

# 5th Annual Riding the Wave

July 29–Aug. 1, 2019

Kingston Plantation  
9800 Queensway Blvd.  
Myrtle Beach, SC 29572

## Program Description

Today's health care setting presents unique, complex and varied patient care challenges. This conference is an opportunity to review and update your clinical practice and acquire new assessment and management strategies. You are invited to advance your knowledge of evidence-based practices that promote care innovations, collaboration and confidence among team members. Participants can design a conference experience that meets their professional goals.



Register TODAY at [www.nwahec.org](http://www.nwahec.org)

## Target Audience

This activity is designed for RNs, LPNs and advanced practice nurses who find the topics interesting and relevant to their practice.

## Attendance Options

Participants may attend one, two, three or four days. Credit is given for attending the full day. No partial daily credit is offered. This activity requires a minimum of 35 registered attendees each day to prevent cancellation. Conference is limited to 75 attendees per day.

## Daily Schedule

<b>7:30 am</b>	Registration and Continental Breakfast
<b>8 am</b>	Program Begins
<b>10 am</b>	Break
<b>12:15 pm</b>	Adjourn

Provided by:

Northwest Area Health Education Center (AHEC), a program of Wake Forest School of Medicine and part of the NC AHEC system.

This program is offered in conjunction with the 48th Annual Emery C. Miller Medical Symposium and the 40th Annual Charles R. Jerge Dental Seminar.

continued ►

## Program Schedule, Speakers and Objectives

### Day 1 Monday, July 29, 2019

#### 8 am / Taking Advantage of the New Wave of Minimal Invasive Surgery (MIS) in ICH Stroke Treatment

**Jean Pruitt, MN, RN, CCNS, FNP-BC, CCRN, CNRN, SCRNP**

Spontaneous intracerebral hemorrhage (ICH) accounts for 2 million strokes worldwide per year and is the most deadly subtype of stroke with a 1-year mortality rate up to 50%. This presentation will identify new treatments and management including recent research from the 2019 International Stroke Conference (ISC).

At the conclusion of this seminar, the participants should be better able to:

- Discuss the effects of Minimal Invasive Surgery (MIS) in the treatment of ICH.
- Describe the difference in endoscopic, stereotactic thrombolysis with conventional treatment, including medical treatment and conventional craniotomy.
- List three cutting edge research updates from the 2019 ISC specific to ICH treatment particular to techniques and evacuation timing.

#### 10:15 am / Changing Tides in Emergency Management of Acute Ischemic Stroke Patients

**Rayetta K. Johnson, MSN, Neuroscience CNS, RN, CNRN**

This presentation will provide a review of the anatomically oriented types of ischemic stroke and related symptomatology as well as the current treatments and scientific advancements in the management of the stroke patient.

At the conclusion of this seminar, the participants should be better able to:

- Discuss the types of ischemic strokes with correlation to cerebrovascular anatomy and symptomatology.
- Explain emergency treatments and current clinical trials for acute ischemic stroke.

#### 12:45–1:15 pm / Health Beyond the Teeth, the Time is Now: Dental/Medical Collaboration for Best Health Outcomes! / No additional charge / Lecture only - does not include lunch

**Doug Thompson, DDS, FAAMM, ABAHP**

Research makes it clear, inflammation is the basis for many systemic diseases, and periodontal inflammation is something that dentists see every day. But, how do we utilize what we now know into our daily practice with new treatment and preventive strategies for optimal oral and overall health?

This presentation will give an update on the latest evidence on the link between periodontal disease and systemic diseases such as heart disease, stroke risk, and cognitive diseases. Additionally, co-management of patients with the medical team with the goal of reduction of total body inflammation will be explored.

At the conclusion of this seminar, the participants should be better able to:

- Examine the connection between periodontal disease and many systemic conditions mainly vascular disease and vascular biology.

### Day 2 Tuesday, July 30, 2019

7:30 am Continental Breakfast (for participants only)

8 am Advance Care Planning: When and How? And Oh Wait, How do I Bill for it?

**Jennifer Gabbard, MD**

9 am Outpatient Dementia Care

**Franklin Watkins, MD**

10 am Break

10:30 am Preventive Medicine: Does Age and Prognosis Matter and How do I Predict My Patient's Prognosis?

**Jennifer Gabbard, MD**

11:30 am Alzheimer's Dementia Overview and Treatment

**Franklin Watkins, MD**

12:30 pm Adjourn

## Program Schedule, Speakers and Objectives (cont'd)

### Day 3 Wednesday, July 31, 2019

#### **Workplace Violence: De-escalation Strategies and Techniques**

**Quintina P. Smallwood, MSN, RN-BC, CCRN**

With violence on the rise in society, there is no surprise that same violence has spilled over into the healthcare industry. As a healthcare professional, there are strategies you should know to help de-escalate situations that have the potential to erupt into violence or physical harm. This lecture will provide a way to assess potentially violent encounters and implement strategies and solutions to keep you safer.

At the conclusion of this seminar, the participants should be better able to:

- Recognize individuals exhibiting anxious or threatening behaviors.
- Identify healthcare personnel's roles in managing workplace violence.
- Recall strategies to ensure the safety of self, patients and bystanders, during violent situations in the healthcare setting.

### Day 4 Thursday, Aug. 1, 2019

#### **8 am / Youth Suicide: What's bullying got to do with it?**

**Jodi Flick, LCSW, ACSW**

Although suicide among youth is rare, it is on the increase. This workshop will look at the most important risk factors for children and teens (including the role of bullying, social media, child maltreatment, access to firearms), and the most valuable protective factors (including social support, access to treatment, safe messaging). Our emphasis will be on the role that each of us can play in effective prevention and postvention efforts.

At the conclusion of this seminar, the participants should be better able to:

- Describe three important risk and three important protective factors for youth suicide.
- Explain the impact of bullying on youth suicide.
- Describe the evidence-based programs for youth suicide prevention.

#### **10:15 am / Social Media in Healthcare**

**Pamela D. Bartley, BSN, RN, CEN, TCRN, CCRN, CFRN, CTRN, CPEN**

This session will cover advantages and pitfalls of social media in healthcare. Advantages include apps to assist the healthcare provider in treating patients and opportunities for continuing education. Pitfalls include breaching patient privacy and unprofessional behavior. We will review the American Nurses Association Tips for Nurses Using Social Media and discuss popular FOAMed sites.

At the conclusion of this seminar, the participants should be better able to:

- Discuss the profession, ethical, and legal implications of using social media inappropriately.
- Describe guidelines for the appropriate use of social media.
- Discover the benefits of Free Open Access to Medical Education (FOAMed).

## Credit

Up to 16.5 Continuing Nursing Education (CNE) Contact Hours

Northwest Area Health Education Center (NWAHEC) is an approved provider of continuing nursing education by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

(#AP006-180729)

4.0 Continuing Nursing Education (CNE) Contact Hours will be awarded for each day's activity. In addition, 0.5 Continuing Nursing Education (CNE) Contact Hours will be awarded for the lecture, *"Health Beyond the Teeth, the Time is Now: Dental/Medical Collaboration for Best Health Outcomes!"* on July 29, 2019 at 12:45 pm. Participants must attend 90 per cent of the activity and complete online evaluation to receive credit. No partial credit will be awarded.

## Faculty

**Pamela D. Bartley, BSN, RN, CEN, TCRN, CCRN, CFRN, CTRN, CPEN**  
CEO of PDB Nurse Education, LLC and Lakeland Farms, LLC  
Prosperity, S.C.

**Jodi Flick, LCSW, ACSW**  
Clinical Associate Professor  
UNC School of Social Work  
Chapel Hill, N.C.

**Jennifer Gabbard, MD**  
Assistant Professor  
Internal Medicine—Gerontology  
Wake Forest Baptist Health  
Winston Salem, N.C.

**Rayetta K. Johnson, MSN, Neuroscience CNS, RN, CNRN**  
Stroke Program Manager, Comprehensive Stroke Center  
Wake Forest Baptist Medical Center  
Winston Salem, N.C.

**Jean Pruitt, MN, RN, CCNS, FNP-BC, CCRN, CNRN, SCRNP**  
Clinical Nurse Specialist, Neuroscience  
Cone Health  
Greensboro, N.C.

**Quintina P. Smallwood, MSN, RN-BC, CCRN**  
Critical Care Float Pool Staff RN  
Wake Forest Baptist Medical Center  
Winston Salem, N.C.

**Doug Thompson, DDS, FAAMM, ABAAHF**  
Founder, Wellness Dentistry Network  
Private Practice at Integrative Oral Medicine  
Bloomfield Hills, MI

**Franklin S. Watkins, MD**  
Associate Professor  
Internal Medicine—Gerontology  
Wake Forest Baptist Health  
Winston Salem, N.C.

## Cost and Registration

**\$450**—Four-day conference

**\$425**—Four-day conference discount per person for groups of three or more, registering at the same time

**\$150**—Per day (choose which day or days to attend)

**\$140**—Per-day discount per person for groups of three or more, registering at the same time

**Registration fee** includes instructional and administrative costs, access to learning materials and continental breakfast for days of attendance.

Register and pay online at [northwestahec.org](http://northwestahec.org) or complete and return the attached registration form by mail or fax. Payment by credit card (Visa, MasterCard, American Express), cash, money order, personal check or corporate check is accepted.

**Payment Policy**—Payment is required on or before entrance into any Northwest AHEC activity. If a corporate payment has not been received prior to the activity start date, you will be required to provide a personal credit card or check. If the corporate payment has not been received two weeks post activity, your personal credit card or check will be charged or cashed. To avoid personal payment, you should check with the financial staff at your organization to determine status of payment.

**Refund Policy**—Cancellations received in our office at least two days before the activity will result in a charge of \$50, or 30 percent of the paid registration fee, whichever is less. The registration fee will not be refunded if a cancellation is received less than two days before the activity. You may send a substitute in your place.

When planning for an educational activity, registration fees are not based on credit hours or agenda. Registration fees are based on expenses such as meeting room rentals, food, equipment, staff, etc., and are not adjusted by issues such as cancellation of speakers or other unforeseen circumstances. Every effort will be given to ensure the activity is a success.

## Location and Accommodations

For hotel reservations, contact:

Kingston Plantation

9800 Queensway Blvd.

Myrtle Beach, SC 29572

800-876-0010, option 1 for Kingston Plantation condos and villas or option 2 for the Embassy Suites

**Rooms reservations must be received by June 29, 2019.** Group rate includes lodging dates from July 27th– Aug. 5th. Please make your reservation directly with the hotel as soon as possible because **the room block fills before the cutoff date.**

To make your reservation online, please click on the link below or copy the following website address into your browser:

[https://embassysuites.hilton.com/en/es/groups/personalized/M/MYRESES-WFB-20190726/index.jhtml?WT.mc\\_id=POG](https://embassysuites.hilton.com/en/es/groups/personalized/M/MYRESES-WFB-20190726/index.jhtml?WT.mc_id=POG) [na01.safelinks.protection.outlook.com]

**Please use the following information when registering:**

**Organization:** Wake Forest School of Medicine / NWAHEC Conferences

**SRP / Group code:** WFB

## Fun Run

**July 31, 2019 / 6 am (Fun Run registration begins at 5:30 am)**

Join participants from all three Wake Forest School of Medicine Beach Week educational activities (5th Annual Riding the Wave, 48th Emery C. Miiler Medical Symposium and 40th Annual Charles R. Jerge Dental Seminar) for a fun, early morning fitness run/walk. Registration is \$15 and includes a t-shirt noting participation in the event. When registering, select the session "Fun Run Participant (includes one t-shirt) and then below select your specific size.

## Additional Information

**Please plan to join us next year for the 6th Annual Riding the Wave** the week of July 27, 2020 at the Embassy Suites-Kingston Plantation in Myrtle Beach, S.C.

If you have questions about registering for this activity or need auxiliary aids or special services to attend, please contact Gail Pawlik at least five working days before the activity at 336-713-7761 or gpawlik@wakehealth.edu.

Registering for and attending this program authorizes Northwest AHEC/Wake Forest School of Medicine to take pictures to be used for the Center's publications, website (including social media sites) and presentations. If you do not wish to be photographed, you may opt out of photographs the day of the activity.

 **#nursingwave**

## Registration Form

- \$450**—Four-day conference  
 **\$425**—Four-day conference discount per person for groups of three or more, registering at the same time  
 **\$150**—Per day (choose which day or days to attend)  
 **\$140**—Per-day discount per person for groups of three or more, registering at the same time  
 Entire four-day conference, or only the following days:  Day 1  Day 2  Day 3  Day 4  
 “Health Beyond the Teeth, the Time is Now: Dental/Medical Collaboration for Best Health Outcomes!,” on July 29, 2019 at 12:45 pm at no charge (does not include lunch)  
 \$15—Fun Run (includes participation t-shirt) Select size:  Small  Medium  Large  X-Large  2X-Large

Preferred Phone # (last 4 digits only):     \* required

First Name	MI	Last	Degrees (e.g., MD)		
Profession		Job Title			
Home Address		City	State	Zip	County
Home Phone		Cell Phone			
Employer		Job Title			
Employer Address		City	State	Zip	County
Employer Phone		Employer Fax			

- Preferred Email  
 Home Email \_\_\_\_\_  
 Work Email \_\_\_\_\_

By providing your fax number, email address and telephone number, you have granted permission for us to contact you via the numbers and address indicated.

### Ways to Register:

- Register online at [www.northwestahec.org/57814](http://www.northwestahec.org/57814) (Recommended)  
or select one of the following options:

- Check enclosed Check No. \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_

Make check payable to: “Wake Forest University Health Sciences” and mail, with registration form, to:  
Wake Forest School of Medicine / NW AHEC  
Medical Center Boulevard, Winston-Salem, NC 27157-1060  
Attention: Gail Pawlik

- WFBMC Internal Transfer: 25-digit chartfield # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

- Employer will make payment. Supervisor completes below and fax registration to 336-713-7701. Attn: Gail Pawlik

Supervisor’s Name (Printed) \_\_\_\_\_ (Signature) \_\_\_\_\_ Phone \_\_\_\_\_

By signing, I am certifying that agency payment will follow.

If you have a balance due and do not attend or send a substitute, you will be invoiced for the full program fee.