



PO Box 348  
Littleton, NH 03561

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Permit #37

**20th Annual Mud Season  
Nursing Symposium**  
March 23 & 24, 2012



20th Annual  
Mud Season Nursing Symposium

March 23 & 24, 2012

*A Peek at some of the Exhibitors and Sponsors  
You will see There!*

- *EBSCO Publishing*
- *Franklin Regional Hospital*
- *Lakes Region General Hospital*
  - *NH Nurses' Association*
- *North Country Health Consortium*
  - *Northern NH AHEC*
- *Plymouth State University Dept. of Nursing*
- *Plymouth State University Center for Rural Partnerships*
  - *Spear Memorial Hospital*
  - *Uniformly Yours*
- *White Mountains Community College*

*Pursuing Excellence in Nursing*

# 2012 Mud Season Nursing Symposium

## Purpose and Goals

### Purpose:

The purpose of the annual Mud Season Symposium is to promote excellence in professional nursing practice and in patient care by bringing quality continuing education to Northern New Hampshire. Themes and topics are determined by previous evaluation results, current evidence based research and practice, and input from the planning committee which consists of nurse educators from North Country and Central NH hospitals.

### Goals:

- To obtain up to date information on a variety of nursing topics
- To learn new skills that will enhance individual nursing practice
- To enlighten and rejuvenate one's current practice by networking with colleagues and exhibitors and to return home with a renewed sense of purpose and dedication

## Who Should Attend

Nurses and Nurse Practitioners from all practice settings.

## Nursing Contact Hours

“Northern NH Area Health Education Center is an approved provider of continuing nursing education by New Hampshire Nurses' Association's Commission on Continuing Education, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.”

This continuing education activity has been approved for **up to 12 contact hours**.

## Faculty Disclosure

Northern New Hampshire AHEC relies upon its faculty to provide information in a manner that is objective and as free from bias as possible. Instructors disclose all commercial relationships relative to the content of their presentation.

## Hotel Registration & Info

North Conway Grand Hotel  
Route 16 at Settlers' Green Outlet Village  
(GPS: 72 Common Court)  
North Conway, NH 03860  
(603) 686-7072  
[www.northconwaygrand.com](http://www.northconwaygrand.com)

### Please call hotel directly for reservations.

To guarantee room availability and rates, reservations must be made by February 21, 2012. Please identify yourself as a Mud Season Nursing Symposium Conference attendee to obtain the special rate listed below (room rates do not include taxes).

Standard room is \$99.00per night

Rates include: indoor and heated outdoor pools, men's and women's saunas, a state-of-the-art movie room with wide screen and surround sound, comfortable leather sofas and chairs, a cozy lobby with overstuffed chairs and crackling fire, and elegant grounds with a picturesque pond for a relaxing stroll.

## Remember -

- **Space is limited—register early!**
- **Register before March 10 to receive the Early Bird rate!**
- **Fee includes program, lunch and refreshments!**

## Paper copies of handouts

*will not*

**be provided at the conference.  
Handouts will be available for free  
download on our website**

**[www.nchcnh.org](http://www.nchcnh.org)**

**One (1) week prior to conference.**

- Please Dress in Layers -

Some classrooms may be either too cold or too hot for personal comfort.  
Best solution...dress comfortably in layers.

## To Celebrate our 20th Anniversary

Raffles!

Fashion Show!

Plans are underway for a few surprises!  
Hope you can join us for the fun!

Door Prizes!

Silent Auction!

## Friday, March 23, 2012

- 8:15 am - 8:30 am **WELCOME (Continental Breakfast / Vendors)**
- 8:30 am - 10:00 am **KEYNOTE: Enhancing Patient Safety Through Effective Communication**  
Pam Collins, RN, MSN, CMSRN, RN-BC
- 10:15 am - 11:30 am **CONCURRENT SESSIONS (indicate first and second choice)**
- **Explosives, Chemicals, Drugs and You**  
Les A. Cartier, NH State Fire Marshall Office
  - **Gestational Diabetes**  
C. Michele Dion, RN, BSN, CDE
  - **Patient Education: One Size Does Not Fit All**  
Pam Collins, RN, MSN, CMSRN, RN-BC
- 1:15 pm - 2:30 pm **CONCURRENT SESSIONS (indicate first and second choice)**
- **Constipation and Reflux in the Pediatric Patient**  
Carole Rudman, MSN, APRN
  - **Evidence Based Strategies for the Management of Acute and Chronic Heart Failure**  
Mary Macklin, MSN, APRN
  - **Post Anesthesia Care**  
Steven V. Ball, MS, CRNA
- 2:45 pm - 4:00 pm **CONCURRENT SESSIONS (indicate first and second choice)**
- **Advances in Bariatrics**  
E. Adam Goldenberg, MD
  - **Get with the Rhythm: Treatment of Atrial Fibrillation**  
Mary Macklin, MSN, APRN
  - **SIRS/Shock/Sepsis/MODS - Improving Patient Outcomes**  
Pam Collins, RN, MSN, CMSRN, RN-BC
- 11:30am - 1:15pm & 4:00 pm - 5:00 pm **POSTER PRESENTATIONS**

## Saturday, March 24, 2012

- 8:00 am - 8:30 am **Registration ~ Continental Breakfast ~ Vendors**
- 8:30 am - 9:45 am **CONCURRENT SESSIONS (indicate first and second choice)**
- **Compassion Fatigue when Caring For the Addicted Patient**  
Suzann Caldon, RNC, LADC and Corey Gately, MLADC, SAP
  - **Menopause: A Time for Reinvention**  
Elizabeth C. Todd, MSN, APRN
  - **“Smart Pumping” with Insulin Pumps**  
Rita Ketay, RN, CDE, BC-ADM, Ed.M
- 10:00 am - 11:15 am **CONCURRENT SESSIONS (indicate first and second choice)**
- **Chronic Illness and Depression**  
Stephen Noyes, LICSW
  - **Overview of Common Pediatric Urologic Conditions**  
Marc Cendron, MD, FAAP
  - **Ethical Challenges of Decision Making in Medical Care**  
Philip Lawson, MD, ABFP, ABHPM
- 12:30 pm - 1:45 pm **CONCURRENT SESSIONS (indicate first and second choice)**
- **Environmental Health Issues in Women**  
Julie Hohmeister, APRN
  - **Chronic Pain Management**  
Greg Aprilliano, MS, CRNA, APRN
  - **Guidelines for COPD Treatment**  
Deb Chabot, RN, BS, AE-C
- 2:00 pm - 3:30 pm **END NOTE: Patient Safety: by Choice, not by Chance!**  
Marge Kerns, RPh

# 2012 Mud Season Nursing Symposium

## Registration Form



Register by sending this form with payment to:  
North Country Health Consortium  
PO Box 348  
Littleton, NH 03561



You may now register and pay online!  
For information please go to our website:  
**www.nchcnh.org**

### Early Bird Registration Fee

One Day \$170; \$150 for NCHC Members  
Two Days \$245; \$225 for NCHC Members

### Registration fees AFTER March 10th

One Day \$185; \$165 for NCHC Members  
Two Days \$260; \$240 for NCHC Members

Note: Nursing Students One Day - \$80; Two Days - \$150 (student ID # required)

I will be attending: \_\_\_ **Friday** \_\_\_ **Saturday** \_\_\_ **Both Days** (please check one)

Special dietary needs \_\_\_\_\_

Name \_\_\_\_\_  APRN  RN  LPN  Other \_\_\_\_\_

Employer \_\_\_\_\_  
(student ID # if applicable)

Mailing Address \_\_\_\_\_  
\_\_\_\_\_  Home  Work

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Email (required for confirmation) \_\_\_\_\_

Check Enclosed # \_\_\_\_\_ (Made payable to NCHC) Organization/Individual Member:  Yes  No

Payment options may be available, please visit our website at [www.nchcnh.org](http://www.nchcnh.org)

**Space is limited for each session, please indicate your preference by numbering your first (1) and second (2) choice of topic per time frame.**

#### Friday, March 23, 2012

*10:15 am - 11:30 am*

- \_\_\_ Explosives/Chemicals/Drugs
- \_\_\_ Gestational Diabetes
- \_\_\_ Patient Education

*1:15 pm - 2:30 pm*

- \_\_\_ Constipation and Reflux
- \_\_\_ Acute/Chronic Heart Failure
- \_\_\_ Post Anesthesia Care

*2:45 pm - 4:00 pm*

- \_\_\_ Advances in Bariatrics
- \_\_\_ Treatment of Atrial Fibrillation
- \_\_\_ SIRS/Shock/Sepsis/MODS

#### Saturday, March 24, 2012

*8:30 am - 9:45 am*

- \_\_\_ Compassion Fatigue
- \_\_\_ Menopause
- \_\_\_ Insulin Pumps

*10:00 am - 11:15 am*

- \_\_\_ Chronic Illness/Depression
- \_\_\_ Pediatric Urologic Conditions
- \_\_\_ Ethical Challenges

*12:30 pm - 1:45 pm*

- \_\_\_ Environmental Health Issues
- \_\_\_ Chronic Pain Mgmt
- \_\_\_ COPD Treatment

**Cancellations** made before March 10, 2012 will receive a 90% refund.

**No refunds after March 10, 2012 including nonattendees.**

**Questions?** Call Kate McCosham at (603) 259-3700 ext 231 or by email at [kmccosham@nchcnh.org](mailto:kmccosham@nchcnh.org).

Brochures can also be found on our website: [www.nchcnh.org](http://www.nchcnh.org)