

Minnesota
NACNS

Minnesota Affiliate of the
National Association of
Clinical Nurse Specialists

2020 Virtual Conference

*Year of the CNS 2020: Inspire,
Influence, and Innovate*

**OCTOBER 2, 2020
8:00AM TO 12:00PM**

VIRTUAL CONFERENCE

COST

MN NACNS MEMBER \$30

NON-MEMBER \$40

CNS STUDENT \$15

CONFERENCE AGENDA

- 8:00- **Welcome**
8:15 Penny Messner, DNP, APRN, ACNS-BC
President MN NACNS
- 8:15- **Future of CNS Practice: How We Raise Our Voices in Healthcare**
9:00 Sean Reed, PhD, APN, ACNS-BC, ACHPN
- 9:00- **Pause**
9:10 Participants Stretch
- 9:10- **Informatics and Big Data: How CNSs Can Use It To Solve Seemingly Unsolvable Problems**
9:55 Connie White Delaney, PhD, RN, FAAN, FACMI, FNAP
- 9:55- **Pause**
10:05
- 10:05- **Innovation through Virtual Care**
10:50 Telehealth Panel Discussion
Moderator: Sue Cutshall, DNP, APRN, ACNS-BC
Panel
- Kati Cavanaugh, MS, APRN, ACNS-BC
 - Ben Hickox, DNP, APRN, AGCNS-BC
 - Diane Roach, MA, APRN, ACNS-BC
 - Tracy Udeen, MA, APRN, ACNS-BC
- 10:50- **Unique Role of CNS in Long Term Care**
11:35 Amy Tong, DNP, APRN, ACNS-BC, CNE
- 11:35- **Closing**
12
- **Mary Fran Tracy Award**
- Noon
- **Pharmacology Symposium update**
 - **CE Information**

SPEAKER BIOS

Benjamin Hickox, DNP, APRN, AGCNS-BC



Benjamin Hickox is an Adult and Gerontological Clinical Nurse Specialist that supports the Primary Care practice at Mayo Clinic in Southeast Minnesota. He has been a Registered Nurse for over fifteen years. He is certified as an Adult and Gerontological Clinical Nurse Specialist and holds an academic appointment as an Assistant Professor of Nursing in the Mayo Clinic College of Medicine and Science.

Diane Roach, MS, APRN, ACNS-BC



Diane Roach is an Adult Health Clinical Nurse Specialist for Essentia Health, Duluth, MN. She specializes in caring for stroke patients and has 25 years' experience in the Neurosciences. Diane is leading the stroke program, supports the Interventional and Vascular Neurology program, and is instrumental in the efforts for Joint Commission accreditation as a stroke center. In addition, she is responsible for coordinating tele stroke practices for the stroke program across the continuum of care to include EMS, ER, Hospital and Clinic. She serves as a consultant at 6 hospital sites within the Essentia system.

Tracy Flynn Udeen, MA, APRN, ACNS-BC



Tracy Flynn Udeen is an Adult Health Clinical Nurse Specialist for Essentia Health in Duluth, Minnesota. She works in the Interventional and Vascular Neurology Department caring for stroke patients. She divides her time between the hospital service and ambulatory services. In addition, Tracy co-facilitates the Transition of Care Program where she sees patients in the hospital and follows them through their stroke recovery. In addition, Tracy has been instrumental in the development and implementation of stroke virtual care visits withing Duluth and our rural communities.

Amy Tong, DNP, APRN, ACNS-BC, CNE



Amy Tong is an Adult Clinical Nurse Specialist and graduate of the University of Minnesota Post-Masters DNP program. She has worked as a nurse in acute care, home care, and as faculty in a BSN nursing program prior to working with CareChoice. At CareChoice she is the Project Director for the Resident Centered Behavioral Health project. During the duration of this two year project she and her team are responsible for creating behavioral health focused interventions and education, leading work with Project Managers at 20 skilled Nursing Facilities, and developing tools to measure progress and interventions.

SPEAKER BIOS

Penny Messner, DNP, ACNS-BC



Dr. Penny Messner is an Adult Health Clinical Nurse Specialist for Mayo Clinic, Rochester. Dr. Messner supports the Cardiovascular Surgery Progressive Care Nursing Practice and has been instrumental in the initial certification and recertification of the Destination Therapy Ventricular Assist Device Program by the Joint Commission. Dr. Messner also has provided CNS support to the Cardiovascular Health Clinic and Nuclear Echo practices. During her career, she has focused clinically on improving pain management for the cardiovascular surgery patient, reducing hospital length of stay, anticoagulation management, improving venous thromboembolism prevention, and anticoagulation management to name a few. She served as adjunct faculty in at Winona State University in teaching Health Care Policy and Finance 2010-2011. Over the years she has served as a preceptor and mentor to several of her CNS colleagues.

Sean Reed, PhD, APN, ACNS-BC, ACHPN



Dr. Reed is a Clinical Nurse Specialist in Adult Health, Hospice and Palliative Care. He has over 15 years of experience in acute, post-acute, ambulatory, systems, and academic settings. He is currently an Assistant Professor at the University of Colorado, College of Nursing, where he teaches and researches delivery and access to palliative care and also is the current NACNS President.

Connie White Delaney, PhD, RN, FAAN, FACMI, FNAP



Dr. Delaney serves as Professor & Dean, School of Nursing, University of Minnesota, and is the Knowledge Generation Lead for the National Center for Inter-professional Practice and Education. She is the first Fellow in the College of Medical Informatics to serve as a Dean of Nursing. She is an active researcher in data and information technology standards for nursing, health care, & inter-professional practice and education; big data science; and integrative informatics. She serves on numerous health, business/industry and policy boards/advisory committees. She is recognized as a leader and visionary with unique organizational ability to re-create/co-create integrative communities, partnerships, programs, systems and collectives.

Kati Cavanaugh, MS, APRN, ACNS-BC



Kati received a BS in Nursing degree from the University of Minnesota and a MS in Nursing degree with a clinical focus on Adult-Gerontology Clinical Nurse Specialist from Winona State University. Her clinical experience includes a RN in Neurology Surgery and CNS in the ambulatory care setting. For the past four years, she has supported multiple medical specialties in the ambulatory care setting, leading and assisting with the development and refinement of telehealth services. She resides in Stewartville, MN and enjoys spending time outdoors with her husband and three children.

CONFERENCE PURPOSE

Promote Clinical Nurse Specialist practice at all levels by outlining contributions to healthcare in a variety of roles. Provide a connecting opportunity for CNSs from across Minnesota in a virtual manner.

LEARNING OUTCOMES

At the completion of this program, participants will be able to:

1. Describe activities to promote the CNS role while working in a challenging time period.
2. Identify the use of Big Data in problem solving within the CNS role.
3. Explore the CNS role in Telehealth today and in the future.
4. Appraise CNS involvement in Long Term Care in promotion of quality care.

INFORMATION

Website: www.mnnacns.org

Registration—please complete online registration at above website. Once registered a link will be sent to you.

Handouts of presentations are located on the MN NACNS Webpage (<http://mnnacns.org>). Events® 2020 Conference Documents

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Please consider serving as the President Elect or Secretary or Student Rep on the 2021 MN NACNS Board of Directors

Seeking volunteers to serve on the 2021 MN NACNS Planning Committee or Pharmacology Symposium.

Thank You

In this year of the pandemic, the planning committee of the MN NACNS Annual Meeting recognize this is a new endeavor for us.

MN NACNS wishes to thank all members of the audience who participated to make this day possible.

Please plan to join us on October 2nd

CONTINUING EDUCATION CREDIT

Participants who attend the virtual conference on Friday will earn 2.5 accredited (ANCC) nursing contact hours or 2 contact hours as defined by the Minnesota Board of Nursing. Nursing Professional Development at the University of Minnesota Medical Center is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.