



Massachusetts  
Nurses  
Association

# CNE

*continuing nursing education*

*Spring 2024*

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

**For registration, please contact:**

Liz Chmielinski at 781-830-5719 or [echmielinski@mnarn.org](mailto:echmielinski@mnarn.org) or

Dayana Ocasio at 781-830-5721 or [docasio@mnarn.org](mailto:docasio@mnarn.org)

**Please visit our website for all upcoming programs.**



# CNE

*continuing nursing education*

**For Spring 2024 Continuing Nursing Education Program registration, please contact:**

**Liz Chmielinski at 781-830-5719, [echmielinski@mnarn.org](mailto:echmielinski@mnarn.org) or Dayana Ocasio at 781-830-5721 or [docasio@mnarn.org](mailto:docasio@mnarn.org)**

## IN-PERSON OFFERINGS

### REGION 1

#### **Substance Use Disease: The Danger of Illicit Drug Use**

**Description:** This program will provide an overview of substance use disease and the danger of illicit drug use. The increase in overdose deaths during the pandemic will be discussed. Different drug substances and the effects and treatment modalities will be analyzed.

**Presenter:** Charlene Verga, MSN, RN, CEN, LNC

**Date:** Wednesday, April 24

**Time:** 5 – 5:30 p.m., Registration/Dinner; 5:30 – 7:30 p.m., Program  
**Location:** Delaney House; 3 Country Club Road, Holyoke; [delaneyhouse.com](http://delaneyhouse.com)

**Fee:** Member/Associate Member: Free, although a \$25 placeholder fee, which will be returned upon attendance, is required to complete registration.

**Non-Members:** A \$95 charge is required to complete registration

**Continuing Education Credits:** Will be provided

### REGION 2

#### **Addressing the Commercial Sexual Exploitation of Children (CSEC): A Public Health Issue**

**Description:** CSEC is an ever-changing form of interpersonal violence impacting all communities across the Commonwealth. Nurses are in a unique position to identify and support patients who are experiencing this abuse and provide interventions that can connect survivors to services for a safe exit and healing trajectory. Hear from a survivor of CSEC, turned doctoral-prepared nurse practitioner, as she discusses strategies for identification and connection to youth experiencing or at risk of commercial sexual exploitation.

**Presenter:** Rachel Niemiec, DNP, FNP-C

**Date:** Tuesday, May 21

**Time:** 5:30 – 6 p.m., Registration/Dinner; 6 – 8:15 p.m., Program  
**Location:** The Beechwood Hotel; 363 Plantation Street, Worcester; [beechwoodhotel.com](http://beechwoodhotel.com)

**Fee:** Member/Associate Member: Free, although a \$25 placeholder fee, which will be returned upon attendance, is required to complete registration.

**Non-Members:** A \$95 charge is required to complete registration

**Continuing Education Credits:** Will be provided

### REGION 3

#### **Addressing the Commercial Sexual Exploitation of Children (CSEC): A Public Health Issue**

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**Presenter:** Rachel Niemiec, DNP, FNP-C

**Date:** Wednesday, May 1

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

**Location:** Massachusetts Maritime Academy, Beechmore Conference Center; 11 Buttermilk Way, Buzzards Bay; [maritime.edu](http://maritime.edu)

**Fee:** Member/Associate Member: Free, although a \$25 placeholder fee, which will be returned upon attendance, is required to complete registration.

**Non-Members:** A \$95 charge is required to complete registration.

**Continuing Education Credits:** Will be provided

### REGION 4

#### **Addictions (Substance Use Disorder) and Health-Related Issues**

**Description:** Drug addiction is a brain disease. Although initial drug use might be voluntary, drugs of abuse have been shown to alter gene expression and brain circuitry, which in turn affects human behavior. Once addiction develops, these brain changes interfere with an individual's ability to make voluntary decisions, leading to compulsive drug craving, seeking, and use. This session will include a healthcare perspective on the issue of drug use while examining the prevalence of drugs in the society we live in. Some health effects occur when drugs are used at high doses or after prolonged use, while others may occur after just one use. Cardiovascular disease, stroke, cancer, HIV/AIDS, hepatitis, and lung disease can all be affected by drug abuse.

**Presenter:** Donna M. White, RN, PhD, CARN, CADC II, LADC I

**Date:** Tuesday, June 11

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

**Location:** Danversport Yacht Club; 161 Elliot Street, Danvers; [danversport.com](http://danversport.com)

**Fee:** Member/Associate Member: Free, although a \$25 placeholder fee, which will be returned upon attendance, is required to complete registration.

**Non-Members:** A \$95 charge is required to complete registration

**Continuing Education Credits:** Will be provided

### REGION 5

#### **Multi-Generational Nursing Workforce: Challenges and Opportunities**

**Description:** The nursing workforce today includes members of five different generations. Generational differences can create new challenges for achieving a harmonious workplace because of the merging of generations, including diverse work attitudes, beliefs, and values in the workplace.

**Presenter:** Donna M. White, RN, PhD, CARN, CADC II, LADC I

**Date:** Thursday, May 23

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

**Location:** MNA Headquarters; 340 Turnpike Street, Canton

**Fee:** Member/Associate Member: Free, although a \$25 placeholder fee, which will be returned upon attendance, is required to complete registration.

**Non-Members:** A \$95 charge is required to complete registration

**Continuing Education Credits:** Will be provided

## GENERAL IN-PERSON OFFERINGS

### **Advanced Cardiac Life Support (ACLS) and Basic Life Support (BLS) Course**

**Description:** Participants will obtain both a BLS and ACLS certification upon the successful completion of the course. New certification participants must attend both Day 1 and Day 2 sessions. Recertification participants are welcome to attend Day 1 but are only required to attend the Day 2 skills session either from 9 a.m. to 12 p.m. or 12:30 to 3:30 p.m.

**Presenters:** Carol Mallia, MSN, RN; Mary Sue Howlett, PhD, RN/FNP-BC, CEN; Charlene L. Verga, MSN, RN, CEN, LNC; other instructors for the clinical session.

**Dates:** Wednesday, April 3, 2024 (Certification)  
Wednesday, April 10 (Recertification only)

**Time:** Day 1-Wednesday, April 3; 9 a.m. – 4 p.m.  
Day 2-Wednesday, April 10. Two Sessions:  
Session One: 9 a.m. – 12 p.m.  
Session Two: 12:30 – 3:30 p.m.

**Location:** Day 1-MNA Headquarters; 340 Turnpike Street, Canton  
Day 2-MNA Headquarters; 340 Turnpike Street, Canton

**Book/Card Fee:** Certification: MNA Member/Associate Member, \$50; Non-Member, \$250. Recertification: MNA/Associate Member, \$50; Non-Member, \$250

**Continuing Education Credits:** WILL NOT BE AWARDED FOR ACLS/BLS

**MNA Contact:** To register, please contact Liz Chmielinski at 781-830-5719 or email echmielinski@mnarn.org

### **The Complexities of Nurse Licensure Compact: What Nurses Need to Know**

**Description:** One of the greatest factors that can affect a nurse's experience — with everything from nurse-practice standards and continuing education to patient safety and work satisfaction — is the state in which he/she is licensed. Yet, forty-one states have joined the "Enhanced Nurse Licensure Compact" (NLC), which allows nurses who are licensed in one Compact state to practice in any other Compact state without having to obtain additional licensure. During this CE program, presenters and attendees will discuss the realities of Massachusetts possibly entering the Enhanced Nurse Licensure Compact and what it could mean for nurses' licenses and practice.

**Presenters:** Megan Collins, MS; Elizabeth Turner, Esq., RN

**Date:** Wednesday, May 22

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

**Location:** MNA Headquarters; 340 Turnpike Street, Canton

**Fee:** Member/Associate Member: Free, although a \$25 placeholder fee, which will be returned upon attendance, is required to complete registration. Non-Members: A \$95 charge is required to complete registration

**Continuing Education Credits:** Will be provided

### **Best Practices in Protecting Your License Against a Board of Nursing Complaint**

**Description:** The Massachusetts Board of Registration in Nursing (BORN) is one of several regulatory agencies with influence on nursing practice in the Commonwealth. It exists to govern nursing practice and protect the public. This program will help to clarify the role of the BORN, as well as the process when a complaint is filed against a nurse's license. Causes of action for discipline by the BORN will be discussed, as well as best practices to decrease the risk of having a complaint filed against a nurse's license.

**Presenter:** Elizabeth Turner, Esq., RN

**Date:** Wednesday, June 19

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

**Location:** MNA Headquarters; 340 Turnpike St. Canton

**Fee:** Member/Associate Member: Free, although a \$25 placeholder fee, which will be returned upon attendance, is required to complete registration. Non-Members: A \$95 charge is required to complete registration

**Continuing Education Credits:** Will be provided

## VIRTUAL OFFERINGS

### REGION 1 VIRTUAL OFFERING

#### **Best Practices in Protecting Your License Against a Board of Nursing Complaint**

**Description:** The Massachusetts Board of Registration in Nursing (BORN) is one of several regulatory agencies with influence on nursing practice in the Commonwealth. It exists to govern nursing practice and protect the public. This program will help to clarify the role of the BORN, as well as the process utilized when a complaint is filed against a nurse's license. Causes of action for discipline by the BORN will be discussed, as well as best practices to decrease the risk of having a complaint filed against a nurse's license.

**Presenter:** Elizabeth Turner, Esq., RN

**Date:** Wednesday, March 27

**Time:** Pre-Program Login, 5 – 5:30 p.m.; Program, 5:30 – 8 p.m.

**Location:** This program is a live "Virtual Continuing Educational Program" offered via Zoom

**Fee:** Member/Associate Member: Free, although a \$25 placeholder fee, which will be returned upon attendance, is required to complete registration. Non-Members: A \$95 charge is required to complete registration

**Continuing Education Credits:** Will be provided

### REGION 2 VIRTUAL OFFERING

#### **Caring for Persons with the Challenges of Dementia in a Post-Pandemic World: Updates for the Present and Future**

**Description:** This program will provide updates on the medical conditions and progressive illnesses that cause patients to experience dementia symptoms. Demographic updates will be provided on the incidence of dementia illnesses throughout New England and beyond. The program will conclude with a presentation of strategies for providing care for persons living with dementia in a post-COVID society.

**Presenter:** Judith Pare, PhD, RN

**Date:** Wednesday, March 19

**Time:** Pre-Program Login, 5 – 5:30 p.m.; Program, 5:30 – 8:30 p.m.

**Location:** This program is a live "Virtual Continuing Educational Program" offered via Zoom

**Fee:** Member/Associate Member: Free, although a \$25 placeholder fee, which will be returned upon attendance, is required to complete registration. Non-Members: A \$95 charge is required to complete registration

**Continuing Education Credits:** Will be provided

### REGION 3 VIRTUAL OFFERING

#### **Consumer Product Chemicals: Characterizing Exposures and Potential Health Impacts**

**Description:** Many of the personal care and household products that we use every day can have an impact on our health. This program will explore some of the harmful chemicals commonly found in consumer products. The speaker will describe current research on exposures to these chemicals, including exposure disparities and implications for vulnerable groups. The program will conclude with research-backed recommendations for limiting exposure.

**Presenter:** Robin Dodson, ScD

**Date:** Wednesday, March 27

**Time:** Pre-Program Login, 5:30 – 6 p.m.; Program, 6 – 8 p.m.

**Location:** This program is a live "Virtual Continuing Educational Program" offered via Zoom



**Fee:** Member/Associate Member: Free, although a \$25 placeholder fee, which will be returned upon attendance, is required to complete registration. Non-Members: A \$95 charge is required to complete registration  
**Continuing Education Credits:** Will be provided

## REGION 4 VIRTUAL OFFERING

### Gender-Affirming Care for a New Generation

**Description:** There are about 1.4 million transgender people in the United States, which is about the same as the prevalence of Type 1 diabetes. Rates of transgender identity are increasing among youth, with 2.9 percent of Massachusetts high school students describing themselves as transgender or questioning their gender. Yet, many in healthcare have little to no formal education about how to provide appropriate care to transgender patients. This program will address key concepts and terms related to transgender identity; the social, legal, and medical steps that transgender people may take to affirm their identities; and how transgender people experience the healthcare system through the lens of minority stress. We will also talk about developmental perspectives on gender identity among youth, and strategies for supporting transgender and questioning youth in school and primary care settings.

**Presenter:** Eli Goldberg, MD

**Date:** Monday, April 1

**Time:** Pre-program login, 5:30 – 6 p.m. Program, 6 – 8:15 p.m.

**Location:** This program is a live "Virtual Continuing Educational Program" offered via Zoom

**Fee:** Member/Associate Member: Free, although a \$25 placeholder fee, which will be returned upon attendance, is required to complete registration. Non-Members: A \$95 charge is required to complete registration

**Continuing Education Credits:** Will be provided

## REGION 5 VIRTUAL OFFERING

### Responding to an Unsafe Patient Assignment: Legal, Moral and Practical Implications

**Description:** This program will provide nurses with the advocacy skills and communication strategies to respond when they hear, "Just do your best" while nursing judgement determines they cannot safely meet the needs of the patient. Discussion topics will include patient abandonment, mandatory overtime, and assuming an assignment under duress or objection. Documentation of unsafe assignments and mandatory overtime will be explored. The program will explain who should accept the liability and responsibility for an unsafe assignment.

**Presenters:** Joe-Ann Fergus, PhD, RN; Carol Mallia, MSN, RN; Mary Sue Howlett, PhD, RN/FNP-BC, CEN

**Date:** Wednesday, May 8

**Time:** Pre-program login, 5:30 – 6 p.m., Program, 6 – 8 p.m.

**Location:** This program is a live "Virtual Continuing Educational Program" offered via Zoom

**Fee:** Member/Associate Member: Free, although a \$25 placeholder fee, which will be returned upon attendance, is required to complete registration. Non-Members: A \$95 charge is required to complete registration

**Continuing Education Credits:** Will be provided



**March 13-14**  
**at Four Points by Sheraton Norwood**

**Wednesday 6 – 9 p.m.**  
**Thursday 8:30 a.m. to 4 p.m.**

Join us for a **FREE**  
day of great discussion  
and labor education.

For more information, please contact Liz Chmielinski  
at email [echmielinski@mnarn.org](mailto:echmielinski@mnarn.org); for Unit 7  
Members, Dayana Ocasio at [docasio@mnarn.org](mailto:docasio@mnarn.org).



**SAVE *the* DATE**

**18<sup>th</sup>** annual

**Clinical Nursing Conference**

**All Day, In-Person Event**

**MAY 3, 2024**

**Four Points by  
Sheraton Norwood**

*See you there!*





**MNA has successfully provided free and confidential peer support to nurses for over 40 years. Help us expand this valuable resource to other healthcare professionals.**

The MNA Peer Assistance Program would like to expand its peer support network to include other healthcare professionals. The program currently has 20 nurse peer assistants, and we are recruiting for other disciplines. If you are a healthcare professional in recovery, we encourage you to reach out to Carol Mallia RN, MSN at 781-830-5755 or via email at [cmallia@mnarn.org](mailto:cmallia@mnarn.org) to learn more.

***[www.peerassistance.com](http://www.peerassistance.com)***



# 18<sup>th</sup> annual



## Clinical Nursing Conference

May 3, 2024

Four Points by Sheraton - Norwood

1125 Boston-Providence Turnpike

Norwood, MA

FREE

MNA members only

Enrollment limited  
to 400!



## Schedule

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

**8 – 8:15 a.m. Welcome and Opening Remarks**

*Katie Murphy, RN, MNA President*

**8:15 – 9:45 a.m. Keynote Address**

**Defending Your License Against a BORN Complaint: What Nurses Need to Know**

*Liz Turner, JD, RN*

The Massachusetts Board of Registration in Nursing (BORN) is one of several regulatory agencies with influence on nursing practice in the state and, specifically, it exists to govern nursing practice and protect the public. Complaints against a nurse's license can bring significant consequences, including revocation of one's license. Causes of action for discipline by the BORN will be discussed as well as best practices to decrease the risk of having a complaint filed against you.

**9:45 – 10:15 a.m. Break**

**10:15 – 11:45 a.m. Choose a Concurrent Session:**

**A.I. in Healthcare: Friend or Foe?**

*Deena Brecher, MSN, RN, ACNS-BC, CEN, CPEN, FAEN*

As nurses, we utilize technology every day, yet we are often unaware of how that technology is evaluated. This session will review current and future applications of A.I. in healthcare and examine how to evaluate the effectiveness of those technologies. Considerations to make when bringing A.I. into the work environment, especially for tools that impact nursing workflow, will also be discussed.

**Wound Care: Dressing for Success**

*Erin Bertagnolli, PA-C*

All wounds require a thorough assessment to determine the type of wound and ideal treatment to support the best possible outcome. Nurses often encounter a variety of pressure wounds and vascular ulcers regardless of their area of practice. This presentation will provide the knowledge necessary to identify and care for a variety of wounds and support the patient toward their optimal goals of health and healing.

**An Introduction to Gender Affirming Care: Considerations for Nurses**

*Eli Goldberg, MD*

There are about 1.4 million transgender people in the United States, which is about the same as the prevalence of type 1 diabetes. Yet, many in healthcare have little to no formal education about how to provide appropriate care to transgender patients. This program will address key concepts and terms related to transgender identity; the social, legal, and medical steps that transgender people may take to affirm their identities; and how transgender people experience the healthcare system through the lens of minority stress.

**11:45 a.m. – 1 p.m. Lunch**

**1 – 2:30 p.m. Choose a Concurrent Session:**

**Dialysis: What Nurses Need to Know About the Care of the Hospitalized Hemodialysis Patient**

*Beth Ann Medina RN, CDN*

This program will address the key clinical principles of hemodialysis and peritoneal dialysis. The nursing considerations for patients undergoing dialysis, such as fluid/nutritional restrictions, patient preparation, medication management diagnostic testing, and measurement of the effectiveness of dialysis will be discussed. Strategies for patient education will be explored.

**The Weight is Over: The Skinny on Obesity Drugs**

*Phung C. On, PharmD, RPh, BCPS*

Obesity is linked to poor health outcomes and is a public health problem in the United States. According to the Centers for Disease Control and Prevention, the country's prevalence of obesity is about 40% in adults and 20% in children and adolescents. This program explores pharmacotherapy strategies for managing patients with obesity.

**2023 Chronic Coronary Disease (CAD) Guidelines and an Update in Lipid Management**

*Miremba Reed, PharmD, BCPS, BCCP, BCCCP*

With 18.2 million Americans diagnosed with CAD, it is the leading cause of death in the US. The treatment guidelines for CAD and lipid management have been updated for the first time in over a decade. This session will provide new approaches to patient-centered care and evidence-based interventions for the care of chronic CAD and lipid management.

**2:30 – 3 p.m. Break**

**3 – 4 p.m. Closing Session**

**Empowering Change: Addressing the Triple Challenge in Nursing - Shortage, Violence, and Equity**

*Lynette Charity, MD*

As a nurse, have you ever felt undervalued, underappreciated, and overlooked? Drawing from my 40 years as a Board-Certified Anesthesiologist, navigating racism, sexism, and even job loss, I'll first define the issues in this trifecta of nursing challenges and then share insights to mitigate those challenges. Join me to discover how to stay inspired, stay healthy, and stay true to yourself amidst the complexities of your profession.

**4 – 4:15 p.m. Evaluations and Closing Remarks**

As an MNA member,  
you are invited to attend the

# 18<sup>th</sup> annual

## Clinical Nursing Conference

# FREE

*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.

### Chemical Sensitivity

Attendees are requested to avoid wearing scented and fragranced personal products when attending the 18th Annual MNA Clinical Nursing Conference. Scents may trigger responses in those with chemical sensitivity.



1125 Boston-Providence Turnpike (Route 1)  
Norwood, Massachusetts 02062

### Parking

Free parking is available at the hotel.

### Hotel Information

The MNA has secured several single and double rooms at the Four Points by Sheraton - Norwood. For reservations call 781-769-7900 and request the MNA rate.

### 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.

**Please register to attend the All-Day 2024 MNA Clinical Conference  
to be held on May 3, 2024 at the Four Points Sheraton, Norwood**

**Register online at:**

**<https://massnurses.jotform.com/240383673017960>**

**Deadline: April 29, 2024**





# Save the Date

**CONVENTION 2024**



Massachusetts  
Nurses  
Association



**October 8-10 Margaritaville Resort**

**Hyannis, MA**



Great Food ★ Business Meeting ★ Unit 7 Meeting  
Bargaining Unit Reports ★ Labor Speakers  
President's Reception ★ Awards Dinner  
PAC Meeting ★ Continuing Education

**LET THE FIN BEGIN**



*Enjoy  
Cape Cod*



*Details to follow, but block out  
your calendar for a fun,  
informative and relaxing event!*