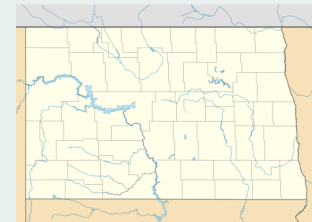




NDSU  **Essentia Health**

ANE-NPR Newsletter
 “Transforming the Workforce”

July 2020
 Volume 1, Issue 3



The purpose of this newsletter is to keep stakeholders abreast of progress and accomplishments of the Advanced Nursing Education-Nurse Practitioner Residency (ANE-NPR) “Transforming the Workforce” grant.

The four-year, \$1.57 million federal HRSA grant is an expansion of Essentia Health’s current Transition to Practice program and provides four new graduate nurse practitioner’s each year clinical and academic enhancement for a 12-month residency program in rural and/or underserved populations.

The collaboration between North Dakota State University (NDSU) School of Nursing and Essentia Health, a large regional health system covering most of eastern North Dakota and northern Minnesota, is better preparing new NP graduates for primary, rural care practice through enhanced didactic content, simulation, and immersive clinical experiences.

The first cohort of residents (see page 4) began their residency in October . This newsletter highlights the current projects underway and achievements thus far.

Mission Statement

To create a Nurse Practitioner Residency program that expands Essentia Health's Transition to Practice program, further enhancing NP skills and competencies and improving the health of rural and underserved populations.

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ANE-NPR Program Priorities Include:

1. Opioids and Mental Health Emergencies
2. Rural Clinical Readiness
3. Telehealth
4. Childhood Obesity

Opioids and Mental Health Emergencies are one of our program objectives. Therefore, in April our grant team hosted a one day Mental Health Conference. The conference was originally scheduled to be held in person, but due to COVID-19, it was moved to a virtual setting using Zoom technology. There was an April Fargo blizzard that day, so in the end, hosting the conference virtually was a silver lining. Four Psychiatric Nurse Practitioners and one Certified Addictions Registered Nurse presented. Topics included:



“Prescription Drug Misuse/Overuse:

Benzodiazepines, Opioids, Stimulant Prescribing and Monitoring”

“Psychiatric Assessment and Treatment in the Child/Adolescent Population”

“Beyond First Line Treatment: Management Strategies for Anxiety and Depression in Adults”

“ADHD affects Adults, Too”

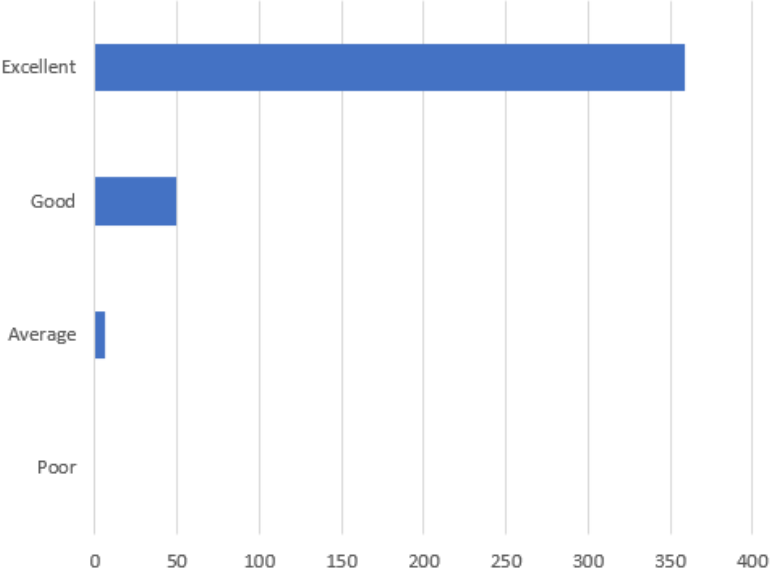
“Suicide Assessment & Prevention in Primary Care”

“Substance Use Disorders – The Impact of Stigma”

In addition to our four residents, a total of 78 others attended including providers from Essentia and Sanford as well as NDSU DNP students, and residents from other HRSA funded residency programs. The presentation was recorded and distributed to those who registered, but weren’t able to attend live. The conference was free and those who attended received six contact hours, approved by the ND Board of Nursing. Feedback from the conference was outstanding (see page 3).

Mental Health Conference

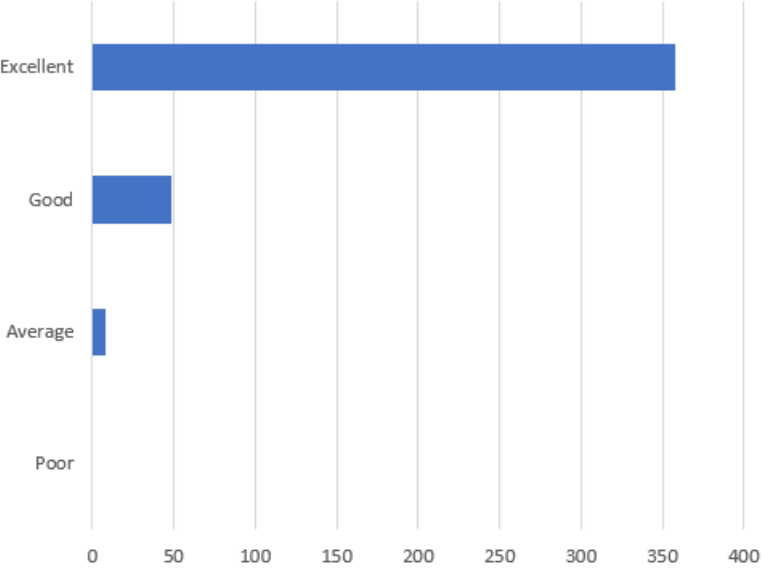
Effectiveness/Delivery of the Speakers*



* Includes all 5 speakers/6 presentations

Mental Health Conference

Effectiveness of the Content*



* Includes all 5 speakers/6 presentations

RESIDENTS: YEAR 1



Jenna Altobelli,
APRN, CNP
Virginia, MN



JoAnn Bresnahan,
APRN, CNP
Pine River, MN



Jordan Coplin,
APRN, CNP
Wahpeton, ND



Arla Spencer,
APRN, CNP
Hibbing, MN

JOURNAL CLUB

Journal Club continued during the COVID-19 response. It remains a cornerstone of the residency program because it allows the residents and faculty to connect about new research and clinical decision making on a monthly basis.

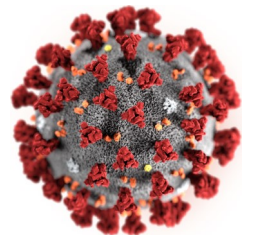
One resident commented after a Journal Club on Resiliency that the “Tips for resiliency in our current situation of the unknown was a great help.”

JOURNAL CLUB TOPICS

- Restless Leg Syndrome
- Sleep and Mental Health
- Men’s Mental Health
- Improving Vaccine Uptake
- Human Trafficking
- Resiliency
- COVID-19
- Quality Improvement

SELF DIRECTED LEARNING

Due to COVID-19, clinical observations and rotations were cancelled. Residents used time normally reserved for those specialty rotations to complete self-directed learning including activities like CME credit.

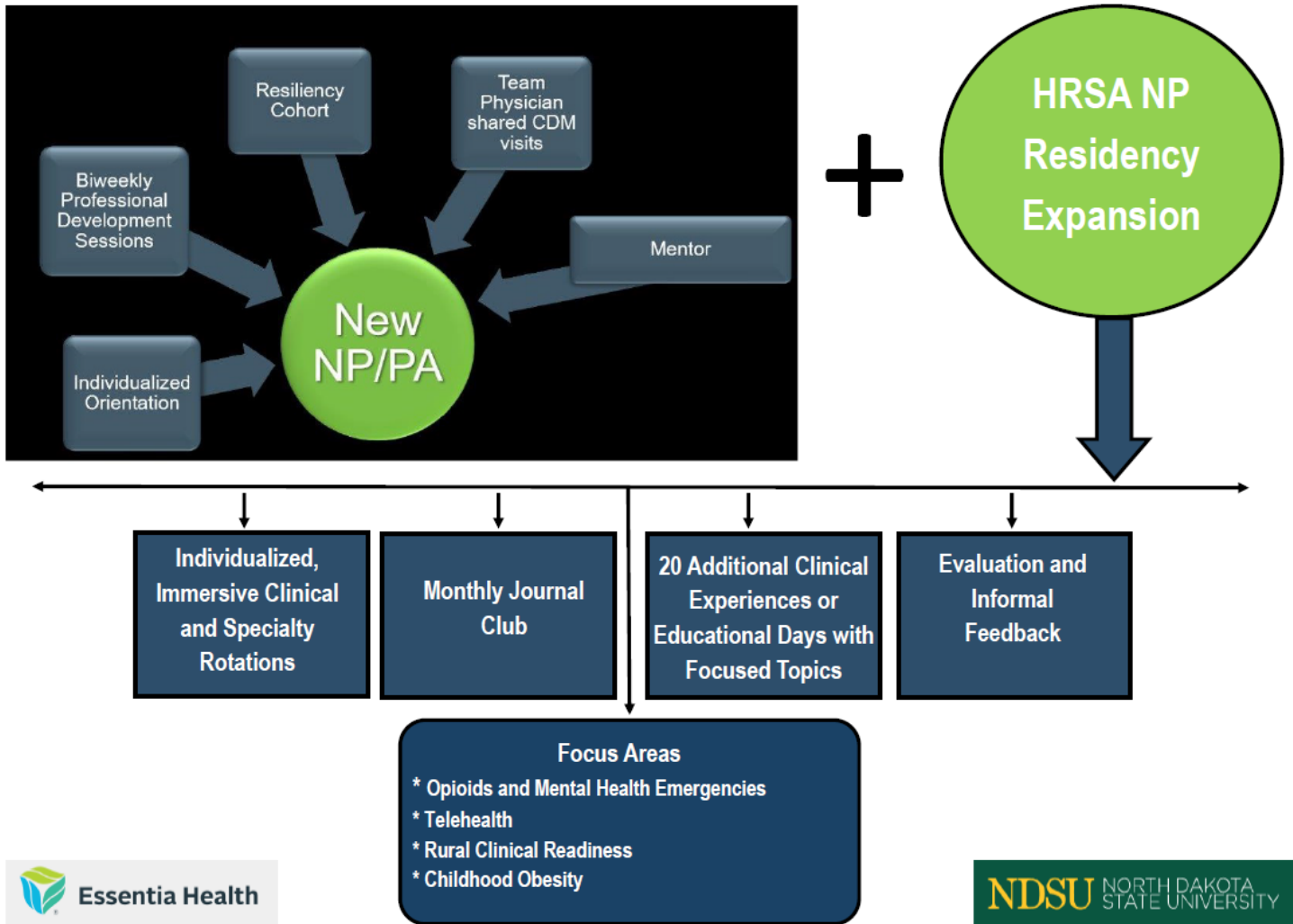


NO AGENDA CHECK-INS

Resident mental health is a priority for our grant team. Deb Steen, APRN, CNP and Essentia Health Clinical Liaison for the ANE-NPR grant has been offering weekly check-ins with the residents to provide a safe space to express concerns and ask questions during these unprecedented and uncertain times.

“COVID-19 has been an especially challenging time for providers. I am proud of our residents’ resiliency and optimism in spite of the circumstances,” said Deb Steen.

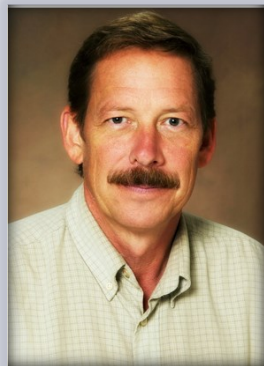
Essentia Transition to Practice Model



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