

LETTER FROM THE CHAIR

Dear GHAPP Family,

Welcome to ***Bridge the GHAPP*** Newsletter!

As we continue to pick up the pieces from 2020, there is an exciting future ahead. The past two years have shown innovation in healthcare like never before. In addition, our profession is expanding rapidly not only in numbers, but also in expertise.

This month's newsletter features much of that expertise within the field of gastroenterology and hepatology. We are proud to highlight several of our presenters coming to the GHAPP Fourth Annual Conference at the Red Rock Hotel in Las Vegas, Nevada. Please enjoy this preview of our amazing speakers and we hope you will join us September 9-11, 2021.

All the best,

Amanda Chaney, DNP, APRN,
FAANP, AF-AASLD

Co-Chair, GHAPP Journal and
Publications Committee

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GHAPP 4th Annual Conference

September 9-11, 2021

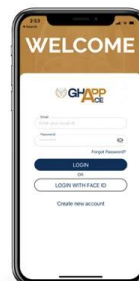
Live & Virtual
Registration

www.ghapp.org/annual-conference

REMINDER

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Google Play stores today!

INTRODUCING



**GHAPP
ACE**
Application for Clinical Exchange

COMMITTEE NEWS

The **GHAPP Engagement Committee** is looking forward to our 4th annual national conference. This year we have exciting new opportunities for connection with our new and existing members. This year's conference will incorporate taking care of your mind, body, and soul. We are pleased to announce that we have added a 1-hour yoga session led by Christina Unger NP on Saturday, September 11th. Offered at the start of the day, this session will focus on relaxation and stretching exercises meant to improve mental and physical well-being. We are also excited to have a new member "meet and greet" session on Friday evening. Stay tuned for the final agenda and mark your calendars for these special events!

Our member spotlight for this edition is Oyin Penny, NP. She is a board-certified nurse practitioner for the Kansas City Gastroenterology and Hepatology in Kansas City, MO.

Here is what Oyin had to say about our GHAPP organization.

"I joined GHAPP because as a GI/Hepatology nurse practitioner, I am always looking for avenues to gain more knowledge in my area of specialty to provide the best care for my patients. GHAPP has allowed me to network with other knowledgeable Advanced Practice Providers. I have also had the opportunity to gain access to information on most recent guidelines and up to date research studies that I can apply when caring for my patients. We collectively seem to have one thing in common . . . our interest in becoming better providers."

The GHAPP Member Engagement Committee is looking forward to growing our new Advanced Practice Provider (APP) membership, as well as increasing engagement among existing members. Our Member Spotlight is shared across GHAPP professional social media platforms including Twitter and Instagram and Facebook. If you would like to nominate a colleague to be featured, please send your nominations to, info@ghapp.org or you can e-mail any questions to our committee co-chairs Monica Nandwani (MNandwani@stanfordhealthcare.org) and Carol Antequera (CAntequera@med.miami.edu).

The **GHAPP Research Committee** is excited to elevate research among our growing group of GHAPP members. During our inaugural year, we will be conducting a research needs survey to determine what interests' members, where opportunities for learning occur concerning the research process or activities, and then develop educational content and mentoring support. Topics may include scientific writing, protocol development, and IRB guidance. If there is enough interest, the committee hopes to create a national registry for future projects which GHAPP members may contribute de-identified cases. Such a database may be helpful for doctoral students and engaged researchers alike. We will develop framework for the undertaking of a peer-reviewed abstract acceptance process (for 2022), and work to highlight research work among our members. We look forward to working alongside the other GHAPP committees to keep you up to date on our latest news and opportunities!

Education Committee - We are very excited about the upcoming 4th annual GHAPP conference and looking forward to meeting our newest members. We would like to take this opportunity to highlight the additional education opportunities the committee has been directing.

During 2021 we held 6 GHAPP regional conferences in California, Arizona, New Jersey, Texas, Ohio, and Florida. These hybrid meetings were a great success and helped to broaden the GHAPP network. We will continue providing this mini-conference series in 2022. In addition, virtual roundtables in IBS and IBD were hosted in several GI community practices across the country. These sessions provided an excellent opportunity for one-on-one exchange with an expert.

The GHAPP website www.ghapp.org continues to be an excellent resource for our members. Please view the Recorded Webcasts, GHAPP FAQs series and the Abstract Library, which is updated every 2 weeks. These features are valuable for all APP's whether you are just starting out or are a seasoned healthcare provider.

For all those able to attend the conference, we look forward to seeing you there!

FEATURED ARTICLE

4th Annual National Conference Highlights

Gwen M. Cassidy, APN
Northwestern Hospital, Digestive
Health Center, Chicago, IL

A Primer

Welcome to the Gastroenterology and Hepatology Advanced Practice Providers (GHAPP) 4th Annual Conference! For our featured newsletter article, we wanted to give an overview of the conference for those who are here for the 1st time, at a conference for the 1st time or if who have forgotten how to go to a live conference.

To all the newcomers to the conference – welcome! The first thing to know is that GHAPP is pronounced “GAP”.

The mission of GHAPP is to “develop educational programs, provide professional advancement services, and assemble resources for—and guided by—advanced practice providers (APPs).” We believe the GHAPP national conference serves as the cornerstone to fulfill this mission. All the presenters are Advanced Practice clinical experts in the field of GI and/or hepatology.

The conference is broken up into plenary and workshop sessions. For your reference, we have highlighted several featured talks in this newsletter. You will find a variety of sessions, each with their own benefits. It is recommended to reach out of your comfort zone and learn from the wealth of knowledge here in Las Vegas. Professional development sessions are offered this year, which can assist you in professional growth.

The conference is offered both virtually and in-person this year. Up 13.25 ANCC, AANP and AAPA credits will be offered depending on your attendance.

Finally – some free advice. The first is to ask questions, even in the plenary sessions. Odds are, if you're asking it, someone else is thinking it too. As speakers, it is our pleasure to address questions during a session and ensures we are meeting your needs as participants. Another recommendation is to network . . . reach out and meet others. There are numerous opportunities to meet APPs from across the country to connect, including at our welcome reception, walking to and from product theater, or meeting in-between sessions.

The most important advice (which I give to my 5-year-old every day) is...listen and have fun!

PLENARY SESSION HIGHLIGHTS

Future NASH Therapies

Plenary: Friday, September 10, 11:10 AM - 11:30 AM

Non-alcoholic fatty liver disease is a global epidemic, and the pathogenesis is quite complex. There are multiple interacting metabolic, inflammatory and fibrogenic pathways that contribute to the development and progression of NAFLD and NASH. While diet and lifestyle modifications have been the mainstay intervention for patients with NAFLD, there is a great need for pharmacologic therapy. If you are interested in hearing more, please join us at the Novel Treatments lecture on Friday, September 10th, from 11:10 -11:30am for the discussion about the current NASH landscape and goals for NASH treatment and drug development, focusing on compounds currently in phase 3 trials.

**Christina Hanson, FNP
Southern Denver
Gastroenterology
Englewood, CO**

GERD vs Functional Dyspepsia vs. Gastroparesis

Plenary: Saturday, September 11, 8:10 AM - 8:30 AM

The APP regularly evaluates many common upper GI symptoms in their patients including heartburn, regurgitation, epigastric pain, belching, bloating, early satiety, nausea, and vomiting. Are these symptoms due to underlying gastroesophageal reflux disease?

Could they be related to functional dyspepsia or even gastroparesis? Presenting symptoms for these disorders often overlap and can therefore pose quite the clinical conundrum. To learn more, please join us at the Motility and Functional GI Disorders Plenary Session on Saturday, September 11th from 8:10 – 9:30 am where our faculty will help demystify diagnosis and management of these frequently encountered patient symptoms.

**Monica Nandwani, DNP, RN,
FNP-BC
Stanford Healthcare
Stanford, CA**

Acute Alcohol Hepatitis

Plenary: Saturday, September 11, 12:30 PM - 12:50 PM

Morbidity and mortality related to alcohol-associated liver disease is a growing health concern in the United States. Disease progression is dependent on various factors but largely driven by continued heavy alcohol use. Liver injury resulting from alcohol can lead to steatosis, steatohepatitis, cirrhosis, and severe alcoholic hepatitis. Severe alcoholic hepatitis is an acute, inflammatory clinical syndrome that often presents as acute-on-chronic liver disease and associated with significant short-term mortality if left untreated. Patients often present with jaundice, malaise, hepatomegaly, and signs of systemic inflammatory response syndrome (SIRS). Corticosteroid therapy for alcoholic hepatitis has been well studied but does not significantly improve mortality. Regardless of steroid treatment response, alcohol cessation is the main determinant of long-term survival.

**Hochong Gilles, DNP, APRN
McGuire Department of VA
Medical Center
Midlothian, VA**

Participation in this lecture will enable advanced practice providers:

- to recognize the clinical and laboratory manifestations of alcoholic hepatitis
- to distinguish between definite, probable, and possible diagnosis of alcoholic hepatitis
- understand the role of liver biopsy
- identify several prognostic indicators for acute alcoholic hepatitis and
- describe treatment options for management of alcoholic hepatitis.

Hospitalizations attributed to alcohol hepatitis are rising and advanced practice providers should become familiar with clinical features of severe alcoholic hepatitis, diagnostic approach, use of prognostic stratification to initiate therapy and guide clinical management.

**Plenary Sessions Begin
Friday, September 10 at 8:00 AM
with HOT TOPIC
COVID-19 in GI and Liver Patients**

***Covid, What Have We Learned?
April Morris, NP***

***Post Infection Covid Conundrum
Nastassja Williams, NP***

***Post Covid IBD
Aimee Lestrage, NP***

***Covid in Liver Disease - "When the Compensated, decompensate"
Corrie Berk, NP***

Panel Discussion / Q&A

WORKSHOP HIGHLIGHTS

Telehealth: Tips for a Better Patient Experience

Workshop: Thursday, September 9, 4:00 PM - 4:50 PM

**Rebecca Klemme, NP
Avera Medical Group
Liver Disease
Sioux Falls, SD**

Telehealth has had a role in delivering health care services remotely using electronic methods for many years. Telehealth and telemedicine are used interchangeably to refer to electronic care delivery models including video visits, telephone visits, or other electronic devices. Patients with chronic liver and gastrointestinal disease can experience significant morbidity and mortality which require close medical monitoring. Telehealth services have been used to help broaden access to specialty care.

In January of 2020, the world and our healthcare system rapidly changed in response to the COVID-19 pandemic. To increase health care access and decrease the risk of spreading COVID-19, the United States congress passed the Coronavirus Preparedness and Response Supplemental Appropriations Act. This act temporarily waived telehealth requirements and allowed for expanded use of telehealth. This included allowing telephone visits and virtual visits from home. In addition, reimbursement rates for virtual visit were deemed to be equal to that of a face-to-face visit. Rates of telehealth visits increased rapidly. Through innovation and education, healthcare providers have adjusted rapidly to a new method of providing medical care.

This talk will discuss the historic use telehealth, as well as examined the series of events that occurred in 2020 which led to an increase in telehealth usage. We will assess how to improve patient experience during a virtual visit and include topics of effective communication, respect, and empathy, and how to maintain optimal patient-provider relationships from a distance.

YOGA SESSION

**Saturday,
September 11
6:00 AM to 7:00 AM**

1-hour yoga session led
by Christina Unger, NP

Research Workshop: Are You Ready to do Research or Pursue a Doctoral Program? Friday, September 10 3:30 PM - 4:20 PM

Join us for round table discussions led by a GHAPP Research Committee member and a doctoral candidate to discuss ideas and have your questions answered.

Topics Include:

- ❖ Project/Research Dissemination
- ❖ How to get involved
- ❖ Doctoral Education: Clinical vs. Research doctorates

The Benefits of Yoga for Disorders of Gut Brain Interaction

Workshop: Friday, September 10, 2:30 PM - 3:20 PM

Disorders of Gut Brain Interaction, or DGBIs, were previously known as Functional Bowel Disorders. The name change suggests that the gut and brain are intimately connected in a holistic paradigm. Many common disorders seen in gastroenterology practices, including IBS, fall under the umbrella of DGBIs. DGBIs are a heterogeneous group of disorders, defined by the Rome IV criteria, that require patient-centered treatments directed at both physical and psychosocial realms.

**Christina Unger, CRNP-BC, RYT
Allentown, PA**

Who hasn't experienced a 'gut feeling' or 'butterflies in their stomach' before a first date or a big presentation? These 'gut feelings' are not your imagination . . . they are a result of a bidirectional communication between the gut and brain. The enteric nervous system or 'second brain' consists of millions of nerve cells lining the gastrointestinal tract relaying and receiving information. Neurotransmitters like serotonin are also shared between the gut and brain with more than 90% of serotonin production occurring in the gut.

Because the brain and gut talk to one another, an irritable bowel can lead to an irritable brain and vice versa. Stress is a factor in the symptoms of many individuals with DGBIs. It affects their bodies, minds, and behaviors. Stress stimulates the sympathetic nervous system (fight/flight response) and interferes with the parasympathetic nervous system (rest/digest mode). With activation of the nervous system, changes occur in the following: gut motility, circulation to the gut, pain sensitivity, gut permeability, immune function, and the microbiome.

Yoga is an ancient practice that seeks to attain unity of body, mind, and spirit, and have beneficial effects on the digestive system. A well-designed Yoga class offers movement, breathing, and moment-to-moment awareness. Yoga has the potential to help practitioners decrease stress and anxiety, stimulate the part of the nervous system responsible for rest and digestion, improve vagal tone, change the microbiome, improve blood flow to the gut, and develop healthier connections between the brain and digestive tract!

Stress is our response to a perceived or real threat. Although we can't change the fact that stress is part of our life, we can change our reaction to it. Yoga and mindfulness can change our perception of pain and the narrative associated with digestive issues. Join us for a discussion of Disorders of Gut-Brain Interaction through the lens of Yoga and Western Medicine.