

The logo for the Massachusetts Nurses Association (MNA) features the letters "MNA" in a bold, white, sans-serif font. A small "SM" trademark symbol is positioned to the upper right of the "A". The logo is set against a dark blue rectangular background with a white border.

Massachusetts
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CE

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Fall 2021

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Due to Covid-19, masks are required at all CE programs

A blue stethoscope is positioned in the background of the text block, with its chest piece and tubing visible.

MNA is proud to provide **FREE** continuing nursing education programs to foster professional growth for its members. Offering the programs *locally* and online to its members improves access and convenience. We hope you appreciate this service and find these courses helpful.

Please visit our website for all upcoming programs.

A yellow starburst-shaped graphic containing text and a silhouette of a group of people with their arms raised.

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REGION 1



Fading Memories: Meeting the Global Care Needs of Persons Living with the Challenges of Dementia

Description: The lived experience of persons with treatable and irreversible dementias is unique and challenging. This program aims to present evidence-based updates on the pathophysiology and nursing care needs of persons living with progressive memory illnesses and their family members. **This program meets the 2022 MA BORN re-licensure requirement for dementia training.**

Presenter: Judith M. Pare, PhD, RN

Date: Tuesday, September 28, 2021

Time: 5:15-5:30 p.m., Registration
5:30 – 8:30 p.m., Program

Location: Live, online Zoom meeting.

Fee: Member/Associate Member, free*; Non-Members, \$95. *Requires a \$25 placeholder fee which will be returned upon attendance. Mail in registration with check only; online registration with credit card.

Contact hours: Will be provided

Morning Session: Post-Traumatic Stress Disorder: Trauma and Survival

Description: Trauma affects many people and in a variety of ways. Why do some people seem to cope with seemingly unbearable events while others define themselves by a single moment? This presentation will look at how trauma is represented, explore the physiological, psychological, and spiritual aspects of trauma, and address treatment modalities (both pharmacologic and interpersonal) that can assist in healing and achieving wholeness. Nursing interventions appropriate for the person experiencing the sequelae of a traumatic event will be included.

Afternoon Session: The Nurse's Role in Suicide Prevention: Shifting the Perspective from Despair to Hope

Description: This program will cover the scope of suicide with attention to the recent shocking upward trend. The presenter will review the history and range of suicide — from “romantic” and “noble” to active versus passive. It will also examine the profile of the high-risk person and what is described by some survivors and in some suicide notes as “triggers.” For the young, is it a result of bullying? For older adults, does it reflect discouragement about the state of the world or their health? How about celebrities who seemingly have it all? This presentation will address the phenomenon of suicide as a public health emergency. It will address the antecedents to suicide, describe warning signs, and propose interventions within the scope of nursing practice.

Presenter for both sessions: Mary Linda O'Reilly, MS, APRN, BC

Date: Thursday, November 18, 2021

Time: 8:30 – 9 a.m., Registration
9 – 11:45 a.m., Morning Session
11:45 a.m. – 12:45 p.m., Lunch
12:45 – 3 p.m., Afternoon Session

Location: Delaney House, 3 Country Club Road, Holyoke; delaneyhouse.com

Fee: Member/Associate Member, free*; Non-Members, \$195. *Requires a \$50 placeholder fee which will be returned upon attendance. Mail in registration with check only; online registration with credit card.

Contact hours: Will be provided

Something in the Air: What's New in Electronic Nicotine Delivery Devices

Description: Most of us have heard of E-cigarettes, vapes, Juuls, etc., but there are new devices, new substances — or new ways to use old substances, such as cannabis — cropping up on every street corner. Some communities are raising the age for tobacco purchases; others are looking to ban fun flavors. This presentation will look at the market, the known science, the laws, the unanswered questions, and the health implications for users.

Presenter: Laurie Warnock, MPH, EMT

Date: Wednesday, December 8, 2021

Time: 4:45 – 5:30 p.m. Registration/Dinner
5:30 – 7:45 p.m., Program

Location: Delaney House, 3 Country Club Road, Holyoke; delaneyhouse.com

Fee: Member/Associate Member, free*; Non-Members, \$95. *Requires a \$25 placeholder fee which will be returned upon attendance. Mail in registration with check only; online registration with credit card.

Contact hours: Will be provided

To register: Visit <https://www.massnurses.org/CEregistration>; see instructions on pg. 5 if you need help with online registration. Downloadable/printable registration forms also available via same link and should be mailed in. For questions, please contact Region 1 at **413-584-4607** or email region1@mnarn.org.

REGION 2



When Today is All You Have

Description: Dementia continues to be one of the most frightening and disheartening diagnoses a person can receive. Those struggling with dementia often face a lack of respect for their humanity, leading to limitations in their rights to make choices, be included in society, and access their surroundings. Stigma and shame compound their existential isolation. This presentation discusses the scope, causes, and manifestations of dementia and the pharmacological and nonpharmacological interventions available to assist those with dementia. It will address the need for holistic care for individuals with dementia and their caregivers, including family, community, and health care providers. **This program meets the 2022 MA BORN re-licensure requirement for dementia training.**

Presenter: Mary Linda O'Reilly, MS, APRN, BC

Date: Thursday, September 23, 2021

Time: 5:30 – 6 p.m., Registration/Dinner
6 – 8:15 p.m., Program

Location: The Beechwood Hotel, 363 Plantation Street, Worcester; beechwoodhotel.com

Fee: Member/Associate Member, free*; Non-Members, \$95. *Requires a \$25 placeholder fee which will be returned upon attendance. Mail in registration with check only; online registration with credit card.

Contact hours: Will be provided

Nursing and Mental Healthcare Worker Resiliency During the Pandemic: A Workshop

Description: This program will strengthen the abilities of nurses and other healthcare workers to cope with work-related trauma and stress. The curriculum uses participative training methods, engaging participants in applying their knowledge and experiences to deepen their understanding and abilities in dealing with stress and traumatic events in the workplace. This program will explore strategies to promote resiliency and is applicable for other disciplines, including social work, psychology, etc.

Presenter: Jonathan Rosen, MS, CIH, FAIHA

Date: Monday, November 15, 2021

Time: 5:30 – 6 p.m., Registration/Dinner
6 – 9:05 p.m., Program

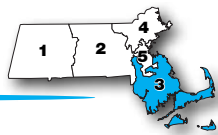
Location: The Beechwood Hotel, 363 Plantation Street, Worcester; beechwoodhotel.com

Fee: Member/Associate Member, free*; Non-Members, \$95. *Requires a \$25 placeholder fee which will be returned upon attendance. Mail in registration with check only; online registration with credit card.

Contact hours: Will be provided

To register: Visit <https://www.massnurses.org/CEregistration>; see instructions on pg. 5 if you need help with online registration. Downloadable/printable registration forms also available via same link; forms can then be mailed in. For questions, please contact Region 2 at **508-756-5800** ext. 100 or email region2@mnarn.org.

REGION 3



Conflict Resolution in the Workplace

Description: Nurses must utilize effective communication strategies and interpersonal skills within the unpredictable environment of acute care. The escalation of stress in response to the evolving needs of patients and families and the perception of adversarial co-workers and managers can challenge nurses every day. Strategies to assess interactions and effective conflict resolution will be discussed in this presentation.

Presenter: Joe-Ann Fergus, PhD, RN

Date: Monday, October 25, 2021

Time: 5:30 – 6 p.m., Registration/Dinner
6 – 8:15 p.m., Program

Location: Hampton Inn Cape Cod Canal, 12 Kendall Rae Place, Buzzards Bay; hamptoninncapecodcanal.com. PLEASE NOTE: this is a new road that GPS may not locate - it's directly across from the Bourne Town Hall at 24 Perry Ave, Buzzards Bay.

Fee: Member/Associate Member*, free; Non-Members, \$95. *Requires a \$25 placeholder fee which will be returned upon attendance. Mail in registration with check only; online registration with credit card.

Contact Hours: Will be provided

Understanding PTSD for Nurses: Assessment, Intervention, and Referral

Description: Nurses are in a unique position to recognize the varied symptoms of PTSD in patients who are suffering from the stress associated with experiencing traumatic events. However, self-identification of the signs in symptoms of PTSD in themselves can be a challenge for nurses. The pandemic COVID crisis of 2020 and the ongoing case volume of variant COVID cases presents a situation where nurses are triggered frequently for PTSD in the workplace. In this interactive training, nurses will learn about normal human responses to traumatic events and how to help patients as well as themselves. We will explore the range of symptoms of PTSD and discuss sensitive means of assessment and intervention. Through case examples, we will consider how nurses can support their patients and colleagues and encourage referrals for treatment and care.

Presenter: Mary Linda O'Reilly, MS, APRN, BC

Date: Wednesday, November 17, 2021

Time: 5:30 – 6 p.m., Registration/Dinner
6 – 8 p.m., Program

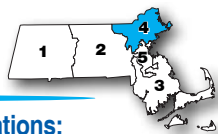
Location: Hampton Inn Cape Cod Canal, 12 Kendall Rae Place, Buzzards Bay; hamptoninncapecodcanal.com. PLEASE NOTE: this is a new road that GPS may not locate - it's directly across from the Bourne Town Hall at 24 Perry Ave, Buzzards Bay.

Fee: Member/Associate Member*, free; Non-Members, \$95. *Requires a \$25 placeholder fee which will be returned upon attendance. Mail in registration with check only; online registration with credit card.

Contact Hours: Will be provided

To register: Visit <https://www.massnurses.org/CEregistration>; see instructions on pg. 5 if you need help with online registration. Downloadable/printable registration forms also available via same link; forms can then be mailed in. For questions, please contact Region 3 at **508-888-5774** or email region3@mnarn.org.

REGION 4



The Growing Use of Antidepressant Medications:

A Global Update

Description: The number of people living with acute and chronic depression continues to grow locally, nationally, and internationally. The treatment of these illnesses often includes the prescription of various

classes of antidepressant medications. Nurses providing bedside care for these patients must have extensive knowledge of these medications' actions, indications, and potential side effects. This program will focus on the most commonly diagnosed acute and chronic depression types and the pharmacologic and psychosocial supports vital to treat patients living with depressive illnesses effectively.

Presenter: Judith Jorge Leonard, RN, MSN, PMHNP-BC

Date: Monday, September 27, 2021

Time: 5 – 6 p.m., Registration/Light Dinner
6 – 8:15 p.m., Program

Location: Danversport Yacht Club, 161 Elliot Street, Danvers; danversport.com

Fee: Member/Associate Member, free*; Non-Members, \$95. *Requires a \$25 placeholder fee which will be returned upon attendance. Mail in registration with check only; online registration with credit card.

Contact Hours: Will be provided

When Today is All You Have

Description: Dementia continues to be one of the most frightening and disheartening diagnoses a person can receive. Those struggling with dementia face a lack of respect for their humanity, leading to the restriction of the right to make choices, be included in society, and access their surroundings. Stigma and shame compound their existential isolation. This presentation discusses the scope, causes, and manifestations of dementia and the pharmacological and nonpharmacological interventions available to assist those with dementia. It will address the need for holistic care for individuals with dementia and their caregivers, including family, community, and health care providers. **This program meets the 2022 MA BORN re-licensure requirement for dementia training.**

Presenter: Mary Linda O'Reilly, MS, APRN, BC

Date: Thursday, October 28, 2021

Time: 5 – 6 p.m., Registration/Dinner
6 – 8:15 p.m., Program

Location: Danversport Yacht Club, 161 Elliot Street, Danvers; danversport.com

Fee: Member/Associate Member*, free; Non-Members, \$95. *Requires a \$25 placeholder fee which will be returned upon attendance. Mail in registration with check only; online registration with credit card.

Contact Hours: Will be provided

Addressing Substance Use in the Workplace

Description: This program will discuss the critical issue of narcotic diversion. Diversion prevalence, recognition, and methods will be explored. The best practice standards for the safe handling of narcotics will be presented. Discussion of resources to support a nurse with a substance use problem and the nurse's role in safeguarding patient care will be explored. The program will conclude with a case presentation of substance use disorder.

Presenters: Carol Malia, MSN, RN and Adam C. Barrett, M.Ed., BSN, RN

Date: Thursday, November 4, 2021

Time: 5 – 6 p.m., Registration/Light Dinner
6 – 8:15 p.m., Program

Location: Danversport Yacht Club, 161 Elliot Street, Danvers; danversport.com

Fee: Member/Associate Member*, free; Non-Members, \$95. *Requires a \$25 placeholder fee which will be returned upon attendance. Mail in registration with check only; online registration with credit card.

Contact Hours: Will be provided

To register: Visit <https://www.massnurses.org/CEregistration>; see instructions on pg. 5 if you need help with online registration. Downloaded/printable registration forms also available via same link; forms can then be mailed in. For questions, please contact Region 4 at **781-584-8012** or email region4@mnarn.org.



The Complexity of the Endocannabinoid System and Understanding Cannabis (Medical Marijuana) Treatment

Description: This program will review the advanced pathophysiology of the human endocannabinoid system and its functions in health and disease. Cannabis use for medical treatment will be discussed and will include how cannabis complements the body's system. This presentation will include the pros and cons of cannabis treatment and nursing considerations in caring for patients being treated with medical cannabis.

Presenter: Dr. Hong Truong, D.O.

Date: Tuesday, September 28, 2021

Time: 5:15 – 6 p.m., Registration/Dinner
6 – 9 p.m., Program

Location: Lombardo's, 6 Billings Street, Randolph.

Fee: Member/Associate Member, free*; Non-Members, \$95. *Requires a \$25 placeholder fee which will be returned upon attendance. Mail in registration with check only; online registration with credit card.

Contact Hours: Will be provided

Nursing Considerations in the Management of Patients with Antibiotic-Resistant Infections

Description: The increased use of antibiotics has increased instances of antimicrobial resistance with a resultant impact on patient care. Nurses play a crucial role in addressing this ongoing problem. This program will address the prevention and management of antimicrobial resistance in nursing practice and the nurse's role in antimicrobial guidance.

Presenter: Dr. Alfred DeMaria, Jr, M.D.

Date: Tuesday, October 26, 2021

Time: 5:15 - 6 p.m., Registration/Dinner
6 - 8:15 p.m., Program

Location: Lombardo's, 6 Billings Street, Randolph.

Fee: Member/Associate Member, free*; Non-Members, \$95. *Requires a \$25 placeholder fee which will be returned upon attendance. Mail in registration with check only; online registration with credit card.

Contact Hours: Will be provided

Nursing Malpractice: Your Best Defense is a Good Documentation Offense

Description: The purpose of this program is to educate nurses on the best practices of documentation. Proper documentation reflects the quality of care given to patients and is evidence that the nurse acted as required. Common documentation errors will be discussed as well as the importance of nurses having their malpractice insurance. This content will include case studies with learner engagement and cover the stages of a medical malpractice lawsuit.

Presenter: Britain Thames, RN, Ph.D., JD, Esq.

Date: Wednesday, November 17, 2021

Time: 5:15 - 6 p.m. Registration/Dinner
6 - 8:15 p.m., Program

Location: Lombardo's, 6 Billings Street, Randolph.

Fee: Member/Associate Member, free*; Non-Members, \$95. *Requires a \$25 placeholder fee which will be returned upon attendance at program. Mail in registration with check only; online registration with credit card.

Contact Hours: Will be provided

To register: Visit <https://www.massnurses.org/CEregistration>; see instructions on pg. 5 if you need help with online registration. Downloadable/printable registration forms also available via same link; forms can then be mailed in. For questions, please contact Region 5 at **781-821-8255** or email region5@mnarn.org.

Fading Memories: Meeting the Global Care Needs of Persons Living with the Challenges of Dementia

Description: The lived experience of persons with treatable and irreversible dementias is unique and challenging. This program aims to present evidence-based updates on the pathophysiology and nursing care needs of persons living with progressive memory illnesses and their family members. **This program meets the 2022 MA BORN relicensure requirement for dementia training.**

Presenter: Judith Pare, Ph.D., RN

Date: Tuesday, November 30, 2021, via Zoom live

Time: 5:15 – 5:30 p.m., Registration
5:30 – 8:30 p.m., Program

Location: Live Zoom

Fee: Member/Associate Member, free*; Non-Member, \$95. *Requires a \$25 placeholder fee which will be returned upon attendance at program.

Contact Hours: Will be provided

MNA Contact: Liz Chmielinski, 781-830-5719



Next topic:
Union Terminology
December 8
6-8 p.m.

A quarterly program presented through Zoom.

For more information, please contact:

Joseph A. Twarog
781-571-9959
JTwarog@mnarn.org

or

Deb Sullivan
781-830-5784
dsullivan@mnarn.org



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REGISTRATION

Registration Directions: Registration will be processed on a space available basis. All programs are free to members; however, there is a placeholder fee of \$25 for all evening programs and \$50 for all full day programs. This fee will be returned upon attendance at the program. Program fees for non-members are \$95 for evening programs and \$195 for all full day programs. If registrants do not attend the program or call to cancel, the fee will NOT be refunded. Please submit a **separate check for each program** and mail to the appropriate Region office. If registering for programs in more than one region, please duplicate the registration form or download from www.massnurses.org and submit registration forms to the appropriate Region offices with the specified fee.

Payment: Payment may be made by mailing a **separate check for each course** to the appropriate Region office. At this time Region offices are unable to process credit card information for this purpose. Thank you for your understanding on this matter.

Program Cancellation: MNA reserves the right to change speakers or cancel programs due to extenuating circumstances. In case of inclement weather, please call the MNA Region office registration contact telephone number to determine whether a program will run as originally scheduled. Registration fee will be reimbursed for all cancelled programs.

Contact Hours: Contact hours will be awarded by the Massachusetts Nurses Association for all programs.

To successfully complete a program and receive contact hours or a certificate of attendance, you must: (1) sign in; (2) be present for the entire time period of the program; and (3) complete and submit the program evaluation.

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

Chemical Sensitivity: Scents and fragrances may trigger responses in those with chemical sensitivities. Please avoid wearing scented personal products when attending MNA continuing education programs.

Disability Help: Please contact the MNA Region office with any questions about special needs accessibility.

Online registration for all CE courses at
<https://www.massnurses.org/CEregistration>



Region 1 Make check payable to: MNA Region 1 Office and mail to MNA Region 1 Office, 241 King Street, Suite 226, Northampton, MA 01060.

Fading Memories: Meeting the Global Care Needs of Persons Living with the Challenges of Dementia

Non-member: \$95 • Member/Associate Member: \$25 placeholder fee.

Post-Traumatic Stress Disorder: Trauma and Survival & The Nurse's Role in Suicide Prevention: Shifting the Perspective from Despair to Hope Non-member: \$195 • Member/Associate Member: \$50 placeholder fee.

Something in the Air: What's New in Electronic Nicotine Delivery Devices Non-member: \$95 • Member/Associate Member: \$25 placeholder fee.

Region 2 Make check payable to: MNA Region 2 Office and mail to MNA Region 2 Office, 365 Shrewsbury Street, Worcester, MA 01604.

When Today is All You Have Non-member: \$95 • Member/Associate Member: \$25 placeholder fee.

Nursing and Mental Healthcare Worker Resiliency During the Pandemic: A Workshop Non-member: \$95 • Member/Associate Member: \$25 placeholder fee.

Region 3 Make check payable to: MNA Region 3 Office and mail to MNA Region 3 Office, PO Box 1363, Sandwich, MA 02563.

Conflict Resolution in the Workplace Non-member: \$95 • Member/Associate Member: \$25 placeholder fee.

Understanding PTSD for Nurses: Assessment, Intervention, and Referral Non-member: \$95 • Member/Associate Member: \$25 placeholder fee.

Region 4 Make check payable to: MNA Region 4 Office and mail to MNA Region 4 Office, 50 Salem Street, Building A, Lynnfield, MA 01940.

The Growing Use of Antidepressant Medications: A Global Update Non-member: \$95 • Member/Associate Member: \$25 placeholder fee.

When Today is All You Have Non-member: \$95 • Member/Associate Member: \$25 placeholder fee.

Addressing Substance Use in the Workplace Non-member: \$95 • Member/Associate Member: \$25 placeholder fee.

Region 5 Make check payable to: MNA Region 5 Office and mail to MNA Region 5 Office, 340 Turnpike Street, Canton, MA 02021.

The Complexity of the Endocannabinoid System and Understanding Cannabis (Medical Marijuana) Treatment Non-member: \$95 • Member/Associate Member: \$25 placeholder fee.

Nursing Considerations in the Management of Patients with Antibiotic-Resistant Infections Non-member: \$95 • Member/Associate Member: \$25 placeholder fee.

Nursing Malpractice: Your Best Defense is a Good Documentation Offense Non-member: \$95 • Member/Associate Member: \$25 placeholder fee.

General CE Make check payable to: MNA and mail to MNA, 340 Turnpike Street, Canton, MA 02021..

Fading Memories: Meeting the Global Care Needs of Persons Living with the Challenges of Dementia Non-member: \$95 • Member/Associate Member: \$25 placeholder fee.