



NDSU  **Essentia Health**

ANE-NPR Newsletter
“Transforming the Workforce”

October, 2020
 Volume 1, Issue 4



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.

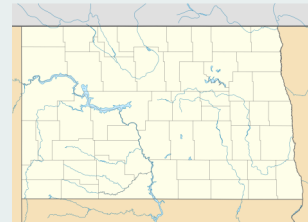
The four-year, \$1.57 million federal HRSA grant is an expansion of Essentia Health’s current Transition to Practice program and provides four new graduate nurse practitioner’s each year clinical and academic enhancement for a 12-month residency program in rural and/or underserved populations.

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

The first cohort of residents (see page 2) completed their residency in September and the 2nd cohort began in October (see page 4). 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 1



Jenna Altobelli,
APRN, CNP
Virginia, MN



JoAnn Bresnahan,
APRN, CNP
Pine River, MN



Jordan Coplin,
APRN, CNP
Wahpeton, ND



Arla Spencer,
APRN, CNP
Hibbing, MN

Congratulations and Best Wishes

At the end of September, we hosted our last residency activity for the inaugural residency group (see left). In total, residents participated in 11 journal clubs, a 2-day skills and procedures workshop, a mental health conference, 20 specialty rotations, a dermatology workshop, an EKG workshop, MAT training, obesity education, telehealth education, and several self-directed CME opportunities. All four residents plan to continue practicing in the clinics they completed their residency.

JOURNAL CLUB TOPICS

- Restless Leg Syndrome
- Sleep and Mental Health
 - Men's Mental Health
- Improving Vaccine Uptake
 - Human Trafficking
 - Resiliency
- COVID-19 and Obesity
- Quality Improvement
 - Otitis Media
- Negotiation Skills
- Diabetes Management

“I have found the residency extremely helpful and really helps to give me confidence as a clinician. Everyone involved was very skilled in their role. Thank you for getting this grant together and I really hope this program is able to go forward for future providers,” said one resident.

What was the highlight of the residency for you?

The 2 day intensive. Lots of hands-on learning and getting to meet all of the residents and faculty was very helpful.

The 2 days of training was fantastic and was really helpful to have hands-on.

How likely would you be to recommend an NP residency program to a newly graduated NP?



Being able to connect together casually to discuss the challenges of transitioning to practice. I also found it helpful to go to those specialties and network and learn so I can better prepare patients when I refer and curbside those providers .

Being able to have more education opportunities!

MEET THE RESIDENTS: YEAR 2



Teresa Formo, APRN, CNP

Jamestown, ND

Education

Doctorate Degree, North Dakota State University

Board Certifications

American Academy of Nurse Practitioners - Nurse Practitioner-Family



Kayla Hertenstein, APRN, CNP

Spooner, WI

Education

Doctorate Degree, College of St. Scholastica

Board Certifications

American Nurses Credentialing Center - Nurse Practitioner-Family



Caitlin Kumpula, APRN, CNP

Detroit Lakes, MN

Education

Doctorate Degree, College of St. Scholastica

Board Certifications

American Academy of Nurse Practitioners - Nurse Practitioner-Family



Tucker Sheley, APRN, CNP

Pine River, MN

Education

Doctorate Degree, College of St. Scholastica

Board Certifications

American Academy of Nurse Practitioners - Nurse Practitioner-Family

ANE-NPR Program Priorities:

1. Opioids and Mental Health Emergencies
2. Rural Clinical Readiness
3. Telehealth
4. Childhood Obesity

RESIDENT SCHEDULE: YEAR 2



“Despite a global pandemic, our inaugural residency year was a success. Residents consistently ranked the 2-Day Intensive Training and Specialty Rotations highest. Therefore, for year two, we added more hands-on training. We look forward to continued success as we welcome the next group of residents,” said Mykell Barnacle DNP, FNP-BC and Project Director.

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)

Advisory Board

Elisha Anderson APRN, CNP
(Essentia)

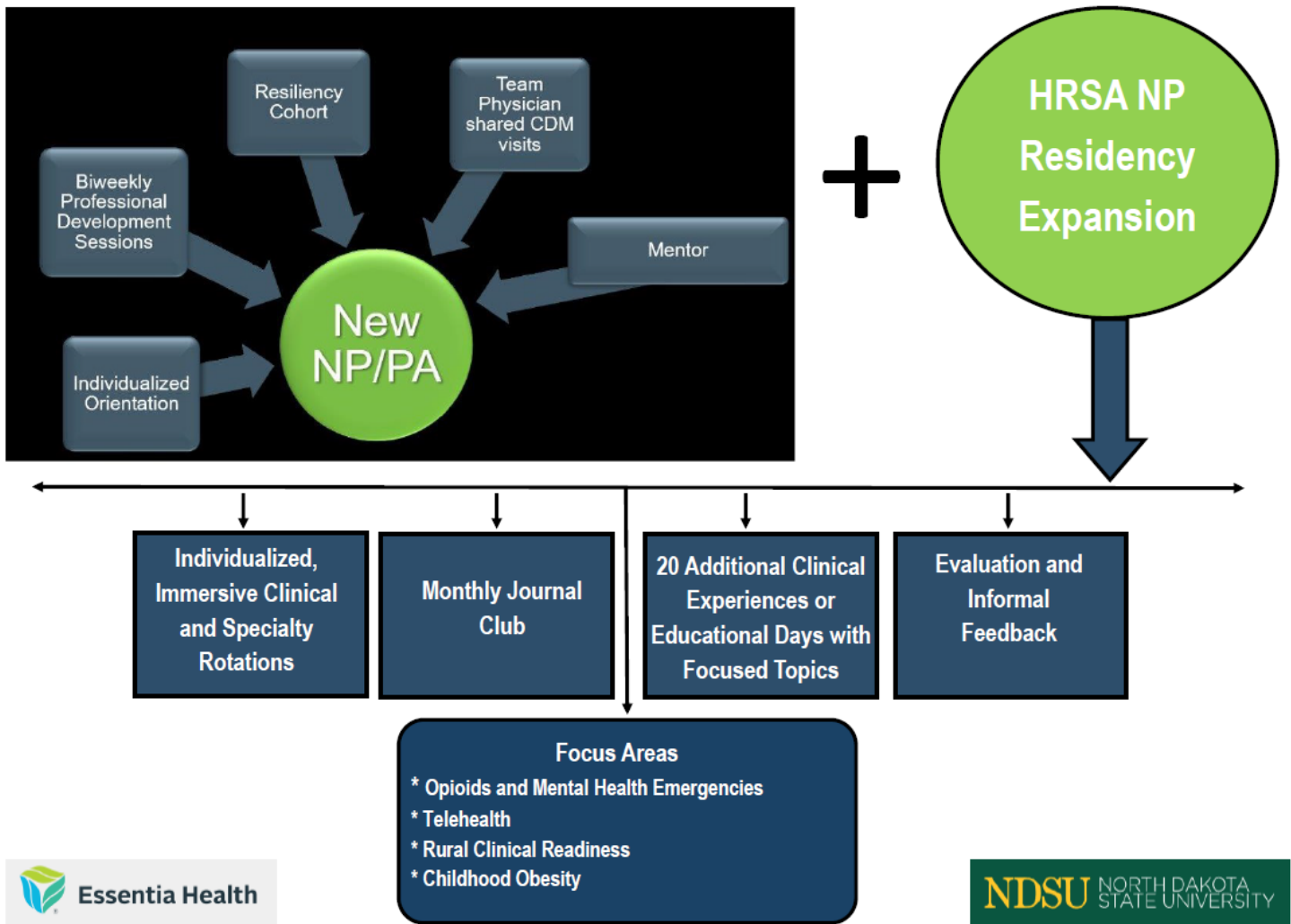
Katherine Dean, MBA
(Essentia) Executive Director
Institute of Rural Health

Christie Erickson, APRN,
CNP (Essentia)

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

Randy Lemm, ND State
Senator

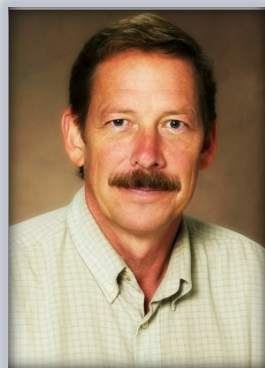
Essentia Transition to Practice Model



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