

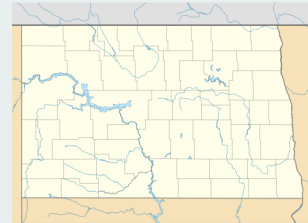


Essentia Health

ANE-NPR Newsletter

“Transforming the Workforce”

January 2023
Volume 4, Issue 1



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.

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.

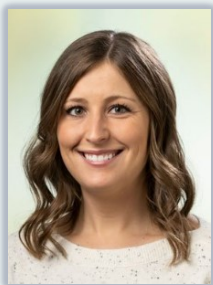
The collaboration between North Dakota State University (NDSU) School of Nursing and Essentia Health, a large regional health system covering most of eastern North Dakota, northern Minnesota, and northwestern Wisconsin is better preparing new NP graduates for rural care practice through enhanced didactic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

The residency is in its 4th year and 9 residents have completed the program. This newsletter highlights the current projects underway and achievements thus far.

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**RESIDENTS:
YEAR 3**



Erika Caslin
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**RESIDENTS:
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Kristina Haden,
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Sarah Hansen, APRN,
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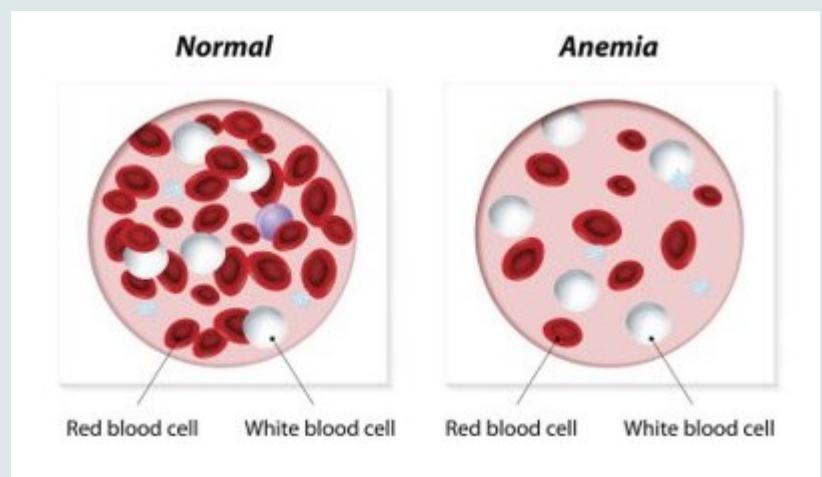
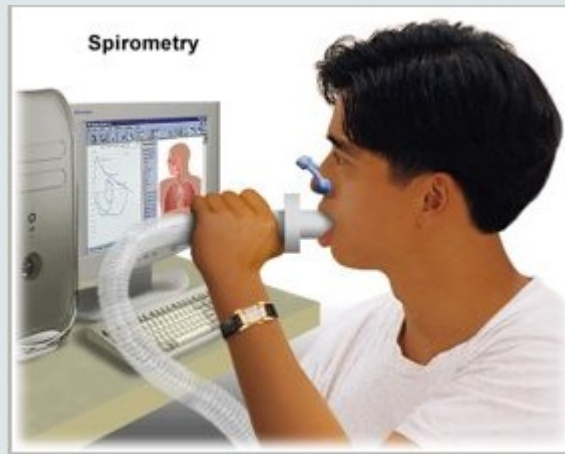
Anna Wilke, APRN,
CNP
Ashland, WI

PFT and Hematology

There are four workshops planned throughout the residency year. The first workshop in November focused on pulmonary function test interpretation and hematology in primary care.

Allison Peltier, DNP, APRN, FNP-C and the grant's evaluation coordinator facilitated the PFT discussion. Peltier is a faculty member in the NDSU DNP program at the Bismarck, ND site and works in student health at United Tribes Technical College in Bismarck.

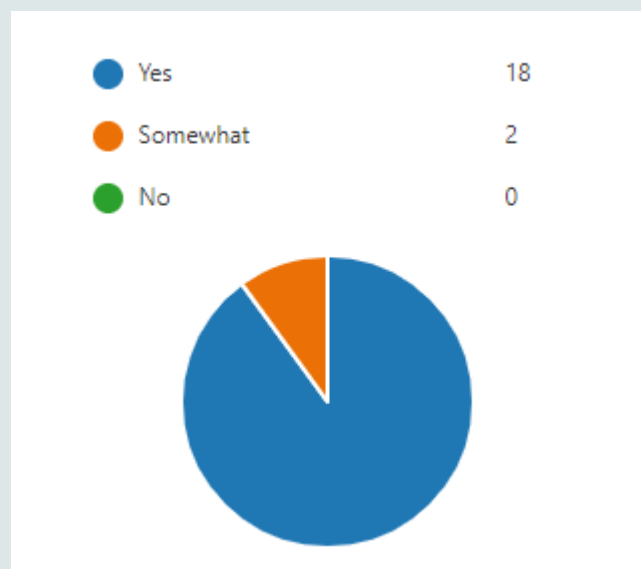
Kelly Polcher, DNP, APRN, FNP-C is a family nurse practitioner at Family HealthCare in Fargo, a federally qualified health center. She facilitated a case study based discussion on types of anemia and differentials.



Journal Club

Monthly journal club is a cornerstone of the residency curriculum; it's held the third Friday of every month typically 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. Each resident chooses a topic and facilitates the discussion with an NP grant team member. Topics thus far have included alcohol abuse, osteoporosis, and menopause.

Journal Club: Did the information presented provide new ideas/information you expect to use?



Buprenorphine Waiver Training

Opioids and mental health emergencies is a program priority. In October, residents completed a 4 hour virtual webinar taught by a clinical expert. Once completed, residents completed the second half of the course – a 4 hour online self-study portion. At the end of the course, participants were required to pass an exam with a 75% or higher before applying for their waiver. This option fulfills the first 8 hours out of the 24 hour requirement to prescribe buprenorphine .

Obesity Education

Childhood obesity is another program priority. Residents completed the fundamentals of obesity treatment course from the obesity medicine academy in December

The course is designed to introduce the concept of obesity medicine and the fundamentals to practicing health care providers.

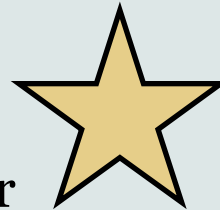


Specialty Rotations

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. Thus far 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

96% of residents rated their specialty rotations as **Exceptional or Good**



Podiatry Rotation: “Knowledgeable, explained procedures and diagnoses well. Was able to see many procedures.”

“I found this ortho rotation to be one of the most valuable rotations to date. It really helped me differentiate between chronic and acute in primary care.”

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)

Lauren Drotts, RN, BSN
(Graduate Assistant)

Advisory Board

Elisha Anderson APRN, CNP
(Essentia)

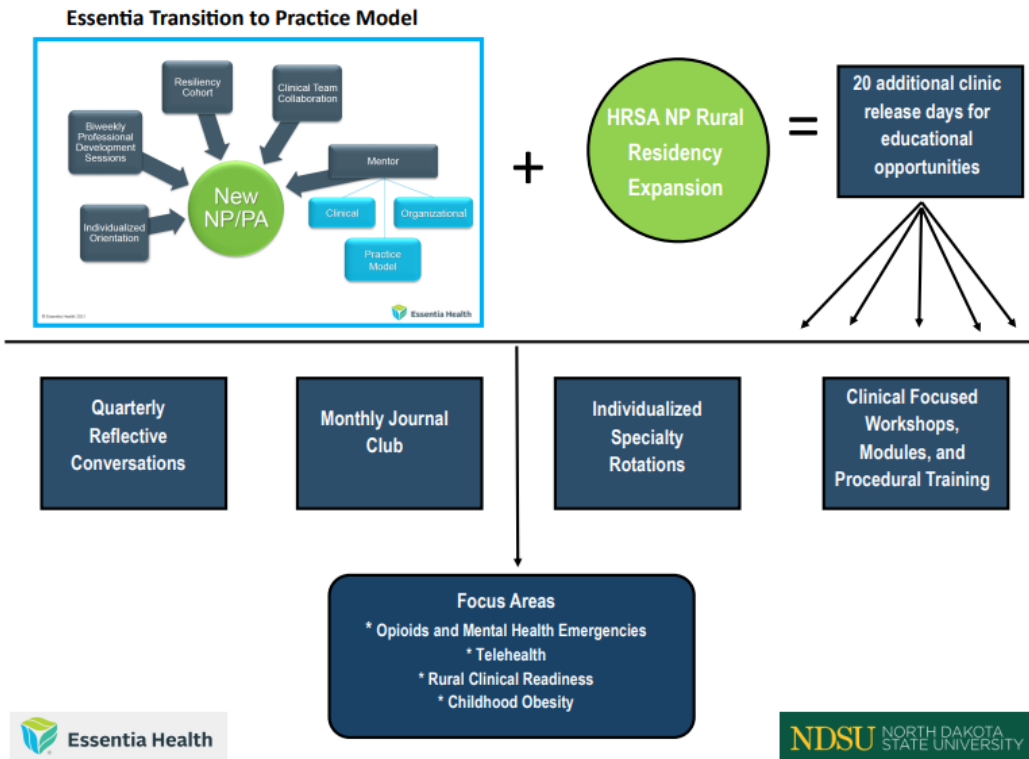
Katherine Dean, MBA
(Essentia) Executive Director
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Christie Erickson, APRN, CNP
(Essentia)

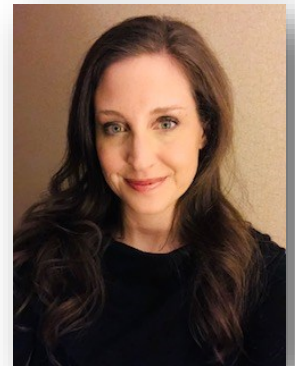
Michelle Lindell, RN, BSN
(Essentia) Director of
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Randy Lemm, ND State
Senator

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/