

# 13<sup>th</sup> annual

## Clinical Nursing Conference



May 4, 2018

DCU Center  
Foster Street / Major Taylor Boulevard  
Worcester, MA

FREE  
to MNA members  
Enrollment limited  
to 750!



## Schedule

**7 – 8 a.m. Registration & Continental Breakfast**

**8 – 8:15 a.m. MNA Ballot Initiative:**

**The MNA Ballot Initiative for Safe Patient Limits: The Key to Protecting Your Patients and Your Clinical Practice**

*Donna Kelly-Williams, RN, President of the MNA*

**8:15 – 8:30 a.m. Welcome & Opening Remarks**

**8:30 – 9:30 a.m. Keynote Address**

**It all comes down to staffing**

*Lisa A. Wolf, PhD, RN, CEN, FAEN*

Nursing and patient outcomes can be directly linked to the appropriate number and skill mix of staff. Determining appropriate staffing is dependent on volume and acuity, as well as the educational and experience attributes of nurses. Advocating for appropriate staffing requires an understanding of the outcomes measures of inappropriate staffing. This presentation will describe the current literature and evidence on staffing for inpatient, childbirth centers, and emergency settings, and identify outcomes that can assist bedside nurses in determining staffing levels.

**9:30 – 9:45 a.m. Break**

**9:45 – 11:10 a.m. Concurrent Sessions:**

**Prediabetes, Insulin Resistance and Type 3 Diabetes...What You and Your Patients MUST KNOW!**

*Scherrie Keating RN, BSN, CDE, CDC National DPP Lifestyle Coach*

According to the CDC, "there are 84.1 million adults living in the US with prediabetes and 90% are unaware! Without major changes, one in three will develop Type 2 Diabetes in their lifetime. Attend this breakout session, increase your understanding of Prediabetes, Insulin resistance and hear about the latest research on "Type 3 Diabetes" and its connection to Alzheimer's Disease. Become educated on the Diabetes Prevention Program and its proven lifestyle changes to reduce your patients risks of developing Type 2 Diabetes by 58-71%.

**The Effects of Drugs of Abuse on the Adolescent & Adult Human Brain**

*Stephen L. Dewey Ph.D.*

This program will educate participants on how alcohol and drug use affects the developing adolescent and adult brain. The presentation will cover a number of substances, starting from the gateway drugs, to some of the more addictive ones such as heroin. Cutting edge research will be reviewed to support the disease model of addiction and to illustrate how drugs cause chemical and physiological changes in the brain that can make it next to impossible for addicts to stop using them without help. PET brain studies will also be used to illustrate the profound effects that drugs have on the brain functioning and development.

**The deteriorating patient – recognition, care, and the social environment**

*Lisa A. Wolf, PhD, RN, CEN, FAEN*

This presentation will address the educational/knowledge clinical components of deterioration, and also the social environment in which good decision making occurs. The experience and presence of the nurse are important components in early recognition of clinical markers of deterioration including vital signs, mental status, and urine output. The social environment, and level and skill mix of staffing affect the ability of the nurse to appropriately rescue the deteriorating patient

**Domestic and Sexual Violence Training: What Nurses Need to Know**

**Three-hour session, which will be taught from 9:45 a.m. – 12:45 p.m.**

*Erin Miller, MPS, MDV, CTSS, CASAC-T*

This presentation will look at the dynamics of domestic and sexual violence, the health impact of violence and abuse as well as the consequences of childhood exposure to violence. The role of the nurse will be explored to include trauma-informed care.

*The Department of Public Health has mandated the Board of Registration in Nursing promulgate regulations establishing standards that require training on the issue of domestic violence and sexual violence as a condition of licensure and license renewal. This three hour training session is approved through DPH to meet the statute.*

**11:10 – 11:20 a.m. Transition to next session**

**11:20 a.m. – 12:45 p.m. Concurrent Sessions:**

**Burnout: How to avoid becoming the human flashpoint (or at least contain the flames)**

*Mary Linda O'Reilly, MS, APRN, BC*

The goal of this program is to help nurses prevent, identify and manage compassion fatigue. Nursing is a hard emotional, physical and spiritual work, but it is also very rewarding. The Stresses and strains of working in the nursing industry can take a toll on even the strongest personality. From persistent patient to strict regulations, nurses are constantly facing challenges both big and small, physical and emotional. Burnout, also known as compassion fatigue, can get the best of you, but only if you let it.

**Optimizing Outcomes for Hospitalized Patients with Autoimmune Disease: Rheumatoid Arthritis and Lupus**

*Mercy Bashir, DNP, ANP-C, GNP-BC*

This program will include a presentation of hospitalized patients with autoimmune disease. Pathophysiology, nursing assessment, and interventions will be discussed and highlighted in case study scenarios.

**Licensure Essentials: Protecting Your Livelihood**

*Edie Brouse, JD, RN*

The session will review common misunderstandings nurses have about licensure, as well as reasons nurses are disciplined by their licensing boards. Case examples will be discussed and tips will be provided for preventing nursing board charges, as well as defending oneself when under investigation.

**12:45 – 2 p.m. Lunch**

**2 – 3 p.m. Closing Session**

**HIPAA: Misconceptions, Realities, Risks and Responsibilities**

*Edie Brouse, JD, RN*

The session will identify common misperceptions regarding HIPAA. Penalties for non-compliance will be reviewed, as well as best practices for avoiding violations. The use of social media will be analyzed within a context of professional responsibilities and HIPAA compliance.

**3 – 3:15 p.m. Closing Remarks**

As an MNA member,  
you are invited to  
attend the **13<sup>th</sup>** annual  
Clinical Nursing  
Conference

**FREE**

**\$75 placeholder fee required**

**This full-day clinical program is designed to update registered nurses on a variety of current clinical topics and relevant issues pertinent to today's nursing practice.**

**Program Cancellation**

MNA reserves the right to change speakers or cancel programs for extenuating circumstances.

**Disability Help**

Contact Liz Chmielinski at 781-830-5719 with questions about special needs accessibility.

**Refund**

Refund of the placeholder fee will be issued up to two weeks before the program date. If registrants do not attend the program or call to cancel, the fee will not be refunded.

**Placeholder Fee**

A payment of \$75 must be submitted with your registration. **Payment by credit card is available online at [www.massnurses.org](http://www.massnurses.org); go to the Professional Development/CE page of the website.** If you pay by check, it will be returned upon attendance.

**Chemical Sensitivity**

Attendees are requested to avoid wearing scented personal products when attending the 13th Annual MNA Clinical Nursing Conference. Scents may trigger responses in those with chemical sensitivity.



**Directions**

**From the North:**

Take Rt. 495-S. Get off at Exit 25B. Take Rt. 290-W. Get off at Exit 18. Follow signs to the DCU Center.

**From the East:**

Take I-90-W (Mass. Turnpike West) to Rt. 495-N to Rt. 290-W. Get off at Exit 18. Follow signs to the DCU Center.

**From the South:**

Take Rt. 495-N to Rt. 290-W. Get off at Exit 18. Follow signs to the DCU Center.

**From the West:**

Take I-90-E. (the Mass. Turnpike East) to Exit 10 (Auburn). After the tollbooth, bear left at the fork. Take Rt. 290-E. Get off at Exit 16. Take a left at the bottom of the ramp (there is a light). At the 3rd set of lights (Major Taylor Boulevard), the DCU Center is on your left.

**Parking**

Parking is available for a fee in multiple locations around the DCU Center.

**Hotel Information**

The MNA has secured several single and double rooms for \$134, plus 14.45% tax, at the Hilton Garden Inn, Worcester, MA. Hotel is adjacent to the DCU Center. Parking is \$9.95 per night. For reservations call 508-753-5700 by April 20, 2018.

**Contact Hours**

Continuing nursing education contact hours will be provided. **To successfully complete a program and receive contact hours, you must: 1) sign in, 2) be present for the entire time period of the sessions, and 3) complete and submit the evaluation.**

The Massachusetts Nurses Association is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

**REGISTRATION FORM: 13th ANNUAL MNA CLINICAL NURSING CONFERENCE • MAY 4, 2018**

Name \_\_\_\_\_ Email \_\_\_\_\_  
 \_\_\_\_\_ RN \_\_\_\_\_ APN \_\_\_\_\_ Other (specify) \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Telephone: Daytime \_\_\_\_\_ Evening \_\_\_\_\_  
 Place of employment \_\_\_\_\_

Every effort will be made to accommodate your selections. To register, please return the completed form with your check payable to MNA for the placeholder fee of \$75 to:

**MNA • Attn.: Liz Chmielinski • 340 Turnpike Street • Canton, MA 02021**

**For online registrations go to [www.massnurses.org](http://www.massnurses.org) and click on the News and Events page.**

Sessions fill on a space available basis, and will close once seating capacity is reached.

**You must indicate your "1st," "2nd," and "3rd" choices for the following morning concurrent sessions:**

\_\_\_\_ Pre-Diabetes    \_\_\_\_ Drug Effect on Brain    \_\_\_\_ Patient Deterioration    \_\_\_\_ Domestic Violence and Sexual Assault (three-hour session)

**You must indicate your "1st," "2nd," and "3rd" choices for the following afternoon concurrent sessions:**

\_\_\_\_ Burnout    \_\_\_\_ Autoimmune Disease    \_\_\_\_ Licensure Essentials

This is a  
**FREE**  
conference for all  
MNA members

**\$75 placeholder  
fee will be  
returned at  
registration on  
May 4, 2018.**