

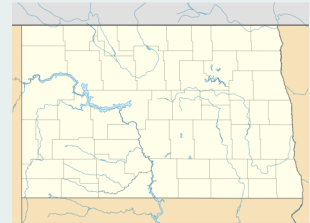


Essentia Health

ANE-NPRF Newsletter

October, 2023

Volume 1, Issue 1



The purpose of this newsletter is to keep stakeholders updated on the progress and accomplishments of the Advanced Nursing Education-Nurse Practitioner Residency Fellowship (ANE-NPRF) grant.

The four-year, \$2.3 million federal grant from the U.S. Health Resources and Services Administration is an expansion of Essentia Health's current Transition to Practice program and provides new graduate nurse practitioners clinical and academic enhancement for a 12-month fellowship program in rural and/or underserved populations.

Mission Statement

To create a Nurse Practitioner Fellowship 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.

The collaboration between North Dakota State University (NDSU) School of Nursing and Essentia Health, a large regional health system covering North Dakota, Minnesota, and Wisconsin is better preparing new NP graduates for rural care practice through enhanced didactic content, simulation, and immersive clinical experiences. Although the grant stipulates funding for nurse practitioners, physician assistants are also participating in the fellowship.

The fellowship started in October. This newsletter highlights the current projects and achievements thus far.

[Click here to read about the accomplishments of the 2019-2023 Advance Nursing Education Nurse Practitioner Residency Program](#)

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MEET THE FELLOWS: YEAR 1



Haley Faynik, PA-C
Staples, MN



Katie Howard,
APRN, CNP
Hayward, WI



Hannah Knapp,
APRN, CNP
Hibbing, MN



Dani Krouse, PA-C
Fosston, MN



Carissa Nelson,
APRN, CNP
Brainerd, MN



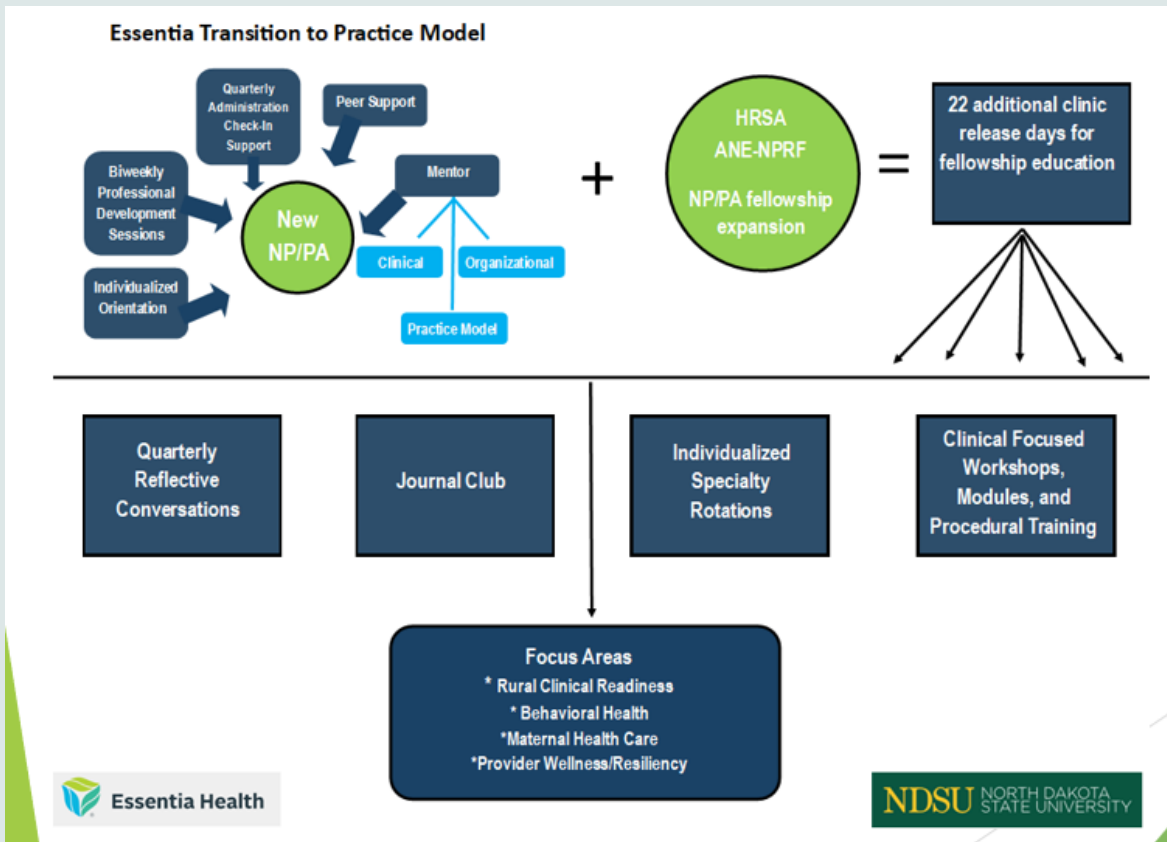
Rachelle Pucelj,
APRN, CNP
Virginia, MN



Andrea Roberts,
APRN, CNP
Ashland, WI



Sheila Teiken,
APRN, CNP
Fosston, MN



Boundary Setting and Resiliency Workshop



We kicked off our 1st year of the fellowship program by welcoming the new fellows (see page 2) and participating in a boundary setting and resiliency workshop in Baxter, MN. Mykell Barnacle, DNP, FNP-BC is the project director and recognizes that the well-being of APPs directly influences patient care, so reducing burnout is essential to improving the safety, quality, and cost of care to patients. Carrie Nelson, DNP, APRN, FNP-C and the grant's resiliency coordinator is a certified resiliency trainer. She facilitated a 2 hour session on the Stress Management and Resiliency Training (SMART) model. Wendy Sandelin, APRN, CRNA talked with the fellows about resources within the Essentia Health Office of Wellbeing. Debra Steen, APRN, CNP and our clinical liaison for the grant presented on avoiding work conundrums and developing strong boundaries with patients, families, friends, and co-workers.

Are NPs Burned Out and/or Depressed?

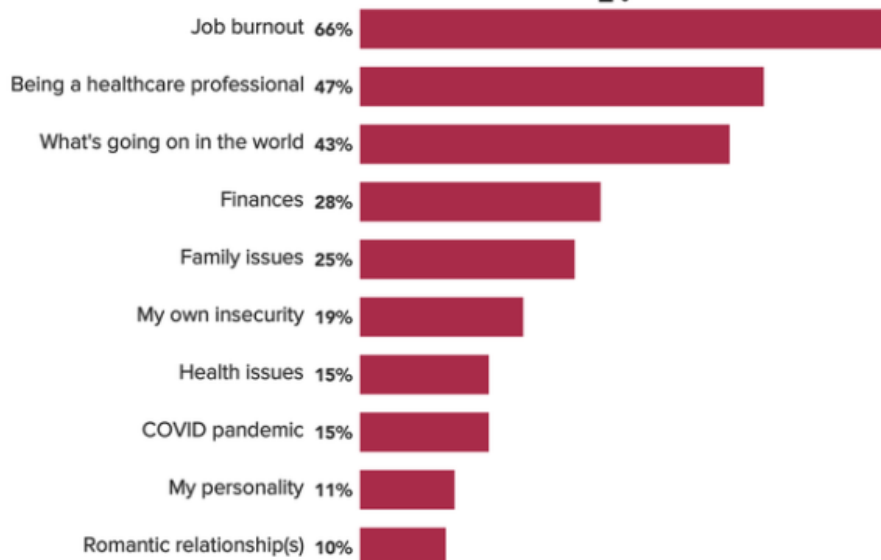


- 38% ● Burned out
- 5% ● Depressed
- 27% ● Both burned out and depressed
- 29% ● None of these

Overworked, Stressed, and Sad: Medscape Nurse Practitioner Burnout & Depression Report 2023

“The role transition from expert RN to novice APP is a significant adjustment in professional identity,” Wendy Sandelin, APRN, CRNA and the APP lead at the Essentia Health Office of Well-Being.

Leading Contributors to NPs' Depression



Overworked, Stressed, and Sad: Medscape Nurse Practitioner Burnout & Depression Report

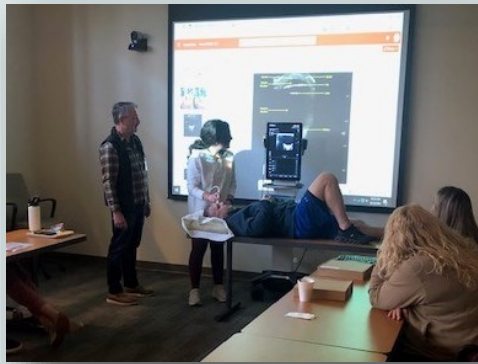
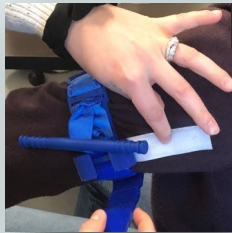
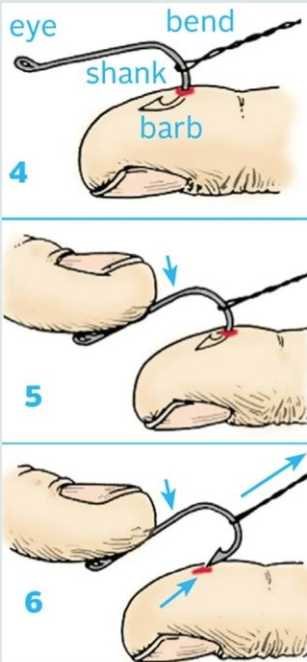
“The content really reiterated the importance of practicing mindfulness and practicing wellbeing care to help prevent against burnout,” said one fellow.

Skills and Procedures Day 1

The day after the boundary setting and resiliency training, fellows attended a 2-day intensive skills and procedures training. The first day, Steve Palmer, a PA who practices emergency medicine in Ada, MN and is the urgent care section chair in Baxter, MN facilitated fish hook removal and introduction to point-of-care ultrasound at the Baxter Essentia Health clinic. Adam Hohman, DNP, APRN, FNP-BC and the grant's Health Education Coordinator also facilitated sessions on suturing, incision & drainage, toenail removal, nail trephination, and Stop the Bleed. Adam practices emergency medicine at the Essentia Health in Detroit Lakes, MN.

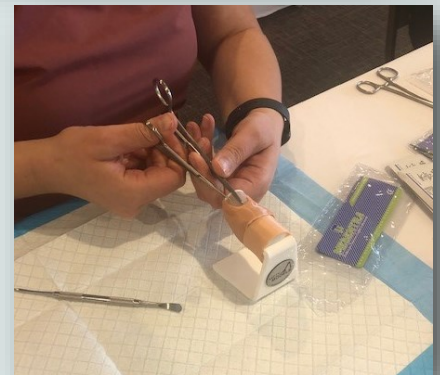
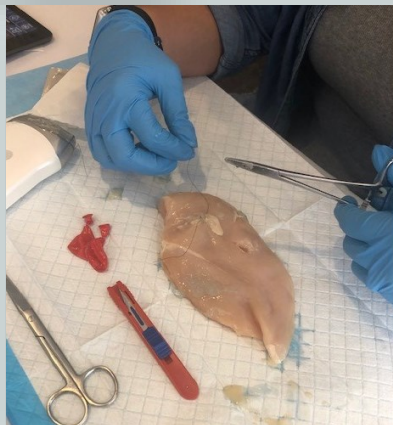


Back row: Daniele Krouse, Andrea Roberts, Sheila Teiken, Katie Howard, Haley Faynik
Front row: Jessica Beste, Carissa Nelson, Hannah Knapp, Rachele Pucelj



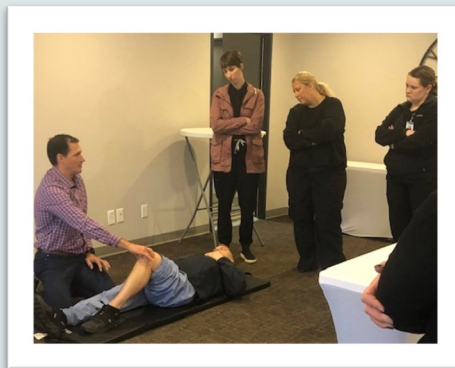
Steve Palmer teaching fellow POCUS. Adam Hohman volunteers as practice model.

Steve Palmer was recently named Preceptor of the Year by the Minnesota Academy of PAs (MAPA)



Skills and Procedures Day 2

The second day focused on ortho exams, joint injections, and splinting. Aaron Lindstrom, DNP/FNP-C (pictured right demonstrating exam) led the training. Aaron is an orthopedic specialist at Lake Region HealthCare in Fergus Falls, MN.



"The splinting and fish hook removal were very informative. I did not receive that training when in school. I am confident that I will be able to perform those tasks going forward."



"I was able to implement some of the ortho exam skills that we learned in practice the other day in clinic. I felt more confident with my assessment of the patient and decision making."

Aaron Lindstrom led a guided mountain biking tour in Crosby, MN

Grant Team

Debra Steen, APRN, CNP
(Essentia Health, Clinical Liaison)

Mykell Barnacle, DNP, FNP-BC
(NDSU, Project Director)

Heidi Saarinen, DNP, RN,
FNP-C (NDSU)

Dean Gross, PhD, FNP-C
(NDSU)

Adam Hohman, DNP, APRN,
FNP-BC (NDSU)

Allison Peltier, DNP, APRN,
FNP-C (NDSU)

Carrie Nelson, DNP, APRN,
FNP-C (NDSU)

Kerri Benning, DNP, APRN,
FNP-C (NDSU)

Dani Bohnsack, MA (NDSU)

Allison Peltier is the recipient of the 2023 American Association of Nurse Practitioners® Advocate State Award for Excellence in North Dakota



Advisory Board

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(Essentia)

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Center for Rural Health)

Nitika Moibi (MN Dept of
Health/Office of Rural
Health and Primary Care)

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(Essentia) Operations
Manager II

WHO TO CONTACT



Background

- North Dakota State University (NDSU) was awarded a HRSA Nurse Practitioner Residency/Fellowship grant in 2019 and again in 2023.
- This is a collaborative project between NDSU and Essentia Health.
- The program is in addition to Essentia's Transition to Practice program and provides newly graduated NPs additional intensive training and learning opportunities.
- The first residents/fellows began the program in October 2019.
- The purpose of the grant is to better prepare new NP graduates for rural practice and enhance job satisfaction and retention.

Qualifications

- Candidates: Graduates of ANY* Nurse Practitioner Program who have obtained a certification and license to practice no longer than 18 months before the start of the fellowship program, 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 fellowship program each year.
- Unlike most fellowship programs that have an application process, fellows 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 fellow needs and interests.
- In person and virtual educational opportunities related to focus areas and other complex clinical challenges for rural NPs.

Focus areas

- Rural clinical readiness
- Maternal health care
- Behavioral health
- Provider wellness and resiliency



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