

Bio and Session Content Information for 2019 APRN Pharmacology Conference



Session 1: Plenary: Keynote: Curiosity, Courage and Change

Who we think we are and how we think we can impact others dictates our personal and professional identity. How did you form your professional identity? How are you helping new NPs form theirs? Take a journey with me as we explore personal identity, and professional identity of NPs with impact on person, family, community, state, country, and world.

Maria Kidner, DNP, APRN, FNP-BC, FAANP obtained baccalaureate and master's degrees from the University of Wyoming and her DNP from Rocky Mountain University of Healthcare Professions. She has practiced in South America in addition to her work in Wyoming. Dr. Kidner has been active in the American Association of Nurse Practitioners since 2008 and was inducted as a fellow in 2011. She is now an adjunct faculty member for Duke University.



Session 2: Concurrent: BPH, the New and the Old; Prostate Cancer screening and the New Frontier of Diagnosis of Prostate Cancer

This session will include review of symptoms and medical/surgical treatments for Benign Prostate Hypertrophy (BPH), as well as screening protocols and new treatments for prostate cancer.

Stewart Chumbley, MN, FNP-BC is a Nurse Practitioner with Bozeman Health Urological Associates. He received his Masters of Nursing at Montana State University and has specialized in urology for 4 years. Prior to becoming a nurse, he was a course manager for the National Outdoor Leadership School and taught and guided skiing at Big Sky Resort.

Session 3: Concurrent: Atrial Fibrillation; Acute vs Chronic, CHF ASCVD, Mozelle Soule PA, Bio and session information not available at this time.

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Session 4: Concurrent: Using the Montana Prescription Drug Registry Effectively Attendees will learn how to access the Montana Prescription Drug Registry (MPDR), how to delegate their search authority, and how to find the most accurate patient history information when searching the MPDR Database. Attendees will also have the opportunity to share MPDR experiences, questions, and tips.

Donna M. Peterson is the Program Manager of the Montana Prescription Drug Registry (MPDR). She has held this position since the program's enabling legislation was passed in 2011, and has been instrumental in launching, developing, and promoting the program. Donna has over 40 years of experience in business, including project management, software design and testing, end user education, and customer service. She is responsible for the day-to-day operation of the MPDR, planning and coordinating future system enhancements, and for promoting use of the MPDR.

Session 5: Concurrent: Continuation from Session 3: Information is not available at this time



Session 6: Concurrent: Polypharmacy in the Elderly

This session will address normal changes of aging which affect medication management, medication classes which are potentially inappropriate medications (PIMs) for the elderly, alternative medications to PIMs, and START/STOP medications for the elderly.

Irene Lohkamp MD, joined Billings Clinic as a Family Practice physician in 2011. She was Board Certified in Geriatrics in 2010 and Hospice and Palliative Medicine, in 2012. She is a member of the American Geriatrics Society, American Board of Family Medicine and American Medical Directors Association.

Session 7: Concurrent: New Approaches to the Patient with Insomnia

This session will explore the impact of insomnia on the patient, family, and society. Discussion will focus on patients at risk for insomnia as well as behavioral and pharmacologic interventions.

Mary Adams APRN-BC Information not available at this time.

Session 8: Plenary- Sleeping Encouraged Here: A Pragmatic Approach to a Sleepy Patient.

A case-based presentation of common sleep problems encountered by PCPs in an outpatient setting, outlining a practical, evidence-based approach to diagnosis and management of insomnia, obstructive sleep apnea, restless leg syndrome and chronic obstructive pulmonary disease.

James Osmanski, DO, is a pulmonary, critical care, and sleep physician who practices at Bozeman Health, where he serves as the director of the Sleep Disorder Center.

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Session 9: Concurrent: The Ins and Outs of Colorectal Cancer Screening: Learn current recommendations for colorectal cancer screening and new advancements in the area of colorectal cancer screening.

Emily Bubbers, MD, attended Rosalind Franklin University of Medicine and Science, followed by general surgery training at Oregon Health Sciences University and training in colorectal surgery at LA County/USC. She has been in Helena since 2015.



Session 10: Concurrent: The Gut Microbiome: Sifting through the Science: This session provides an exploration of the complex and evolving body of evidence about the gut microbiome. Topics include roles that diet, environment, supplements and pharmaceuticals play in the delicate balance of the microbiome, as well as implications for chronic disease.

Kimberly Longcake, MSN, ANP, is a part of the pediatric gastroenterology practice at Montana Children's Medical Center at Kalispell Regional Medical Center. Kim has been a pioneer in the outreach efforts for Montana Children's starting with visiting clinics and now with regional offices in Great Falls, Belgrade and soon Helena. She received her BSN from Montana State University and her MSN, FNP from the University of Alaska Anchorage.



Session 11: Concurrent-Psychiatric Treatment Pearls for Primary Care, Approximately 70% of mental health conditions are treated in the primary care office. This session provides treatment pearls that can help the primary care provider be more comfortable treating this vulnerable population. Pearls will include the following: what to do when the meds "don't work"; which formulation should we try; the "inherited" patient, side effects, and safely treating the very young or the very old.

Lorina Kay Massey, MSN, APRN, was born and raised in NW Montana. She received her undergraduate education at Salish Kootenai College and graduated with an MSN and FNP from Gonzaga University in 2005. In 2007, she obtained her post master's degree as a psychiatric nurse practitioner, also from Gonzaga University. Lorina worked as an RN at Montana State Hospital in Warm Springs for 5 ½ years and has worked both inpatient and outpatient as a psychiatric nurse practitioner. Currently, Lorina works full time providing outpatient psychiatric care for children through geriatrics at St. Joseph's Medical Center in Polson. She also provides short term care (contracted with Western Montana Mental Health) at the Lake House crisis house in Polson.

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Session 12: Concurrent: Breathing Easy: Asthma and Bronchiolitis Update:

This session will address the pathophysiology, classification of severity and current treatment for asthma in the pediatric population. In addition, bronchiolitis pathophysiology, assessment, diagnosis and treatment will be discussed, with an emphasis on how to avoid antibiotics.

Lynne Foss, CPNP-PC, currently works at Bozeman Health Pediatrics. As a certified pediatric nurse practitioner (CPNP), she became inspired to work with children during her time in the air force, where she served at several bases between June of 1984 and July 2007. She received her bachelor of nursing at the University of Delaware in Dover and completed her pediatric nurse practitioner certification at the USAF PNP program at Sheppard Air

Force Base in Texas. Lynne received her master of nursing at The University of Washington in Seattle.

Session 13: Concurrent- Palliative Care and Hospice: Diane Jones NP, Information not available at this time

Session 14: Polypharmacy Management for Hypertension: This presentation of polypharmacy hypertension management focuses on the nuances of medications in classes of Ace inhibitors, ARB, calcium channel blockers, beta blockers and diuretics with emphasis on managing patients in the primary care setting.

Maria Kidner, DNP, APRN, FNP-BC, FAANP, obtained baccalaureate and master's degrees from the University of Wyoming and her DNP from Rocky Mountain University of Healthcare Professions. She has practiced in South America in addition to her work in Wyoming. Dr. Kidner has been active in the American Association of Nurse Practitioners since 2008 and was inducted as a fellow in 2011. She is now an adjunct faculty member for Duke University. (See photo with session 1)



Session 15: Plenary- Public Health as a Healthcare Practitioner: What's in it for me? What's in it for my community?

This session focuses on the purpose of public health, highlighting examples of both historical and current public health issues that impact community health. Emphasis will be placed on how to foster partnerships and build strong collaborative models to continue to improve health among all Montanans.

Gregory Holzman, MD, is the State Medical Officer within the Department of Public Health and Human Services in Helena. Some of Dr. Holzman's previous positions have included Director of the Healthy Campus Initiative and Associate Chair of Preventive Medicine at Michigan State University; Chief Medical Executive for the Michigan Department of Community

Health; and Deputy Director for the Office for State, Tribal, Local and Territorial Support at the Centers for Disease Control and Prevention in Atlanta. Dr. Holzman, throughout his career, has worked on several public health policy issues, ranging from smoke-free legislation to funding for a state-wide trauma system. He has special interests in social determinants of health, health promotion and disease

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prevention, elimination of health disparities and building better integration between clinical medicine, public health, and community-based organizations.



Session 16: Plenary: Pharmacology Updates to Knock Out Diabetes.

This session focuses on pharmacological approaches to address complications and improve patient outcomes for individuals with diabetes.

Jason Gleason, MSN, NP-C, USAF Lieutenant Colonel (RET) has been a registered nurse since 1994 and a board certified family nurse practitioner since 2001. He has an expansive leadership and practice portfolio including Occupational Health, Primary Care, Emergency Medicine and most recently as a Stroke Care Consultant and National Speaker. Gleason proudly served for twenty years in the Air National Guard prior to retiring as a Lieutenant Colonel in 2015. He currently works in primary care at the VA, in a Level II trauma center, and as a faculty member with Fitzgerald Health Education Associates.



Session 17: Plenary: Myositis: Understanding the Changing Landscape of Inflammatory Muscle Diseases

Attend this session to learn about evaluation, diagnoses, and treatments of inflammatory muscle diseases in primary care.

Dr. John McCahan, MD, attended Temple Medical School and did his residency at Boston University Medical Center. He has been a board certified Rheumatologist since 2011 and currently practices at Bozeman Health.

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Session 18: Concurrent: Postpartum Mood Disorders; Diagnosis and Treatment

Jana's session will cover Postpartum Mood Disorders that affect 1 in 7 women, including postpartum blues, depression, anxiety, OCD and psychosis. Effective treatments for these disorders will be explored.

Jana Sund CNM has worked as a certified nurse midwife for 10 years and has had the privilege of delivering over 600 babies. Prior to becoming a CNM Jana worked in Great Falls and Helena as a labor and delivery nurse.



Session 19: Concurrent- Treating Pain in 2019: This session provides a comprehensive method for assessing pain and improving interactions with chronic pain patients, using a biopsychosocial approach to treatment.

Jamie Mashek, PA-C is an orthopedic physician assistant, specializing in spine care at the Helena Orthopedic Clinic. Originally from Helena, she graduated from Montana State University with a bachelor's degree in Cell Biology & Neuroscience, with minors in Chemistry & Biochemistry. She graduated with her master's degree in Physician Assistant Studies from Idaho State University in 2012



Session 20: Plenary: Overview of Medication Assisted Treatment for Substance Use Disorders

This session includes neurochemistry involved with substance addiction, and medications available to treat nicotine, alcohol, benzodiazepine, opioid, and stimulant addictions, supported by detailed case studies of treating opioid use disorder with buprenorphine/naloxone and discussion regarding cannabis dependence.

Sarah Rhinehart, PMHNP-BC, has bachelor's and master's degrees in nursing from Virginia Commonwealth University. She has worked in acute inpatient psychiatry as a charge nurse, clinical coordinator, and psychiatric nurse practitioner. She now works outpatient in community mental health in Hamilton, Montana.