

24TH ANNUAL  
PSYCHIATRIC NURSING SYMPOSIUM

FRIDAY, APRIL 23, 2010



*Explore Challenges  
and Best Practices in  
Psychiatric-Mental  
Health Care*

**Keynote Speaker:**

**Virginia Trotter Betts, MSN, JD, RN, FAAN  
Commissioner, Department of Mental Health &  
Developmental Disabilities, State of Tennessee**

**E.H. HEREFORD UNIVERSITY CENTER  
UNIVERSITY OF TEXAS ARLINGTON**

## 24th Annual Psychiatric Nursing Symposium

Plan for this exciting educational and networking day! The keynote speaker, Dr. Betts, a renowned national advocate of mental health nursing will focus on the challenges of and best practices in mental health care. General and multiple breakout sessions with expert speakers will focus on treatment of psychiatric disorders of adults and children, as well as addiction care, forensic nursing, psychiatric emergencies, and the use of the EMR in mental health settings.

### Who Should Attend?

- Staff Nurses
- Clinical Nurse Specialists
- Nurse Practitioners
- Nurse Managers
- Educators/Instructors
- Private Practitioners/Consultants
- Care Managers
- Nursing Students
- Graduate Students

### Planning Committee

**Elizabeth Poster, PhD, RN, FAAN**

Dean, College of Nursing, University of Texas Arlington  
Chair, Planning Committee

Kathryn Griffin, MSN, RN, NEA, BC

Mei-Yee Lee, RN, MSN, PMHCNS, BC

Dacey Smith, RN, MSN, PMHCNS, BC

Toni McKenna, DNSc, RN

Barbara Johnson, PhD, RN, PMHNP

Celeste Johnson, MSN, RN

Diane Snow, PhD, RN, PMHNP, BC, CARN

Susan Weeks, DNP, RN, CNS, LMFT, LCDC

### CONTINUING NURSING EDUCATION INFORMATION

The University of Texas at Arlington Center for Continuing Nursing Education is an approved provider of continuing nursing education by the Texas Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

This activity provides 5.75 contact hours.

Many sessions offer pharmacology hours.

For additional information call the Center for Continuing Nursing Education at the University of Texas Arlington at 817-272-2778 or [click here](#)

## CONFERENCE AGENDA

**7:30am Registration, Continental Breakfast and Exhibits**

**8:00am Welcome**

*Elizabeth Poster, PhD, RN, FAAN  
Dean, College of Nursing  
University of Texas Arlington*

**8:15am Keynote Address**

**Challenges and Opportunities: What's Ahead for Psychiatric Mental Health Nursing?**

The commissioner will discuss current/future challenges and opportunities for mental health substance abuse services, the effects of the economic downturn on these services and how state mental health agencies are responding to fiscal crises. She will also discuss how the role of the psychiatric mental health nurse will continue to evolve.

*Virginia Trotter Betts, MSN, JD, RN, FAAN  
Commissioner, Department of Mental Health & Developmental Disabilities, State of Tennessee  
Past President, American Psychiatric Nurses Association*

**9:30am Break and Exhibits**

**10:00am Concurrent Sessions**

Rx **Managing Pediatric Psychiatric Emergencies**

Pediatric Psychiatric Emergencies require a skilled, multidisciplinary team approach, including pediatric educated mental health consultants. Behavioral interventions and medication recommendations will be discussed. The use of verbal de-escalation and calming techniques as an early intervention may prevent progression from agitation to aggression. The treatment of agitation and aggression in children and adolescents presenting to the Emergency Department requires successful management of the acute episode, followed by interventions designed to reduce the intensity and frequency of subsequent episodes and violence.

*Paul E. Croarkin, DO  
Assistant Professor of Psychiatry  
Director of Training, Child and Adolescent Psychiatry Fellowship  
UT Southwestern Medical Center Dallas, Dallas, Texas  
and  
Jane Le Vieux, PhD, RN, LPC, RPT-S  
Psychiatric Consult Nurse Liaison  
Children's Medical Center of Dallas, Dallas, Texas*

Rx **Healing the Addicted Brain**

*Harold C. Urschel III, MD and Eugenia Zelanko, PhD, RN, CNS, PMH  
Urschel Recovery Science Institute, Dallas, Texas*

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## **Breaking the Chain of Evidence Collection: Forensic Nursing Defined**

This presentation will enhance the participant's knowledge of forensic nursing. The focus will be on describing the application of forensics to nursing practice and acknowledging the process of evidence collection, documentation and chain of custody.

*Debra Schmidt, RN, MSN, PMHCNS*

*Clinical Instructor*

*Texas Christian University, Fort Worth, Texas*

## **Advocating for the Psychiatric Patient**

This session will focus on the Texas Mental Health Code and the various types of admissions to inpatient psychiatric facilities. Common patient concerns as well as ways to manage difficult situations that might result in potential litigation will be reviewed.

*David R. Goen, BSN, RN*

*Patient Advocate*

*Green Oaks Hospital,, Dallas, Texas*

**11:00am Break and Exhibits**

**11:15am Concurrent Sessions**

### **Rx Children and Adolescents Who Can't Pay Attention**

Dr. Nagireddy will discuss ADHD including epidemiology, clinical course, co-morbidities, etiology, screening, evaluation and evidence based treatment approaches.

*Shanti Nagireddy, MD*

*Board Certified Adult, Child and Adolescent Psychiatrist*

*Cook Children's Behavioral Health, Fort Worth, Texas*

### **Secondary Trauma: The Contagious Effect of Therapeutic Relationships**

This session will focus on the recent recognition of Secondary Trauma, which occurs with empathetic, professional caregivers. The concepts of "secondary traumatic stress", "compassion stress", "vicarious trauma", and "compassion fatigue" will be explored and current literature relating these concepts to the field of nursing will be presented. Participants will receive information regarding early identification and proactive intervention for themselves and colleagues. Current barriers which exist contributing to the neglect and possible long term consequence of professional burnout will also be identified. Specific skills and tools will be demonstrated and provided during the presentation.

*Kristen E. Conner, LCSW, ACSW*

*Director of Clinical Services*

*The Excel Center of Fort Worth, Fort Worth, Texas*

## **What Can You Do When Your Patient Feels Blue? Recognizing and Treating Geriatric Depressive Disorders**

As people age, they may experience loss and other life changes that contribute to depressive disorders. Early recognition and treatment of depressive disorders in the elderly may provide improved well-being for the patient and his/her family. This session will address unique aspects of assessment and intervention appropriate to the geriatric population.

*Jane Phillips, PhD, LCSW*  
*Director of Outpatient Services*  
*Millwood Hospital, Arlington, Texas*

## **Using Evidence to Build a Stronger Foundation in the Assessment and Management of Suicide Risk**

For the past three decades, suicide-related research has primarily focused on risk factors. Now, the focus is broadening and new information is emerging that can further inform your practice. This presentation is aimed at providing information that can enhance your current skills in assessment and strengthen your ability to work with suicidal individuals.

*Pamela Greene, PhD, RN*  
*Chief Nursing Officer and Sr. Vice President of Patient Care Service, The Menninger Clinic*  
*Assistant Professor, Baylor College of Medicine, Houston, Texas*

## **12:15pm Lunch and Exhibits**

## **1:15pm Concurrent Sessions**

### **Rx Managing Psychiatric Emergencies**

This session will focus on the assessment and management of common psychiatric emergencies. These emergencies include psychosis, agitation, violence, delirium and suicide risk. Common issues of substance abuse, including detox will also be discussed.

*Roger Butler, MD*  
*Executive Medical Director of Emergency Psychiatric Services*  
*Green Oaks Hospital, Dallas, Texas*  
*and*  
*Dasha Joseph, RN, BSN*  
*Assessment Nurse, Psychiatric Emergency Services*  
*Green Oaks Hospital, Dallas, Texas*

### **Evidenced Based Practice Resources: TCU and the Joanna Briggs Institute**

Healthcare organizations are expected to provide care that is based on the best available evidence; however, it is often challenging to access evidence to support practice that is current, relevant, and meaningful. This session will define evidence based practice, discuss useful evidence based practice models, and identify resources to support evidence based practice.

*Susan Mace Weeks, DNP, RN, CNS, LMFT, LCDC*  
*Associate Dean, Harris College of Nursing & Health Sciences*  
*Director, Center for Evidence-Based Practice & Research:*  
*A Collaborating Center of the Joanna Briggs Institute*  
*Texas Christian University, Fort Worth, Texas*

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Rx **Medication Management in Treating Bipolar Disorders in Children**

The presentation will include an overview of the diagnosis of pediatric Bipolar Disorder emphasizing aspects of the disorder, that are difficult or interesting when evaluating children and adolescents. Emphasis will be placed on comorbid and associated conditions. The presentation will conclude with a review of pharmacological and psychotherapy interventions.

*Roger Robinson, M.D.*

*Board Certified Child, Adolescent, and Adult Psychiatrist*

*Private Practice, Fort Worth, Texas*

Rx **Defining and Managing Treatment Resistant Depression**

Treatment resistant depression will be defined and management strategies reviewed. Both on and off label approaches will be discussed as well as non-pharmacological treatment options.

*Susan Beyer-Spencer, RN, PMHNP, PMHCNS-BC*

*Psychiatric Mental Health Nurse Practitioner*

*The Hopper Group, Arlington, Texas*

**2:15pm Break and Exhibits**

**2:30pm General Session**

**EHR in Mental Health Settings: Eliminating Healthcare Redundancy**

Access to information in our daily lives has been redefined and simplified, an expectation of living in the 21st century. Given the recent advances in information technology, one could reasonably expect that a patient's medical charts be computerized. However acceptance of the electronic health record (EHR) in psychiatry has been slow, regardless of the practice setting. This presentation will review the advantages of the EHR over paper-based versions, what to consider when selecting and implementing an EHR system and how to address the change in culture for going paperless.

*Celeste M. Johnson, MSN, RN*

*Director, Center for Nurse Excellence*

*Green Oaks Hospital, Dallas, Texas*

**3:45pm Closing Comments and Evaluation**

*Diane Snow, PhD, RN, PMHNP, BC, CARN*

*Clinical Professor*

*Director PMHNP Program*

*University of Texas Arlington College of Nursing, Arlington, Texas*

**4:00pm Adjourn**

\* Rx indicates sessions with pharmacology content

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## REGISTRATION INFORMATION

	<u>By April 1</u>	<u>After April 1</u>
Nurses/Others	\$140	\$160
UT Arlington Graduate Students	\$85	\$95
UT Arlington Undergraduate Students	\$70	\$80
UT Arlington Faculty	\$98	\$112

Registration fee includes all materials, continental breakfast, breaks and lunch.

[Click here](#) to register or call 817-272-2581.

**Refund Policy:** Cancellation of registration received before the program begins will be refunded less a \$20 processing fee. No refunds for cancellations received after the program begins or for “no shows”.

**Payment Policy:** There will be a \$50 service charge for any declined credit card payment. Registration will not be processed until the confirmation of payment is received. Registration confirmation will be done by email.

**Travel Information:** Dallas-Fort Worth International Airport is the closest airport to UTA.

**Personal Comfort:** For personal comfort in rooms of varying temperature, please bring a jacket or sweater.

### Local Hotels:

Holiday Inn Express, Arlington, TX  
1721 Pleasant Place  
Arlington, TX 76015  
(877) 863-4780

La Quinta Inn and Suites Dallas Arlington South  
4001 Scots Legacy Drive  
Arlington, TX 76015  
(817) 467-7756

Courtyard Dallas Arlington by the Ballpark  
1500 Nolan Ryan Expressway  
Arlington, TX 76011  
(817) 277-2774

Sheraton Arlington Hotel  
1500 Convention Ctr.  
Arlington, TX 76011  
(817) 261-8200

Hilton Arlington  
2401 E. Lamar Blvd.  
Arlington, TX 76011  
(817) 640-3322

Homewood Suites by Hilton® Dallas-Arlington  
2401 East Road to Six Flags  
Arlington, TX 76011  
(817) 633-1594

