

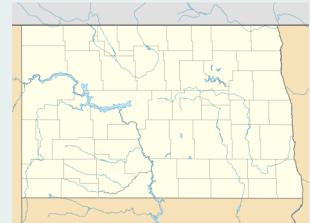


Essentia Health

ANE-NPR Newsletter “Transforming the Workforce”

July 2023

Volume 4, Issue 3



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.

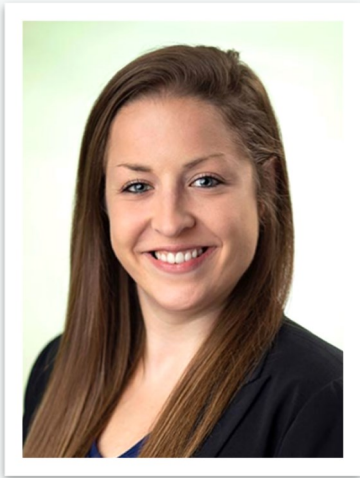
Mission Statement

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.

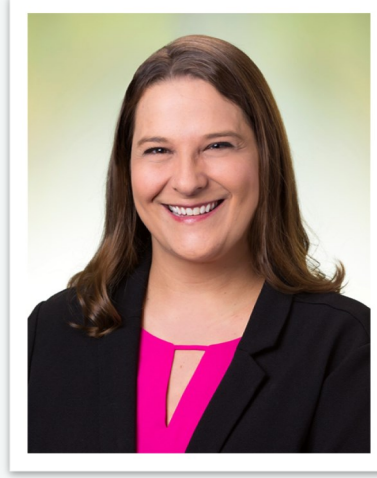
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RESIDENTS YEAR 4



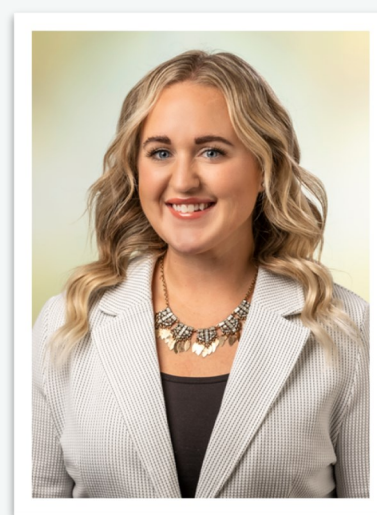
Jessica Beste,
APRN, CNP
Crosslake and Pequot
Lakes, MN



Kristina Haden,
APRN, CNP
Grand Rapids, MN



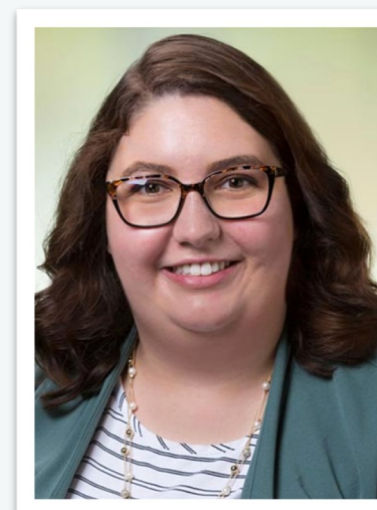
Joslyn Cook,
APRN, CNP
Hibbing, MN



Sarah Hansen,
APRN, CNP
Valley City, ND



Molly Edwards,
APRN, CNP
Ely, MN



Anna Wilke,
APRN, CNP
Ashland, WI

Dermatology Workshop

In May, Becky White, DCNP a dermatology certified nurse practitioner in Baxter, MN facilitated a workshop on the diagnosis and management of common primary care dermatologic conditions including atopic dermatitis, acute urticaria, acne management, alopecia, fungal infection and an overview of the newest biologics.



- Look at all the skin, including scalp and nails
 - No peek-a-boo assessments



- Take lots of pictures and label specifically
- Refer for biopsy if you can

“I learned about home remedies for treating eczema such as the best moisturizers to recommend to patients,” said one resident regarding the implementation of skills learned during the dermatology workshop.

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 · Hematology · Oncology · Endocrinology · Urology · Podiatry

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, heart failure, transgender care, and medication-assisted treatment for opioid use.

Grant Team

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

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

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)

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

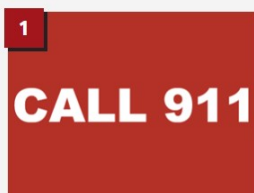
NDSU was awarded another Health Resources and Services Administration—Advanced Nursing Education Nurse Practitioner Residency Fellowship Program grant. The \$2.3 million award over four years will expand and enhance the existing rural NP residency program with Essentia Health. Six new residents at various rural Essentia Health clinics will begin the program in October.

Emergency Preparedness Workshop

In June, our six residents, along with a PA at Essentia Health attended a Healthcare Emergency/Disaster Preparedness Workshop in Fargo at North Dakota State University in Aldevron Tower. Adam Hohman, DNP, APRN, FNP-BC and the grant's health education coordinator facilitated topics including mass casualty triage and pandemic concepts for health professionals. The hands-on portion of the workshop also included Stop the Bleed training led by Hohman. Dean Gross, PhD, FNP-BC and the grant's project coordinator facilitated a talk on emerging and re-emerging infections diseases, including tick related illnesses. Shannon David, Ph.D., ATC, LAT, an associate professor and the professional athletic training program director at NDSU facilitated a concussion management workshop including the signs, symptoms, and evaluation of concussions.



Quick Actions to STOP THE BLEED



Call 911



Apply Pressure with Hands

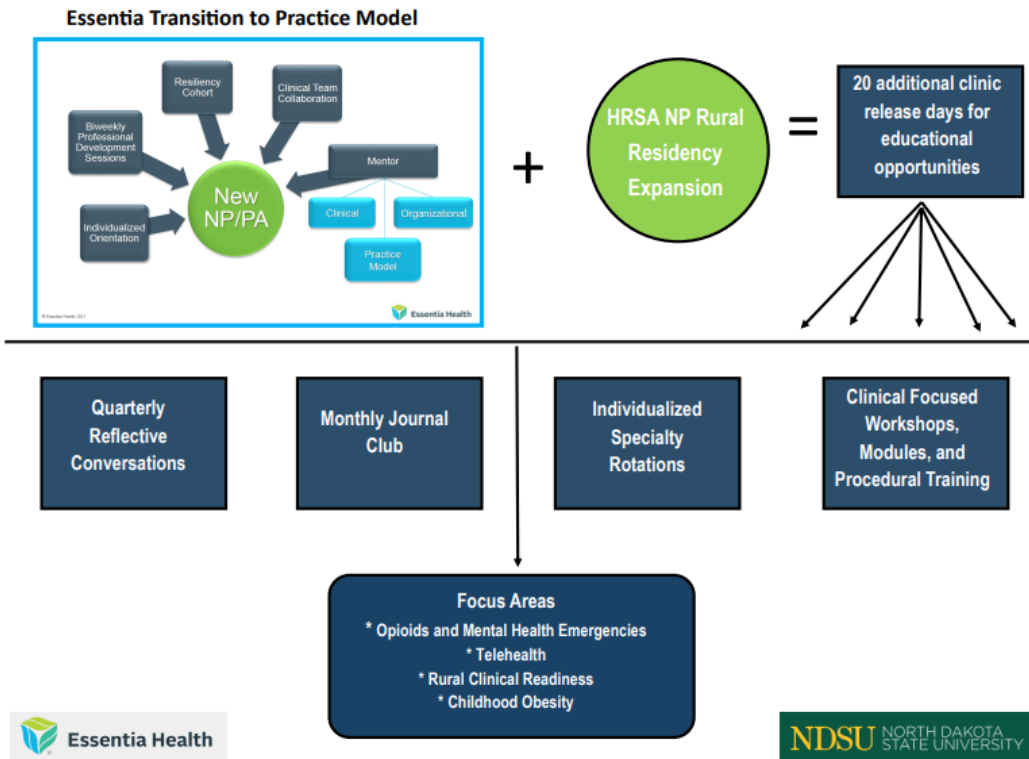


Pack Wound and Press



Apply Tourniquet

WHO TO CONTACT



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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/