

2024 APRN Pharmacology Session Information

Session #1: A Journey of Self in Times of Challenges



Speaker: Maria Kidner, DNP, APRN, FNP-BC, FAANP

Session Description: As we traverse our nursing careers, we will experience challenges from people. Abuse vertically or laterally will impact us in different ways. Understanding our personal response will help each person to create a new path to a healthy response and help build self-efficacy and resiliency.

Speaker Bio: Maria Kidner is a DNP and a board-certified family nurse practitioner who has specialized in cardiology with over 18 years in cardiology as an Advanced Practice Nurse (APN) and over 30 years of nursing practice. She is a published author with, “Successful Advanced Practice Nurse Role Transition: A Structured Process to Developing Professional Identity through Role Transition.” Dr. Kidner is the co-chair for the ICN NP/APN research subgroup representing the USA. She is the Region 8 director to AANP. She lived in Rwanda, Africa in 2014 and continues to volunteer in providing cardiac education to Rwandan nurses and helping the country work towards APN roles. Dr. Kidner is a Rotarian. Dr. Kidner speaks nationally and internationally on cardiology and nursing leadership topics.

Session #2: Good Grief – Common Mental Health Conditions in Primary Care

Speaker: Jason Gleason, DNP, NP-C, USAF Lieutenant Colonel (RET)

Session Description: Prolonged grief disorder, depression, anxiety, and post-traumatic stress disorder pose significant challenges for patients and their families. Audience members will be taken on an informative and compelling journey equipping them with the pharmacologic and psychosocial modalities which can be utilized by APRNs to empower patients to embrace hope, overcome loss, restore joy, and live their best life.

Speaker Bio: Dr. Jason Gleason is a board-certified nurse practitioner with over two decades of experience in emergency medicine, primary care, diabetes, and stroke care. Dr. Gleason served in the military for 20 years, retiring as a Lieutenant Colonel in 2015. He is a distinguished national speaker and award-nominated documentary producer. He provides care for our National Heroes at the Veterans Administration and is a faculty member at Fitzgerald Health Education Associates by Colibri. Dr. Gleason contributes to various councils and boards including the National VA APRN council, the National VA/Department of Defense Clinical Practice Guidelines for Stroke workgroup and the advisory board for Carelinx by Sharecare founded by WebMD’s Jeff Arnold with support from Oprah Winfrey. Dr. Gleason has been recognized from the floor of the U.S. Senate for his service as an NP. Above all, he cherishes his role as a husband and being the father of three remarkable sons.

Session #3- Pediatric Potpourri



Speaker: Jenna Upham, FNP-BC

Session Description: Up to date recommendations for pediatric practice. Let's talk about most common management for what we see most in children from colds to UTIs and everything in between. Happy to share my tips, tricks, and verbiage I share with parents today.

Speaker Bio- Jenna Upham is a board-certified Family Nurse Practitioner who found her home in pediatric primary care for the past 5.5 years. Graduated with a BSN from Carroll College working in the hospital in a variety of departments until ultimately making decision to go back to school. Graduated as FNP from Montana State University in 2018 and has been working in pediatric primary care since then. When not at work, she loves spending time with her husband and 3 kids (4 and under) enjoying all of the good things Montana offers.

Session #4: Polypharmacy Hypertension Management



Speaker: Maria Kidner, DNP, APRN, FNP-BC, FAANP

Session Description: - Caring for patients with hypertension that does not respond to a few medications can be daunting. Yet, with an increased understanding on how the cardiac medications work, you will have confidence to add up to five medications and care for complex HTN patients in rural settings safely and effectively. A simple graphic is used for patient education to improve their understanding of why you need up to five medications to treat a disease they cannot feel!

Speaker Bio: Maria Kidner is a DNP and a board-certified family nurse practitioner who has specialized in cardiology with over 18 years in cardiology as an Advanced Practice Nurse (APN) and over 30 years of nursing practice. She is a published author with, “Successful Advanced Practice Nurse Role Transition: A Structured Process to Developing Professional Identity through Role Transition.” Dr. Kidner is the co-chair for the ICN NP/APN research subgroup representing the USA. She is the Region 8 director to AANP. She lived in Rwanda, Africa in 2014 and continues to volunteer in providing cardiac education to Rwandan nurses and helping the country work towards APN roles. Dr. Kidner is a Rotarian. Dr. Kidner speaks nationally and internationally on cardiology and nursing leadership topics.

Session #5: Treatment of Chronic Wounds using Topical Antibiotic Therapy

Speaker: Amanda Murray, NP-C, MSN, WCC

Session Description: Content will include information on the assessment and treatment of chronic wounds utilizing topical antimicrobial therapy. Wounds that will be utilized to demonstrate the use of topical antimicrobials will include venous leg wounds, malignant wounds, and diabetic foot ulcerations.

Speaker Bio: Owner and founder of KISS (Keep it Simple & Straightforward) Method Wound Care, LLC, Amanda is a wound care certified nurse practitioner who works and lives in central Montana. She obtained a BSN from Montana State University in 2007, wound care certification from WCEI in 2010, and her MSN, FNP from Gonzaga University in 2020. Since 2008, she has worked in many wound care settings. These clinical areas include outpatient and inpatient wound care, private podiatry practice, hospital and surgical center operating rooms, and consults across all clinical specialties. In 2020, after much persistence and pursuit, I opened a hospital outpatient wound care department. Being a wound care clinician is a lot like being a detective; there are many moving parts and missing pieces, no case is the same as another, and the challenge is finding the missing link that prevents wound healing.

Session #6: MOUD Management



Speaker: Dr. Robert Sise MD, MBA, MPH, FASAM

Session Description: Provide a current update of overdoses with and without mortality, provide evolving strategies in improving access to MOUD, and promote low threshold, outcome centered care.

Speaker Bio: Throughout his work, Dr. Sise emphasizes meeting patients where they are in their willingness to change. Prior to co-founding 406 Recovery, he co-founded and served as chief medical officer of the greater-Montana region's largest psychiatric practice to ensure more Montanans have access to psychiatric services and crisis care. He also served as chief executive officer of a joint venture with the Montana Hospital Association to provide emergency psychiatry services to hospitals across the state. Dr. Sise started providing care to Montanans when he joined Billings Clinic and founded the organization's first addiction treatment clinic. Before leaving Billings Clinic in 2021, he served as Medical Director of Montana's first EmPATH Unit, led the consult-liaison psychiatry service, and created a virtual urgent care service. He has lectured on substance use disorder screening, diagnosis, and treatment at regional conferences. Dr. Sise is board certified in addiction medicine, addiction psychiatry and general psychiatry.

Speaker: Dr. Greg Holzman, MD, MPH

Speaker BIO: Dr. Greg Holzman moved to Montana from Michigan to become the State Medical Officer for the Montana Department of Public Health and Human Services. In 2021, he decided to step down from this position and started work as a consultant. Greg has worked in medical and residency education, clinical care, research, and public health. Dr. Holzman has worked in leadership roles in public health at both the federal and state. Dr. Holzman is board-certified in both family medicine and preventive medicine. A graduate of the University of Florida's College of Medicine, he completed his family medicine residency at Carolinas Medical Center in Charlotte, North Carolina, and his preventive medicine residency at the University of Washington in Seattle, Washington.



Speaker: Dr. Daniel Nauts, MD, FASAM

Speaker Bio: Dr. Nauts is board certified in internal medicine and addiction medicine. He also has completed a partial psychiatric residency and was instrumental in the development of a co-occurring unit at Montana State Hospital. He has extensive experience in providing a full continuum of care in both Washington State and Montana. Dr. Nauts is an independent contractor for the Montana Primary Care Association providing Treatment of Opioid Use Disorder training and technical assistance. He also has been a faculty member for ASAM for the Fundamentals of Addiction Medicine and Moving Beyond Barriers courses. He currently resides in Missoula, Montana and is an active member of ASAM, and the Secretary for the Northwest Society of Addiction Medicine, an ASAM Chapter.

Session #7: Antimicrobial Stewardship

Speaker: Michael Huber, RPh, PharmD

Session Description: An up to date look at antibiotic resistance.

Speaker Bio: Michael currently practices as an inpatient pharmacist at Bozeman Health Deaconess Regional Medical Center.

Session #8: Metabolic Marvels- An Action-Packed Diabetes and Obesity Pharmacology Adventure!

Speaker: Jason Gleason, DNP, NP-C, USAF Lieutenant Colonel (RET)

Session Description: Get ready for this adrenaline pumping blockbuster! Step into a world where science becomes the hero in this action-packed presentation that will leave you on the edge of your seat! A cinematic battle against the menacing forces of diabetes and obesity. Watch as insulin sensitizers and releasers, GLP-1 receptor agonists, DPP-4 and SGLT2 inhibitors take center stage with other action heroes and APRNs in this epic battle. All working to deliver a knock-out punch to metabolic adversaries! Grab your popcorn and take your seats as you're taken on this action-packed adventure to empower your patients to live their best life.

Speaker Bio: Dr. Jason Gleason is a board-certified nurse practitioner with over two decades of experience in emergency medicine, primary care, diabetes, and stroke care. Dr. Gleason served in the military for 20 years, retiring as a Lieutenant Colonel in 2015. He is a distinguished national speaker and award-nominated documentary producer. He provides care for our National Heroes at the Veterans Administration and is a faculty member at Fitzgerald Health Education Associates by Colibri. Dr. Gleason contributes to various councils and boards including the National VA APRN council, the National VA/Department of Defense Clinical Practice Guidelines for Stroke workgroup and the advisory board for Carelinx by Sharecare founded by WebMD's Jeff Arnold with support from Oprah Winfrey. Dr. Gleason has been recognized from the floor of the U.S. Senate for his service as an NP. Above all, he cherishes his role as a husband and being the father of three remarkable sons.

Session #9: Pearls for Perinatal Prescribing



Speaker: Mariah Hill DNP, CNM, APRN, PMH-C

Session Description: This session will review prescribing principles for pregnant and lactating patients. We will review current evidence and work through common clinical situations together to help APRNs build confidence as perinatal prescribers.

Speaker Bio: Mariah Hill DNP CNM APRN PMH-C is a certified nurse-midwife who practices at Missoula Women's Healthcare and teaches undergraduate nursing students for Montana State University. She is

certified through Postpartum Support International as a perinatal mental health prescriber and recently took on the role of Program Lead for the proposed nurse-midwifery DNP track at MSU. Mariah is passionate about women's health and nursing education and loves spending time with her loud children and lazy puppy, especially in Montana's rivers and mountains.

Session #10: Multi-modal Pain Management: Where have we been and where are we going?

Speaker: Amanda Woloszyn PharmD, BCPS

Session Description: This session will review options for pain management, review of multi-modal approaches and alternatives for opioids. Adverse events of medication and monitoring will be reviewed, and more complicated cases will be presented and discussed.

Speaker Bio: Amanda received her Doctorate of Pharmacy from Butler University in Indianapolis, Indiana. Her PGY-1 Pharmacy Residency was completed at Spectrum Health in Grand Rapids, Michigan, and her PGY-2 specialty residency in Emergency Medicine was completed at Mayo Clinic in Rochester, Minnesota. Amanda worked as an Emergency Medicine Clinical Pharmacist at the University of Virginia in Charlottesville, Virginia, where she helped expand their emergency medicine program. Amanda joined Bozeman Health in 2014 as a clinical pharmacist initiating new programs including an ED culture follow up program. She recently moved into the System Manager of Pharmacy, Acute Care role. Since 2015, she has worked with the WWAMI medical school providing their didactic pharmacology lectures and coordinates with nursing leadership on nursing education throughout the health system. Amanda was born and raised in Bozeman and continues to enjoy and explore all the area has to offer with her husband and little girl.

Session #11 – Medical Management of Gender Transitions



Speaker: Katy Mistretta, DNP, APRN, FNP-BC

Session Description: Ensuring gender affirming care is integral to the spectrum of healthcare, yet there remains a notable gap in equipping providers with the necessary knowledge on best practices. This presentation aims to bridge that gap by offering a foundational understanding of prescribing hormone therapy for individuals, spanning both youth and adults seeking gender affirming treatment. Attendees will leave equipped with the knowledge to confidently prescribe both feminizing and masculinizing therapies. Moreover, they will gain an understanding of the prospective risks and benefits, while discerning the differences between permanent and reversible side effects.

Speaker Bio- With over a decade of experience as a Nurse Practitioner, Katy has dedicated a large part of her career to providing compassionate and specialized gender affirming care for both youth and adults. She is proud to be among the few healthcare providers offering these crucial services in the state of Montana. She is certified by the World Professional Association for Transgender Health (WPATH), reflecting a dedication to staying at the

forefront of best practices in gender affirming care. As part of her ongoing pursuit of knowledge, she recently completed an Endocrine fellowship at Duke University and is a member of the Endocrine Society. Katy is excited to share insights, experiences, and the latest advancements in gender affirming care.

Session #12 - CKD, Prevention and Treatment



Speaker: David Vaughan APRN, DNP, FNP-C

Session Description: A look at chronic kidney disease etiology, pathophysiology, prevention, and treatment. An evidence-based approach to preserving end-organ function.

Speaker Bio: David has been a nurse for 23 years after earning his BSN from California State University-Fresno. He earned his master's degree in 2007 and his Doctorate in 2021 from Montana State University-Bozeman. He has been working as a primary care nurse practitioner in rural Montana clinics for the past 16 years, providing full-spectrum family healthcare. His clinical interests include neurobiology and incorporating trauma-informed care practices.

Session # 13: Hypertension Management in Primary Care

Speaker: Jordan Overstreet, DNP, APRN, FNP-BC

Session Description: This session will review the basic pharmacology for first-line antihypertensive treatments, including specific patients in which certain medications are more appropriate. It will also review personalized approaches to managing hypertension for individuals requiring more than one medication as well as uses for second-line therapies, work-up for concern of secondary hypertension, and lifestyle recommendations.

Speaker Bio: Jordan is a family nurse practitioner and coordinator of a multidisciplinary, RN-pharmacist-led hypertension program. She has worked in this capacity for the last two and a half years. In addition, she is an assistant clinical professor at the MRJ College of Nursing at Montana State University. Her passion in healthcare is education and health promotion. Empowering patients to make meaningful, sustainable changes to improve their wellbeing is the most satisfying part of the work that she does.