

**24<sup>TH</sup> Annual Advanced Practice Nursing Symposium**  
**Provided by the University of Southern Indiana**  
**Friday, April 29, 2022**  
**8:00 a.m. – 4:30 p.m. (CT)**  
**Presented by: Barb Bancroft, RN, MSN, PNP**  
**Agenda**

7:30 – 8 a.m. Registration and Continental Breakfast

8 – 8:15 a.m. Welcome

**8:15 – 9:15 a.m. Polypharmacy: Part I**

This session will review updated variables that influence polypharmacy principles in the older adult. Topics will include physiological changes (water and fat distribution, pH), organ system changes (liver metabolism and renal eGFR), and prescribed and over-the-counter drug/alternative therapy interactions. Examples will include how gastric pH influences the absorption of drugs and why PPIs can play a role in diminished efficacy; dose adjustments of drugs based on eGFR; NSAIDs and renal vasoconstriction issues; when should a different drug or different route of administration be considered?

9:15 – 9:30 a.m. Break

**9:30 – 10:30 a.m. Polypharmacy: Part II**

10:30 – 10:45 a.m. Break

**10:45 – 11:45 a.m. Journey through the GI Tract: Part I**

Take a two-hour trip through 33 feet of GI tract, starting with disorders of the mouth, progressing through the esophagus, down through the stomach and intestines, and ending up in the toilet. Disorders include recognizing high-risk cancers of the mouth and throat, types of dysphagia, GERD, NSAID use and gastropathy, peptic ulcer disease, GI bleeding, acute appendicitis, constipation, diarrhea, inflammatory bowel disease, and colorectal/anal cancer. Common drugs and their impact on the GI tract will also be included.

11:45 – 12:45 p.m. Lunch

**12:45 – 1:45 p.m. Journey through the GI Tract: Part II**

1:45 – 2:00 p.m. Break

**2:00 – 3:00 p.m. Vitamins (the “vital-amines”) With a Few Minerals Thrown In: Part I**

Review each of the vitamins, a few minerals, and the evidence-based findings for the clinical use of Vitamins A, all the B's, C, D, and E. Questions to be addressed: should you recommend a multivitamin; why postmenopausal women shouldn't take a multivitamin with iron; which B vitamin should you add to alcohol; how do vitamin B12 and omega 3 fatty acids work synergistically in the brain; can vitamin D reduce the signs and symptoms of severe COVID-19; what are the signs and symptoms of vitamin deficiency or vitamin excess? Minerals such as magnesium for migraine prevention and zinc for cold prevention, and calcium for bone health, will be discussed. Review the positive and negative effects of the supplements taken by many of our patients.

3:00 – 3:15 p.m. Break

**3:15 – 4:15 p.m. Vitamins (the “vital-amines”): Part II**

**4:15 – 4:30 p.m. Closing and Evaluation**