



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.*

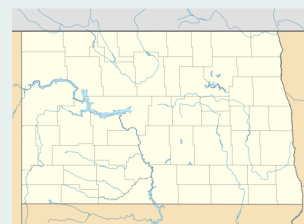
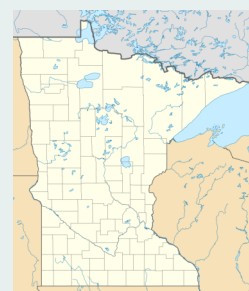
The collaboration between North Dakota State University (NDSU) School of Nursing and Essentia Health, a large regional health system covering North Dakota, Minnesota, and Wisconsin is better preparing new NP graduates for rural care practice through enhanced didactic content, simulation, and immersive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



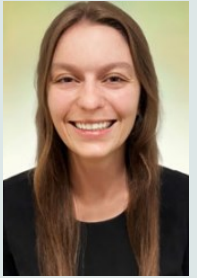
Liz Belgarde,  
APRN, CNP  
Jamestown, ND



April Buescher,  
APRN, CNP  
Grand Rapids, MN



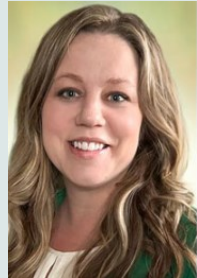
Jessica Cobban,  
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Tristin Dutton,  
APRN, CNP  
Wahpeton, ND



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 57 specialty rotations
- ✓ Attended 19 Transition to Practice professional development sessions
- ✓ Facilitated 2 journal clubs (venous insufficiency and fibromyalgia)
- ✓ Attended maternal health conference
- ✓ Attended microaggressions lecture
- ✓ Attended EKG workshop
- ✓ Participated in 3 reflective conversations; 3 resiliency check-ins; and completed 46 resiliency modules

*Jenna Wallace DNP, APRN, CNP facilitated the EKG workshop. Jenna is an adjunct faculty member at NDSU School of Nursing and practices family medicine at Sanford Health in Fargo, ND.*



**Fellows have served 11,696 patients in rural and medically underserved areas throughout MN, ND, and WI.**

### ANE-NPRF Program Priorities:

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

## Maternal Health Conference

On April 25th, North Dakota State University School of Nursing hosted a maternal health conference for fellows on NDSU's campus.

- ◇ **Tanya Baity, APRN, CNM, "Family Planning and Pre-Conception Care"**
- ◇ **Tessa Hand, APRN, CNM, "Common Pregnancy Concerns"**
- ◇ **Abre May, DPT, "Physical Therapy Considerations for Maternal Pelvic Health"**
- ◇ **Sara Hansen, DNP, APRN, CNM, CNP, "Post-partum Depression and Anxiety"**
- ◇ **Sara Hansen, DNP, APRN, CNM, CNP, "Newborn Assessments"**



Fellows from left to right at maternal health conference: Liz Belgarde; Tristin Dutton; Udara Rajagura; Paige Feist; April Buescher; Heather Holm; Jessica Cobban; and Stacia Heisler, featuring Maverick (Jessica's dog)

### Post-conference

- \* Learners rated their knowledge and application of this subject as a 3.2/5 before the conference and 4.7/5 after the conference.
- \* 90% of learners strongly agreed to increased knowledge of best-practice medication management for maternal and newborn patients.
- \* 100% of learners strongly agreed to increased knowledge of best-practice standards of care of maternal and newborn patients and increased knowledge for assessing maternal and newborn patients.
- \* 90% of learners stated this activity will greatly increase their performance.
- \* 100% of learners stated that as a result of this activity, they are better able to integrate a team-based approach to caring for their maternal and newborn patients and were able to state/identify one method.



### Specialty Rotation Spotlight

**Guillermo Marroquin Galvez, MD** is an OBGYN at Essentia Health. He practices at the Detroit Lakes, Pelican Rapids, and Park Rapids clinics in MN. Maternal Health is a program priority and Dr. Marroquin has supported multiple fellow specialty rotations this past year. Fellows who completed rotations with him rate the experience as exceptional and note, **"Wonderful experience to get the ability to work with an OBGYN who outreaches to Park Rapids and highly recommend him to other fellows and patients. I was able to watch a LEEP procedure and hysteroscopy done in clinic."**



### Advisory Board

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### Grant Team

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Coordinator)

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

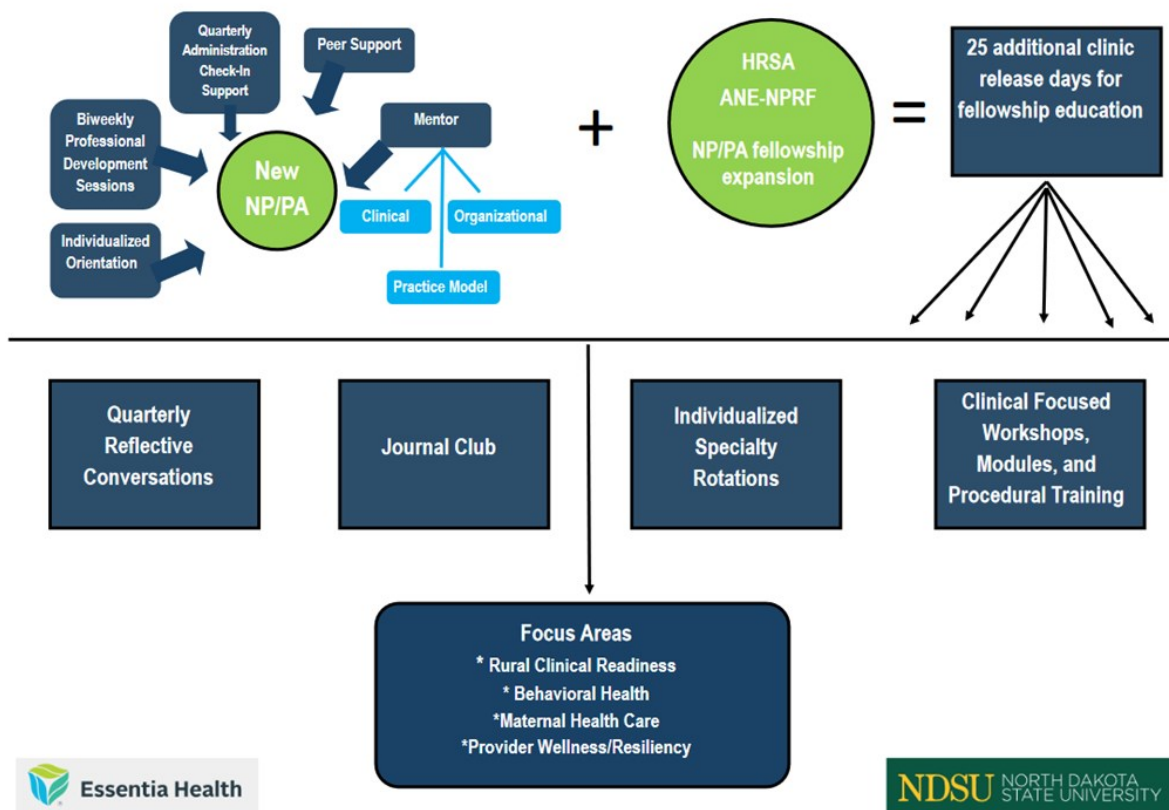
Carrie Nelson, DNP, APRN,  
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Dani Bohnsack, MA (NDSU,  
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## WHO TO CONTACT

### 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.