

Saturday, November 4, 2023

8 a.m. – 3 p.m.  
Cooper Medical School of Rowan University  
401 Broadway, Camden, NJ 08103



*Join us for a day of learning and networking with your peers and health care leaders.*

Cooper University Health Care's Advanced Practice Provider (APP) Symposium is designed to educate APPs and other health care team members on timely topics relevant to clinical practice. Our speakers have designed a curriculum to discuss the latest updates and practice guidelines in diverse areas. Each is a Cooper University Health Care professional practicing at the top of their field.

#### Registration:

- Cooper Employees/Students – **\$60**
- Non-Cooper attendees – **\$85**

#### Target Audience:

- Advanced practice providers (NPs, PAs, CRNAs)
- RNs
- Nurse Educators
- Students

*See symposium schedule on reverse side.*

#### Continuing Education:

- At completion of the symposium participants will verbalize understanding and incorporation of evidence-based interventions into current clinical practice.
- This seminar is approved for 5.5 Continuing Education credits (CE) through the NJ State Nurses Association; Continuing Medical Education (CME) credits, pending, will be issued through the American Academy of Physician Assistants. The credits will be awarded upon attendance for the entire conference and completion of the evaluation form.
- There are no conflicts of interest identified for the planners, presenters, faculty, authors or content reviewers.
- Cooper University Health Care is approved as a provider of nursing continuing professional development by the New Jersey State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. P 101-11/2023.



9 a.m. – 10 a.m.

#### KEYNOTE SPEAKER

**Justin Schweitzer, DO**

Medical Director for LGBTQ+ Health and Primary Care,  
Cooper Care Alliance

MAIN AUDITORIUM

#### INCLUSIVE MEDICINE

**OBJECTIVES:** *At the conclusion of this educational presentation, the participant will be able to:*

1. Identify the epidemiology of the transgender identity and the major health disparities affecting the trans community
2. Recognize the barriers to effective health care faced by gender non-conforming patients in the U.S. and how we act to overcome them
3. Recognize the social and political determinants of health unique to this community of patients
4. Integrate updated skills into the patient interview to help people across the gender spectrum feel welcome in your practice

#### ABOUT OUR KEYNOTE SPEAKER:

Justin Schweitzer, DO, is a primary care physician who has worked extensively to improve the accessibility of health care for members of the LGBTQ+ community. He attended UMDNJ-SOM medical school and completed a Family Medicine residency, working at Kennedy and Our Lady of Lourdes healthcare systems in Southern New Jersey.

He has worked with the New Jersey Department of Health to implement and launch TelePrEP — a program connecting patients throughout the state to primary care physicians who can prescribe HIV preventative medication virtually via telemedicine. He also is knowledgeable in gender-affirming hormone therapy and has been managing transgender and non-binary patients since 2018. He was appointed to be the Medical Director for LGBTQ+ Health at Cooper in October 2020 when he joined Cooper Care Alliance.

Dr. Schweitzer is part of the HRSA-grant funded CHAMPP program (Champions for Health Advancement through Mentoring and Primary Care Partnerships), a program to develop and support primary care leaders to create lasting changes to better serve underrepresented patient populations. His work also brought him to lecturing medical students, residents, and other providers on how to improve the care delivered to LGBTQ+ patients across the healthcare setting.

To Register: [Events.CooperHealth.org](https://Events.CooperHealth.org)

8:00 a.m. – 8:45 a.m.

## REGISTRATION, CONTINENTAL BREAKFAST and NETWORKING

8:45 a.m. – 9:00 a.m.

## OPENING REMARKS and ANNOUNCEMENTS

- Eileen F. Campbell, MSN, APN, FNP-BC  
Chief Advanced Practice Provider
- Mary-Elizabeth T. Gaskill, MSN, APN  
APP Director, Primary Care

MAIN AUDITORIUM

### SCHEDULE:

- **SESSION 1:** 10 a.m. – 11 a.m.
- **SESSION 2:** 11 a.m. – 12 Noon
- **LUNCH BREAK:** 12 Noon – 12:30 p.m.  
Grab and go lunch, poster presentations and networking.
- **SESSION 3:** 12:30 p.m. – 1:30 p.m.



### TRACK 1 AMBULATORY

MAIN AUDITORIUM

#### • SESSION 1: Orthopaedics for Primary Care

Shaun E. Rowe, PA-C, MBA

**OBJECTIVES:** At the conclusion of this educational presentation, the participant will be able to:

1. To enhance Knowledge base of orthopaedics for primary care providers
2. To perform testing of basic shoulder/knee/hip/and back exams
3. To determine orthopaedic consultation and testing prior to consult

#### • SESSION 2: Immunotherapy Toxicity Management Strategies

Caroline Pyle, MSN, APN-C

**OBJECTIVES:** At the conclusion of this educational presentation, the participant will be able to:

1. Explain the mechanism of action
2. Dosing
3. Indications
4. Adverse effects
5. Toxicity management strategies for immunotherapy agents

#### • SESSION 3: Cleared For Surgery

Sharon Murphy, CRNA and Dean Roberts, CRNA

**OBJECTIVES:** At the conclusion of this educational presentation, the participant will be able to:

1. Understand importance of preoperative evaluation of surgical patients
2. Recognize risks of surgery and anesthesia
3. Identify patient factors that require cardiac and pulmonary consults
4. Understand rationale for ordering labs and tests
5. Interpret anesthesia risk classification (ASA)
6. Describe NPO status and implications

### TRACK 2 INPATIENT

MULTIPURPOSE ROOM A

#### • SESSION 1: Name that Drain

Susan L. Hunter, MSN, APN, and Karima Robinson, MSN, ACNPC, CCRN, CWS

**OBJECTIVES:** At the conclusion of this educational presentation, the participant will be able to:

1. Describe the various types of drains, catheters and tubes placed in Interventional Radiology and the rationale for placement
2. Identify clinical, laboratory and imaging studies that are involved in the decision-making process when consult for drain insertion is requested
3. Formulate a plan of care for the newly inserted drain as well as follow up with Interventional Radiology and/or specialist
4. Recognize the criteria for evaluation, exchange, repositioning, or removal

#### • SESSION 2: Intracranial Hemorrhage

Ed G. Norton Jr., MSN, APN-C, AGACNP-BC

**OBJECTIVES:** At the conclusion of this educational presentation, the participant will be able to:

1. Define Intracranial Hemorrhage (ICH)
2. Discuss Etiology and Epidemiology of ICH
3. Discuss assessment and importance of The Golden Hour
4. Discuss radiological findings and their place in patient care
5. Examine methods of blood pressure management in ICH
6. Identify strategies to correct coagulopathies and obtain hemostasis
7. Discuss surgical interventions
8. Discuss continued management of patients with ICH
9. Discuss long term implications of ICH

#### • SESSION 3: Street Drugs

Janice Delgiorno, APN

**OBJECTIVES:** At the conclusion of this educational presentation, the participant will be able to:

1. Identify which drugs are being used more widely and which drugs are used less frequently based on 2020 COVID-19 pandemic data
2. Describe how new drugs are designed and why the designs of these drugs are so popular
3. Discuss life-threatening dangers of these drugs

### TRACK 3 PSYCHIATRIC

MULTIPURPOSE ROOM B

#### • SESSION 1: ADHD (Part 1)

Anthony L. Rostain, MD, MA  
Chief and Chair, Department of Psychiatry

**OBJECTIVES FOR ADHD PARTS 1 AND 2:** At the conclusion of this educational presentation, the participant will be able to:

1. Describe the key symptoms of ADHD across the lifespan
2. Summarize current scientific understandings of ADHD
3. Carry out appropriate screening and evaluation of ADHD
4. List the key elements of comprehensive care of ADHD
5. Be able to safely to safely prescribe stimulant medications
6. Describe the role of non-stimulants in treating ADHD patients

#### • SESSION 2: ADHD (Part 2)

Anthony L. Rostain, MD, MA

#### • SESSION 3: Verbal De-Escalation in Medical Settings

Seth M. Mayfield, DMSc, MPAS, PA-C, MBA

**OBJECTIVES:** At the conclusion of this educational presentation, the participant will be able to:

1. Understand the importance of verbal de-escalation
2. Identify factors contributing to patient agitation
3. Learn effective communication techniques
4. Develop de-escalation strategies
5. Address challenging situations safely
6. Manage personal reactions and responses
7. Implement de-escalation techniques in clinical practice
8. Evaluate and improve de-escalation skills
9. Ethical considerations and legal implications
10. Case studies and interactive exercises

1:30 p.m. – 2:30 p.m.

## CLOSING SPEAKERS

Alexa M. Hays, PhD,  
Clinical Health Psychologist, Hospital Medicine

Kelly Gilrain, PhD  
Chief Psychologist, Director, Behavioral Medicine  
Clinical Health Psychologist, Hospital Medicine

### Wellness and Self-Care

#### OBJECTIVES:

1. Define professional fulfillment (PF) and describe factors (e.g., individual, team, systems-level) that contribute to greater PF
2. Identify personal character strengths and how to leverage strengths to enhance PF

MAIN AUDITORIUM

2:30 p.m. – 3 p.m.

## NETWORKING and POSTER PRESENTATIONS