



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 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.

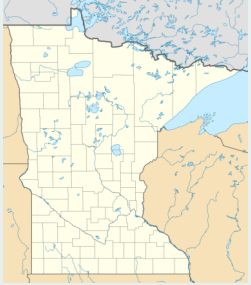
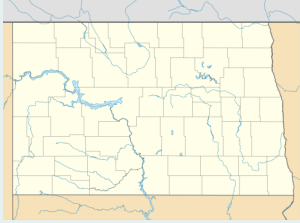
Mission Statement

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.

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, northern Minnesota, and northwestern Wisconsin is better preparing new NP graduates for rural care practice through enhanced didactic content, simulation, and immersive clinical experiences.

The first cohort of residents completed their residency in September and the 2nd cohort began in October (see page 2). This newsletter highlights the current projects underway and achievements thus far.

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RESIDENTS: YEAR 2



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ANE-NPR Program Priorities:

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

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 hosted a one day virtual Mental Health Conference. The 140 attendees included our four residents (pictured left), advance practice providers from Essentia, Sanford, other healthcare facilities in the region, as well as NDSU DNP/FNP students. Presenters were expert providers from the region and topics included ADHD Treatment, Reducing Stigma in Pregnant and Parenting Women with Substance Use Disorders, Mood Disorders, Non-Pharmacological Interventions, Depression in Older Adults, and Understanding Trauma in Primary Care. The conference was free to attend and approved by the ND Board of Nursing for six CE credits.



“The reducing stigma presentation challenged my biases and gave me a real opportunity to do a self check/challenge myself regarding really wanting to provide therapeutic, compassionate care. Helped me see this population with more compassion,” said one participant.

Specialty Rotations

Residents must complete a minimum of six specialty rotations. They are chosen based upon self-identified learning gaps and special interest areas. Thus far residents have completed 17 rotations in the following areas:

- Weight Management
- Orthopedic Surgery
- Oncology
- Congestive Heart Failure
- Pulmonology
- Diabetes Education
- Nephrology
- Endocrinology
- Physical Medicine & Rehabilitation
- OB/GYN
- Urology
- Dermatology

“I have reached out to her several times already and she is such a great resource,” said one resident about her specialty mentor after completing a rotation.

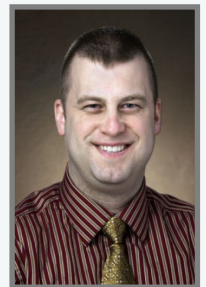
Journal Club

Monthly journal club is a cornerstone of the residency curriculum; it’s held the third Friday of every month over the noon hour. Residents are assigned research articles and participate in a discussion led by an NP grant team 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, apply research into daily practice, and foster a collaborative, collegial conversation among peers. Topics thus far have included Diabetes Management, Weight Management, Insomnia, and Sport Physicals.

“Thanks to this very informative journal club. I will have much more confidence prescribing the appropriate sleep medication for various patients that I will encounter in the clinic,” said one resident.

Pre-Op, X-Ray, and Acute Abdomen Pain Workshop

In March, NDSU faculty members, Allison Peltier, DNP, RN, FNP-C, the grant’s evaluation coordinator, along with Adam Hohman, DNP, APRN, FNP-BC, the grant’s Health Education Coordinator (both pictured right), facilitated a clinical workshop. Topics included Pre-Op Exams, Chest X-Ray Interpretation, and Acute Abdomen Pain diagnosis. Case studies were presented as part of the discussion. All four residents attended along with one Essentia provider, who is currently serving as a mentor to one of the residents. The workshop was recorded and made available on Essentia’s SharePoint.



“Overall the day was full of so much great information and was presented in a way that made it easier to understand and follow,” said one resident after the workshop.

Skills and Procedural Training

In April, residents, along with four other newly graduated Essentia advance practice providers 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) 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 facilitated by Steve Palmer (pictured below), 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 facilitated training for suturing, incision & draining, and toenail removal. Finally, the second day included IUD insertion, facilitated virtually by a Mirena® representative.

“Because of COVID, this was the first opportunity we had to meet our residents in person, which made the two days even more meaningful,” said Dani Bohnsack, the project manager on the grant. “We received special permission to host this training and social distancing and masks were required,” Dani said.

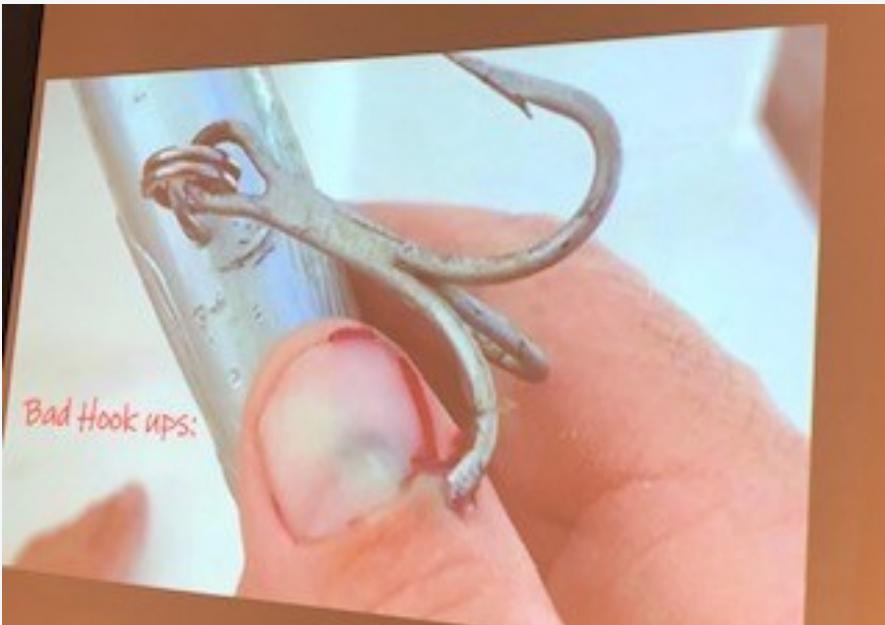
“This training was very good. I enjoyed the hands on help. I could go to Ortho every month,” said one participant.



Aaron Lindstrom, DNP,
demonstrating an ortho exam



Steve Palmer, PA-C



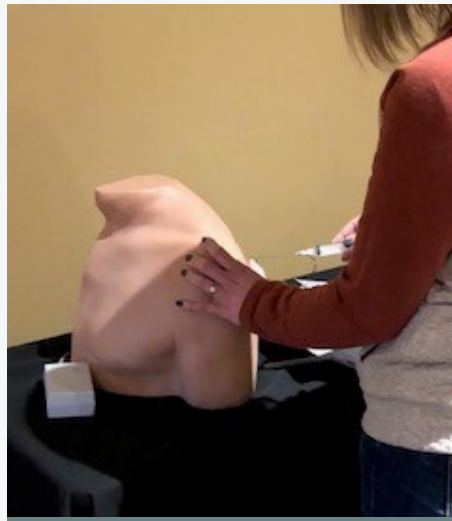
Fish Hook Removal



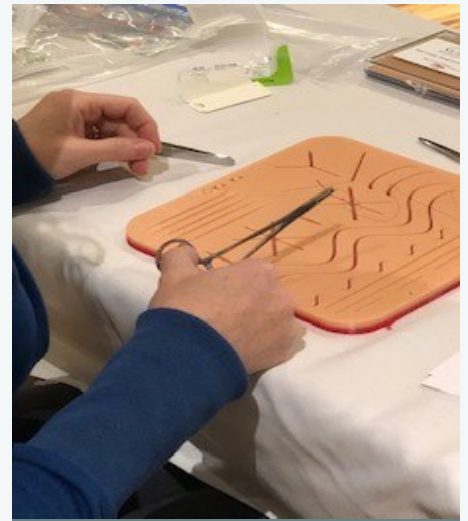
Splinting



Joint Injection



Joint Injection



Suturing



Toenail Removal

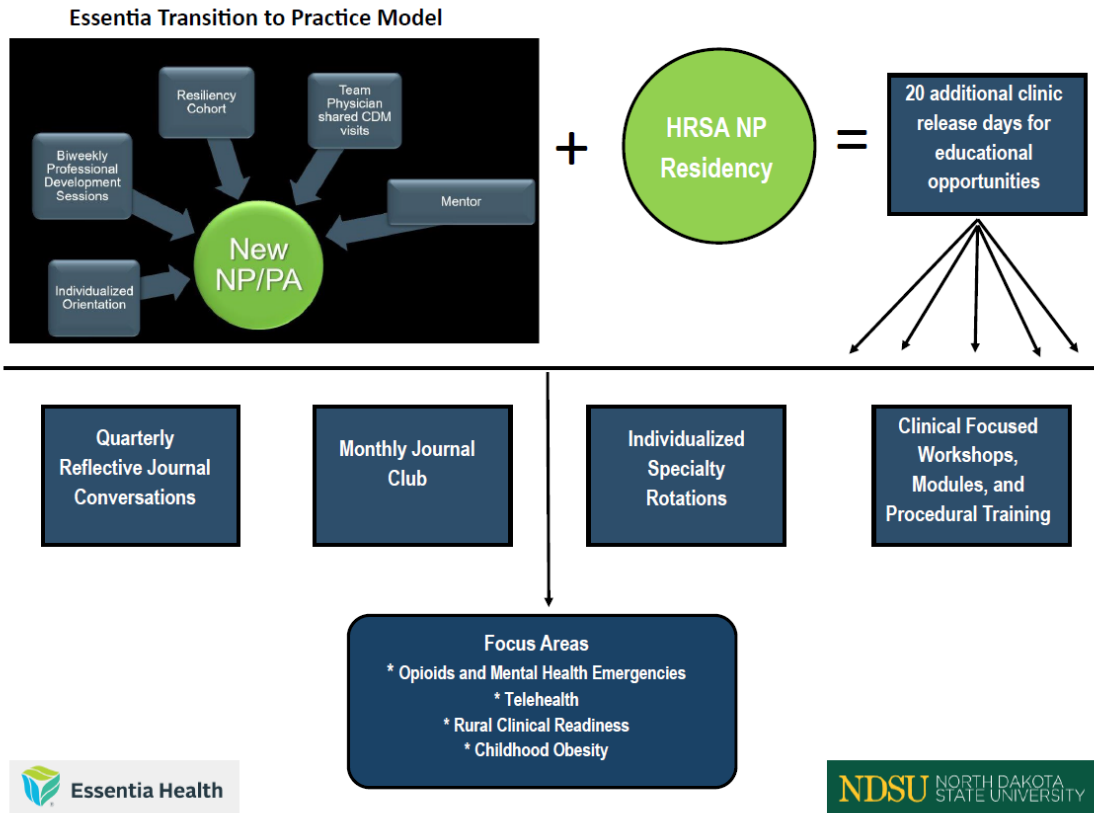


Nail Trephination



Nail Trephination

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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.
- Four 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.