



Essentia Health

ANE-NPRF Newsletter

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.

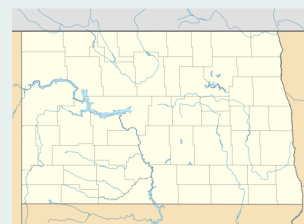
The collaboration between North Dakota State University (NDSU) School of Nursing and Essentia Health, a large regional health system covering North Dakota, Minnesota, and Wisconsin is better preparing new NP graduates for rural care practice through enhanced didactic content, simulation, and immersive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

The second year of 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](#)

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FELLOWS: YEAR 2



Liz Belgarde,
APRN, CNP
Jamestown, ND



April Buescher,
APRN, CNP
Grand Rapids, MN



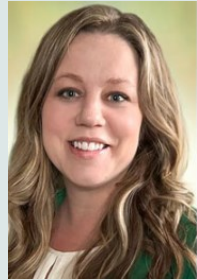
Jessica Cobban,
PA-C
Int'l Falls, MN



Tristin Dutton,
APRN, CNP
Wahpeton, ND



Paige Feist,
APRN, CNP
Detroit Lakes, MN



Stacia Heisler,
APRN, CNP
Park Rapids, MN



Heather Holm,
APRN, CNP
Spooner, WI



Udara Rajagura,
PA-C
Spooner, WI

Fellow Quarterly Update

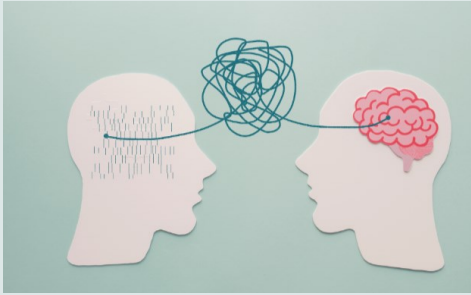
- ✓ Completed 8 hours of primary care psychiatry modules
- ✓ Completed 4 hours of Dialectical Behavior Therapy (DBT) training
- ✓ Attended clinic efficiency workshop
- ✓ Attended IUD/Nexplanon training in Hermantown, MN
- ✓ Completed 27 specialty rotations
- ✓ Attended Project ECHO session (Co-occurring disorders in adolescents)
- ✓ Attended 4 TTP professional development sessions
- ✓ Participated in 1 reflective conversation; 1 resiliency check-in; and completed 15 resiliency modules
- ✓ Attended 2 journal clubs (Suboxone and Nocturnal Enuresis)

Sheila Teiken, APRN, CNP in Fosston, MN and a graduate of our first year fellowship program facilitated the first journal club of the year for this year's cohort on Suboxone treatment. She is also supporting MOUD specialty rotations for our fellows.



ANE-NPRF Program Priorities:

1. Behavioral Health
2. Rural Clinical Readiness
3. Maternal Health Care
4. Provider Wellness and Resiliency



Behavioral Health Rotations

Fellows complete a minimum of nine specialty rotations, including a minimum of one virtual behavioral health rotation with Jacki Gervais, DNP, PMHNP, CARN-AP, CEO (pictured right) a psychiatric and addiction

certified nurse practitioner with a doctorate in executive leadership. Jacki serves as the CEO and medical Director of The Ridge Treatment and Reentry Center in Fargo, ND. In addition, fellows complete a minimum of one virtual behavioral health rotation with Jackie Barney, APRN, CNP (pictured left) a psychiatric nurse practitioner at Essentia Health in Duluth, MN.



"It was very helpful to observe Jackie Barney; she did a great job of answering questions and explaining decision making process," one fellow commented.



"Her knowledge on medications for mental health was astounding. She handled patient care with complex patients exceptionally well," noted one fellow after completing a rotation with Jacki Gervais.

Kerri Benning facilitated a workshop on clinic efficiency in November for the fellows. Kerri is a faculty member at NDSU School of Nursing in Bismarck, ND and practices rural health at the Underwood and Washburn, ND clinics.



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)

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)

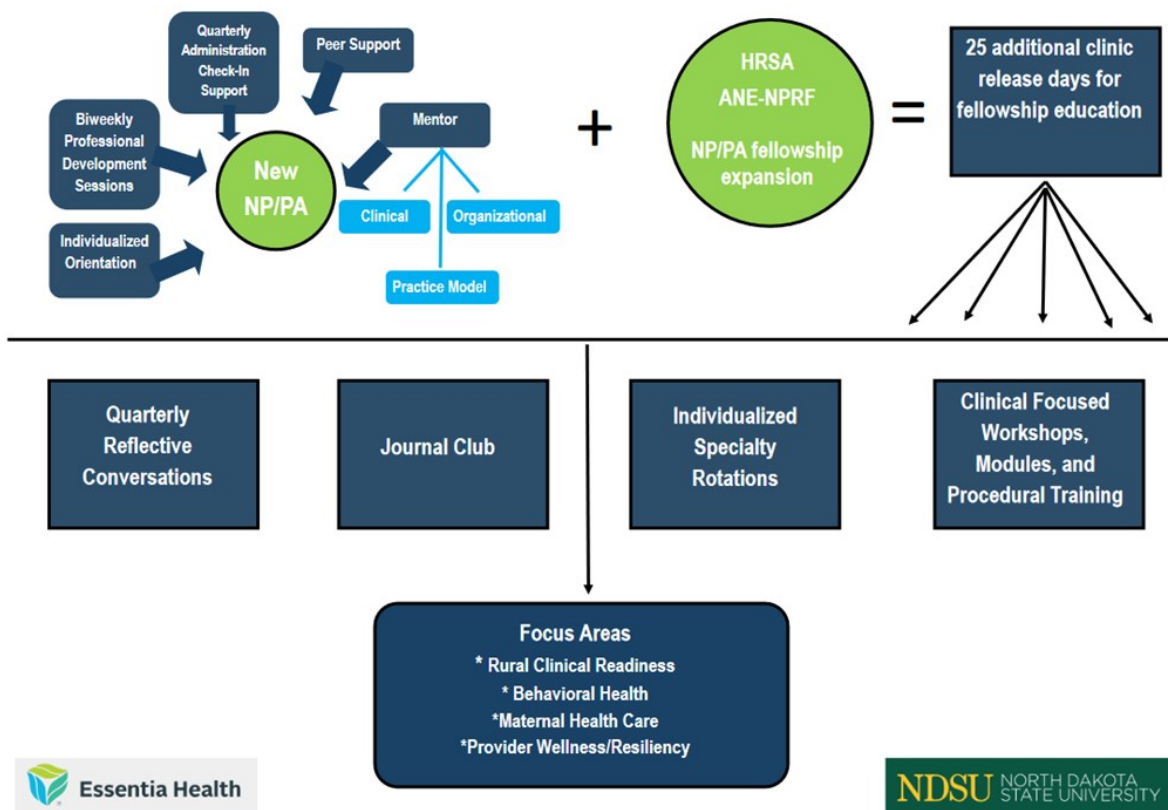
Kerri Benning, DNP, APRN, FNP-C (NDSU, Health Education Coordinator)

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

Dani Bohnsack, MA (NDSU, Project Manager)

WHO TO CONTACT

Essentia Transition to Practice Model



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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 month, 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.