



2022 SANFORD NURSING SYMPOSIUM

**VOICES OF CHANGE: THE FUTURE OF HEALTHCARE
& WHAT NURSES ARE DOING ABOUT IT**

May 5 & 6, 2022

SANFORD[®]
HEALTH

WELCOME & PURPOSE

The Creative Planning Team has invited faculty who bring national, regional and local expertise in professional nursing development. These experts have demonstrated ways of finding evidence-based solutions to enhance the profession of nursing and improve patient care. We look forward to sharing this learning experience with you in order to achieve clinical nursing excellence. This symposium is designed to enhance and advance nursing practice. We invite you to experience the wide array of learning opportunities that will enlighten your practice, sustain your spirit, and celebrate the profession of nursing.

Housekeeping

- If you require assistance during the symposium, please stop at the registration table.
- As a courtesy to speakers and symposium attendees, please turn off your cell phone/pager or set to "vibrate".

Intended Audience

Registered nurses, licensed practical nurses, advanced practice nurses, nursing leaders, nursing students, nursing faculty and other interested individuals.

Continuing Education Credit/Contact Hour Information

Sanford Health is approved as a provider of nursing continuing professional development by Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. (OBN-001-91)

Maximum 11.0 ANCC Contact Hours

A link to the verification of completion for will be sent to you when the attendance has been entered into Success Center. You will need to complete the form and save it for your continuing education records. Please allow at least two weeks after the symposium for this process to be completed.

Handouts

Presentations as they are available can be accessed from your Success Center transcript by clicking on the symposium title and locating them under the Resources section. A link to Success Center was in your reminder email and will be included with the evaluation email after the symposium.

Evaluation

Your input is important to us as we plan future educational activities and we are using an electronic evaluation form that can be accessed and completed from any computer with an Internet connection.

Disclosure

1. Notice of requirements for successful completion of this activity:
 - a. Attendance at one or more sessions
 - b. Report attendance as requested by event planners
 - i. Those attending via phone or sharing a computer will need to notify the event planners of their attendance, as it will not be recorded.
2. None of the planners and presenters for this educational activity have relevant financial relationship(s) to disclose with ineligible companies, whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.
3. Non-Endorsement of Products:
 - a. Exhibitor presence does not imply endorsement by Sanford Health of any products exhibited in conjunction with this educational activity.

KEYNOTE SPEAKERS

Kevin McFarlane, MSN, RN, CEN, TCRN, NE-BC, NPD-BC

Kevin McFarlane combines his extensive clinical, educational, and public speaking experience in his podcast "Art of Emergency Nursing." This popular podcast incorporates the expertise of Kevin and his colleagues in education, leadership, and clinical nursing to bring experience and perspective to the emergency nursing community. The podcast has been downloaded in over 30 countries and is often in the top 100 medical podcasts.

Currently, Kevin limits his direct teaching to his students and colleagues at a multi-hospital system in Texas. He is an active member of the Emergency Nurses Association (ENA) both nationally and locally, and a member of the Association for Nursing Professional Development (ANPD), routinely speaking at EMS (Emergency Medical Services) and nursing conferences in the U.S. and internationally.



Dustin Bass, MHA, BSN, RN, CEN, NE-BC

Dustin Bass, MHA BSN RN CEN NE-BC, is a diverse and multi-faceted nurse leader and healthcare executive. He currently serves as the Assistant Vice President of Patient Care Services at Atrium Health Cabarrus, where he oversees operations of the Emergency Care Centers at Cabarrus, Kannapolis, and Harrisburg and the Trauma and Sexual Assault Nurse Examiner programs. Dustin is also a Director on the National Board for the Emergency Nurses Association (ENA). Before starting his career as a nurse, Dustin worked as the Service Manager of a nationally renowned catering/event planning company, where he picked up valuable lessons about leading diverse groups. Dustin holds a Bachelor of Science in Liberal Studies with a

Biological Science concentration from Mountain State University. He began his career in nursing after graduating with his Nursing Diploma from Mercy School of Nursing in Charlotte, NC. He obtained his Bachelor of Science in Nursing from UNC-Charlotte and his Master's in Healthcare Administration from Ohio University. Currently, he is pursuing his Health Care Leadership, Systems, and Policy Doctor of Nursing Practice (DNP) at Yale University, anticipating graduation in May of 2023. He is also a board-certified emergency nurse (CEN) and a board-certified nurse executive (NE-BC). He has held multiple clinical and healthcare operations leadership positions in organizations across the country before his current work. His accomplishments include leading an ED team to the internationally recognized ENA Lantern Award, being recognized as the Northern Nevada Nurse of Achievement Administrative Nurse Leader of the year in 2020, and most recently being recognized as a 20 Under 40 Emergency Nursing Professional by the ENA Connection in 2021. Dustin has a passion for sharing knowledge; he has presented at educational conferences regionally and nationwide, been a guest on regional and national podcasts, TV, and radio shows, and is currently known for his unique perspective of "Amplify your Awesomeness; as a Nurse, Leader, and Unparalleled Individual."

KEYNOTE SPEAKERS

Jenny Evans, B.S., CEO Powerhouse Performance

Jenny Evans is CEO (Chief Executive Officer) of Powerhouse Performance and the award-winning author of the book *The Resiliency Revolution: Your Stress Solution for Life, 60 Seconds at Time*. She has spoken on the TEDx stage and is the subject matter expert and spokesperson for several major healthcare organizations. Jenny has written for Huff Post, and you have seen her featured on National Public Radio, Fast Company, Entrepreneur, Inc., Health, and Shape. She was also the Health & Fitness authority on one of NBC's longest running daytime shows. Jenny holds a Bachelor of Science in Exercise Physiology with an emphasis on Psychology from the University of Minnesota. In her spare time, she is an aerial arts performer... because you never know when you are going to need a backup plan.



Natasha Margarita Smith, Sanford Health Head of Diversity, Equity & Inclusion

Originally from Texas, Natasha Smith (she/her) spent much of her childhood and adolescent years in domestic violence shelters throughout the Midwest and Central US before landing in South Dakota and calling Sioux Falls home. With a background in corporate social responsibility and corporate philanthropy, she brings an abundance of experience in creating equitable programming and working closely with non-profit organizations serving marginalized populations and Tribal led organizations. With a lived experience as a Latina in the workforce, and overcoming significant barriers to success herself, she now leads diversity, equity and inclusion work at Sanford Health. She is responsible for leading the team of professionals that oversee DE&I strategy for the health care system, focusing on the people through human resources and partnering on external work aimed at achieving equitable clinical outcomes. Natasha serves on the Board of Directors for EmBe and is a founding member of Pathways to Inclusive and Equitable Workplaces. She also serves the state-wide day of giving 'South Dakota Gives' in an advisory capacity. She is a mother to four children, a military spouse, an organizer, and an advocate in her community.



CONCURRENT SPEAKERS

Carson Walker BA
Innovation Specialist
Sanford Health Sioux Falls

Caitlin Suhr BSN, RN
Lead Innovation Specialist
Sanford Health Fargo

Deborah Letcher PhD, RN, CCRN (A)
Sr. Director Learning & Development
Sanford Health Enterprise

Coreen McClellan BSN, RN
RN Inpatient
Sanford Health Bismarck

Samantha Bartelt MSN, RN
Nursing Practice Specialist
Sanford Health Fargo

Faye Seidler
LGBTQ+ Care Coordinator
Canopy Medical Clinic

Ranae Aukerman DNP, APRN, NNP-BC,
AHN-BC
Assistant Professor
Augustana University

Emily Gard LCSW
Director Clinic
Sanford Health Fargo

Danae Koep MHA
Sr. Learning & Development Specialist
Sanford Health Fargo

Tracy Kaeslin MA, BSN, RN
Nursing & Clinical Service Consultant
Sanford Health Fargo

Jacqueline Gibbons BSN, RN
RN Clinical Educator
Sanford Health Bemidji

Felipe Sanchez Brenes BSN, RN
Nurse Educator
Hospital Metropolitano – Costa Rica

Charmaine Montgomery BSN, RN
RN Inpatient
Sanford Health Fargo

Wendy Schmidt MBA, BAN, RN –
Sr. Learning & Development Specialist
Sanford Health Bismarck

Henry Wegehaupt
Research Project Manager
Sanford Health Sioux Falls

Laura Stoks MSN, RN, PHN
Lead RN Clinical Educator
Sanford Health Enterprise

Anna Mitchell MT-BC/L
Music Therapist
Sanford Health Fargo

Brenda Wolles MS, RN, CNL
RN Clinical Educator
Sanford Health Sioux Falls

Michelle Gierach EdD, RN, CNE
Associate Professor
Augustana University

Carmen Sandman MS, RN
Lead RN Clinical Educator
Sanford Health Enterprise

Amber Dew LMSW, LAC
Integrated Behavioral Health
Treatment Team
First Step Recovery/Consult Liaison

Janet Dreschel MSN, RN
Risk Management Director
Sanford Health Fargo

Jamie Kline MSN, RN
Community RN Care Manager
Sanford Health Fargo

Karen Norman RN, CPHON, CPN
Nursing Practice Specialist
Sanford Health Fargo

Siri Thaden BSN, RN
Nursing Manager, Ambulatory
Sanford Health Fargo

Johna Kern BSN, RN
Nursing & Clinical Services Consultant
Sanford Health Enterprise

Karla Eidem PMP
Senior Project Manager
Sanford Enterprise

Paul Burud MS, BSN, RN
Executive Director of Heart Services,
Medical Specialty, Imaging &
Diagnostics
Sanford Health Fargo

Abby Carmody
Improvement Strategist
Sanford Health Sioux Falls

Jamie Stucky MS, RN, NPD-BC, CJCP
Director Learning & Development
Sanford Health Enterprise

Karen Robinson PhD, RN, FAAN
Nursing Practice Specialist
Sanford Health Fargo

Janel Hodge BA, ADN, RN
RN Inpatient
Sanford Health Fargo

Gwen Jensen PhD, RN, CNS
Clinical Nurse Specialist
Sanford Health Sioux Falls

Ida Delacerna BSN, RN
Clinical Care Leader
Sanford Health Fargo

Rebecca Moch MSSW, BSN, RN
Director Patient Experience
Sanford Health Fargo

Richard Preussler MA, LPCC
Director Learning & Development
Sanford Health Enterprise

Lynne Mraz BSN, RN
RN Health Coach
Sanford Health Fargo

Shelly Clausen RN, CRRN, B-C
Lead Learning & Development
Specialist
Sanford Health Sioux Falls

Tracy Bieber MPH, RN
Director, Clinical Services World Clinics
Sanford Health Enterprise

Morgan Hand BSN, RN
Flight RN
Sanford Health Fargo

Alicia Pederson BSN, RN
RN Inpatient
Sanford Health Fargo

AGENDA | THURSDAY, MAY 5

The Keynotes and closing will be attended by everyone. Please choose 1 session from each concurrent sections:
(L) = Leadership topic, (I) = Innovation topic, (D) = Diversity, Equity, & Inclusion topic

- | | |
|------------------------------|---|
| 7:15-8:00 a.m. | Registration & Continental Breakfast |
| 8:00-8:15 a.m. | Welcome & Introductions |
| 8:15-9:45 a.m. | Keynote Speakers & Panel
Voices of Change: The Future of Healthcare & What Nurses Are Doing About It: Kevin McFarlane MSN, RN, CEN, TCRN, NE-BC, NPD-BC
Panel: Karen Norman RN, CPHON, CPN, Siri Thaden BSN, RN, Janet Dreschel MSN, RN, Alicia Pederson BSN, RN, & Paul Burud MS, BSN, RN |
| 9:45-10:15 a.m. | Break-Exhibits, Gallery of Nursing Excellence & Silent Auction |
| 10:15-11:15 a.m. | Concurrent Session 1: <ul style="list-style-type: none">• Innovation (I): Carson Walker BA, Henry Wegehaupt, Abby Carmody & Caitie Suhr BSN, RN• Finding our Pot of Gold: Enhancing Diversity and Resources Within our Practice (I): Laura Stoks MSN, RN, PHN, Jamie Stucky MS, RN, NPD-BC, CJCP, Deb Letcher PhD, RN, CCRN (A), Ida Delacerna BSN, RN, Karla Eidem PMP, & Charmaine Montgomery BSN, RN• Healing Yourself to Heal Others: How Music Therapy Can Impact You and Your Patients: Anna Mitchell MT-BC/L |
| 11:20 a.m.-12:20 p.m. | Concurrent Session 2: <ul style="list-style-type: none">• The Lived Experience of Frontline Nurses: COVID-19 in Rural America: Karen Robinson PhD, RN, FAAN, Coreen McClellan BSN, RN, Brenda Wolles MS, RN, CNL, Janel Hodge BA, ADN, RN, Samantha Bartelt MSN, RN & Gwen Jensen PhD RN, CNS, & Michelle Gierach EdD, RN, CNE• Medical Assistant Integration: Innovative Approach to Ambulatory Staffing Needs (I): Jamie Stucky MS, RN, NPD-BC, CJCP & Carmen Sandman MS, RN• Preferred Names and Pronouns in the Healthcare Setting (D): Natasha Smith |
| 12:20-1:10 p.m. | Lunch - Exhibits, Gallery of Nursing Excellence & Silent Auction |

1:10-2:10 p.m.

Concurrent Session 3

- Innovation Practice Session (I): Carson Walker BA, Henry Wegehaupt, Abby Carmody, & Caitie Suhr BSN, RN
- Leadership; Not a Villain, but a Partner (L): Dustin Bass MHA, BSN, RN, CEN, NE-BC
- LGBTQ+ Professional Development (D): Faye Seidler

2:10-2:25 p.m.

Break-Exhibits, Gallery of Nursing Excellence & Silent Auction

2:25-3:25 p.m.

Concurrent Session 4

- The Lived Experience of Nurses Transitioning to Professional Practice During the COVID-19 Pandemic: Michelle Gierach EdD, RN, CNE, Ranae Aukerman DNP, APRN, NNP-BC, AHN-BC & Brenda Wolles MS, RN, CNL
- Substance Use Disorders & Trauma in the Hospital Setting: Amber Dew LMSW, LAC

3:25-3:55 p.m.

Break-Exhibits, Gallery of Nursing Excellence & Silent Auction

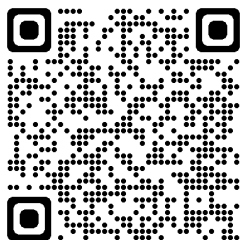
3:55-4:55 p.m.

Closing

Create Psychological Safety & Manage Conflict in your Team: Dustin Bass MHA, BSN, RN, CEN, NE-BC

5 p.m.

Adjournment



For presentation slides & sited evidence for the Nursing Symposium scan QR code.

AGENDA | FRIDAY, MAY 6

The Keynotes and closing will be attended by everyone. Please choose 1 session from each concurrent sections:
(L) = Leadership topic, (I) = Innovation topic, (D) = Diversity, Equity, & Inclusion topic

7:15-7:45 a.m.	Registration, Continental Breakfast, Exhibits, Gallery of Nursing Excellence & Silent Auction
7:45-8:05 a.m.	Welcome & Gallery of Nursing Excellence Awards
8:05-9:35 a.m.	Keynote Speaker Resiliency RX: Stress Proof Your Brain & Body Jenny Evans B.S.
9:35-10:05 a.m.	Break-Exhibits, Gallery of Nursing Excellence & Silent Auction
10:05-11:05 a.m.	Concurrent Session 1 <ul style="list-style-type: none">• Voices of Change: Shaping the Patient Experience of the Future (I): Rebecca Moch MSSL, BSN, RN• Reach out and BeHEARD: Expanding capacity for Behavioral Health Awareness in a Healthcare Environment (I): Rich Preussler MA, LPCC & Emily Gard LCSW• Caring for the Vulnerable: Those Experiencing Homelessness, Domestic Violence, & Human Trafficking (D): Jami Kline MSN, RN & Lynne Mraz RN
11:10a.m.-12:10 p.m.	Concurrent Session 2 <ul style="list-style-type: none">• Empowering Patients on Their Self-Management Journey (I): Danae Koep MHA & Shelly Clausen RN, CRRN, B-C, Wendy Schmidt MBA, BAN, RN• Change as a Professional Development Tool (L): Tracy Kaeslin MA, BSN, RN• Sanford World Clinic Global Nurse Mentor Program (I)(L): Tracy Bieber MPH, RN, Jacqueline Gibbons BSN, RN, Felipe Sanchez Brenes BSN, RN, Morgan Hand BSN, RN, & Johna Kern BSN, RN
12:10-12:40 p.m.	Break and Gallery of Nursing Excellence People's Choice Award
12:40-1:40 p.m.	Closing Inclusive & Culturally Relevant Care (D) Natasha Smith Head of Diversity, Equity, & Inclusion
1:45 p.m.	Adjournment

GALLERY OF NURSING EXCELLENCE

The Gallery of Nursing Excellence offers an opportunity to showcase nursing research and new knowledge, innovations and improvements with the goal to enhance the learning experience of conference attendees for nurses from all walks. Please visit the Gallery during the times indicated on the schedule to dialogue with your colleagues.

Nursing Research

Healthy Work Environment Among Rural Nursing Faculty	Janel Juelich PhD, RN, CNE
The Lived Experience of Frontline Nurses: COVID-19 in Rural America	Karen Robinson PhD, RN, FAAN; Samantha Bartelt MSN, RN; Janel Hodge BA, ADN, RN; Michelle Gierach EdD, RN, CNE; Gwenneth Jensen PhD, RN, CNS; Brenda Wolles MS, RN, CNL; Jennifer Lovro RN, CNRP; Coreen McClellan BSN, RN
The Lived Experience of Nurses Transitioning to Professional Practice During the COVID-19 Pandemic	Michelle Gierach EdD, RN, CNE & Ranae Aukerman DNP, APRN, NNP-BC, AHN-BC
Suivorship of Loss by Suicide	Becky McDaniel PhD, RN, PMH-BC

Evidence Based Nursing Practice

Remote Ischemic Conditioning: Protection from Reperfusion Injury After Myocardial Infarction	Olivia J. Effertz, Gracie J. Feist, Laura E. Lemay, Samantha E.M.A. Lobb, Tiana M. Rausch, Katie E. Thompson, Braden E. Vetter
Lessons Learned in Measuring Oncology Providers' Multicultural Understanding and Implicit Bias	Michael Burson MSW, LICSW & Heather Engblom MA
CLABSI Reduction	Kara Leopold RN & Brenda Grandstrand BSN, RN, CIC

GALLERY OF NURSING EXCELLENCE

Quality Improvement

Reducing Stroke Mortality	Holly Nissen MSN, RN, SCRNP, CNRN; Gautam Sachdeva MD; Alexander Drofa MD; Jared Plutowski MPH
6CD Orthostatic Blood Pressure Project	Sabrina Koch BSN, RN & Elizabeth Olsgaard BSN, RN
Interact and Impact	Nicole Plante BSN, RN & Megan Hills MSN, RN
One Step Ahead, With Med to Bed	Nerline Van Dyke BSN, RN, OCN & Megan Hills MSN, RN
MedCerts MA Program Partnership for Clinical Education and Orientation	Corynn Hoff BSN, RN; Brittany Rivere MSN, RN & Carmen Sandman MSN, RN
Quality Improvement Project to Promote Early Expression of Breast Milk in Mothers of Preterm Infants in the Neonatal Intensive Care Unit (NICU)	April Swafford BSN, RN, IBCLC & Mohamed Mohamed MD
Implementation of Oncology Lanes	Megan Hills MSN, RN

Innovation

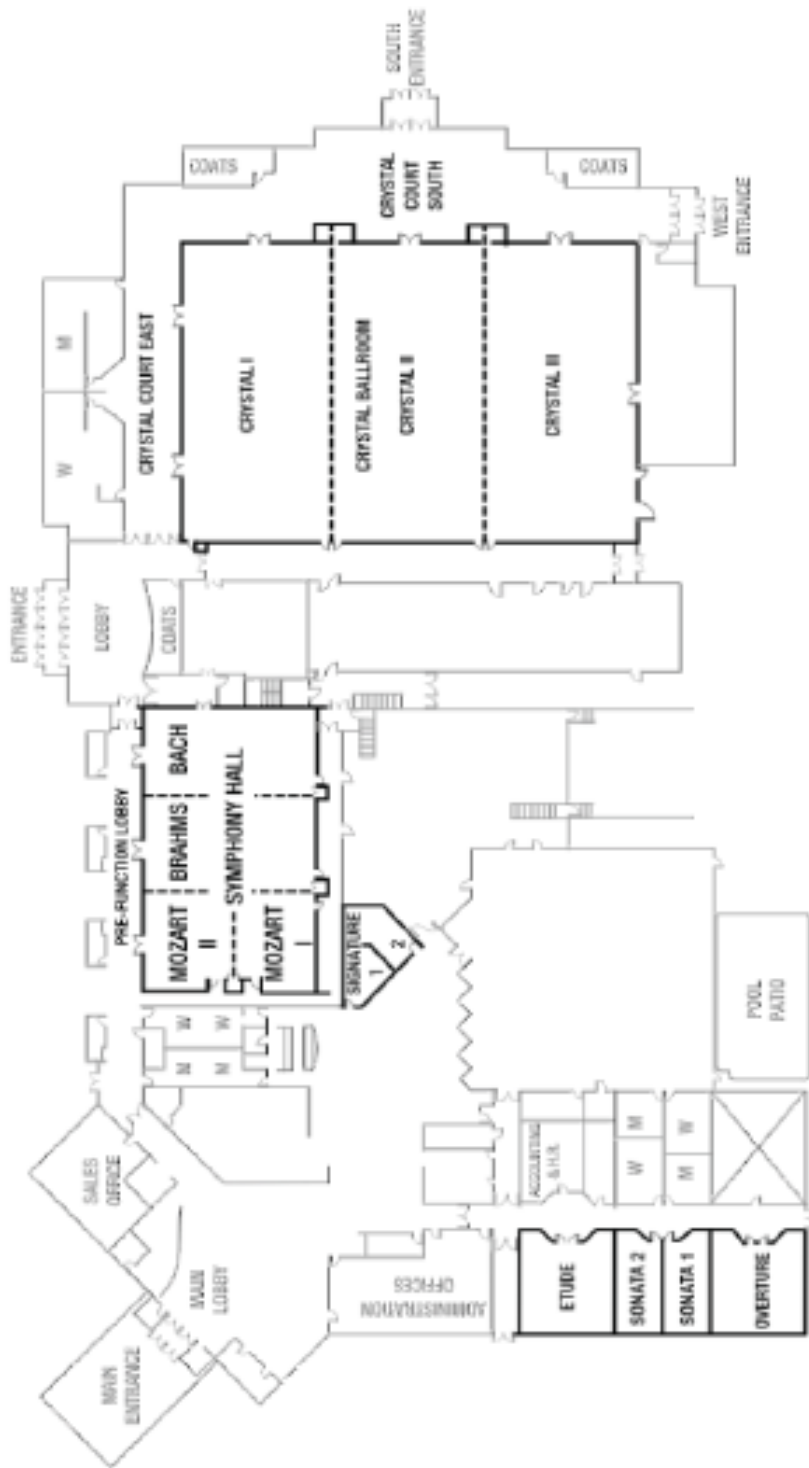
Southwest Children's Food Pantry	Alison Vogel BSN, RN, RNC-OB & Brittany Maher BSN, RN
Oncology Fertility Navigation	Megan Rogers BSN, RN
Launch: Strategies for Planning Patient Care	Chelsea Young BSN, RN-BC

EXHIBITOR ACKNOWLEDGMENT

A special thank you to this years exhibitors for their support of this symposium.
This support does not, in any way, convey product endorsement.

Better Choices Better Health
Minnesota State University
Lake Region State College
Sanford Integrative Medicine & Healing Touch
North Dakota State University
Mayville State University
Safe Kids Fargo-Moorhead
Sanford Library Services
Cardinal Health
Rasmussen University

FACILITY LAYOUT



Thank you!



We would like to share a huge thank you to our planning committee and everyone else who supported this event through participating in one of the following work groups: logistics & on-site planning, silent auction, gallery of excellence, media & marketing, exhibitions & sponsorships. We are truly grateful for the time and dedication you have all put into the 2022 Sanford Nursing Symposium, Voices of Change: The Future of Healthcare & What Nurses Are Doing About It!

Amy Vilhauer BSN, RN
Adam Johnston BAN, RN, CEN, CPEN, NPD-BC
Marcia Bettenhausen BSN, RN
Melodi Krank MSN, RN, AMB-BC
Marissa Manske MSN, RN, MedSurg-BC
Amanda Hanson MSN, RN, MedSurg-BC
Jennifer Jacobson MSN, RN
Robyn Lopez BSN, RN
Jessica Buzick
Alison Haecherl RN
Breanna Brinkman BSN, RNC-OB
Samantha Bartelt MSN, RN
Amanda Bjerken MSN, RN
Debra Emo BAN, RN, PCCRN
Sarah Nygaard BSN, RN
Brenda Wold BSN, RN
Lea Schiltz MSN, RN
Nicki Summers MSN, RN, CMSRN, NPD-BC