

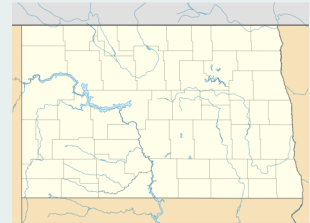


Essentia Health

ANE-NPRF Newsletter

October 2024

Volume 2, 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 Fellowship (ANE-NPRF) grant.

The four-year, \$2.3 million federal grant from the U.S. Health Resources and Services Administration is an expansion of Essentia Health’s current Transition to Practice program and provides new graduate nurse practitioners (NPs) clinical and academic enhancement for a 12-month fellowship program in rural and/or underserved populations.

Mission Statement

To expand Essentia Health's Transition to Practice program further enhancing the competencies of NP and PA fellows, increasing access to primary care 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 North Dakota, Minnesota, and Wisconsin is better preparing new NP graduates for rural care practice through enhanced didactic content, simulation, and immersive clinical experiences. Although the grant stipulates funding for NPs, physician assistants (PAs) are also participating in the fellowship.

The second year of the fellowship started in October. This newsletter highlights the current projects and achievements thus far.

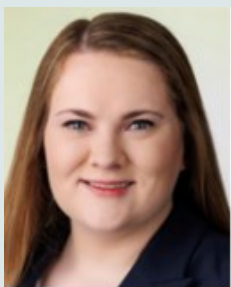
[Click here to read about the accomplishments of the 2019-2023 Advance Nursing Education](#)

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FELLOWS: YEAR 1



Haley Faynik, PA-C
Staples, MN



Katie Howard,
APRN, CNP
Hayward, WI



Hannah Knapp,
APRN, CNP
Hibbing, MN



Daniele Krouse, PA-C
Fosston, MN



Carissa Nelson,
APRN, CNP
Brainerd, MN



Rachelle Pucelj,
APRN, CNP
Virginia, MN



Andrea Roberts,
APRN, CNP
Ashland, WI



Sheila Teiken,
APRN, CNP
Fosston, MN

In September, the fellows from year 1 completed the fellowship program. The last day of the fellowship program included sessions on Optometry in Primary Care facilitated by Dr. Stacey Archibald and Value-Based Care facilitated by Dr. Clint MacKinney. Fellows also presented their Social Determinants of Health projects. Topics included dental care disparities; HPV vaccine; mental health care/psychotherapy; SUD step program availability; childhood obesity; housing and food insecurity; and athletic equipment variability.

Year 1 Fellows

100% of the fellows were retained at the rural Essentia Health clinics where they completed their fellowship.

14,893 rural patients in Minnesota and Wisconsin were served.

\$429,521 was contributed toward supporting rural nurse practitioners in Minnesota and Wisconsin.

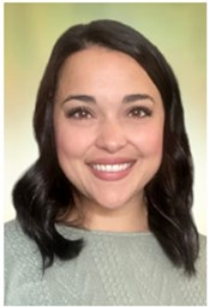
\$143,464 was contributed toward rural clinical readiness.

Fellows completed **406** hours of specialty rotations. **41** specialists and providers supported fellow rotations.

Fellows facilitated **8** journal clubs on vitamin D testing; menopause; otalgia; testicular pain; type 2 diabetes; suboxone; POTS; and cow's milk protein allergy.



FELLOWS: YEAR 2



Liz Belgarde, APRN, CNP
Jamestown, ND



April Buescher, APRN, CNP
Grand Rapids, MN



Jessica Cobban, PA-C
International Falls, MN



Triston Dutton, APRN, CNP
Wahpeton, ND



Paige Feist, APRN, CNP
Detroit Lakes, MN



Stacia Heisler, APRN, CNP
Park Rapids, MN



Heather Holm, APRN, CNP
Spooner, WI



Udara Rajagura, PA-C
Spooner, WI



On September 20th, our year 2 fellows started their fellowship year with virtual orientation. We met in person 2 weeks later in Baxter, MN. While in Baxter, fellows attended a half day workshop on resiliency, wellbeing and setting boundaries facilitated by grant team members Carrie Nelson, DNP, APRN, FNP-BC, a certified resiliency trainer, Debra Steen, APRN, CNP and Mykell Barnacle, DNP, APRN, FNP-BC. Fellows followed their resiliency training with a 2-day intensive procedural workshop. Six other newly graduated Essentia Health Advanced Practice Providers also attended the procedural training, including Greg Larson, APRN, CNP (Moose Lake, MN); Kate Champion, PA-C (Cloquet, MN); Austin Fournier, PA-C (Duluth, MN); Taylor Schmidt, PA-C (Duluth, MN); Gabrielle Stenson, PA-C (Moose Lake, MN); and Madison Winsand, PA-C (Ashland WI).

Grant Team

Mykell Barnacle, DNP, FNP-BC (NDSU, Project Director)

Debra Steen, APRN, CNP (Essentia Health, Clinical Liaison)

Heidi Saarinen, DNP, RN, FNP-C (NDSU, Project Coordinator)

Dean Gross, PhD, FNP-C (NDSU, Evaluation Coordinator)

Allison Peltier, DNP, APRN, FNP-C (NDSU, Maternal Health Coordinator)

Carrie Nelson, DNP, APRN, FNP-C (NDSU, Resiliency Coordinator)

Kerri Benning, DNP, APRN, FNP-C (NDSU, Health Education Coordinator)

Dani Bohnsack, MA (NDSU, Project Manager)

Advisory Board

Elisha Anderson APRN, CNP (Essentia)

JoAnn Bresnahan, APRN, CNP (Essentia)

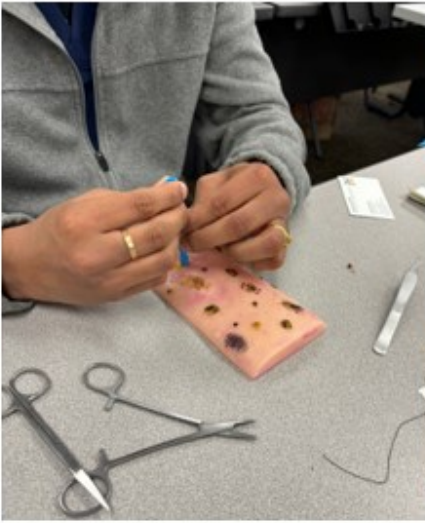
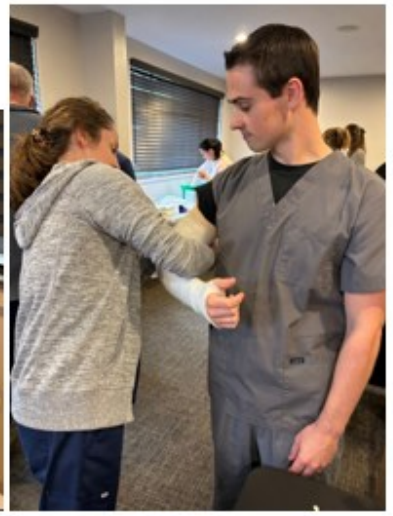
Katherine Dean, MBA (Essentia) Executive Director
Institute of Rural Health

Christie Erickson, APRN, CNP (Essentia)

Brad Gibbens, MPA (ND Center for Rural Health)

Nitika Moibi (MN Dept of Health/Office of Rural Health and Primary Care)

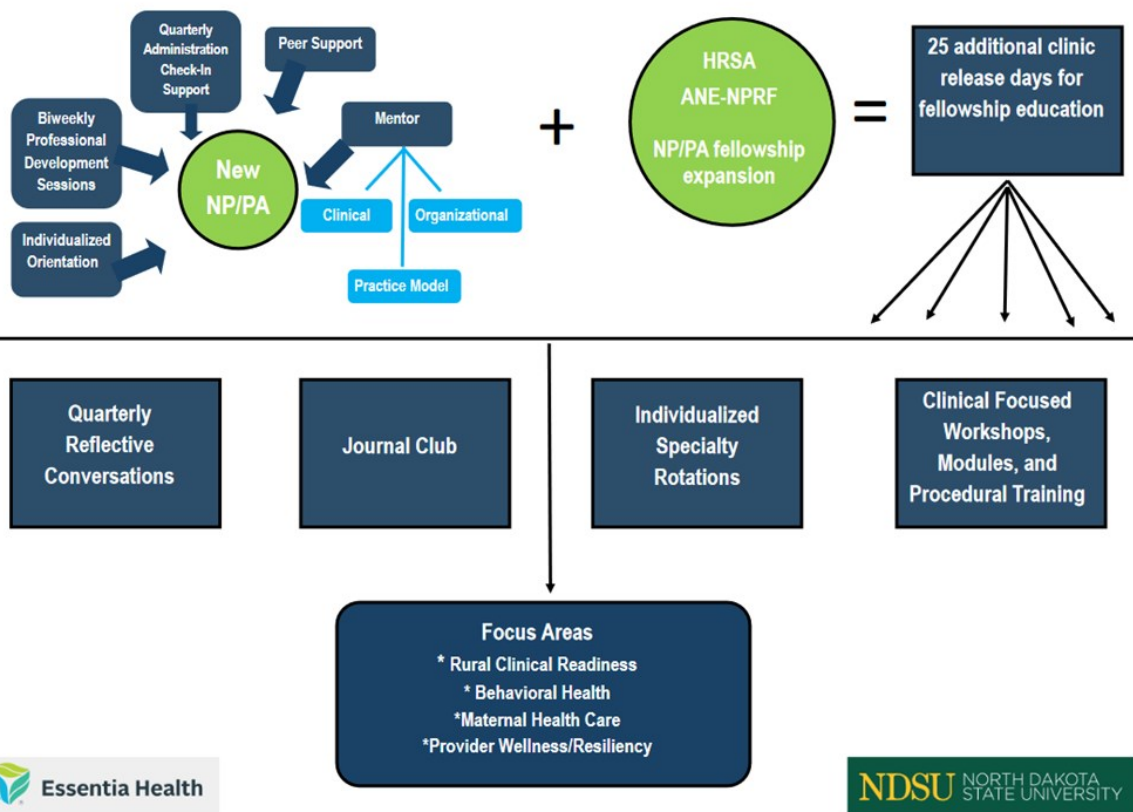
Linda Parker, MS, HA (Essentia) Operations Manager II



The first day of the procedural training was focused on orthopedics in primary care facilitated by Aaron Lindstrom, FNP-C, an orthopedic specialist at Lake Region Healthcare in Fergus Falls, MN. Lindstrom also guided a mountain bike tour after the training. NDSU nursing faculty and grant team members Mykell Barnacle, DNP, FNP-BC and Dean Gross, PhD, FNP-BC facilitated the sessions on advanced clinical procedures including fishhook removal; suturing; punch biopsies; incision and drainage; nail trephination; toenail removal; and hemorrhage control techniques.



Essentia Transition to Practice Model



WHO TO CONTACT



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CNP (Essentia Health
Clinical Liaison)

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Qualifications

- Candidates: Graduates of ANY* Nurse Practitioner Program who have obtained a certification and license to practice no longer than 18 months before the start of the fellowship program, 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 fellowship program each year.
- Unlike most fellowship programs that have an application process, fellows are selected by primary care leaders and the Transition to Practice team to participate yearly based on clinic need.

Structure

- 12 month, salaried position.
- Specialty clinical rotations based on fellow needs and interests.
- In person and virtual educational opportunities related to focus areas and other complex clinical challenges for rural NPs.