



Essentia Health

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ANE-NPR Newsletter “Transforming the Workforce”



The purpose of this newsletter is to keep stakeholders abreast of 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 provides new graduate family nurse practitioner’s clinical and academic enhancement and expansion for a 12-month residency program in rural and/or underserved populations.

The support of the 12-month residency program in collaboration between North Dakota State University (NDSU) and Essentia Health enables enhanced support of four new graduate FNPs each year in primary care rural sites (see page 2).

ANE-NPR program priorities include:

1. opioids and mental health emergencies
2. rural clinical readiness
3. telehealth
4. childhood obesity

This newsletter highlights the current projects underway and achievements thus far.

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“Rural nurse practitioners often see a wide range of conditions and complexity, as well as perform many procedures that are not as common in urban primary care,” explained Mykell Barnacle, assistant professor of nursing practice at NDSU who directs the team developing the program. “This type of care is often practiced without the benefit of in-office colleagues or easy access to specialists. The program will also allow new nurse practitioners to network with regional colleagues, specialists, and administration partners,” she said.

MEET THE RESIDENTS: YEAR 1



Jenna Altobelli, APRN, CNP

Virginia, MN

Education

Doctorate Degree, College of St. Scholastica, Duluth, MN

Board Certifications

American Academy of Nurse Practitioners - Nurse Practitioner-Family



JoAnn Bresnahan, APRN, CNP

Pine River, MN

Education

Master's Degree, University of North Dakota College of Nursing and Professional Disciplines, Grand Forks, ND

Board Certifications

American Academy of Nurse Practitioners - Nurse Practitioner-Gerontology



Jordan Coplin, APRN, CNP

Wahpeton, ND

Education

Doctorate Degree, North Dakota State University, Fargo, ND

Board Certifications

American Academy of Nurse Practitioners - Nurse Practitioner-Family



Arla Spencer, APRN, CNP

Hibbing, MN

Education

Master's Degree, University of Phoenix, Tucson, AZ

Board Certifications

American Academy of Nurse Practitioners - Nurse Practitioner-Family

In October, four new graduate family nurse practitioners, all Essentia Health employees, began a 12-month rural residency program (see page 2). The collaboration between NDSU School of Nursing and Essentia Health, a large regional health system covering most of eastern North Dakota and northern Minnesota, will better prepare new FNP graduates for primary, rural care practice through enhanced didactic content, simulation, and immersive clinical experiences.

As part of the program, residents have additional educational opportunities and support. Thus far, residents have participated in two journal clubs (see page 4), a dermoscopy presentation (see page 4), several clinical observations (see page 5), and medication assisted therapy training, (see page 5).

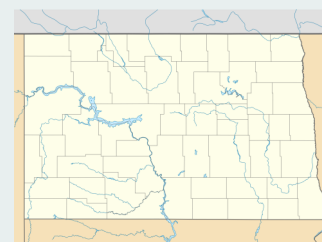
“As the state’s land grant university, we help develop innovative healthcare solutions to serve citizens in rural areas,” said Carla Gross, associate dean of NDSU’s School of Nursing and Fargo site chair in the College of Health Professions.

MEET THE 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)
- Brooke Feltman, RN, BSN (Graduate Assistant)

MEET THE ADVISORY BOARD

- Elisha Anderson APRN, CNP (Essentia)
- Katherine Dean, MBA (Essentia) Executive Director Institute of Rural Health
- Christie Erickson, APRN, CNP (Essentia)
- Emily Kalina, DNP, FNP-C (Sanford)
- Michelle Lindell, RN, BSN (Essentia) Director of Ambulatory Care
- Debra Steen, APRN, CNP (Essentia)



The grant team meets the 4th Friday of every month to discuss challenges and successes, budget updates, and future grant activities.

A key component to a successful residency program is an advisory board consisting of medical providers and other leaders.

A major purpose of the board is to discuss the greatest areas of need for new nurse practitioners practicing in rural areas and how the residency program can best prepare them for success.

The board meets quarterly.

JOURNAL CLUB

As part of the residency, Journal Club meets remotely the 3rd Friday of every month. Residents are assigned research articles and then participate in a discussion led by an NDSU NP faculty member. 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, and apply research into daily practice.

Topics thus far have included comparison treatments for restless leg syndrome and sleep and mental health.

“I did not know that augmentation was a potential in treating RLS. This is so helpful.”
- resident response to Journal Club

DERMOSCOPY

A major focus this year is to develop residency curriculum. As part of that development, a dermoscopy presentation was scheduled. Objectives of this presentation included: discussion of dermoscopy, review of algorithms for identifying skin lesions and associated interventions, and examine photos of suspicious skin lesion characteristics.

“Nurse practitioners in the rural clinics practice a full scope of patient care skills and at the top of their skill set so they can bring necessary care to rural patients and keep their healthcare at home,” said Christie Erickson, doctor of nursing practice. “Essentia Health is excited to bring this residency program to the rural clinics where it is most needed.”

HOW TO
SPOT SKIN CANCER™

USE THIS INFORMATION TO CHECK YOUR SKIN REGULARLY

1 in 5 Americans will be diagnosed with skin cancer in their lifetime.

ANYONE CAN GET SKIN CANCER, REGARDLESS OF SKIN COLOR

THE ABCDEs OF MELANOMA
What to Look For:
Melanoma is the deadliest form of skin cancer. However, when detected early, melanoma can be effectively treated. You can identify the warning signs of melanoma by looking for the following:

- A** **ASYMMETRY** One half is unlike the other half.
- B** **BORDER** Irregular, scalloped or poorly defined border.
- C** **COLOR** Varied from one area to another; shades of tan and brown, black, sometimes white, red or blue.
- D** **DIAMETER** While melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller.
- E** **EVOLVING** A mole or skin lesion that looks different from the rest or is changing in size, shape or color.

Example:
● ○ ● ○ ● ○

SKIN CANCER SELF-EXAMINATION
How to Check Your Spots:
Checking your skin means taking note of all the spots on your body, from moles to freckles to age spots. Skin cancer can develop anywhere on the skin and is one of the few cancers you can usually see on your skin. Ask someone for help when checking your skin, especially in hard-to-see places.

- 1 Examine body front and back in mirror, then right and left sides, arms raised.
- 2 Examine back of neck and scalp with a hand mirror. Part hair for a closer look at your scalp.
- 3 Bend elbows, look carefully at forearms, back of upper arms, and palms.
- 4 Check back and buttocks with a hand mirror.
- 5 Finally, look at backs of legs and feet, spaces between toes, and soles.

If you find any spots on your skin that are different from others or are changing, itching, or bleeding, make an appointment to see a board-certified dermatologist.

To learn more about skin cancer and find a FREE skin cancer screening, visit SpotSkinCancer.org

WHEN CAUGHT EARLY, SKIN CANCER
IS HIGHLY TREATABLE



CLINICAL OBSERVATIONS

Immersive clinical and specialty rotations are a key component to the year-long residency program. Residents schedule observation time with specialists in areas such as weight management, radiology, OB/GYN, and elder care.

These observations are based on individual resident needs and interests. Initial data indicate the time spent with these specialists is valuable (see below)

One resident commented, “I learned a ton and feel more prepared for GYN patients.”

How would you rate your clinical experience/observation?

[More Details](#)

● Exceptional	10
● Good	2
● Average	0
● Poor	0

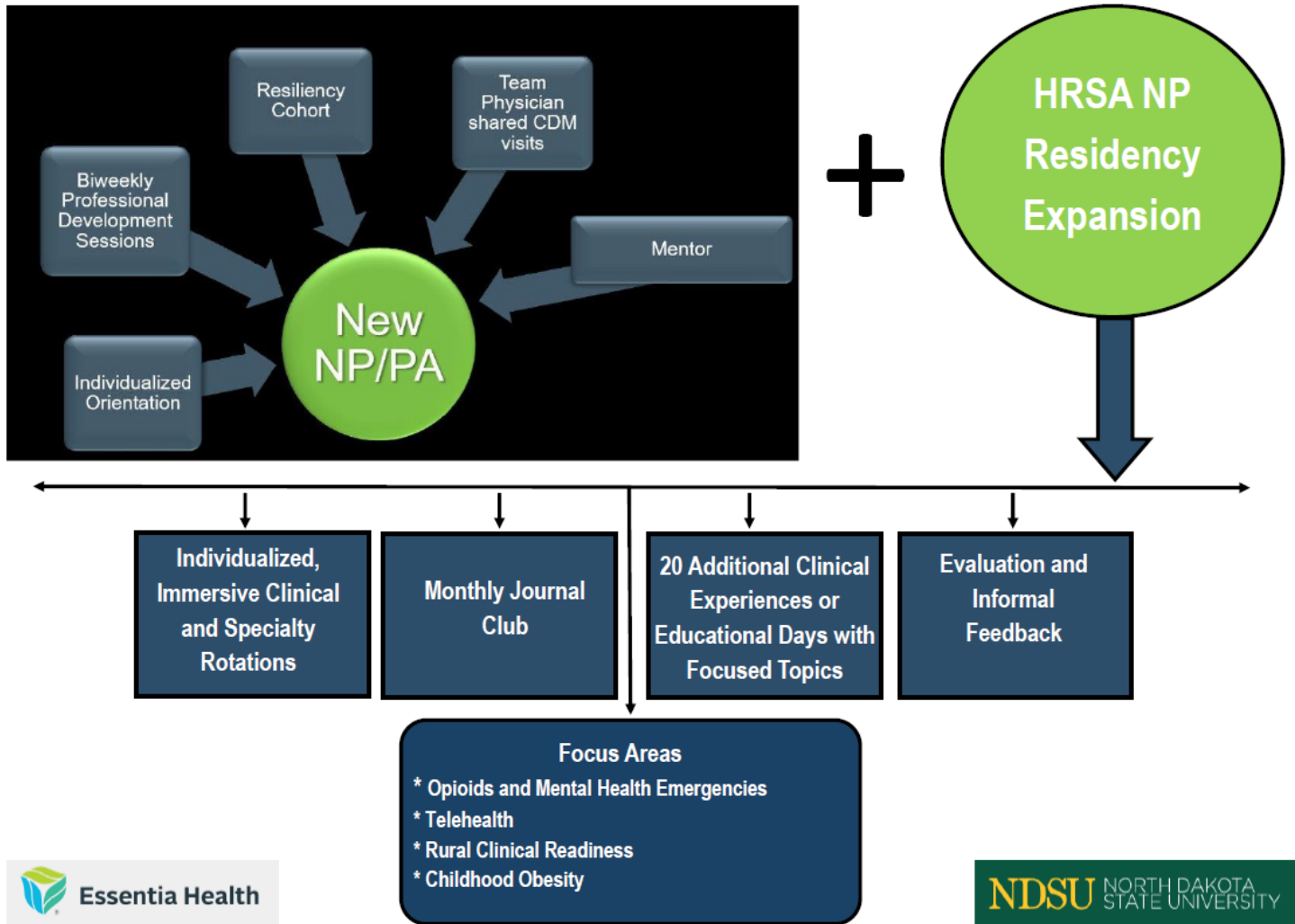


MEDICATION ASSISTED THERAPY TRAINING

One of the program objectives is to enhance mental health offerings with a special focus on combating the opioid crisis and managing mental health emergencies. Residents attended a 2-day Medication Assisted Therapy training (MAT) for opioid dependence on December 5th and 6th in Minneapolis, MN.



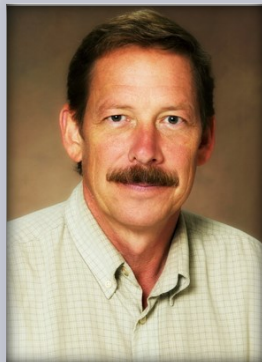
Essentia Transition to Practice Model



WHO TO CONTACT



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