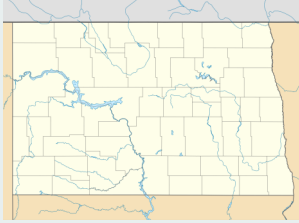




ANE-NPR Newsletter

“Transforming the Workforce”

July 2021
Volume 2, 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 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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Jamestown, ND



Kayla Hertenstein,
APRN, CNP
Spooner, WI



Caitlin Kumpula,
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Detroit Lakes, MN



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ANE-NPR Program Priorities:

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

Wound Care and Dermoscopy Workshop

A successful addition to this year's residency program has been clinic focused workshops facilitated by expert providers and includes case studies to promote discussion. In May, residents attended a Wound Care and Dermoscopy workshop facilitated by Christine Olson, DNP, APRN, FNP-BC, a wound care specialist and Gretchen Peters, DNP, APRN, FNP-C, a dermatology expert. In addition to wound care and dermoscopy, residents also viewed the webinar "Human Trafficking in North Dakota: Background, Identification, Referrals, and Resources"

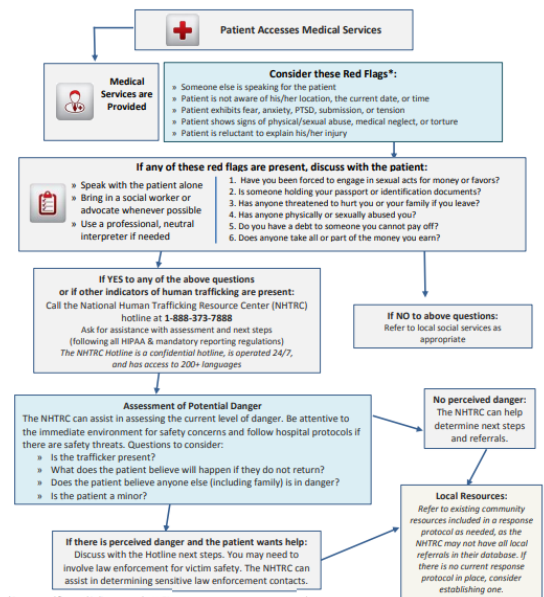


"The awareness of the issue with human trafficking and the things to look for are the first steps toward being able to help these patients. Knowing the language for communicating with them is also helpful," said one resident.

NHTRC
1-888-373-7888

NATIONAL
HUMAN TRAFFICKING
RESOURCE CENTER

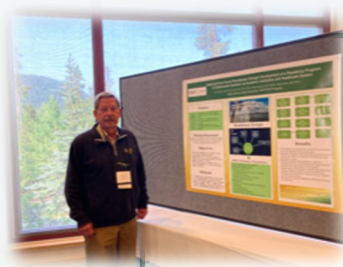
Framework for a Human Trafficking Protocol in Healthcare Settings



*For more red flags and indicators see the NHTRC's [Comprehensive Assessment Tool](#) and [Identifying Victims of Human Trafficking](#) document for healthcare providers.

Report Online or Access Resources & Referrals: www.traffickingresourcecenter.org
 Call: 1-888-373-7888 (24/7) Email: nhtcr@polarisproject.org

This publication was made possible in part through Grant Number 902V0102 from the Office on Trafficking in Persons, Administration for Children and Families, U.S. Department of Health and Human Services (HHS). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Office on Trafficking in Persons, Administration for Children and Families, or HHS.



In July, Dean Gross, PhD, FNP-C and the grant's Project Coordinator, led a poster presentation at the National Nurse Practitioner Symposium in Keystone, Colorado titled, "Retaining Rural Nurse Practitioners through Development of a Residency Program."

Specialty Rotations

Each resident completed six specialty rotations. They were chosen based upon self-identified learning gaps and special interest areas in the following areas:

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

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. 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.

Residents are assigned research articles and participate in a discussion led by an NP grant team member. In the last quarter of the residency program, residents lead their own journal club with collaboration from NP grant team members. Topics thus far have included Diabetes Management, Weight Management, Insomnia, Sport Physicals, Osteoporosis, Acute Bacterial Rhinosinusitis/Antibiotic Stewardship, and Hypothyroidism.

"I think it is always a good reminder to be aware of antibiotic stewardship at all times, and especially with rhinosinusitis when the likelihood of it being bacterial is low. I was reminded of the criteria for prescribing for sinusitis, which was helpful," said one resident after journal club.

How would you rate your specialty rotation/experience?

[More Details](#)

● Exceptional	20
● Good	4
● Average	0
● Poor	0



Our grant team had our first residency manuscript published in the Journal of Nurse Practitioners in May, titled "Expanding a Transition-to-Practice Program Into a Rural Residency"

[Expanding a Transition-to-Practice Program Into a Rural Residency - The Journal for Nurse Practitioners \(npjournals.org\)](https://www.npjournals.org)

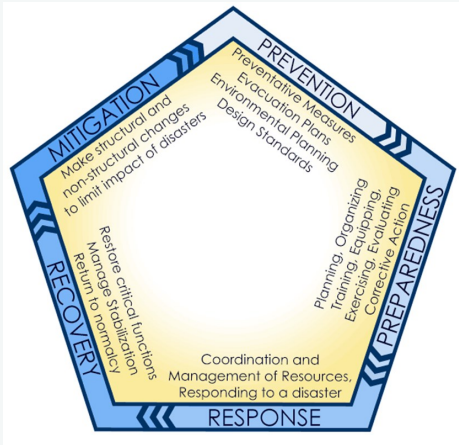
Emergency Preparedness Workshop

In June, our current four residents, along with three residents from last year and two other Essentia advance practice providers attended an Emergency Preparedness Workshop in Fargo at North Dakota State University in Aldevron Tower. The sessions gave providers a simulated experience with events that they may encounter during their careers. SIM-ND, which provides on-site training to Critical Access Hospitals, EMS units, and other medical providers across North Dakota, partnered for the event. Adam Hohman, DNP, APRN, FNP-BC and the grant’s Health Education Coordinator facilitated topics including Intro to Health Care Emergencies/ Disaster Preparedness, Emergency Preparedness/Mass Casualty Triage/Trauma, and Emerging/Re-emerging Infectious Diseases. The hands-on portion of the workshop included the Mass Casualty Simulation led by SIM-ND, and Stop the Bleed training led by Dean Gross, PhD, FNP-C and the grant’s Project Coordinator.


“In the rural setting, emergencies present as high stress situations and can have significant consequences for the patient, family, provider, and hospital staff involved,” said Hohman. “A nurse practitioner’s responsibilities go beyond primary care, as many are the sole provider covering emergency departments at these hospitals.”



Altru Health System, CHI St. Alexius Health, Essentia Health, Sanford-Fargo, and Trinity Health have partnered together under the leadership of the UND School of Medicine & Health Sciences Simulation Center to bring medical simulation education to all of North Dakota. SIM-ND is a statewide, mobile education system using high fidelity human patient simulators to train pre-hospital and hospital personnel. Grant funding from the Leona M. & Harry B. Helmsley Charitable Trust allowed the Simulation Center and the North Dakota Department of Health to design and implement SIM-ND with four large trucks outfitted with adult, pediatric, infant, and birthing manikins. SIM-ND strives to bring the highest quality emergency medical education to your area.



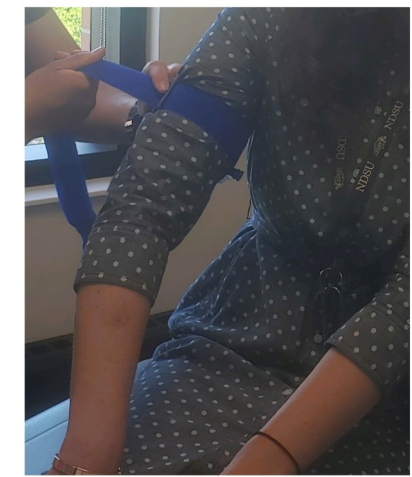
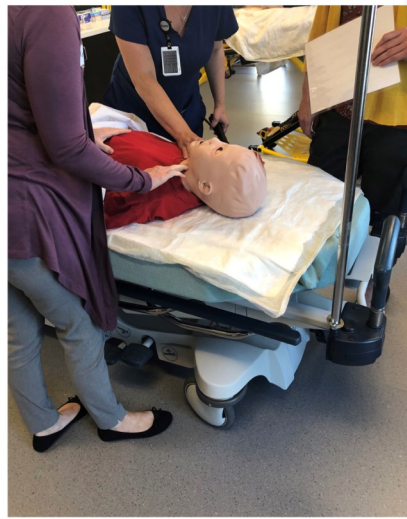
Quick Actions to STOP THE BLEED

 <p>1 CALL 911</p>	 <p>2</p>	 <p>3</p>	 <p>4</p>
Call 911	Apply Pressure with Hands	Pack Wound and Press	Apply Tourniquet

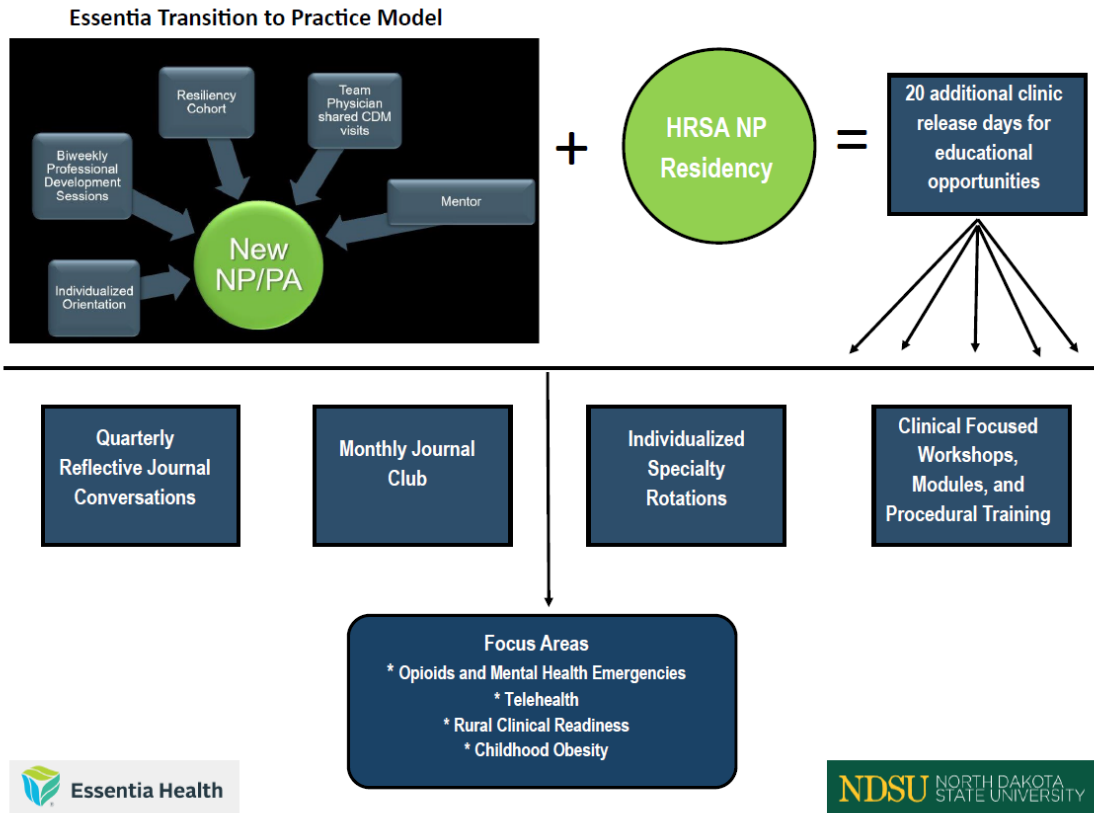
Emergency Preparedness Workshop

June 18th, 2021

North Dakota State University—Aldevron Tower



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.
- 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.