

14th annual



Clinical Nursing Conference

May 3, 2019

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. Welcome and President's Remarks

Donna Kelly-Williams, RN, President of the MNA

8:15 – 8:30 a.m. Opening Remarks & Introductions

8:30 – 10 a.m. Keynote Address

The New Food Lexicon & Our Health: GMOs, Organic, Vegan & More

Robyn O'Brien, BA, MBA

The last decade has brought with it a food awakening. 21st century consumers are consuming a wide array of different foods and diets, from gluten free to vegan, organic to regenerative. Many of these new foods are labeled, many are not. Robyn will take us through the changes that have happened to the food system in the 21st century, how to navigate these changes and what practitioners, consumers and families can do to protect their health.

10 – 10:30 a.m. Break

10:30 a.m. – 12 p.m. Concurrent Sessions:

Old Vices, New Devices: Vaping 101

Laurie Warnock, MPH

Teen fads come and go, but some have more long-term consequences than others. Electronic cigarettes may provide a less harmful alternative to traditional cigarettes for adult smokers, but for adolescents they are an introduction to a lifelong battle with nicotine addiction. This presentation will examine the data on teen usage; illustrate the marketing strategies that effectively fueled the fad; review the array of substances and devices used; discuss the specific impact on adolescent brain development and other health concerns; and identify resources for parents and practitioners to prevent and address nicotine addiction in teens.

Understanding the Clinical Effects of Digital Media on Children & Adolescents

Meredith Gansner, MD

This program will identify the clinical comorbidities associated with problematic digital media use in children and adolescents. It will discuss the potential impact digital media may have on the developing brain and explore possible long term social and psychological effects, as well as address the limitations of current research. The program will conclude with a more interactive discussion regarding how to identify and assess adolescent problematic digital media use with patients and their families.

Traveling the Road of Insulin Resistance Through the Body & the BRAIN

Scherrie Keating RN, BSN, CDE, CDP

Insulin resistance leads to a multitude of health issues throughout the body and brain. Recently, growing evidence revealing insulin resistance in the brain leads to Alzheimer Disease-type neurodegeneration or "Type 3 Diabetes." Attend this session, develop a good understanding of normal glucose metabolism, factors leading to insulin resistance and pathways to disease in the body and brain. Hear cutting edge research linking brain insulin resistance to Alzheimer's Disease type pathology and potential treatment options being studied to improve cognitive function in patients with early disease. Leave ready to educate others on importance of screening, testing and acting today to prevent insulin resistance syndromes and their life changing complications.

Neonatal Abstinence Syndrome: Current Best Practice Recommendations

Elisha Wachman, MD

The program will include an overview of current best practice recommendations for the care of opioid-exposed newborns with Neonatal Abstinence Syndrome (NAS), including

assessment, non-pharmacologic and pharmacologic treatment, and discharge preparation. The recommended care of pregnant women with opioid use disorder and breastfeeding recommendations will also be reviewed.

12 – 1:15 p.m. Lunch

1:15 p.m. – 2:45 p.m. Concurrent Sessions:

Best Practices in the Nursing Care of Stroke Patients

Vincent Vacca, Jr., MSN, RN

Evidence-based nursing care interventions for patient with an acute, evolving stroke requires that nursing staff have a competence of a highly skilled stroke team, of which nurses are essential members. This program will identify signs and symptoms consistent with an acute evolving stroke and highlight evidence-based nursing interventions vital to the care of patients experiencing an acute, evolving stroke.

Nursing Considerations in the Management of Patients with Antibiotic Resistant Infections

Alfred DeMaria, Jr, M.D.

The increased use of antibiotics has created instances of antimicrobial resistance with a resultant impact on patient care. Nurses play a key role in this ongoing problem. This session will address the prevention and management of antimicrobial resistance in nursing practice and the nurse's role in antimicrobial stewardship.

An Overview of Evidence-Based Environmental Health Practice at the Massachusetts Department of Public Health

Dr. Marc A. Nascarella, MS, PhD, CPH

The practice of environmental health requires the translation of basic and applied science into evidence-based public health interventions. In Massachusetts, the Environmental Toxicology Program at the Massachusetts Department of Public Health (DPH) routinely evaluates the public health impact of exposure to environmental chemicals in food, environmental media, biological specimens, and consumer products. Dr. Nascarella will provide an overview of these activities, along with specific case-study examples of evaluating the environmental health of drinking water, fish consumption, marijuana use, or exposure at contaminated waste sites.

ACEs at the bedside and beyond: Adverse Childhood Experiences & Adverse Community Experiences

Christine Cissy White & Karen Clemmer, MN, RN, PHN

Discover the intersection between Adverse Childhood Experiences (ACEs) and Adverse Community Environments* and explore implications for medical and nursing practice. Reflect upon the emerging ACEs science, including the impacts on health outcomes across a life course. Examine the impact of Adverse Community Environments in individual and community level well-being.

2:55 – 4 p.m. Closing Session

Reducing the Risk of Malpractice for the RN

Michael J. Loughran

Risk is inherent in the role of the RN. This program will address some of the common ways nurses place themselves and their patients at risk and the potential for error and patient harm. Case study including malpractice litigation will be discussed.

4 – 4:15 p.m. Closing Remarks



As an MNA member,
you are invited to
attend the

14th 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; 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 19, 2019.

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: 14th ANNUAL MNA CLINICAL NURSING CONFERENCE • MAY 3, 2019

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 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:

___ Vaping ___ Digital Media Effects ___ Insulin Resistance ___ Neonatal Abstinence Syndrome

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

___ Stroke ___ Antibiotic Resistance ___ Environmental Health ___ Adverse Childhood Experiences

This is a

FREE

conference for all
MNA members

**\$75 placeholder
fee will be
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May 3, 2019.**

