

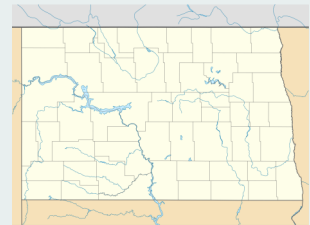


Essentia Health

ANE-NPR Newsletter “Transforming the Workforce”

April 2023

Volume 4, 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 (ANE-NPR) “Transforming the Workforce” grant. The four-year, \$1.57 million federal HRSA grant 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 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 is better preparing new NP graduates for rural care practice through enhanced didactic content, simulation, and immersive clinical experiences.

The residency is in its 4th year and 12 residents have completed the program. This newsletter highlights the current projects underway and achievements thus far.

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.

INSIDE THIS ISSUE

- Residents.....2
- Mental Health Conference.....3
- Journal Club.....3
- Specialty Rotations3
- Acute Abdm and Chest Pain...4
- Childhood Obesity.....4
- Concussions.....4
- Procedural Training.....4
- Procedural Training.....5
- Who to contact.....6

**RESIDENTS:
YEAR 4**



Jessica Beste,
APRN, CNP
Crosslake and
Pequot Lakes, MN



Kristina Haden,
APRN, CNP
Grand Rapids, MN



Joslyn Cook,
APRN, CNP
Hibbing, MN



Sarah Hansen, APRN,
CNP
Valley City, ND



Molly Edwards,
APRN, CNP
Ely, MN



Anna Wilke, APRN,
CNP
Ashland, WI

CONGRATULATIONS!



**ADVANCED NURSING EDUCATION
NURSE PRACTITIONER RESIDENCY**

CERTIFICATE OF COMPLETION

for successfully completing the
12 month
Nurse Practitioner Residency
Program

Kevin M. Casey, DO
Chief Medical Officer, Essentia Health

Rhonda Kazik, CNP, RN
Chief Nursing Officer, Essentia Health

Charles D. Peterson, Pharm.D.
Dean, College of Health Professions
North Dakota State University

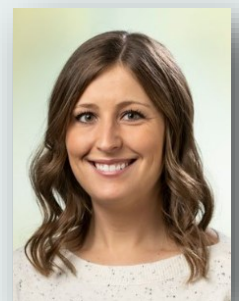


Amanda Keough



Hillary Newborg

Amanda Keough, APRN, CNP and Hillary Newborg APRN, CNP completed their 12-month residency program in April. Amanda remains employed as a family nurse practitioner in Virginia, MN where she completed the residency program. Hillary remains employed as a family nurse practitioner in Lisbon, ND where she completed the residency program. Erika Caslin, APRN, CNP will officially complete her residency program in June after returning from maternity leave. Erika will remain employed as a family nurse practitioner in Graceville, MN where she is finishing the residency program.



Erika Caslin

Opioids and mental health emergencies are a program priority. In February, North Dakota State University School of Nursing with support from Health Resources and Services Administration Advance Nursing Education Nurse Practitioner

Residency grant and NDSU

Impact fund hosted a one day virtual Mental Health Conference.

The 320 registrants included advance practice providers and other mental health care workers from Essentia, Sanford, other healthcare facilities in the region, as well as NDSU DNP/FNP students. Topics included: Cluster B Personality Disorders; Beyond 1st line Treatment; Introduction to Dementia; Medication Management in the Elderly; Somatic Symptom Disorder; and Suicidality in the Adolescent Population. The conference was free to attend and approved for 7.5 contact hours of continuing education, which included 3.25 hours of pharmacology by the American Association of Nurse Practitioners.



Mental Health Conference

“Excellent conference. Thank you for offering this, especially in this online format. It’s great to see so much local talent presenting.”

Journal Club

Monthly journal club is a cornerstone of the residency curriculum. 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. Each resident chooses a topic and facilitates the discussion with an NP grant team member. Topics have included alcohol abuse, osteoporosis, menopause, acute abdomen pain, pelvic pain, and heart failure.

Specialty Rotations

Residents must complete a minimum of six specialty rotations. They are chosen based upon resident’s identified learning gaps and special interest areas and one must be in weight management, a program priority. Residents have completed rotations in the following areas:

Weight Management · Heart Failure Clinic · Dermatology · Pulmonary Medicine · Orthopedics · Cardiology · Women’s Health · ENT · Acupuncture · General Surgery · Podiatry · OB/GYN · Nephrology · Pediatrics · Emergency Medicine

Grant Team

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

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

Dean Gross, PhD, FNP-C (Project Coordinator)

Adam Hohman, DNP, APRN, FNP-BC (Health Education Coordinator)

Allison Peltier, DNP, RN, FNP-C (Evaluation Coordinator)

Heidi Saarinen, DNP, RN, FNP-C (Health Information Technology Coordinator)

Dani Bohnsack, MA (Project Manager)

Lauren Drotts, RN, BSN (Graduate Assistant)

Advisory Board

Elisha Anderson APRN, CNP (Essentia)

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

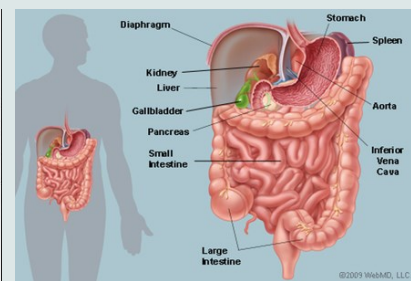
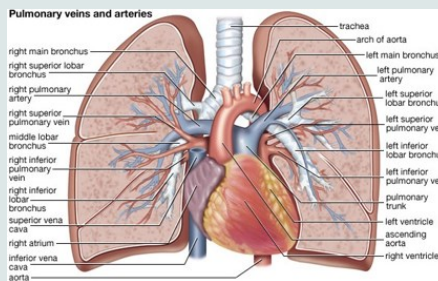
Christie Erickson, APRN, CNP (Essentia)

Michelle Lindell, RN, BSN (Essentia) Director of Ambulatory Care

Randy Lemm, ND State Senator

Acute Abdomen Pain and Chest Pain

In March, NDSU faculty member, Adam Hohman, DNP, APRN, FNP-BC, and the grant's Health Education Coordinator facilitated a clinical workshop focused on acute abdomen pain diagnosis and chest pain workup. Case studies were presented as part of the discussion.



Childhood obesity is another program priority. Residents completed the obesity summit pediatric track from the obesity medicine academy. The sessions review the latest advancements in pharmacological and surgical interventions for treating adolescents with obesity, the role of physical activity in pediatric obesity management, and the impacts of social determinants of health, structural racism, adverse childhood events (ACEs), and epigenetics on childhood obesity.

Residents also completed HEADS UP to Healthcare Providers, which is a free online training developed by the CDC and the American Academy of Pediatrics. The goal of the training is to provide an overview of the evidence-based recommendations outlined in the CDC Pediatric Mild Traumatic Brain Injury (mTBI) Guideline and to equip healthcare providers with practical strategies to integrate these recommendations into clinical practice.

Skills and Procedural Training

In April, residents, attended a 2-day skills and procedures training in Baxter, MN. The first day focused on ortho exams, joint injections, and splinting. Aaron Lindstrom, DNP/FNP-C (pictured right demonstrating exam) led the first day of the training. Aaron is an orthopedic specialist at Lake Region HealthCare in Fergus Falls, MN.



The second day included fish hook removal and introduction to point-of-care ultrasound facilitated by Steve Palmer, a PA at Essentia, who practices emergency medicine in Ada, MN and urgent care in Baxter, MN.

Adam Hohman, DNP, APRN, FNP-BC and the grant's Health Education Coordinator also facilitated training for suturing, incision & drainage, and toenail removal.





Residents visited Essentia Health St. Joseph's-Baxter Clinic during procedural training. Steve Palmer, PA (pictured center middle) facilitated point-of-care ultrasound training. Adam Hohman, DNP, APRN, FNP-BC (pictured front center) volunteered as a model, so residents could practice.



WHO TO CONTACT



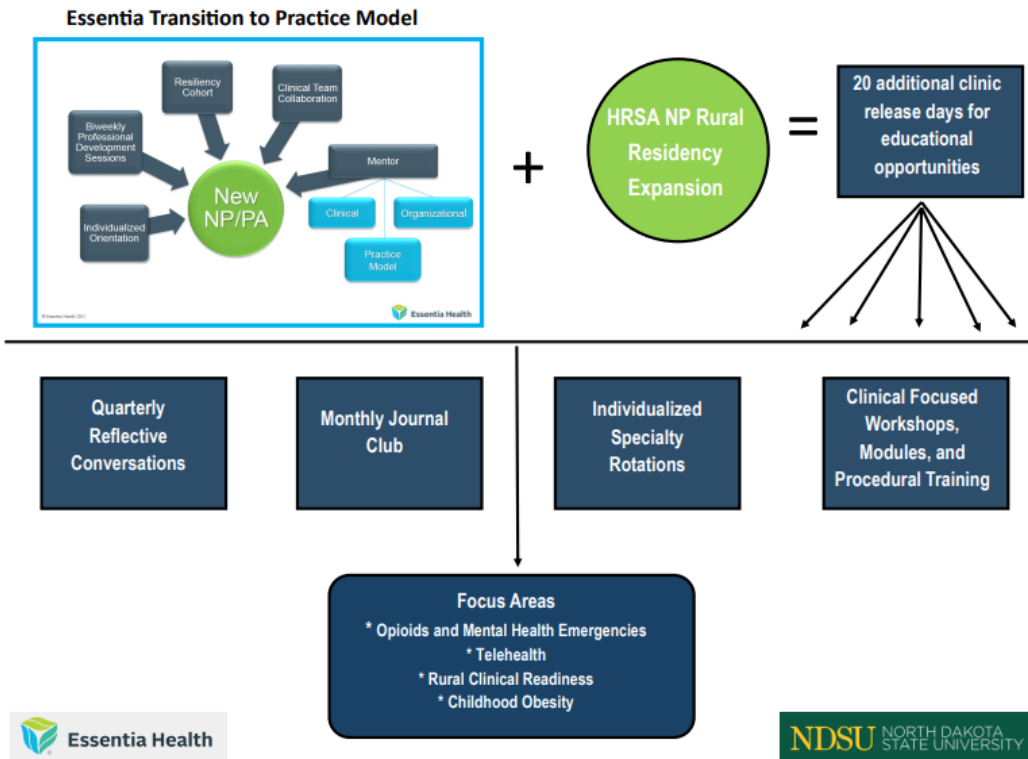
Mykell Barnacle DNP,
FNP-BC (Project Director)
Mykell.Barnacle@ndsu.edu



Dani Bohnsack, MA
(Project Manager)
Dani.Bohnsack@ndsu.edu



Debra Steen, APRN,
CNP (Essentia Health
Clinical Liaison)
Debra.Steen@essentia
health.org



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/