665	<input type="checkbox"/> \$865	<input type="checkbox"/> \$800
PMH Nurse Course + Conference Reg.	<input type="checkbox"/> \$665	<input type="checkbox"/> \$865	<input type="checkbox"/> \$800
Review Course Only Rates			
PMH NP Course ONLY (NO CONF. REG.)	<input type="checkbox"/> \$275	<input type="checkbox"/> \$365	<input type="checkbox"/> \$410
PMH Nurse Course ONLY (NO CONF. REG.)	<input type="checkbox"/> \$275	<input type="checkbox"/> \$365	<input type="checkbox"/> \$410

ANCC Review Courses being offered are the *Psychiatric-Mental Health NP Review* and the *Psychiatric Mental Health Nurse Review*.

METHOD OF PAYMENT

- Check made payable to APNA in the amount of \$ _____ (in US funds drawn on a US bank)
- Charge my credit card in the amount of \$ _____ (credit card will be charged immediately)
- Visa Master Card Amex Discover

CARD NUMBER	EXPIRATION DATE (MM/YYYY)	
NAME AS IT APPEARS ON CARD		
BILLING ADDRESS		
CITY	STATE	BILLING ZIP
CARDHOLDER SIGNATURE		

3 WAYS TO REGISTER

ONLINE (credit card only) www.apna.org/AnnualConference
 If you register online, please do not mail or fax your registration.
Note: Students must have their APNA student membership # to register at the student rate.

FAX (credit card only) Please fax the completed form to APNA Registration c/o ConferenceDirect at 704-927-1439.

MAIL (do not send cash) Please make checks payable to APNA. Mail completed forms to:
 APNA Registration c/o ConferenceDirect,
 5600 Seventy Seven Center Dr., Suite 240, Charlotte, NC 28217

Conference Plus! with Pre-Conferences

(Additional fee)
 Circle one session number per block listed below to register!

Morning, Block 1: 7:15am – 9:15am	1011	1012	1013	1014	1015	1016	1017
Morning, Block 2: 9:30am – 11:30am	1021	1022	1023	1024	1025	—	1027
Afternoon, Block 1: 1:15pm – 3:15pm	1031	1032	1033	1034	1035	—	1037
Afternoon, Block 2: 3:30pm – 5:30pm	1041	1042	1043	1044	1045	1046	1047

Conference Plus! with DSM Course

(Additional fee)

DSM-5 for Advanced Practice Nurses Conference Course (Wed-Sat, designated times)

Sessions Registration

Seats are not guaranteed.
 Circle one session number per block listed below to register!

Thursday, 10/23 – Concurrent Sessions								
Block 1:	2011	2012	2013	2014	2015	2016	2017	2018
Block 2:	2021	2022	2023	2024	2025	2026	2027	2028
Thursday, 10/23 – Mini Concurrent Sessions								
	2031	2032	2033	2034	2035	2036	2037	2038
Thursday, 10/23 - Interactive Panels								
	2041	2042	2043	2044	2045			
Friday, 10/24 – Mini Concurrent Sessions								
	3011	3012	3013	3014	3015	3016	3017	3018
Friday, 10/24 – Concurrent Sessions								
Block 1:	3021	3022	3023	3024	3025	3026	3027	3028
Block 2:	3031	3032	3033	3034	3035	3036	3037	3038
Block 3:	3041	3042	3043	3044	3045	3046	3047	3048
Friday, 10/24 – Interactive Panels								
	3051	3052	3053	3054	3055			
Saturday, 10/25 – Concurrent Sessions								
Block 1:	4011	4012	4013	4014	4015	4016	4017	4018
Block 2:	4021	4022	4023	4024	4025	4026	4027	4028
Block 3:	4031	4032	4033	4034	4035	4036	4037	4038

- Friday Evening Event
- Friday 10/24, 6:30 - 9:00pm - **Included!**
- Guest Ticket - \$75 #: _____

Saturday Breakfast Presentation

\$36.50 per ticket #: _____

- Product Theaters
- Dinner, 10/22, 8:15pm - 9:45pm
- Breakfast, 10/23, 6:00am - 7:30am
- Dinner, 10/23, 7:30pm - 9:00pm

ADA Mobile Visual Audio

CANCELLATION POLICY

Notification of registration cancellation must be received in writing to inform@apna.org by **September 26, 2014** to receive a refund minus a \$75 administrative fee. **No refunds will be issued after September 26, 2014.** Please allow three weeks for processing of refunds.

OFFLINE HOUSING FORM

APNA 28th Annual Conference / October 22-25, 2014 / Indianapolis, Indiana

YOU MUST BE REGISTERED FOR THE ANNUAL CONFERENCE TO RESERVE HOTEL ACCOMODATIONS

Please print or type. Full registration fees must accompany this form for housing to be processed.

ATTENDEE INFORMATION

FIRST NAME	LAST NAME		
TITLE	COMPANY		
EMAIL ADDRESS (REQUIRED)			
TELEPHONE	FAX		
ADDRESS			
CITY	STATE	ZIP	COUNTRY
EMERGENCY CONTACT NAME AND PHONE NUMBER			

HOTEL INFORMATION

JW MARRIOTT INDIANAPOLIS – HEADQUARTER HOTEL

\$179 single/double/triple/quad occupancy

MARRIOTT COURTYARD INDIANAPOLIS – OVERFLOW HOTEL

\$159 single/double/triple/quad occupancy

Hotel rooms are subject to applicable state and local taxes (currently 17%) in effect at the time of check-out.

ARRIVAL DATE: October _____, 2014 / DEPARTURE DATE: October _____, 2014

BED TYPE REQUEST

1 King Bed

2 Queen Beds

Bed type is assigned by the hotel based on availability. Bed type and other requests are not guaranteed.

If you are sharing a room, please list your room occupants below:

SPECIAL REQUESTS (Not guaranteed)

ADA Please specify Audio/Visual/Mobile _____

Additional Requests _____

All guest rooms are non-smoking.

Guest room reservations must be received by 5:00pm Eastern Time on September 26, 2014.

After this date, reservations will be made based on space and rate availability. Prevailing rates may apply.

PLEASE PROVIDE A CREDIT CARD TO HOLD HOTEL RESERVATION

Amex Discover Master Card Visa

CARD NUMBER	EXPIRATION DATE (MM/YYYY)		
NAME AS IT APPEARS ON CARD			
BILLING ADDRESS			
CITY	STATE	BILLING ZIP	
CARDHOLDER SIGNATURE			

OPTIONS TO BOOK A GUEST ROOM

ONLINE

(A credit card is required to confirm your hotel reservation)
Please make your hotel reservations online at www.apna.org

FAX

Please fax the completed registration and housing forms to APNA at 704-927-1439

MAIL

Please mail the completed form to the below:
APNA Registration
c/o ConferenceDirect
5600 Seventy Seven Center Dr., Suite 240
Charlotte, NC 28217

For questions or assistance on the registration process please contact APNA's registration and housing company via phone at 888-408-8191 or via email at APNA@conferencedirect.com.

Please note: Guest room reservations will be confirmed in writing and confirmations sent via email.

IMPORTANT HOUSING ITEMS

- You must be a confirmed registrant to receive APNA's discounted room rate.
- All reservations must be accompanied by a first night's room deposit, plus tax or guaranteed with a major credit card.
- All reservations must be made directly with APNA's registration company by 5:00pm Eastern Time on September 26, 2014. After October 1, 2014, to make a new reservation or modify an existing reservation, you must contact the hotel directly. The APNA discounted conference rate is not guaranteed after September 26. Failure to cancel accommodations within the appropriate time frame will result in a fee of one night's guest room and tax.
- Credit card or full payment via check or cash must be presented at hotel check-in. The credit card provided on this form, online, via phone, or via email during the registration process is for guarantee purposes only. A credit card or other payment must be presented at check-in.
- Check-in time is after 3:00pm. Checkout time is by 11:00am at the JW Marriott and by 12:00pm at the Marriott Courtyard.

After October 1, 2014: To make a new reservation or modify an existing reservation, you must contact the hotel directly. Contact information can be found on the hotel's website.

CANCELLATION POLICY

Room cancellations must occur by 6:00pm on the date of arrival. Any cancellations after this time are subject to the first night's room and tax charges.

When calling to cancel a hotel reservation, note the following: date, cancellation number, and name of the person taking the cancellation.



3141 Fairview Park Drive, Suite 625
Falls Church, VA 22042

Tel 855.863.2762 | Fax 855.883.2762
www.apna.org



Earn up
to *25.5*
Contact
Hours!

APNA 28th ANNUAL CONFERENCE

October 22-25, 2014
JW Marriott Indianapolis | Indianapolis, Indiana