

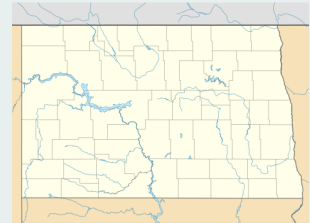


Essentia Health

ANE-NPRF Newsletter

January, 2024

Volume 1, Issue 2



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 (NPs) clinical and academic enhancement for a 12-month fellowship program in rural and/or underserved populations.

Mission Statement

To expand Essentia Health's Transition to Practice program further enhancing the competencies of NP and PA fellows, increasing access to primary care 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 NPs, physician assistants (PAs) 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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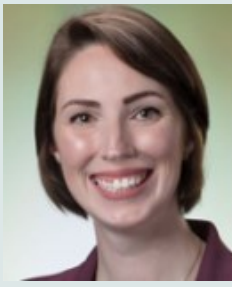
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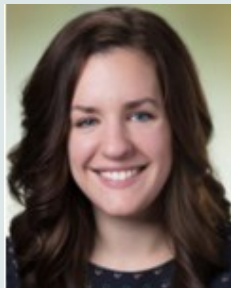
FELLOWS: YEAR 1



Haley Faynik, PA-C
Staples, MN



Katie Howard,
APRN, CNP
Hayward, WI



Hannah Knapp,
APRN, CNP
Hibbing, MN



Daniele 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

What's Happening

✓ Journal Clubs

Fatigue; Vit D testing; Menopause

Journal Club meets remotely via Zoom and each fellow facilitates a journal club. The purpose of journal club is to evaluate the components of scholarly work, develop a better understanding of new literature compared to current guidelines and practices, apply research into daily practice, and foster a collaborative, collegial conversation among peers.

✓ IUD/Nexplanon Training

✓ Peer Resiliency Check-Ins and Reflective Conversations

The goal of peer check-ins is to discuss how resiliency concepts can be applied. Peers will form supportive relationships with their partner who may be facing similar occupational or personal challenges. In addition, fellows will participate in four reflective conversations focused on role transition. The conversations will give time to reflect on personal, professional, and clinical growth.

[Homepage](#) | [The Resilient Option](#)

✓ CME Enduring Materials

Adverse Childhood Experiences; Taking Charge of Anxiety

✓ TTP Professional Development Sessions

Hypertension; Billing and Coding; Hyperlipemia; GLP 1 for DM and Obesity

✓ Specialty Rotations

OBGYN; Nephrology; Elder Care

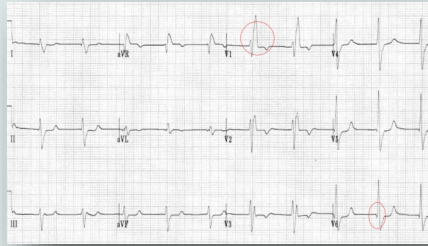
ANE-NPRF Program Priorities:

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

EKG and Chest X-ray Interpretation Workshop



In November, Allison Peltier DNP, APRN, FNP-C and assistant professor of practice at NDSU in Bismarck facilitated a workshop on basic chest x-ray interpretation. Allison practices in student health at United Tribes Technical College in Bismarck, ND. Steve Palmer, a PA at Essentia who practices emergency medicine in Ada, MN and is the urgent care section chair in Baxter, MN facilitated a session on EKG interpretation.



Grant Team

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

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

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

Dean Gross, PhD, FNP-C (NDSU, Evaluation Coordinator)

Allison Peltier, DNP, APRN, FNP-C (NDSU, Maternal Health Coordinator)

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

Kerri Benning, DNP, APRN, FNP-C (NDSU, Health Education Coordinator)

Dani Bohnsack, MA (NDSU, Project Manager)

Advisory Board

Elisha Anderson APRN, CNP (Essentia)

JoAnn Bresnahan, APRN, CNP (Essentia)

Katherine Dean, MBA (Essentia) Executive Director Institute of Rural Health

Christie Erickson, APRN, CNP (Essentia)

Brad Gibbens, MPA (ND Center for Rural Health)

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

Linda Parker, MS, HA (Essentia) Operations Manager II

OUR APP FELLOWSHIP PROGRAM IS



FOR APP EXCELLENCE IN TRANSITIONING LEARNERS INTO PRACTICE

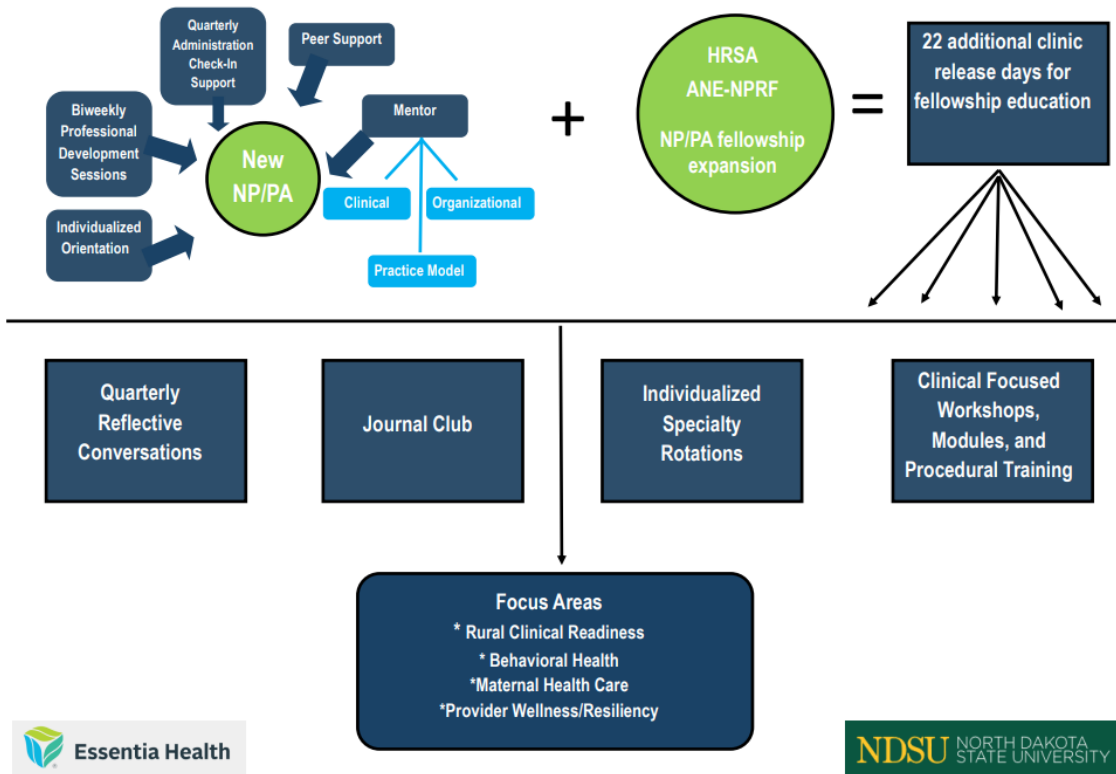
Congratulations on earning APPFA accreditation!

Advisory board member, JoAnn Bresnahan, APRN, CNP was a graduate of our first rural residency program in 2020.

Since then, she continues to practice family medicine in Pine River, MN where she completed her NP residency program. She gives back to the program by being a mentor to new APPs and serving on our board.



Essentia Transition to Practice Model



WHO TO CONTACT



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Dani Bohnsack, MA
(Project Manager)
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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.