

Pillboxes & Pantries – Treatment for the Whole Patient

Event Agenda

Saturday, November 12, 2022 at 8:00am CT - 4:00pm CT

i All times listed in Central Time (US & Canada).

Saturday, November 12, 2022

8:00am - 8:05am

Welcome

Sara McCumber, DNP, APRN, CNP, CNS, President, MNNP. President Sara is a board-certified Adult NP, Adult Gero NP, Gero NP, Family NP, and Adult Health CNS. She is an Associate Professor in the Graduate Nurse Practitioner program at The College of St. Scholastica, Duluth, MN. She has been an NP for 18 years and maintains a clinical practice at Essentia Health Neurology with memory disorder patients and their families. Sara has clinical interests in dementia care management, care coordination, caregiver support, chronic illness management, and advanced care planning. Sara has 30+ years of active involvement in professional nursing organizations including the Minnesota Nurses Association, MN Organization of Registered Nurses, American Nurses Association and American Nurses Credentialing Center.

8:05am - 8:35am

Tai Ji Quan, Moving for Better Balance

David Stewart

0.5 CE Credits

Participants should wear comfortable clothes to the conference.

Incorporate the benefits of Tai Chi - maintain strength, flexibility, and balance!

Described as "meditation in motion", tai chi differs from other types of exercise in several respects. The movements are usually circular and never forced, the muscles are relaxed rather than tensed, the joints are not fully extended or bent, and connective tissues are not stretched. Tai chi can be easily adapted for anyone, from the fittest people to those confined to wheelchairs or recovering from surgery.

8:35am - 8:40am

Speaker Introductions

Ann Hayden, DNP, APRN, FNP Educational Liaison, Minnesota Nurse Practitioners

Ann Hayden, DNP, APRN, FNP, is the educational liaison for the Minnesota Nurse Practitioners Board of Directors. She is a Certified Family Nurse Practitioner - Advanced Practice Nurse who completed her BSN at the University of Minnesota, School of Nursing, MSN at University of San Diego and DNP at the University of Minnesota, School of Nursing. Her expertise is cardiology, cardiac surgery, heart and lung transplantation and prevention. She is currently working one day per week in the Rasmussen CV Prevention Clinic at M Health Fairview Clinics. Her areas of interest include health promotion, cardiovascular prevention and integrative therapies.

8:40am - 9:45am

“Healthy Self-the What, Why and How of Eating”

Carolyn Denton, MA, LN

1.25 CE Credits

As a Licensed Nutritionist, Carolyn’s work focuses on nutrition for general health and disease prevention and as a complementary therapy for existing chronic and degenerative diseases.

In addition to nutritional counseling, Carolyn has developed and implemented nutritional programs addressing specific health concerns. She has also designed and conducted numerous large-group patient education programs as well as presenting nutrition education in a variety of corporate settings.

Carolyn has published articles in various magazines and periodicals and wrote the nutritional content for the University of Minnesota’s Center for Spirituality and Healing Taking Charge of Your Health website focusing on personal health. She is a co-author of The Chemistry of Joy Workbook with Dr. Henry Emmons.

Currently, Carolyn practices privately, is a contributing writer for Natural Mental Health, and is a founding member of the Integrative Medicine Team at the Penny George Institute for Health and Healing. She teaches Functional Nutrition at the University of Minnesota. Carolyn is also a co-lead for Nourishing Minnesota, a University of Minnesota initiative.

Carolyn holds a Master’s Degree in Nutrition with an emphasis on Aging and Chronic Diseases.

Carol will present the science of nutrition, how nutrition can affect your immune system, healthy diets-what to include in patient education, how to motivate people to make lifestyle changes. Carol will allow 15 minutes for questions

9:45am - 10:45am

All Things Derm: Treating Rashes, Hair Loss and Skin Cancer. How Diet Effects your Skin.

Britney Busse, PA-C, M Health, Department of Dermatology

1.25 CE Credits

Britney is a physician assistant who cares for adult patients with dermatology needs. Britney sees her patients at the University of Minnesota Health Clinics and Surgery Center. In addition, Brittney takes pride in having an approachable yet professional bedside manner in order to provide the highest level of care for her patients.

Care Philosophy

I care for my patients as if they were my own family members. I take pride in having a very approachable yet professional bedside manner and enjoy obtaining the best possible outcomes and highest level of care for my patients.

Brittany will share what basic information you need to share with patients about skin cancer screening, what to look for and when to refer to dermatology, how diet affects specific skin diseases such as psoriasis, eczema, and rosacea. She will discuss how alcohol intake can aggravate psoriasis, and present data on hair loss: causes, treatments. She will allow 15 minutes for questions.

10:45am - 11:00am

BREAK - Please visit our Exhibitors and check out the posters!

11:00am - 11:45am

2023 Health Care Legislative Preview

Maureen O'Connell & Liz Doyle

1.25 CE Credits

Maureen O'Connell is the principal of O'Connell Consulting, LLC started in October, 2012. Maureen brings over 25 years of policy and government relations experience to our clients. Her areas of expertise include health care, human services, and economic justice issues. She has worked for a variety of nonprofit organizations including AARP, Coalition of Asian American Leaders, Minnesota APRN Coalition, Minnesota Nurse Practitioners and TakeAction Minnesota. She is also the co-founder of Health Access MN, a MNsure navigator agency, providing health care outreach and enrollment assistance to individuals accessing health insurance coverage through MNsure. Maureen spent over twenty years with Legal Aid as a staff attorney and then Director of the Legal Services Advocacy Project which works on policy issues impacting low-income Minnesotans and the Minnesota Legal Services State Support project. From 2010-2012 she served as the Assistant Commissioner of the Chemical and Mental Health Services Administration at the Minnesota Department of Human Services.

A St. Paul native, Maureen enjoys biking, hockey, skiing, and traveling when she is not at the Capitol.

Liz Doyle brings to O'Connell Consulting over 15 years of experience in organizational leadership and policy advocacy at the local, state and national levels. Prior to O'Connell Consulting, Liz was the Executive Vice President of Programs at Demos, a national ideas and advocacy organization that works toward an equitable economy and democracy. Prior to her role at Demos, she was the Associate Director at TakeAction Minnesota. Liz has worked on a wide variety of policy issues and brings particular expertise in health care, voting rights, labor and employment, and economic development. Liz partners with our clients to achieve concrete policy goals while growing their public policy influence for the long term.

Liz has a B.S. from the University of Wisconsin, Madison and a Master of Public Policy from the University of California, Berkeley. She is a proud Minneapolisian who on the weekend enjoys touring the city's bakeries via bicycle with her family.

11:45am - 12:30pm

Lunch - Please visit our Exhibitors!

12:30pm - 1:15pm

Are You Using GLP-1s and SGLT2s in Your Patients With Diabetes?

Kylee Funk, PharmD

1.5 CE Credits

Kylee will present the benefits of these classes of medications, risks and costs. Criteria to decide which type of patients will benefit the most with these medications (focus on SGLT2, GLP1 classes) 10 minutes: Participants discuss cases in small groups. Kylee will allow for 10 minutes of questions.

1:15pm - 2:00pm

Comprehensive Weight Management Program

Kylee Funk, PharmD

Kylee Funk is an associate professor and clinical faculty member at the University of Minnesota College of Pharmacy. In her faculty role, she teaches the diabetes and metabolic syndrome course. She has authored and reviewed several continuing education articles in the topics of diabetes and weight management. As a clinical faculty member, she practices at the University of Minnesota Health Nurse Practitioners Clinic where she helps the patients of the clinic optimize their medication regimens. In particular, she often works with patients with diabetes.

Kylee will focus on weight management options (approved medications for chronic use, bariatric surgery) 10 minutes: Participants discuss cases in small groups. Kylee will allow 10 minutes for discussion on weight management options.

2:00pm - 3:15pm

Treatment of Depression and Anxiety in Primary Care. Delta 8 and Delta 9.

Janet Larson, PhD, PMHNP, FNP-BC 1.25 CE Credits

1.25 CE Credits

As a psychiatric mental health nurse practitioner for Riverwood, Janet Larson assesses, diagnoses, and treats individuals with behavioral health disorders. She will discuss nutrition and how it affects your mental health, cover rashes, skin cancer, and give a summary of Delta 8 and Delta 9 and medical cannabis and street weed and why this makes a difference in patient care. Janet also manages psychotropic medication as needed while promoting mental well-being for patients. In addition to seeing patients at Riverwood's three clinics in Aitkin, Garrison and McGregor, she works as a psychiatric hospitalist to manage acute psychiatric emergencies at Fairview hospital.

3:15pm - 3:25pm

Closing Remarks and Student Posters

Sara McCumber, DNP, APRN, CNP, CNS, President, MNNP

Closing Remarks then please visit the student posters!