

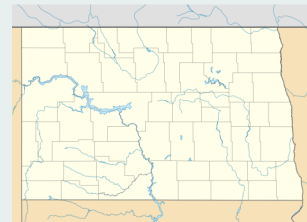
NDSU



Essentia Health

ANE-NPR Newsletter
“Transforming the Workforce”
SPECIAL EDITION

September 2023



The purpose of this newsletter is to share final accomplishments of the Advanced Nursing Education-Nurse Practitioner Residency (ANE-NPR) “Transforming the Workforce” grant. The four-year, \$1.57 million federal HRSA grant was an expansion of Essentia Health’s current Transition to Practice program and provided new graduate nurse practitioners 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 in North Dakota, Minnesota, and Wisconsin better prepared new NP graduates for rural care practice through enhanced didactic content, simulation, and immersive clinical experiences.

The residency finished its final year in September and 18 residents completed the program. This newsletter highlights the final graduating cohort and achievements over the past 4 years.

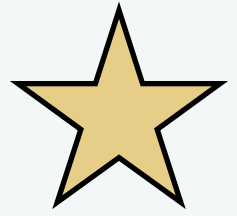
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Mission Statement

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.

RESIDENTS YEAR 4



**Jessica Beste, APRN,
CNP**

Deerwood, MN



**Joslyn Cook,
APRN, CNP**

Hibbing, MN



**Molly Edwards,
APRN, CNP**

Ely, MN



**Kristina Haden,
APRN, CNP**

Grand Rapids, MN



**Sarah Hansen,
APRN, CNP**

Valley City, ND



**Anna Wilke,
APRN, CNP**

Ashland, WI

Congratulations!

At the end of September, we hosted our last residency activity for the year 4 residents (see left). The day long virtual workshop featured three topics including: common eye conditions in primary care, gender-affirming care, and maternal health. All six residents will continue practicing in the rural areas where they were hired and completed their residency program. Although our last official residency activity ended in September, our program has been extended until December 15th to allow two residents on maternity leave time to finish remaining requirements and fully complete the 12 months.

"Having the residency program with first year of practice provided extra support and resources . . . I don't want the program to end."

"I thought that the reflective conversations we had with other NPs who were in the same role were really helpful – talking about struggles."

"My confidence increased because of this program and being supported."

ACHIEVEMENTS 2019-2023

18 rural NP residents completed the program	\$598,500 contributed toward supporting rural nurse practitioners and rural clinics in MN, ND, and WI
100% residents who completed the residency were retained at Essentia Health	88% residents remain in rural Essentia Health clinics
\$688,000 contributed toward rural clinical readiness education	27,563 rural patients served in MN, ND and WI
234% increase free yearly mental health conference increased from 92 advance practice providers in the region in 2020 to 320 in 2023	70 specialists and providers supported resident rotations
14 conference presentations	2 published scholarly journal articles
32 advanced practice providers trained during 2-day intensive procedural training	24 advanced practice providers trained for emergency preparedness

Essentia Health is in the process of accreditation with ANCC Advance Practice Provider Fellowship.



NDSU was awarded another Health Resources and Services Administration—Advanced Nursing Education Nurse Practitioner Residency Fellowship Program grant. The \$2.3 million award over four years will expand and enhance the existing rural NP residency program with Essentia Health. Six new fellows at rural Essentia Health clinics in MN and WI will begin the program in October.



WHO TO CONTACT



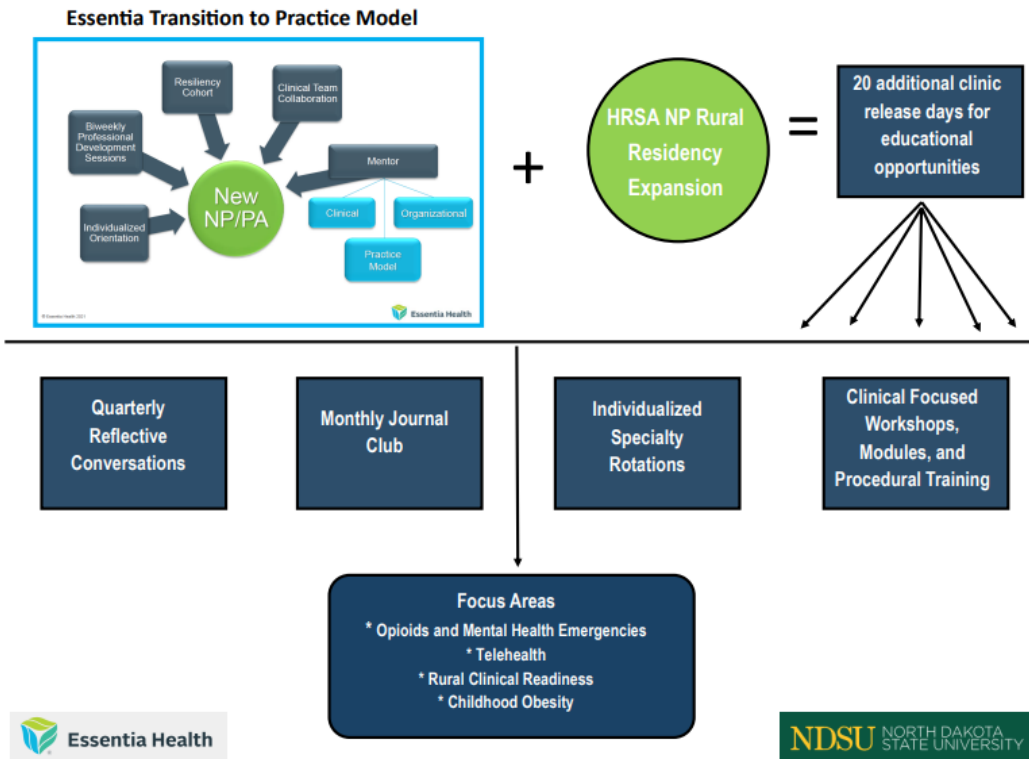
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Qualifications

- **Candidates:** Graduates of ANY* Nurse Practitioner Program within the last 18 months with a commitment to practice in a rural area. *Graduates do not have to be NDSU graduates.
- Newly graduated NPs hired by Essentia in rural, underserved areas will be eligible for the residency program each year.
- Unlike most residency programs that have an application process, residents are selected by primary care leaders and the Transition to Practice team to participate yearly based on clinic need.

Structure

- 12 months, full-time salaried position.
- Specialty clinical rotations based on resident needs and interests.
- In person and virtual educational opportunities related to focus areas and other complex clinical challenges for rural NPs.

Focus areas

- Mental health emergencies and the opioid crisis
- Rural clinical readiness
- Telehealth
- Childhood obesity

https://www.ndsu.edu/nursing/outreach/ane_npr/