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ROCHESTER, NY  
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University of Rochester Medical Center  
Golisano Children's Hospital at Strong  
Pediatric Nursing, Box 619-11  
601 Elmwood Avenue  
Rochester, New York 14642

# 18<sup>th</sup> Annual PEDIATRIC NURSING CONFERENCE

*Friday, May 20, 2011*

**REGISTRATION**

7:30 am – 8:00 am

**CONFERENCE**

8:00 am – 4:45 pm

**LOCATION**

University of Rochester River Campus  
Frederick Douglas Building and Wilson Commons  
735 Library Road

*“Our Specialty is Your Child”*

**PRESENTED BY**

Pediatric Nursing  
Golisano Children's Hospital at Strong  
University of Rochester Medical Center  
Rochester, New York  
(585)275-6367

# 18<sup>th</sup> Annual PEDIATRIC NURSING CONFERENCE

Friday, May 20, 2011

## Program

7:30 am – 8:00 am

### Registration and Continental Breakfast

8:00 am – 8:15 am

### Welcome and Introductions

Lisa Augustini, MS, PNP

8:15 am – 9:15

**Keynote:** Children's Health Care—Is It Really All About the Kids? *Peter Szilagyi, MD, MPH*

9:15 am – 10:15 am

**General Session #1:** Protecting our Children in a Changing Online World *Pam Weaver, Director of Community Education, National Center Missing & Exploited Children/New York*

10:15 am – 11:00 am

### Break with vendors/sponsors

11:00 am – 12:00 pm

### Breakout Session #1 (attend one session)

■ Let's ROC! Using Quality Improvement Collaboration to Increase Prevention of Obesity

#### Panel Discussion

*Linda Howell, BS, RN,*

*Katherine Ippolito, RD, CDE, CDN,*

*Jan Schriefer, MSN, MAB, DrPH,*

*Elizabeth Vaczy, RN, MS, PNP-BC*

■ I Double Dare You! The Who, Where and What to Do of Adolescent Substance Abuse  
*Heather Martin, MS, RN, PNP-BC*

■ Integrative Medicine: The Application of Biofeedback in the Management of Pain and Anxiety *O.J. Sabler, MD*

■ Understanding Behavioral Challenges in Children with Autism Spectrum Disorder *Beth F. Bullen, BSN*

■ Ethical Issues in the Care of Pediatric and Adolescent Patients *Jane Greenlaw, JD*

12:00 pm – 1:00 pm

### Lunch

## Overview

The complex issues facing children and their families present many challenges to healthcare professionals and community leaders. The purpose of this conference is to provide pediatric nurses with current, evidence-based information regarding advances in medical treatments and technology, as well as critical issues facing children and families.

## Session Descriptions

### Keynote

Children's Health Care – Is it Really All About the Kids? *Peter Szilagyi, MD, MPH*

This talk will highlight one of our national pediatric leaders discussing key components and challenges in the delivery of healthcare for children. Child Health Policy, healthcare financing, access to care, the medical home, caring for the vulnerable child, and collaborations beyond traditional healthcare settings will be presented.

### General Session

■ Protecting our Children in a Changing Online World *Pam Weaver*

The world of technology is growing daily and we have to be informed in order to protect our children from the threat of victimization. Every day, as children and teens interact in Cyberspace, they are at risk from sexual predators, the exchange of child pornography and abduction. Participants will learn about online dangers, social networking, cyber bullying, sexting, cell phone risks, characteristics of internet predators and victims, and how internet safety resources such as the NetSmartz Workshop website can help prevent online victimization.

■ Crucial Conversations: A Primer *Mike Ackerman, DNS, RN*

Overview of skills to be utilized for difficult conversations.

### Breakout Sessions #1-3

■ Integrative Medicine: The Application of Biofeedback in the Management of Pain and Anxiety *O.J. Sabler, MD*  
A brief history of the evolution of Complementary and Alternative Medicine (CAM) into integrative medicine will highlight former CAM therapies that have become part of mainstream Western Medicine. Thermal biofeedback, based on changes in the circulatory system in response to stress and relaxation, will be demonstrated. Participants will receive take-home materials to continue practicing relaxation exercises on their own.

■ Let's ROC! Using Quality Improvement Collaboration to Increase Prevention of Obesity *Linda Howell, BS, RN, Katherine Ippolito, RD, CDE, CDN, Jan Schriefer, MSN, MAB, DrPH, Elizabeth Vaczy, RN, MS, PNP-BC*  
This panel will provide practical tools for office based obesity prevention strategies.

■ I Double Dare You! The Who, Where & What to Do of Adolescent Substance Abuse  
*Heather Martin, MS, RN, PNP-BC*

General overview of adolescent substance abuse. This presentation will review what illegal and legal substances are being utilized to obtain a "high", who is more susceptible to becoming addicted and what we need to do as nursing professionals to help these individuals overcome their addiction.

■ Understanding Behavioral Challenges in Children with Autism Spectrum Disorder *Beth F. Bullen, BSN*  
Autism Spectrum disorders are a challenging disorder for health care providers. This presentation will discuss Autism Spectrum Disorders, Developmental Delays, Behavioral challenges associated with ASD, treatment interventions, nursing interventions, and a clinical scenario. Participants will recognize the symptoms and behaviors associated with Autism Spectrum Disorders (ASD), appropriate interventions, and will learn how to develop appropriate patient interventions for a child with ASD.

1:00 pm – 2:00 pm

## General Session #2:

- Crucial Conversations: A Primer *Mike Ackerman, DNS, RN*

2:00 pm – 2:30 pm

## Break

2:30 pm – 3:30 pm

## Breakout Session #2 (attend one session)

- Youth Suicide Prevention Delivered by Teen Peer Leaders *Peter A. Wyman, PhD and Mariya Petrova, Department of Psychiatry, University of Rochester*

- I Double Dare You! The Who, Where and What to Do of Adolescent Substance Abuse *Heather Martin, MS, RN, PNP-BC*

- Maximizing Antidepressant Treatment for Children and Youth Diagnosed with Depressive Disorders *Holly Brown, MS, RN, NPP, PMHCS-BC*

- Skills Station (1/2 hour each)
  - Assessment of Basic Pediatric Orthopaedic Ailments *Suzanne Johnson, RN, MS, CPNP*
  - How to Think Like a Neurologist: Pearls of the Pediatric Neuro Exam *Angela Liberatore, MS, CPNP*

- Transitional Care – The Great Leap from Pediatrics to Adult Medicine *Tiffany Pulcino, MD, MPH*

3:30 pm – 4:30 pm

## Breakout Session #3 (attend one session)

- Youth Suicide Prevention Delivered by Teen Peer Leaders *Peter A. Wyman, PhD and Mariya Petrova, Department of Psychiatry, University of Rochester*

- Pediatric Telemedicine Solutions to Everyday Problems *Neil Herendeen, MD, Medical Director Health-e-Access Telemedicine Program*

- Maximizing Antidepressant Treatment for Children and Youth Diagnosed with Depressive Disorders *Holly Brown, MS, RN, NPP, PMHCS-BC*

- Grads to Grannies: Managing & Educating the Generations *Nancy Freeland, RN, MSN, CCRN*

- Sexuality and Developmental Disabilities: The What, Why, When, Where & How *Angela Allen, MSW and Jeanne Ricigliano*

4:30 pm – 4:45 pm

- Evaluation *Pam Herendeen, DNP, RN, PNP-BC*

## ■ Ethical Issues in the Care of Pediatric and Adolescent Patients

*Jane Greenlaw, Co-Director URMC Center for Ethics, Humanities and Palliative Care*

Medical decision making for minors is generally understood to be the responsibility of parents. This presentation will explore exceptional situations such as: when parents refuse treatment that is recommended or they request treatment that is not indicated; and when teenagers want to make their own decisions that differ from those of their parents. The concepts of emancipated minors and mature minors will be discussed. Case examples will be discussed.

## ■ Youth Suicide Prevention Delivered by Teen Peer Leaders *Peter Wyman, PhD and Mariya Petrova*

Sources of Strength is a youth suicide prevention program that harnesses the influence of adolescent “peer leaders” in influencing the norms and behaviors of others in their social networks. Background, program model and research evidence supporting the efficacy of the Source of Strength model will be reviewed.

## ■ Maximizing Antidepressant Treatment for Children and Youth Diagnosed with Depressive Disorders

*Holly Brown, MS, RN, NPP, PMHCS-BC*

Approximately, 20% of children and youth are impacted by depression. Left untreated depression can significantly impair a child’s functioning. This presentation will provide participants with an overview of current evidence based treatment guidelines for this population; and will assist nurses with the screening and treatment plan for depression.

## ■ Skills Station (Neuro Assessments & Assessment of Basic Pediatric Orthopaedic Ailments)

*Angela Liberatore, MS, CPNP and Suzanne Johnson, RN, MS, CPNP*

- A review of various pediatric orthopaedic ailments with an emphasis on injuries and fractures, joint pain and evaluation of the hip.
- The relentlessly daunting pediatric neurologic exam will be demystified. Learn to readily identify and interpret exam findings relevant to common pediatric neurologic conditions and emergencies, with an emphasis on seizures, head injuries and headaches.

## ■ Transitional Care – The Great Leap from Pediatrics to Adult Medicine *Tiffany Pulcino, MD, MPH*

A definition of health care transitions, the goals of a healthy transition, and the challenges we as providers and our patients face to achieve those goals will be reviewed. In addition, resources and examples of national models that are attempting to address these challenges will be provided.

## ■ Pediatric Telemedicine Solutions to Everyday Problems *Neil Herendeen, MD*

Telemedicine can expand the walls of your medical home to bring medical services to children where and when they need it. Health-e-Access has been a leading pediatric telemedicine network since 2001 and has recently completed their 10,000th visit in Rochester. This talk will review the current state of technology and the various ways that pediatric providers are connecting with their patients to address a broad spectrum of health care needs.

## ■ Grads to Grannies: Managing & Educating the Generations *Nancy Freeland, RN, MSN, CCRN*

Generational differences among caregivers can sometimes result in misunderstandings, tension, and conflicts which can interfere with the care of our patients & their families. This presentation will focus on identifying generational differences among caregivers and focus on some strategies to assist with communication, orientation, education, and management of those caregivers from each generation. The outcome of this session is to give participants knowledge & tools to manage generational differences in the workplace.

## ■ Sexuality and Developmental Disabilities: The What, Why, When, Where and How

*Angela Allen, MSW and Jeanne Ricigliano*

Sexual development is an important part of the adolescent and young adult years for youth with and without disabilities. This session will cover strategies for discussing sexuality, maintaining personal safety, and identifying appropriate resources.

**The University of Rochester Medical Center/Strong Memorial Hospital and Strong Health Affiliates is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.**

**Continuing Nursing Education contact hours will be provided.**

## CONFERENCE PLANNING COMMITTEE MEMBERS

Lisa Augustini, MS, PNP (Co-Chair) • Suzanne Bumpus, MS, FNP (Co-Chair)  
Karen Chalanick, MS, PNP • Irene Dutko-Fioravanti, MS, PNP-BC  
Pam Herendeen, DNP, RN, PNP-BC • Marilyn McMullen, MS, PNP  
Cindy Annechino, MS, PNP • Matt Allen, MS, PNP • Kathy Wright, RN • Victoria Perrin, RN

# 18<sup>th</sup> Annual Pediatric Nursing Conference

Friday, May 20, 2011 **DEADLINE: May 16, 2011**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Employer: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

E-mail: \_\_\_\_\_

LPN: \_\_\_\_\_ RN: \_\_\_\_\_ NP: \_\_\_\_\_ Other: \_\_\_\_\_

## FEE

- \$125 per person       \$100.00 per Student       \$115 Group Rate  
**4 OR MORE** Registration materials must be mailed together

## LUNCH CHOICE (Please Choose One)

- Beef with Broccoli       Herb Crusted Chicken, Dijon Mustard Sauce  
 Pasta with Artichokes, Sun Dried Tomato & Wilted Baby Spinach

*Each entrée comes with a spinach, feta, walnut and roasted red pepper salad with balsamic vinaigrette dressing.*

## PLEASE CHOOSE ONE SESSION FOR BREAKOUT 1, 2, & 3

### BREAKOUT SESSION #1 11am – Noon

- Let's ROC! Using Quality Improvement Collaboration to Increase Prevention of Obesity  
 I Double Dare You! The Who, Where and What to Do of Adolescent Substance Abuse  
 Integrative Medicine: *The Application of Biofeedback in the Management of Pain and Anxiety*  
 Understanding Behavioral Challenges in Children with Autism Spectrum Disorder  
 Ethical Issues in the Care of Pediatric & Adolescent Patient's

### Breakout Session #2 2:30 – 3:30 pm

- Youth Suicide Prevention Delivered by Teen Peer Leaders  
 I Double Dare You! The Who, Where and What to Do of Adolescent Substance Abuse  
 Skills Station (1/2 hour each)  
• *How to Think Like a Neurologist: Pearls of the Pediatric Neuro Exam*  
• *Assessment of Basic Pediatric Orthopaedic Ailments*  
 Transitional Care – *The Great Leap from Pediatrics to Adult Medicine*  
 Maximizing Antidepressant Treatment for Children & Youth with Depressive Disorders

### Breakout Session #3 3:30 – 4:30 pm

- Youth Suicide Prevention Delivered by Teen Peer Leaders  
 Pediatric Telemedicine Solutions to Everyday Problems  
 Grads to Grannies: Managing & Educating the Generations  
 Sexuality and Developmental Disabilities: *The What, Why, When, Where and How*  
 Maximizing Antidepressant Treatment for Children & Youth with Depressive Disorders

## LOCATION

The conference will take place at the  
**University of Rochester River Campus**  
Frederick Douglas Building & Wilson Commons  
735 Library Road, Rochester, NY.

*Driving instructions will be mailed with the registration acknowledgment.*

## REGISTRATION

Persons wishing to register should complete and return the Registration Form with payment by May 16, 2011

**Attention:** Karen Bisbo

Pediatric Nursing, Box 619-11  
601 Elmwood Avenue Rochester, NY 14642  
ph 585-275-6367 fax 585-276-1974

## CONFERENCE FEE

**\$125** per person  
**\$100** student rate  
**\$115** group rate

*(4 or more & registration materials must be mailed together)*

### Fee includes

Conference attendance, course material, continental breakfast, lunch, and refreshments.

- Payment or PO must accompany registration.
- Please make checks payable to: *Pediatric Nursing Education Fund.*
- For all cancellations, administrative fee of \$25 will be deducted from all refunds.
- No refunds will be issued after May 16, 2011

## HOTEL ACCOMMODATIONS

Staybridge Suites  
Rochester University  
1000 Genesee Street  
Rochester NY 14611

hotel front desk 585-527-9110 fax 585-436-0346

*Please dress appropriately for varying temperatures.*

*Please ensure that you get your registration and payment in early to guarantee a spot.*