



There are over 180 licensed Nurse Practitioners (NPs) in Nova Scotia, along with almost 50 current NP students. This year's theme 'Celebrating Our Continued Growth' represents the chance to interact with our colleagues and create new learning opportunities.

Wednesday April 25th, Conference Day 1

16:30-18:00	Registration & Opening Reception		
18:00-19:30	Supertime Symposium Topic: Diabetes Case Studies :Many Faces”	Hosted by Merck Dr Zwicker, MD	
1930 - 2100	Hand Building with Clay Pottery Party with Nancy Chiasson. Have fun and relax exploring with air dry clay with a professional pottery Nancy Chiasson (check out her work https://nancy-chiasson.myshopify.com/). We will be creating pendants, ornaments and small creature pots.		

Thursday April 26th, Conference Day 2

07:00 - 07:45	Yoga		
07:30-0800	Registration		
08:00 - 08:45	Breakfast Symposium National ADHD Challenges in Treatment Program	Dr Sadek, MD Hosted by Shire Pharma Canada	
<p>Objectives:</p> <ol style="list-style-type: none"> 1. Recognize sub-optimal ADHD treatment response in a patient 2. Identify the role of adjunctive therapy in the treatment of ADHD 3. Modify treatment strategies in the presence of comorbidities 4. Assess potential drug to drug interactions 5. Identify ADHD in the adult population 			
8:45 - 09:00	Official Conference Opening	NPANS NPAC Lenora Brace	
09:00 - 09:45	Mobile Evidence Based Technology	Dr Lamarche, NP	
<p>How to use technology to deliver our services in a timely but comprehensive and evidenced-based fashion? Let's use technology to keep us current and and up to date.</p>			
09:45 - 10:30	Hot Topics in ENT Connect with our Colleagues - current challenges in their specialty	Dr Williams, MD	
10:30 - 10:45	Break and Exhibits		

10:45 - 11:30	Medical Assistance In Dying	Dr Miller, NP	
<p>The media has drawn attention to MAiD and for those wishing to be able to discuss end of life options with their patients or know best how to participate in this service. Learn about the regulations and policies and where NPs fit in.</p>			
11:30 - 12:00	Hepatitis C "101"	Jacqueline Atkinson, NP Hosted by Merck	
<p>With a growing prevalence and health care associated costs of Hepatitis C, diagnosis and treatment becomes paramount. Knowing when to refer and what treatment options exist, is crucial to knowing the next steps.</p>			
12:00 - 12:45	Lunch & Learn (continuation of Hep C talk)		
12:45- 14:30			
14:30-15:00	Break and Exhibits & Connect	Hosted by Athabasca University	
15:00 - 16:30	Naloxone kit distribution Suboxone Treatment	Chera Clements, RN ORP Hannah McKay, NP Hosted by NSHA	
<p>In the midst of an opioid crisis, who best can manage a chronic disease then the front-line provider? Whether your patient has stabilized in our program or presenting to you for the first time, you the provider will learn how to induct and stabilize patients on Suboxone, the</p>			

new gold standard of treatment for opioid use disorder .

Opioid overdoses are preventable and the majority are accidental. Using a harm reduction approach, we try to promote safer drug use with naloxone training. You the provider will know how to respond in the event of a opioid overdose and will better be able to recognize when to sound the alarm and when to provide education to patients regarding this life saving measure. Session includes a take home Naloxone Kit.

16:45 - 18:15

Supper Symposium
Topic: Managing Chronic
Pain - how and when to
discontinue opioids

Dr. Elgebeily, MD
Hosted by Purdue



Objectives:

Incorporate relevant “recommendations” from the 2017 Canadian Opioid Guidelines into the treatment of patients with chronic non-cancer pain (CNCP)

Explain reasons for tapering / discontinuing opioid therapy in patients with CNCP

Describe how to safely and humanely taper or discontinue opioid therapy in patients with CNCP

18:30 - 20:30

Martinis & Manicures
Rewards yourself an evening of self-care and time for personal connection. Estheticians from Aspirations Training Salon will provide various short services while we sample some NS delights. Choose three of the following services: hand salt scrubs, shellac manicure, eyebrow wax, eyebrow tinting & lash tinting.



Friday April 27th, Conference Day 3

07:00-07:45	Yoga - Bring your own mat!		
07:30-08:00	Registration		
08:00 - 09:00	Breakfast Symposium Ask a Clinical Therapist "What to do while they wait for access to care"	Connor Ryan. MSW	
<p>The majority of us wait for a psychiatric assessment but are faced with the dilemma of how best to treat when the patient is before us. With all new intakes be directed to a clinical therapist for triage and assessment, clinical therapist Connor Ryan can provide you with tips and tools while you wait. The session will help you understand the role of the clinical therapist and when to refer, and what to do while you wait.</p>			
09:00 - 09:10	Welcome Remarks		
09:10 - 09:50	Vestibular Rehabilitation	Alana Coady, PT	
<p>Vertigo is often debilitating. To improve the quality of life and manage symptoms of Vertigo, vestibular rehabilitation is a novel approach to treatment.</p>			
09:50 - 10:30	Optional Breakout Session on Preceptor Management / Feedback Session Hosted by Dalhousie University		
09:50 - 10:30	Break and Exhibits		

10:30 - 11:15	NPs in Independent Practice - Pitfalls and Opportunities	Deb Hart, NP	
Starting a new business can be daunting. Understanding legislation, reimbursement mechanisms and real life experiences with creating a new independent practice will be presented including the pitfalls and opportunities.			
11:15-12:00	Employment Administration for Workplace Absence	Dr Milburn, MD	
Navigating the world of “sick leave” can be difficult, this is an opportunity to learn more about workplace absence administration; case approaches using shoulder pain, back pain and depression/anxiety will be reviewed.			
12:00 - 13:15	Lunch & Learn Diabetes Guideline Updates (1215-1245 for educational session)	Hosted by Merck Dr Goldenburg, MD	
13:15-14:00	Understanding & Prescribing Mifegymiso	Dr Keating, MD	
For patients seeking a non-invasive intervention to terminate their pregnancy, Mifegymiso gives patients more choice. This is an opportunity to learn more about how to prescribe and obtain informed consent.			
14:00 - 14:15	Break and Exhibits		
14:15 -15:30	NP Town Hall; Facilitated Discussion about our Professional & Political Identity Facilitated by John Malcolm		
Who we are and where we go from here? Challenges and opportunities will be discussed. Having a unified understanding of our professional and political identify, and advocacy for our role are paramount.			
15:30-15:45	Closing Remarks, Draws and Evaluation		

