



Health Care Policy Conference 2018- Washington D.C.

North Dakota Nurse Practitioner Association

Volume 1 / Issue 2

April 2018

President's Message

by Adam Hohman

Have you ever imagined what it would be like to walk away from the job you loved and dreamed about your entire life?

Unfortunately, that was my reality a year and a half ago when I nearly walked away after 20 years in the healthcare profession. I found myself dealing with the dreaded condition of healthcare provider burnout. At that time, I felt very isolated and wondered how this could have happened and was anyone else feeling this way. What's more astounding is there is little literature regarding nurse practitioner burnout. Given my experience, I wanted to share the following information to generate a renewed awareness and encourage further advocacy/support for healthcare provider burnout.

Most of the literature to date regarding burnout involves MDs and medical students/residents. Roughly 50 percent of MDs are considered professionally burned out and are dissatisfied with their work-life balance (Shanafelt et al., 2015). Occupational

burnout, also known as burnout syndrome, is caused by prolonged exposure to chronic emotional and interpersonal stressors in an occupational setting and is further defined by feelings of exhaustion, cynicism, and lack of achievement (Maslach, Schaufeli, & Leiter, 2001).

Medical professionals have an ethical, moral and legal duty to provide safe, quality care for the patients they serve. Healthcare provider well-being not only has personal implications but ultimately affects the patient in the form of increased medical errors, poor patient outcomes and increased healthcare costs. Given the sad statistics surround healthcare provider burnout, we must stop and ask, who has a moral and ethical duty to care for the caregivers? We may look at those who are experiencing burnout and think they are weak or unable to handle their responsibilities. The truth is, healthcare professionals face working environments and expectations that by many other

professional standards would be viewed as deplorable. The time to advocate for better healthcare work environments and more appropriate workloads is now. With a shortage of healthcare professionals, we cannot afford to drive healthcare professionals away due to unrealistic and unacceptable healthcare work demands. I challenge you to think about this obstacle we are facing in healthcare and help to be part of the solution. Speak up and be an advocate for yourself and an advocate for everyone on your healthcare team.

NDNPA MISSION:

The mission of NDNPA is to promote quality healthcare in North Dakota by support, advocacy, leadership and continued education of nurse practitioners.



YOU'RE INVITED

Annual Meeting - September 26th
10th Annual Celebration: Party to follow



SAVE THE DATE:

10th Annual NDNPA Pharmacology Conference

September 27-28, 2018

Fargo, ND

CALL FOR ABSTRACTS

The North Dakota Nurse Practitioner Association will soon be accepting abstracts for poster presentations at our Tenth Annual Pharmacology Conference that will be held in Fargo, ND on September 27-28, 2018, at the Delta Hotels by Marriott Fargo. NDNPA anticipates there will be more than 250 nurse practitioners, physician assistants, and other prescribers attending the conference.

The targeted audience for this conference is advanced practice prescribers.

The body of the abstracts should be limited to 300 words. The abstract should be typed or pasted within the space allotted on abstract form and should include the following:

- TITLE OF THE ABSTRACT.
- LEAVE ONE BLANK LINE BEFORE THE MAIN TEXT.
- BODY OF THE TEXT (MAXIMUM OF 300 WORDS).
- USE SINGLE SPACING THROUGHOUT BODY OF ABSTRACT.
 - PREFERRED FONT: ARIAL, FONT SIZE 11 POINT.

Abstracts should be submitted for review/approval before the poster presentation at the conference. Submissions are due on **August 25, 2018**.

At this year's conference we will be voting on the posters, and two winners will each receive a \$100.00 VISA gift card. Those presenting need to be present at the conference with their poster boards to answer any questions and to be eligible for the gift card.

Legislative Updates

Legislative
Liaison:

Cheryl Rising

AANP State
Representative:

Jenna Herman



Join AANP, the leading advocate for all NPs

Whether you are just beginning your NP education or retiring from the profession, AANP offers a membership category to meet your needs. AANP membership provides free CE activities up-to-date news on health care topics, advocacy at the national and state level, and the resources needed for your professional growth.

Watch this video, for the next steps to join AANP! https://www.youtube.com/watch?v=tQGDvHS_R-s

Input Needed

Advanced Practice Provider Survey on Hypertension Counseling

Darryl Olive is a third-year student in the Master's in Physician Assistant Studies at the University of Missouri-Kansas City (UMKC). He would like to get your opinions and practice behaviors on lifestyle counseling for hypertension. The survey is for students or current advanced practiced providers and will take less than ten minutes to complete. Your participation is completely confidential. Upon completion you can receive a report of the results. You can also receive a complimentary, provider toolkit for hypertension that you can use at the point of care.

Please complete the survey by April 25, 2018.

To complete the survey or get more details, please visit <https://www.questionpro.com/t/ANx6fZboY9>

Thank you for your participation!

Student Corner

Greetings from Sarah Hanson, DNP-student, North Dakota State University. I'm conducting the survey: "Understanding Provider Knowledge and Awareness of Long-Acting Reversible Contraceptives."

I'm interested in understanding provider knowledge, awareness, and beliefs of long-acting reversible contraceptives. Participation is voluntary. All participants will have the opportunity to be entered into a raffle drawing for one of two \$100-dollar gift cards for completing the questionnaire.

For further information or to access the questionnaire, please click on the hyperlink below or copy URL into browser address bar.

https://ndstate.co1.qualtrics.com/jfe/form/SV_ebdgtxvS8ZuZqVn

Thank you for your support of my project

Call for Scholarships

The NDNPA networks on a state, regional, and national level to affect legislative issues important to nurse practitioners. The success of the NDNPA has enabled the development of a scholarship fund to extend their mission of promoting quality healthcare in North Dakota by support, advocacy, leadership, and continued education of nurse practitioners. The NDNPA annual scholarship is awarded annually to a North Dakota resident, pursuing a graduate degree with a nurse practitioner focus, who is planning to practice in ND after graduation.

Scholarship applications are subject to review by the NDNPA board members for accuracy, applicant qualification, application completeness, and proof of enrollment. Qualified applications are sent to a neutral organization, The North Dakota Community Foundation, for review of the applicants' essays and selection of the scholarship recipient based on predetermined criteria.

The Scholarship recipient will be notified prior to the NDNPA Annual Pharmacology Conference and will be honored at the conference. A stipulation of the scholarship is that the recipient is expected to attend the conference.

2018 Scholarship Eligibility Criteria:

- Current ND Resident
- Cumulative graduate program GPA of 3.0 or greater
- Current enrollment in a nurse practitioner program of study
- Evidence of completion of 12 credits hours or more of graduate coursework
- Plan to practice in North Dakota as a nurse practitioner
- Completed application, program coordinator attestation, and 1-2-page scholarship essay.

Check this out!
→

Join HRSA's Behavioral Health Virtual Job Fair on April 11!

The Health Resources and Services Administration, an agency of the U.S. Department of Health and Human Services, is hosting a [virtual job fair](#) for behavioral health professionals.

More than 100 health care organizations across the country will participate and discuss open positions for:

- Nurses, specializing in psychiatry, mental or behavioral health
- Physician Assistants, specializing in psychiatry, mental or behavioral health
- Psychiatrists
- Psychologists
- Licensed Clinical Social Workers
- Licensed Professional Counselors
- Marriage and Family Therapists

Participation Details

- Date: Wednesday, April 11, 2018
- Time: 6:45 – 10:15 p.m. ET
- To join, you will need a phone and a computer or tablet with internet connection

Loan Repayment Opportunity

- Clinicians hired by organizations in Health Professional Shortage Areas may also qualify for educational loan repayment through HRSA programs, such as the [National Health Service Corps](#) and [NURSE Corps](#).

How to Join:

- Create your professional profile on HRSA's Health Workforce Connector at connector.hrsa.gov
- Register by visiting jobfair.hrsa.gov and follow instructions to register
- Join [the Virtual Job Fair email list](#) to receive updates about the event and future Virtual Job Fairs

News & Announcements

Announcements from Around the State:



Keep NDNPA up to date on what's going on in your area!

1. What you are up to professionally?
2. What conferences have you attended and recommend to others?
3. Any practice pearls to share with everyone?
4. Any NPs you feel deserve recognition for their efforts or other fun facts you want to share regarding our profession

Let us know!
Information can be sent to
ndnpa-secretary@hotmail.com

NORTH DAKOTA NURSE PRACTITIONER ASSOCIATION

Volume 1 / Issue 2

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