Altru Health System’s 14th Annual Healthcare Conference

Healthcare Horizons

October 14 & 15, 2013
Alerus Center
1200 42nd Street South
Grand Forks, ND 58201

Sponsored by:
Altru’s Learning & Organizational Development
Altru’s Professional Nurse Committee
Altru’s Emergency Medical Services
Altru’s Mentor Program Committee
Altru’s Therapy Services
Altru’s Social Work

Visit our website at altru.org
Goal:
The goal of this conference, with its faculty of experts, is to assist the participant in meeting the challenges of everyday work by increasing their knowledge and expertise regardless of their position or work area. Come prepared to learn and leave rejuvenated!

Intended Audience:
We welcome Registered Nurses, Licensed Practical Nurses, Medical Assistants, Respiratory Therapists, Emergency Medical Technicians, Physical Therapists, Occupational Therapists, Social Workers, Chaplains, students, and other healthcare professionals interested in the subject matter.

Continuing Education

Social Workers:
Altru Health System has been designated as an approved provider of continuing education for Social Workers. For additional details on approved sessions, call 701.780.5345.

Chaplains:
Altru Health System has been designated as an approved provider of continuing education for Chaplains.

Occupational Therapist/Physical Therapists:
This program is designed to meet North Dakota Board of Physical Therapy and the North Dakota State Board of Occupational Therapy Practice criteria for contact hours. It is the responsibility of the participants to ascertain if an offering meets the requirements for acceptable continuing education. Participants will be provided the materials needed for verification of participation.

EMS Division:
This program has been approved by the North Dakota Department of Public Health, Division of Emergency Medical Services for 5.5 hours per day of continuing education.

North Dakota Nurses:
Altru Health System is an approved provider of continuing nursing education by the Washington State Nurses Association Continuing Education Approval & Recognition Program (CEARP), an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

In order to successfully complete this CNE activity, participants must sign the verification of attendance form at the CE table, be present no later than 10 minutes after starting time of the activity, remain until the scheduled ending time, and complete the evaluation form.

This conference is approved for 5.5 contact hours per day. Hours of continuing education credit, calculated on a 60-minute contact hour, are determined by the number of sessions a participant attends. Credit listed in contact hours:
Opening, closing sessions .......................................................... 1.5 each
Concurrent sessions .............................................................. 1.25 each
Maximum possible contact hours per day .................................. 5.5
Optional CE on October 14 only ............................................... 1.0

Minnesota Nurses:
This program is designed to meet the Minnesota Board of Nursing criteria for contact hours. It is the responsibility of the participants to ascertain if an offering meets the requirements for acceptable continuing education. Participants will be provided the materials required by the Minnesota Board of Nursing for verification of participation.
<table>
<thead>
<tr>
<th>Name</th>
<th>Title/Role</th>
<th>Institution/Department/Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meghan Compton, JD</td>
<td>Altru Health System’s Quality Management</td>
<td>Grand Forks, North Dakota</td>
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<tr>
<td>Mark Decker, BA Phil.</td>
<td>Northland Community and Technical College Department of Philosophy</td>
<td>East Grand Forks, Minnesota</td>
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<tr>
<td>Sgt. Travis Jacobson</td>
<td>Grand Forks Police Department</td>
<td>Grand Forks, North Dakota</td>
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<tr>
<td>Kari Kerr, MA, LPC</td>
<td>Community Violence Intervention Center</td>
<td>Grand Forks, North Dakota</td>
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<tr>
<td>Sandy Kovar, RCIS</td>
<td>Altru Health System’s Cardiology</td>
<td>Grand Forks, North Dakota</td>
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<tr>
<td>Ashley Magner, MA</td>
<td>Alzheimer’s Association</td>
<td>Grand Forks, North Dakota</td>
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<tr>
<td>Paul Mariani, MD</td>
<td>Dakota AIDS Education and Training Center</td>
<td>Fargo, North Dakota</td>
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<td>William J. Mohr III, MD, FA.C.S</td>
<td>Regions Hospital Burn Center</td>
<td>St. Paul, Minnesota</td>
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<td>Kevin O’Brien, DPT</td>
<td>Altru Health System’s Outreach Therapy</td>
<td>Grand Forks, North Dakota</td>
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<tr>
<td>Moriah Opp, MS</td>
<td>Altru Health System’s Learning and Organizational Development</td>
<td>Grand Forks, North Dakota</td>
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<td>Tim Phalen</td>
<td>ECG Solutions, Inc.</td>
<td>Jonesborough, Tennessee</td>
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<td>Dawn Smith, RN</td>
<td>Altru Health System’s Cardiology</td>
<td>Grand Forks, North Dakota</td>
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<td>Lisa M. Soltis, MSN, APRN, PCCN, CCRN-CSC, FCCM</td>
<td>WakeMed Health and Hospitals</td>
<td>Raleigh, North Carolina</td>
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<tr>
<td>Colleen Sveum, MSN, MBA, RN, CLNC</td>
<td>University of North Dakota</td>
<td>College of Nursing</td>
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<td>Eric Toutenhood, NREMT-P</td>
<td>Altru Health System’s Ambulance</td>
<td>Grand Forks, North Dakota</td>
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<td>Tom Zeidlik, NREMT-P, AAS, AS, BS, MS</td>
<td>Altru Health System’s Ambulance</td>
<td>Grand Forks, North Dakota</td>
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<tr>
<td>Vicky Black, RN, BSN</td>
<td>Trauma Nurse Coordinator</td>
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<tr>
<td>Tiffany Chambers, RNC-NIC, BSN</td>
<td>Professional Nurse Committee Chair</td>
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<td>Sara Dvorak, RN, BSN</td>
<td>Clinical Training Coordinator</td>
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<td>Theresa Jurgens, MPT</td>
<td>Supervisor, Outreach Therapy Services</td>
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<td>Kathy Langowski, BSSW</td>
<td>Conference Chair, Learning Coordinator</td>
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<td>Karen Mellum, PhD</td>
<td>Organizational Development Consultant</td>
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<td>Marlene Miller, MSW, LCSW</td>
<td>Manager, Learning &amp; Organizational Development</td>
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<td>Margaret Reed, RN, MBA</td>
<td>Chief Nurse Executive</td>
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<td>John Rieth, BCC</td>
<td>Manager, Pastoral Services</td>
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<tr>
<td>Randal Severson, NREMT-P</td>
<td>Regional EMS Coordinator</td>
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<td>Rod Shroyer, BA</td>
<td>Medical Education/AV Coordinator</td>
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<td>Jodi Sorum, MSW</td>
<td>Manager, Case Management</td>
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<tr>
<td>Susan Tharalson, RN, BSN</td>
<td>Clinical Learning Coordinator</td>
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Kathleen Bartholomew, RN, MN  
Friday Harbor, Washington

Kathleen Bartholomew, RN, MN has been a national speaker for the nursing profession for eleven years. As the manager of a 57 bed surgical unit in Seattle, Kathleen quickly recognized that creating a culture where staff felt a sense of belonging was critical to retention. During her tenure as manager, staff, physician and patient satisfaction improved significantly as she implemented her down-to-earth strategies. Despite the nursing shortage, Kathleen could always depend on a waiting list of nurses for her unit.

Kathleen’s strong background in Sociology laid the foundation for her to correctly identify the norms particular to healthcare – specifically physician-nurse relationships and nurse-to-nurse hostility. She authored “Speak Your Truth: Proven Strategies for Effective Nurse-Physician Communication” which is the only book to date which addresses physician-nurse issues. The expression, “nurses eat their young” has existed for years in the nursing profession. In 2005, Kathleen resigned her manager position to write a second book on horizontal violence in nursing. In her book, “Ending Nurse to Nurse Hostility” (2006), Kathleen offers the first comprehensive and compassionate look at the etiology, impact and solutions to horizontal violence. In 2010, Kathleen was nominated by Health Leaders Media as one of the top 20 people changing healthcare in America.

Kathleen’s passion for creating healthy work environments is infectious. She is an expert on hospital culture and speaks internationally to hospital boards, leadership and staff about safety, communication, cultural change and power. With her husband, John J. Nance, she co-authored, “Charting the Course: Launching Patient-Centric Healthcare.” From the bedside to the boardroom Kathleen applies research to practice with humor and an ethical call to excellence. Everyone that hears her is inspired.

Joe Piscatella  
Institute for Fitness & Health, Gig Harbor, Washington

Joe Piscatella is one of the country’s leading experts on lifestyle and cardiac health. His accomplishments include: president of the Institute for Fitness and Health, author of 13 best-selling books, host of three PBS television programs, frequent guest on The Today Show, CNN, Fox News and Good Morning America, ‘guest expert’ on WebMD, serving as the only non-medical member of the NIH Expert Panel on Cardiac Rehabilitation, a popular national speaker (over 2 million people have attended his seminars), designer of community and corporate wellness programs (in one program, 650 people lost 4200 pounds) and serving on the Legislative Task Force on Youth Health charged with improving nutrition and fitness in elementary schools in Washington. Joe knows the science of healthy living, but he understands the practical application as well. After undergoing bypass surgery at age 32, he has utilized lifestyle habits to successfully manage his health. Today, Joe is one of the longest-lived survivors of bypass surgery in the world, 35 years and counting! TIME magazine calls him ‘a force for positive change.’

Marilyn Sherman  
Standard Ovation, Overland Park, Kansas

Marilyn Sherman has spent years motivating and inspiring audiences to get out of their comfort zone and get a front-row seat in life. After starting her career in corporate America, she is now seen as the go-to motivational keynote speaker for corporate and association markets that want their people to improve their morale, teamwork, and communication skills and ultimately achieve more results. With her background as a training officer for a major finance company, Marilyn honed her skills to motivate audiences who are often hard to motivate. With her engaging, and fun personality, Marilyn connects with her audiences immediately and delivers content that they can immediately use when they get back to their office.

Marilyn is a graduate of Washington State University and after working for Chrysler First Financial Services, she was a contract speaker for one of the top seminar companies in the United States and Canada. She officially received road warrior status after delivering six-hour professional development seminars up to 5 cities a week up to three weeks a month for five years! In 1998, she went out on her own starting UpFront Presentations, a speaking and training company. She has served on the boards for the National Speakers Association Las Vegas and San Diego chapters. She also held national positions as the chair of the Motivational Speaker Professional Expert Group and headed up four labs that were conducted across the country.

In addition to being a popular motivational keynote speaker, Marilyn is also the author of three motivational books including “Whose Comfort Zone Are You In?” “Why Settle for the Balcony, How to Get a Front-Row Seat in Life” and “Front-Row Service”. When not delivering upbeat motivating programs for audiences across the country, Marilyn accompanies her French husband Yves de Boisredon who takes people on fantasy wine experience trips to France.

Julie Miller, RN, BSN, CCRN  
PALS to Learn, Whitehouse, Texas

Empowering nurses to provide the best care to their patients is the goal of every presentation by Julie Miller. With an ability to transform knowledge to bedside care, Julie has been an inspiring speaker at national conferences, as well as multi-disciplinary regional seminars. She draws from an extensive background in adult critical care and leadership experiences. Julie’s enthusiastic teaching style, ability to make the complex simple, sense of humor and ability to make information memorable and fun, keeps her students returning for more.
Monday, October 14, 2013

8:00 – 8:45 a.m.  Registration
8:45 – 9:00 a.m.  Welcome and Announcements
9:00 – 10:30 a.m.  Slow Down and Listen!
        Julie Miller, RN, BSN, CCRN
What lessons have you learned along the way? What stories have you been told? When was the last time you looked into your patient’s eyes? Let’s take the time to honor your daily work. We will focus on celebrating & honoring the work we do and strategize on steps to improve our skills to provide the best care.

10:30 – 11:00 a.m.  Break (exhibits open)
11:00 – 12:15 p.m.  Concurrent Sessions (choose one)

101  Case Studies in Electrolyte Management
        Julie Miller, RN, BSN, CCRN
The purpose of this session is to offer easy to remember clues when assessing and intervening for patients with electrolyte disturbances. Utilizing a case analysis method, this session will focus on the indicators for early intervention, the clinical ramifications of altered electrolytes, treatment options, and the latest research regarding abnormal electrolyte disturbances.

102  MRSA Infection
        Paul Mariani, MD
The aim of this session is to provide medical practitioners with insight into the understanding of clinical manifestations and treatment of MRSA infection. Basic diagnostic tools and strategies for recognizing MRSA via case studies of immunocompetent and immunosuppressed individuals will be presented. Management options, including in recurrent infections, will be reviewed.

2:30 – 3:00 p.m.  Break (exhibits open)
3:00 – 4:15 p.m.  Why Settle for the Balcony? How to get a Front-Row Seat in Life!
        Marilyn Sherman
Life is short – live it in the front-row! This dynamic keynote inspires people to get out of the balcony of their life, and go for that front-row seat! With so many things out of control these days, attendees will be reminded that their attitude and perception are 100% within their control. With the right mindset, any seat can be a front-row seat! Marilyn inspires her audience by showing them the difference between living and working in the balcony and general admission. She will inspire people to choose to live in the front-row -- because that is where successful people live! During the session, Marilyn teaches people to have a vision, be of service, be gutsy, appreciate what they have and become empowered to do more. After Marilyn’s presentation, people will be ready to get out of the balcony, where they had once complained how bad the seats were, and move to the front-row with all the necessary tools to make immediate changes for positive results. Everyone deserves a front-row seat in their life and this program helps people get there. Leaders also learn how to usher others to the front-row of their lives for better results.

108  Beyond the Basics: STEMI and the 12-Lead ECG
        Tim Phalen
This session provides easy to understand and practical approaches to two aspects of STEMI recognition: 1) Differentiating ST elevation from genuine STEMI versus ST elevation from a variety of non-infarct causes and 2) Dealing with the “blind spots” of the 12-lead ECG (posterior STEMI and right ventricular infarction).

109  Finding a Healthy Recipe for Evidence Based Practice
        Colleen Sveum, MSN, MBA, RN, CLNC
Without realizing it, evidence based practice (EBP) is used in many facets of our everyday life. One common example is cooking. Learn how to find a healthy recipe for EBP that you can bring to your practice providing all the right ingredients for high-quality patient care.

110  Decisions, Decisions: Exploring the Moral Decision-Making Process
        Mark Decker, BA Phil.
Attendees at this session will explore their moral decision-making process through a look at several moral principles, a framework for application of moral principles, and case studies.

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<table>
<thead>
<tr>
<th>Page</th>
<th>Time</th>
<th>Session</th>
<th>Presenter</th>
<th>Details</th>
</tr>
</thead>
</table>
| 103   | 4:15 – 4:30 p.m. | Health Literacy: Explain “Plain” | Moriah Opp, MS                     | According to the National Patient Safety Foundation, problems with patient compliance and medical errors may be based on poor understanding of health care information. Only about 50% of all patients take medications as directed, and annual health care costs for individuals with low literacy skills are 4 times higher than those with higher literacy skills. This presentation will show why it’s important to explain “plain”.

| 104   | 4:45 – 5:45 p.m. | Optional CE Program: Opening the Door to Integrative Medicine | Sherry Burg, RN, BSN, Healing Touch Apprentice Practitioner | Integrative medicine, including aroma therapy, pet therapy, healing touch and more, has great benefits for your patient’s mind, body, and spirit. This session will discuss ways you can begin to incorporate integrative medicine into your everyday practice. This optional CE is available for an additional fee of $10.

| 105   | 12:15 – 1:15 p.m. | Lunch                            |                                    |                                                                                                                                                                                                           |
| 106   | 1:15 – 2:30 p.m. | Concurrent Sessions (choose one) |                                    |                                                                                                                                                                                                           |
| 106   | 1:15 – 2:30 p.m. | Code Stroke: What is My Role?     | Julie Miller, RN, BSN, CCRN        | Designed for the practitioner who is unfamiliar or uncomfortable with the guidelines for treating ischemic stroke. Key content will focus on quick and in-depth neurologic stroke assessment, correlating function to the area of the brain affected, and the American Heart Association/American Stroke Association guidelines for treating ischemic stroke will be applied to a case study.

| 107   |                                    | Understanding Dementia/Alzheimers: Improving Communication | Ashley Magner, MA                  | Alzheimer’s Disease severely affects verbal and written communication, making care and social engagement difficult. This session explains how the disease affects communication. Techniques for improving communication to bring about improved care outcomes and social engagement will be explored. |
The Conference Agenda Day Two on Tuesday, October 15, 2013 includes:

**8:00 – 8:45 a.m.** Registration

**8:45 – 9:00 a.m.** Welcome and Announcements

**9:00 – 10:30 a.m.** Overcoming Barriers to Healthy Lifestyle Habits  
*Joe Piscatella*  
Healthy living - a benefit to the individual and organization - starts with good information. What is a healthy diet? What's the best way to exercise? Today people know the difference between an apple and a piece of apple pie, between going out dancing or watching Dancing with the Stars! Knowing the information isn’t acting on the information. Why this chasm between information and action? Because information alone is not enough. If it were, we’d be a nation of non-smokers. In this dynamic and inspirational program, Joe Piscatella provides practical solutions to overcoming barriers and making healthy changes that last a lifetime. Audiences learn how to get started and stay the course.

**10:30 – 11:00 a.m.** Break (exhibits open)

**11:00 – 12:15 p.m.** Concurrent Sessions (choose one)

**201** Prevention and Self-Management of Lumbar Pain  
*Kevin O'Brien, DPT*  
Many of us experience the all-encompassing misery of low back pain at some point in our lives. This presentation will expound on evidence-based preventative measures for this pain. Also included will be self-treatment options for lumbar pain.

**202** The Legal Side of EMS  
*Tom Zeidlik, NREMT-P*  
Ever thought of stopping at an accident to help? Are you dispatched to any type of emergency scene? You may be very surprised at the limitations of the Good Samaritan laws. This session discusses what’s covered and what isn’t.

**203** Trauma and Burn Injuries  
*William J. Mohr, III, MD F.A.C.S.*  
This discussion will focus on how trauma relates to burns and how to properly care for a patient with both types of injuries.

**207** Heart Disease – “Not Just for Men Anymore”  
*Sandy Kovar, RCIS & Dawn Smith, RN*  
Worldwide 8.6 million women die from heart disease each year, accounting for 1/3 of all deaths in women. 42% of women who have heart attacks die within 1 year, compared to 24% of men. This presentation is designed to review signs and symptoms of heart attack in women. Also included, through interactive participation, will be a discussion of risk factors, strategies to identify early symptoms of heart disease, and prevention.

**208** EMS Response to Self-Harm and Suicide  
*Eric Totenhood, NREMT-P*  
This presentation was created by North Dakota Suicide Prevention Program as part of a statewide initiative to improve nursing and other EMS professionals’ response to emergency calls related to threatened self-harm and suicide, attempted self-harm and suicide and completed suicides. A review of the new North Dakota protocol will be included.

**209** Understanding Renal Failure: What’s Wrong with the Beans  
*Lisa Soltis, MSN, APRN, PCCN, CCRN-CSC, FCCM*  
Acute renal failure is a common complication seen with patients in acute and critical care settings. This session will review etiologies that contribute to renal failure and discuss differentiating factors between the various types of renal failure. Current treatment modalities for renal failure will be discussed, including hemodialysis versus continuous renal replacement therapy.

**210** A Passion for the Art of Nursing  
*Kathleen Bartholomew, RN, MN*  
Nursing is both a science and an art. The science of nursing requires us to stimulate our minds while the art of nursing engages our soul. As we tackle the everyday challenges, it is clear that many of us have forgotten the joy of nursing. Using the power of story, Kathleen inspires nurses to be in awe and appreciation at nurses’ work. This lecture challenges how we look at our own profession, reminding us through the story of the moments where we have connected to another human being on the deepest of levels as we help them to deal with the gamut of human emotions. When we encourage the role of nurse as artist, and integrate these qualities into our daily routine, we unleash our own personal power - nursing then becomes a place to be nourished rather than drained.
Advanced Coronary Syndromes – Something Old, Something New, Something Borrowed, NOT Blue  
Lisa Soltis, MSN, APRN, PCCN, CCRN-CSC, FCCM

This presentation will include a discussion of the pathology involved along the ACS continuum. Something Old: What hasn't changed with management of acute MI and ACS. Describe signs and symptoms associated with ACS as well as variations in cardiac enzymes and electrocardiographic findings. Something New: Discuss new practice guidelines including adjunctive pharmacological therapies that can improve patient outcomes. Something Borrowed: Strategies to restore perfusion and blood flow to blocked arteries include percutaneous coronary interventions, fibrinolytic therapy, and coronary artery bypass grafting.

Prescription Drug Abuse  
Sgt. Travis Jacobson

This presentation focuses on what we are dealing with this day and age when it comes to prescription drug use amongst our society. Sgt. Jacobson will talk about what a Drug Recognition Expert (DRE) is and how a DRE can be utilized with other agencies and the public. He will also talk about signs and symptoms that a user will exhibit when under the influence of certain prescription drugs and on how to recognize when someone is suffering from drug addiction. Sgt. Jacobson will also talk in depth about the abuse of prescription medications and how people are getting these drugs in staggering numbers.

Healthcare Directives and What Our Patients Need to Know About Decision-Making  
Meghan Compton, JD

Healthcare Directives (HCD) are important to patients and the organization. This presentation will provide a general understanding of healthcare directives (HCD), the legal language associated with them, and the requirements necessary to make them valid. Also included will be an explanation of the differences between healthcare directives, living wills, and DNRs to help assist patient decision making.
**Fees:**

The registration fees are $80 for one day or $150 for both days. The fees for Parish Nurses, Retired Nurses, and students are $45 for one day, $90 for both days. This includes instructional materials, exhibits, comfort breaks and lunch including coffee and water. The deadline for registration is October 1, 2013. Registration cannot be shared by individuals and auditing is not permitted.

**Registration:**

Make check payable to Altru Health System. Mail payment with the registration form to:
Altru Health System-Learning & Organizational Development
PO Box 6002
Grand Forks, North Dakota 58206-6002

Phone registration will not be accepted and registration confirmations will not be mailed. To request special facilities or assistance relating to a disability, contact Altru Health System Learning & Organizational Development at 701-780-5179 by October 1, 2013. Altru employees should register on AltruNet.

**Cancellation:**

The registration fee, less $25 for administrative costs, will be refunded to those individuals who cancel before October 1, 2013. Refunds are not available after this date. Altru Health System reserves the right to make program changes or to cancel the conference. In the event of a program cancellation, registrants will be notified and fees will be refunded in full.

**Additional Conference Information:**

For your comfort, you are encouraged to dress in layers as meeting room temperatures may fluctuate. Out of respect for conference presenters and participants, we ask that you limit disruptions during all sessions. This includes silencing phones, limiting talking, and minimizing leaving during sessions. Children/babies are not permitted in the meeting rooms. At the request of our presenters, no video taping, audio recording, or picture taking is allowed.

**Accommodations:**

Each registrant is responsible for his/her own accommodations. A block of rooms has been reserved at the Canad Inns which is conveniently attached to the conference location. Reservations can be made by calling (701) 772-8404 or 1-888-332-2623. For a discounted rate, mention confirmation number 320061. Reservations must be made by September 13, 2013 to receive the discounted rate.
Healthcare Horizons Registration Form

A registration form must be filled out completely for each person attending. Payment must accompany the registration form (U.S. currency only, no credit cards, vouchers or purchase orders will be accepted). Registration deadline is October 1, 2013. Please PRINT information clearly.

Name & Credentials: ______________________________________________________________________
Organization: _____________________________________________________________________________
Address: _________________________________________________________________________________
Phone number: ______________________________________________________________________________
City: ____________________________________________ State: ___________

Indicate the concurrent sessions you plan to attend:
(Admittance to each session is limited. Seating is not guaranteed)

Day 1: Monday, October 14, 2013
Morning Concurrent Session (circle one): 101 102 103 104 105
Afternoon Concurrent Session (circle one): 106 107 108 109 110

I plan to attend the optional CE opportunity on October 14, 2013 at 4:45 pm. There is an additional cost of $10 for this session.

Day 2: Tuesday, October 15, 2013
Morning Concurrent Session (circle one): 201 202 203 204 205
Afternoon Concurrent Session (circle one): 206 207 208 209 210

Registration Fees (indicate attendance):
___ One Day Only: $80
___ One Day Only: Parish Nurse/Retired Nurse/Student: $45
___ Both Days: $150
___ Both Days: Parish Nurse/Retired Nurse/Student: $90
___ Optional CE Opportunity: $10
______ Total Enclosed