The purpose of The Missouri Nurse, the official publication of the Missouri Nurses Association (MONA), is to disseminate information regarding policies, positions, and activities of the Association and to provide a forum for discussion of nursing issues relevant to its members.

The Missouri Nurse attempts to select authors who are knowledgeable in their fields. However, it does not warrant the expertise of any author, nor is it responsible for any statements made by any author. This publication is peer reviewed; however, Special Column sections are written by editorial invitation only and are not peer reviewed.

The Missouri Nurse encourages readers to submit articles and information for publication. Requirements, deadlines, and ad rates are available on the MONA website www.missourinurses.org or by emailing info@missourinurses.org. The Missouri Nurse reserves the right to edit manuscripts. MONA reserves the right to utilize published articles in a variety of formats and for the purpose of the organization.

The Midwest Multistate Division is accredited as an approver and provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation, for the periods of March 2013 – March 2017 (Approver) and April 2013 – July 2017 (Provider).
It’s hard to believe that another year is in the books, and as we close 2015 it’s a great time to think about the successes of the past year and the great accomplishments of the Missouri Nurses Association. MONA membership has grown, as of November 1st, 2015, by 6.1%; we have held seven successful conferences/workshops; participated in over ten coalitions/councils/committees at the state level; hosted our first virtual membership assembly; and had several legislative successes both in supporting and opposing bills. We are excited about new offerings one that will be offered in each MONA Region and the possibility of adding a new conference.

You may recall the American Nurses Association (ANA) gave us the opportunity to conduct a two year pilot project for the Multistate Divisions (MSD), which began in May 2013. ANA extended the pilot through December 2016. The following states are currently included in the Midwest MSD: Iowa, Kansas, Missouri, Nebraska, and North Dakota.

So what is this MSD really all about you may ask? The Midwest MSD has operated as a unified entity yet retained the unique state identities. There has been opportunity to leverage the mass of several state operations with unifying tools and technologies, while providing the constituents their unique state-specific experiences and utilizing the ANA capabilities.

The Midwest MSD has worked to implement a stream-lined business operations model that leverages common capabilities of the State Nurses Associations (SNA) and ANA to enhance the multistate operations. Through this joint, collaborative effort the Midwest MSD has worked to create efficiency and increase profitability, allow for more effective advocacy and membership recruitment/retention efforts in the SNAs. The overarching goal continues to be that the SNAs grow and become more vital and visible in the future.

The criteria for success of the Midwest MSD function to transfer of SNA operational business functions and processes (as applicable) to the Midwest MSD; increase in membership within the division; increase visibility and viability for each SNA member; then the member should see increase responsiveness and relevance from their SNA.

This pilot has created multiple opportunities for SNAs to work together and work smarter. Understand the pilot has been a work in process and we have tried different ideas to see what works and what may not work.

At a recent meeting of the MW MSD Leadership Team, which includes the chief staff and elected president from each SNA, it was affirmed that the group wants to develop a sustainable model that will take us out of the pilot phase. We want to develop a model for work flow to include the function and percentage of time spent on MSD functions, train and transition staff to new positions, roles, functions, and responsibilities, address any function design problems, and ensure quality output of MSD functions. We will work collaboratively and in partnership to drive the continued success of representing nurses in all of the states involved.

One of the goals is to have at least one staff person in each SNA who is actively working on membership recruitment/retention and advocacy efforts. We believe it is vitally important to have a “face in the state” that brings SNA identity.

Now the plan is to develop a sustainable MSD model proposal to present at each SNA Board of Directors meeting in early 2016. I am very excited to be working with the Midwest MSD and believe there are many opportunities for each of us as we take the next step in this new way of conducting business.

On behalf of the Missouri Nurses Association staff, we wish you peace, happiness and a joyous holiday season and a very happy New Year. Enjoy and cherish your time spent with families and friends this holiday season. Thank you for your continued commitment to patients, their families and to your nursing profession.

The board and staff are looking forward to 2016 and the opportunities and challenges to come. We are looking forward to a GREAT New Year!

The Missouri Nurses Association’s online legislative action center.

www.cqrcengage.com/missourinurses/
Thank you to all members who made your voice heard by participating in the election process and thank you to those who were willing to submit your names as candidates. Our newly elected officers will begin their service on January 1, 2016.

President/ANA Delegate
Terry Reese
Rebecca McClanahan
Rhonda Newberry
Corinne Fessenden
Desma Reno
Janice Putnam

**2015 MONA ELECTION RESULTS**

Your source for today’s most relevant nursing issues!

*Lighting the Way... Professional RN Update* is an electronic newsletter courtesy of the Midwest Multistate Division of ANA and is sent to all MONA members. This informative newsletter is emailed every Tuesday and past issues are archived online.

[www.multibriefs.com/briefs/MONA/](http://www.multibriefs.com/briefs/MONA/)
FROM THE INCOMING PRESIDENT
Terry Reese, MSN, RN, FNP-BC

2016 and Beyond

As we close out 2015 and ring in 2016 we can reflect on our successes and learn from our challenges. Associations today are all facing changes in a climate where “Relevance” is a global concern. The traditional business models we have become comfortable with are being disrupted and new models are being introduced. As an association, we must reflect on our fundamental purpose for existence and keep this as our focus as we move forward. We have made positive changes in the past few years in our “Race for Relevance” and are working with ANA on more positive changes believed to strengthen and grow our organization.

To see success we must bring nurses together and move away from the silos we have seen develop over the years. It should not matter in what discipline of nursing your practice is in (from bedside to the boardroom) or what generation you represent, we are NURSES. When nurses come together with one voice on issues it gets attention and we see action. A recent prime example is the “Show me your Stethoscope” movement. We can see positive changes that reflect advancing the practice of nursing from the bedside/direct care, to advanced practice and administration as recommended by the Institute of Medicine’s (IOM) Future of Nursing Report. We can also see success in growing our organization by exploring innovative ideas, increasing MONA’s visibility both physically and electronically and keeping our focus on the reason for MONA’s existence.

I challenge each of you in our regions to become more active, set goals and develop your plan to meet those goals then set your plan into action. Get your co-workers involved, keep MONA in the know of what you are doing and let us know how we can help you to achieve your goals. There is no challenge too great for Nurses. May 2016 bring personal satisfaction, joy, peace, gratification and success! Together we can!

INCREASE YOUR IMPACT

25% or more of your patients will benefit from you talking to them about their alcohol or drug use.

Increase your impact on patient care. The FREE Screening, Brief Intervention & Referral to Treatment (SBIRT) for Health and Behavioral Health Professionals online course will help you identify and intervene in patients’ risky substance use.

Visit sbirt.care for a FREE continuing education course

This work is supported by grant T1025355 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration
All nurses understand the importance of maintaining competence and professional development. Healthcare is changing at such a rapid pace it is difficult to keep up with the terminology, let alone the many facets of providing quality care. Continuing nursing education (CNE) takes on an even greater importance today.

It does take a “mind-shift” however, to move away from the old thought process of obtaining “CEU’s” based on seat time and moving toward educational activities that have measureable quality outcomes. Add into the mix the growing awareness that interprofessional education furthers the increase in quality patient outcomes. It is toward these desirable outcomes that accreditation of continuing education strengthens the educational activities and what is learned. The three major healthcare related continuing education accreditation bodies; the American Nurses Credentialing Commission (ANCC), the Accreditation Council for Continuing Medical Education (ACCME) and the Accreditation Council for Pharmacy Education (ACPE) are working together on supporting the standards, terminology, forms, requirements and processes involved in providing continuing education to benefit both the practitioners and their clients.

These efforts are seen to help streamline the necessary assessment, gap analysis, planning, coordinating and evaluation of educational activities – all important steps that support quality continuing education. Unless the nurse is involved in CNE, one may not realize the detailed work behind the lecture, workshop or conference they attend. At times the “rules and requirements” may seem to get in the way as they do not allow for quick and easy “approval”. They do however help establish a “Scope and Standards for Practice” that guides the educational activity to ensure valuable learning and professional development. These standards are what sets an accredited educational event apart from those that may be non-peer reviewed or state Board of Nursing approved.

Today the options for continuing nursing education are exploding. No longer are there just lunch-n-learn lectures, or all day workshops. Now technology such as webinars and on-line courses place the education at our finger tips 24/7 where ever we may be. It is important therefore, to make sure that the educational activities are offered by an ANCC Accredited Provider or Approved Provider. This information must be stipulated so that the learner is able to decide prior to the event if this activity meets the necessary requirements for their specific licensure or certification.

Activities that have been approved directly by the Midwest Multistate Division or provided by the Midwest Multistate Division Accredited Provider Unit meet the current ANCC criteria and requirements for quality continuing nursing education.

Missouri Nurses Association
NURSE ADVOCACY DAY

LEGISLATIVE ADVOCACY:
The Who, What, Why & How Nurses Should Be Involved

ADVOCACY DAY GOALS
Registered Nurses and Students will:
1. Expand their understanding of the legislative process as a means of advocating for their patients and their practice.
2. Observe the legislative process in action.
3. Acquire knowledge regarding successful grassroots lobbying techniques.

ADVOCACY DAY OBJECTIVES
1. Summarize how Registered Nurses protect their patients and practice by educating state and federal legislators.
2. Discuss the impact MONA’s 2016 Legislative Agenda will have on nursing practice in Missouri.
3. State the significance of nursing advocacy in shaping health care and public policy.
4. Examine the use of grassroots lobbying as a means of advocating for and protecting our patients and our practice.

WEDNESDAY, FEBRUARY 17
CAPITOL PLAZA HOTEL • JEFFERSON CITY, MO

AGENDA

7:30 a.m.  Registration and Exhibits Open
8:30 a.m.  Welcome
Terry Reese, MSN, APRN, FNP-BC
MONA President &
Rebecca McClanahan, MSN, RN
MONA Vice President of Advocacy
Overview of Day’s Activities
Rebecca McClanahan, MSN, RN

8:45 a.m.  Legislative Advocacy: Influencing Health Care Policy
Pamela Cipriano, PhD, RN, NEA-BC, FAAN
American Nurses Association President

9:45 a.m.  Legislative Priorities: How Did MONA Get Here?
Jill Kliethermes, MSN, RN, FNP-BC
MONA Chief Executive Officer

10:00 a.m.  What Does the MONA Lobbyist Need From You?
Kyna Iman, MONA Lobbyist

10:15 a.m.  What Do I Need to Accomplish at the Capitol?
Rebecca McClanahan, MSN, RN

10:30 a.m.  Visit the Capitol - Exhibits will remain open
12:00 p.m.  Visit Exhibits - Exhibits close at 1:00 p.m.

12:45 p.m.  Networking Luncheon with Legislators
Presentation of 2016 Health Legislation Awards
Jill Kliethermes, MSN, RN, FNP-BC &
Terry Reese, MSN, APRN, FNP-BC

1:45 p.m.  Highlights from the Capitol
Each participating school will share their experiences from the Capitol

2:30 p.m.  Legislative Advocacy: Who, What, Why & How Nurses Should Be Involved
Rebecca McClanahan, MSN, RN

3:30 p.m.  Complete Evaluations & Adjourn

The Midwest Multistate Division is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

NOTE: Various door prizes will be presented throughout the day. You must be present to win!

MARK YOUR CALENDARS FOR NEXT YEAR!
2017 MONA Nurse Advocacy Day
TUESDAY, MARCH 7, 2017
This is an individual registration form. If you wish to register your school, please contact the MONA office 573-636-4623.

Name: ____________________________________________________________________

☐ I am a first time attendee.

Address: ___________________________________________________________________________________________________

Street      City    state    Zip

Daytime: ___________________________ Evening Phone: ___________________________

Phone: ___________________________ E-mail: ______________________________________

REGISTRATION FEES:
The registration fee includes materials, continental breakfast, and lunch.

☐ MONA Member $ 60.00    Member #:______________________________________________

☐ Non-Member $ 85.00

☐ Student $ 40.00    School: _______________________________________________________

☐ I have invited my legislator to join me for lunch. $ 25.00    Legislator’s Name: ______________________

TOTAL: $______________ (No refunds will be made due to a legislator’s absence.)

If you have special dietary requirements, please notify the MONA office at 573-636-4623 no later than February 1, or specify here:____________________________________________________ (Reasonable efforts will be made to accommodate your needs.)

PAYMENT METHOD:

☐ Check enclosed (Payable to MONA)

☐ Charge to [ ] MasterCard   [ ] Visa   [ ] American Express   [ ] Discover

Card # ___________________________ Exp.Date ______________ CVV ___________ 3 digit code on back

Cardholder Name: __________________________________________________________ Billing Zip Code ______________________

Cardholder Email Address (for receipt of payment): ________________________________

By registering I give my permission to distribute my name to conference attendees and vendors and to allow any photos taken during the event by the Missouri Nurses Association to be used in future web and printed publications. If I prefer not to be included, I will include written request with my registration to opt out.

DEADLINE FOR REGISTRATION – JANUARY 29, 2016
Please return completed registration forms and payment by
Mail: Missouri Nurses Association · P.O. Box 105228 · Jefferson City, Missouri 65110 or Fax: 573-636-9576

REFUND/CANCELLATION POLICY: We encourage you to send a qualified substitute if you cannot attend. Registration fees, less a $25 enrollment processing fee, will be refunded to participants who cannot attend and notify the MONA office in writing of the cancellation no less than ten (10) business days prior to the date of the activity. No refunds will be made after that date. There will be no refunds due to inclement weather.

HAVE QUESTIONS OR NEED MORE INFO? CALL 573-636-4623 OR EMAIL SARA@MISSOURINURSES.ORG
Two-Year Leadership Development Program Will Prepare Nurses to Support the Future of Nursing: Campaign for Action and Help Advance a Culture of Health

The Robert Wood Johnson Foundation (RWJF) announced in July the 25 nurses from 22 states who were selected to participate in its Public Health Nurse Leaders (PHNL) program. The two-year leadership development program is designed to strengthen the capacity of senior public health nurses to improve population health, address social determinants of health, respond to emerging trends in health and health care, influence policy, and lead collaboration in their communities.

The program’s goal is to support nurses who are ready to lead public health departments in building a Culture of Health in their communities. Since PHNLs participate in partnerships across all sectors and disciplines that lead to collaborative action, they can leverage new and existing opportunities for even healthier communities. As part of the Future of Nursing: Campaign for Action, the PHNLs will work closely with the Action Coalitions in their states to implement recommendations from the Institute of Medicine’s Future of Nursing report.

“At RWJF, we are working to build a Culture of Health that enables everyone in the United States to live the healthiest lives possible, supported by a system in which nurses are essential partners in providing care and promoting health,” said Susan Hassmiller, PhD, RN, FAAN, RWJF’s senior adviser for nursing and director of the Campaign for Action—a joint initiative of RWJF and AARP. “We are so proud of all 25 nurses accepted into this program and excited about the many ways they will strengthen their state Action Coalitions by bringing public health expertise to their work. Every one of the nurses in this program will help make their communities healthier and our health care system stronger.”

RWJF’s Public Health Nurse Leaders program was open to registered nurses who hold leadership positions in governmental public health organizations. Its goal is to help the PHNLs develop their leadership skills and connections with key influencers so they can build and spread a Culture of Health. Participating nurses will spend their first year focused on individual leadership development. Second-year activities are designed to enhance the leadership competencies and coaching skills of both the nurses in this program and key members of the Action Coalition in their respective states.

The Public Health Nurse Leaders selected for this program are:

- **Jessica Hardy**, RN, MPH, Office of Women’s Health Director, Alabama Department of Public Health, Montgomery, Ala.
- **Tomi St. Mars**, MSN, RN, CEN, FAEN, Chief, Office of Injury Prevention, Arizona Department of Health Services, Phoenix, Ariz.
- **Patricia Scott**, DNP, RN, PNP – BC, NCSN, Director, Center for Health Advancement, Arkansas Department of Health, Little Rock, Ark.
- **Sherylin Taylor**, PHN, Nursing Director, Lake County Public Health, Lakeport, Calif.
- **Noel Bazini-Barakat**, RN, MSN, MPH, Nursing Director, Department of Public Health, Los Angeles County Department of Public Health, Los Angeles, Calif.
- **Diane Durrence**, APRN, MSN, MPH, Deputy Chief Nurse for Nurse Protocols, Department of District and County Operations, Georgia Department of Public Health, Atlanta, Ga.
- **Joan Takamori**, APRN, Chief, Public Health Nursing Branch, Honolulu, Hawaii.
- **Robin Hannon**, RN, MSN, Director Personal Health, St. Clair County Health Department, Belleville, Ill.
- **Karen Crimmings**, RN, CIC, Chronic Disease Prevention & Health Promotion Service Manager, Cerro Gordo County Department of Public Health, Mason City, Iowa.
- **Ivonne Rivera-Newberry**, RN, BSN, Assistant Director, Reno County Health Department, Hutchinson, Kan.
- **Clair Millet**, DNP, APRN, PHCNs- BC, Director of Nursing, Louisiana Department of Health & Hospitals Office of Public Health, Paulina, La.
- **Carolyn Nganga-Good**, RN, MS, CPH, DrPH (ABD), Health Programs Bureau Administrator, Baltimore City Health Department, Baltimore, Md.
- **Renee Frauentdienst**, RN, PHN, BSN, CPI, Public Health Division Director, Stearns County, St. Cloud, Minn.
- **Kay Henry**, MSN, RN, Director of Nursing, Mississippi State Department of Health, Jackson, Miss.
- **Rachelle Collinge**, MPH RN, Public Health Nursing Program Manager, Missouri Department of Health and Senior Services, Jefferson City, Mo.

MONA Central Region Member!
Kathy Karsting, RN, MPH, Program Manager II/Supervisor MCAH Program, NE DHHS Division of Public Health, Lincoln, Neb.

Amy Wilson, MPH, BSN, RN, APHN-BC, Chief Nurse, New Mexico Department of Health, Public Health Division, Santa Fe, N.M.

Maria MacPherson, RN, MPH, Public Health Program Nurse, New York State Department of Health, Syracuse, N.Y.

Connie Mele, MSN, RN, PMHCNS-BC, CARN-AP, NE-BC, LCAS, Deputy Health Director, Mecklenburg County, Charlotte, N.C.

Nancie Bechtel, MPH, BSN, RN, EMT, Assistant Health Commissioner/Chief Nursing Officer, Columbus Public Health, Columbus, Ohio.

Alexandria Jones, RN, MS, Director of Nursing, Ohio Department of Health, Columbus, Ohio.

Monica Hughes, RN, BSN, Director of Public Health Nursing, Texas Department of State Health Services, Austin, Texas.

Arturo Rodriguez, RN, RS, MPH, Director of Public Health, City of Brownsville Public Health Department, Brownsville, Texas.

Dorene Hersh, RN, BSN, MN, Chief of Nursing, Public Health Seattle-King County, Seattle, Wash.

Angela Gray, BSN, RN, Nurse Supervisor, Berkeley County Health Department, Martinsburg, W. Va.

The RWJF Public Health Nurse Leaders program is located at the Center for Creative Leadership, a global thought leader in the leadership development field for 45 years. 🎉

For more than 40 years the Robert Wood Johnson Foundation has worked to improve the health and health care of all Americans. We are striving to build a national Culture of Health that will enable all to live longer, healthier lives now and for generations to come. For more information, visit www.rwjf.org. Follow the Foundation on Twitter at www.rwjf.org/twitter or on Facebook at www.rwjf.org/facebook.

Congrats!

Congratulations to MONA Central Region member, Rachelle Collinge!

Answering the call for highly trained healthcare IT workers

As the nation moves toward a more technologically advanced healthcare system, providers need highly skilled health IT experts to support them in the adoption and use of electronic health records. The JCCC Health Information Systems program rapidly and sustainably increases the availability of individuals qualified to serve in specific healthcare IT professional roles requiring higher education-level training. Instructors with industry experience teach the five-week classes, in online and hybrid formats.

JCCC is committed to preparing the healthcare workforce of today and tomorrow, empowering students with healthcare training Certificates and Degree programs. JCCC courses help students acquire essential knowledge that provides a competitive advantage for their employer as well as their career.

For more information: visit www.jccc.edu and search “health information systems”

Angie Balman, outreach/internship coordinator
abalman@jccc.edu or 913-469-8500, ext. 4020

Nellie Schuckman, administrative assistant
nschuckm@jccc.edu or 913-469-8500, ext. 4928
Join fellow Advanced Practice Registered Nurses (APRNs) for a busy day at the Missouri State Capitol! This annual event allows Missouri APRNs to gather in Jefferson City and visit with their elected officials, MONA leaders, and the MONA lobbyist. The experience is meant to educate our elected officials regarding healthcare issues affecting their constituents and the concerns of Missouri APRNs.

There are many items that will be arising that will influence the care provided for our patients and our practices. Group assignments and more specific information will be provided that day, including information on eateries within walking distance of the Capitol. Many voices with the same message can influence desired changes at the state level!

Any APRN is invited to attend; however, you must register on the MONA website at www.missourinurses.org/event/APRNDay2016. This event is free of charge for MONA members.

Wednesday, January 20, 2016
9:00 a.m. - 2:00 p.m.
Missouri Capitol - Hearing Room 6
201 West Capitol Avenue, Jefferson City, MO 65101

Along we can do so little;
together we can do so much.
— Helen Keller

REGISTER NOW and make plans to join your colleagues!
www.missourinurses.org/event/APRNDay2016

FURTHERING NURSING.
ADVANCING CAREERS.

Find the best jobs and qualified nurse leaders Missouri has to offer.

MONA CAREER CENTER
www.missourinurses.org/jobs
Nursing License Plate Now Available in Missouri!

The Missouri Nurses Foundation (MNF), a nonprofit working to promote the future of nursing, seeks to build camaraderie among and visibility of nurses in our state and is sponsoring a specialty license plate celebrating Missouri nurses. As an engaged nurse, MNF is offering you the opportunity to be among the first to drive with pride in your nursing profession.

NOT JUST FOR NURSES Help spread the word!!
Available to anyone... family of nurses, friends of the nursing profession, nursing students or recent grads!

HOW DO YOU GET A NURSING LICENSE PLATE?
1. Complete Payment Form and the highlighted areas of Mo. Department of Revenue Form 1716 (link below). You even have the opportunity to personalize your plate!!
2. Send completed Form 1716 with payment form and $40 to MNF ($15 for the DOR specialty plate fee, $25 donation to MNF)
3. When MNF collects 200 applications, license plate production will begin and you will be notified by Missouri Department of Revenue when your plate is ready to be picked up.

FORMS ARE AVAILABLE ONLINE WWW.MISSOURINURSES.ORG/MNFLICENSE
Thursday, April 21

Breakfast, Registration, Exhibits & Networking  7:00 - 8:00 am
Welcome & Announcements  7:55 – 8:00 am
GENERAL SESSION  8:00 – 9:15 am
New Drug Update 2016: What’s Hot? What’s Not?  
Wendy Wright, MS, RN, APRN, FNP, FAAN, FAAN
GENERAL SESSION  9:15 – 10:30 am
Pediatric Pharmacotherapeutics: Children Are Not Little Adults  
Wendy Wright, MS, RN, APRN, FNP, FAAN, FAAN
Networking Break  10:30 – 11:00 am
GENERAL SESSION  11:00 am – 12:15 pm
Hypertension & Hyperlipidemia in 2016: What’s New in the Treatment Guidelines  
Wendy Wright, MS, RN, APRN, FNP, FAAN, FAAN
Luncheon, Exhibits, & Networking  12:15 – 1:15 pm
GENERAL SESSION  1:30 – 2:45 pm
Screening Guidelines: Making Sense of the Various Recommendations  
Wendy Wright, MS, RN, APRN, FNP, FAAN, FAAN
Networking Break  2:45 – 3:15 pm
Exhibits Close  3:30 pm
CONCURRENT SESSIONS  3:15 – 4:30 pm
1. Immunotherapy: SCIT and SLIT - What’s the Difference?  
Jane M Cooper, MSN, FNP, CORLN
2. Addressing Musculoskeletal Issues in a Walk-In Clinic  
Jaime Basnett, FNP, CIC
3. Pain in the Neck? Functional and Integrative Medicine Approaches to Difficult Pain Cases  
Emily Day, APRN
GENERAL SESSION  4:30 – 5:45 pm
2016 Legislative Update  
Jill Kliethermes, MSN, RN, FNP-BC & Kyna Iman, MONA Lobbyist

Friday, April 22

Breakfast & Registration  7:00 – 8:00 am
CONCURRENT SESSIONS  8:00 – 9:15 am
4. Management of Peripheral Vascular Disease Wounds  
Kathy Berry, FNP, ANP, CWON
5. Looking Beyond the Numbers: Case Based Learning to Optimize Diabetes Care  
Uzma Khan, MD
6. 2016 Update in Pulmonary and Sleep Medicine for Primary Care  
Mohammad Jarbou, MD
Networking Break  9:15 – 9:30 am
CONCURRENT SESSIONS  9:30 – 10:45 am
7. An Overview of Eating Disorders and Depression in Adolescents  
Melissa Lawson, MD
8. Autism Updates  
Tracy Stroud, MD
9. Septic Arthritis and Osteomyelitis  
Nicholas Havens, MD
LUNCHEON ADDRESS  10:45 am – 12:00 pm
Management of Concussion/Brain Injury  
Christopher J Wolf, DO, FAAPMR
Luncheon  12:00 – 1:00 pm
Networking Break  1:00 – 1:15 pm
CONCURRENT SESSIONS  1:15 – 2:30 pm
10. So Many Drugs: Using the Updated Beers’ List to Address Polypharmacy  
Paul E Tatum, III, MD, MSPH, CMD, FAAHPM, AGSF
11. Navigating the Sea of Contraception Choices  
Gina Harris, RN, PNCNS, WHNP-BC
12. Chronic Diarrhea: Diagnostic and Therapeutic Update  
Matthew L Bechtold, MD, FACP, FASGE, FACG
Networking Break  2:30 – 2:45 pm
CONCURRENT SESSIONS  2:45 – 4:00 pm
13. Acne Vulgaris and Acne Rosacea: Minimizing Practice Gaps  
Kristen Heins Fernandez, MD
14. The Eight Big Things to Do About Dementia  
Joel Shenker, MD, PhD
15. Female Pelvic Pain  
Sarah Hwang, MD
Break  4:00 – 4:10 pm
GENERAL SESSION  4:10 – 5:10 pm
It’s All Muddled! What’s the Difference? Primary Care vs. Urgent Care  
Eric Bettis, DO and Dwight Jones, MSN, FNP-C
Conference Adjourns  5:10 pm
Who Should Attend? This conference is designed for advanced practice registered nurses who are recognized as nurse practitioners and clinical nurse specialists.

Location & Lodging The conference will be held at the Holiday Inn Select Executive Center, 2200 I-70 Drive SW, Columbia, MO. A block of rooms has been reserved at $99.95. Reservations must be made no later than April 6, 2016; by calling 573-445-8531 and identifying yourself with the Missouri Nurses Association under group block NU6.

Continuing Education Accreditation The Midwest Multistate Division is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

Questions: 573.636.4623

Registration Form

Please choose your registration fee for Full Registration or One-Day Conference in the blue column on the right.

Name ____________________________
Address __________________________
City/State/Zip __________________________
MONA Member # (if applicable) ____________ Phone/Cell ____________
Email ___________________________________________________________________________________

Please print name and credentials as you would like them to appear on your name badge:

Concurrent sessions: (CIRCLE ONE session in each column to indicate your 1st and 2nd choice)

Thursday, April 21
3:15-4:30 pm  1  2  3  1  2  3
Friday, April 22
8:00-9:15 am  4  5  6  4  5  6
9:30-10:45 am  7  8  9  7  8  9
1:15-2:30 pm  10  11  12  10  11  12
2:45-4:00 pm  13  14  15  13  14  15

I would like: 
☐ To make a contribution to MONA-PAC, $__________
☐ To make a contribution to MO Nurses Foundation, $__________
☐ More information on becoming a member of MONA

TOTAL AMOUNT ENCLOSED: $__________

☐ Check (Payable to MONA)
☐ Charge to:  ☐ MasterCard ☐ VISA ☐ Am. Express ☐ Discover

Card Number ____________________________ Expiration Date __________
Billing Zip Code __________________________ Security Code (3 digit code on back of card) __________
Cardholder Name: ______________________________________________________________________
Cardholder Email: ______________________________________________________________________

Guest Meal: If a guest would like to attend either of our luncheons, they will need to make reservations at the conference registration table. The cost is $25/plate each day.

Special Needs: If you have special needs, such as dietary requirements, please notify the MONA office at 573.636.4623 no later than April 6, or specify here: ____________________________ (Reasonable efforts will be made to accommodate your needs.)

Please Note: Out of courtesy for participants, infants and children may not attend the conference educational sessions.

This conference will help you to:
- Develop clinical skills and knowledge applicable to advanced practice nursing.
- Describe current and future trends impacting advanced practice nursing.
- Network with nurses in various specialties of advanced practice nursing.
- Network with a number of health care service representatives to learn the latest state of the art technologies and pharmaceuticals available.

JOIN MONA NOW & PAY MEMBER PRICES!

FULL REGISTRATION FEE
☐ $325 MONA Members
☐ $375 Non-Members
☐ $265 Students*

ONE-DAY CONFERENCE FEE
☐ $250 MONA Members
☐ $300 Non-Members
☐ $200 Students*

*Student rate applies to graduate level nurses enrolled full time. Full time status required for Spring or Summer 2016 semester. Verification of full time enrollment must be included with registration form to be processed.

Registration fees include conference materials, refreshments, luncheons and continuing education credit for each day registered.

Questions: 573.636.4623

By registering I give my permission to distribute my name to conference attendees and vendors to allow any photos taken during the event by the Missouri Nurses Association to be used in future web and printed publications. If I prefer not to be included, I will include written request with my registration to opt out.

REFUND/CANCELLATION POLICY:
We encourage you to send a qualified substitute if you cannot attend. Registration fees, less a $25 enrollment processing fee, will be refunded to participants who cannot attend and notify the MONA office in writing of the cancellation no less than ten (10) business days prior to the date of the activity. No refunds will be made after that date (April 6, 2016). There will be no refunds due to inclement weather.

Register Today!
ONLINE www.missourinurses.org/APRNConf16
MAIL MONA, PO Box 105228, Jefferson City, MO 65110
FAX 573-636-9576

Presented by:
Missouri Nurses Association and Missouri Coalition of Nurses in Advanced Practice
This activity is designed for advanced practice registered nurses recognized as nurse practitioners and clinical nurse specialists.

**Accreditation**
The Midwest Multistate Division is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

The Missouri Nurses Association and four other state nurses associations formed a collaborative, namely the Midwest Multistate Division (Midwest MSD), with the goal of promoting efficiencies and growth. As part of this collaborative, the Midwest MSD Continuing Nursing Education Unit (Midwest MSD CNE Unit) was formed, which is accredited as an ANCC approver and provider of CNE, to address the educational needs of the nurses in the Midwest region.

**Target Audience**
This activity is designed for advanced practice registered nurses recognized as nurse practitioners and clinical nurse specialists.

**Pharmacology: From Head to Toe**

**WENDY L. WRIGHT, MS, RN, APRN, FNP, FAANP, FAAN**

- New Drugs 2016: What’s Hot? What’s Not?
- The Latest in Treating Anxiety and Depression in Primary Care
- Management of Acute and Chronic Pain in the Primary Care Setting
- Pediatric Infectious Diseases

**LOCATIONS SESSIONS**

**ST. LOUIS - JULY 14, 2016**
9:00 a.m. - 3:45 p.m.
Location: To Be Determined
REGISTER: www.missourinurses.org/PharmSTL16

**KANSAS CITY - JULY 15, 2016**
9:00 a.m. - 3:45 p.m.
North Kansas City Hospital
2800 Clay Edwards Drive, North Kansas City, MO 64116
REGISTER: www.missourinurses.org/PharmKC16

**REGISTRATION FEE INCLUDES**
5.25 CONTACT HOURS AND LUNCH

**SESSIONS**

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REGISTER: www.missourinurses.org/PharmKC16

**REGISTRATION FEE (includes lunch):**
- $119 MONA Members
- $169 Non-Members
- $99 Student (verification of full time enrollment in masters level or higher program is required)

This activity will assist the advanced practice nurse in determining the most appropriate agent based on the individual assessment and underlying health problem. The pharmacotherapeutic sessions will focus on reviewing the general principles of pharmacology, including indications for use, drug interactions and common side effects of various drug and non-drug therapies. Proper monitoring of the therapeutic and adverse effects of drug therapy will also be discussed as well as appropriate treatment of these reactions.
A 48-year-old woman with sleep apnea had surgery at a hospital for a detached retina. The surgery went well, and the patient was admitted overnight for observation.

That evening, the nurse gave the patient Demerol for pain as prescribed. When the patient vomited shortly thereafter, the nurse assumed the medication had been expelled and gave the patient another dose. Later, the patient complained of inadequate pain control. The nurse alerted the physician, who ordered another pain medication. By 1:15 a.m., the patient coded. The team could not resuscitate her.

The patient’s daughter filed a lawsuit. The case was settled for more than $1 million, split evenly among the nurse and two physicians.¹

It’s because of cases like this that the American Nurses Association (ANA) offers the Nurses Professional Liability Program. It protects nurses from the potentially devastating impact of malpractice lawsuits.

Get the protection you need—without paying more than you need. To take advantage of special rates for ANA members, visit proliability.com for an instant quote and to fill out an application.

MALPRACTICE INSURANCE OFFERED BY THE ANA
ANNUAL PREMIUM AS LOW AS $98²
Protect yourself now! • Visit proliability.com or call 800-503-9230.
The Nominations Committee would like to extend an invitation to all MONA members to submit your name as a candidate for the offices of:

**PRACTICE DIRECTOR**
This position has a seat on the MONA Board of Directors and serves as Chair of the MONA Practice Committee. The Practice Director will influence nursing professional practice issues and nursing policy covering a broad range of health care settings, specialties, nursing roles and practice challenges. Must be able to commit annually to participate in 3-4 Board meetings at the MONA office and 6-7 committee conference calls.

**EDUCATION DIRECTOR**
This position has a seat on the MONA Board of Directors and serves as the liaison between the MONA Board of Directors and the CE Approver and CE Provider Units. The Education Director should have education and/or experience in the field of education or adult learning with an interest in continuing nursing education and expertise with staff development and continuing education in a variety of practice settings. Knowledge of the ANCC Accreditation Program criteria is preferred. The Education Director must have a baccalaureate degree, or higher, in nursing (or international equivalent). Must be able to commit annually to participate in 3-4 Board meetings at the MONA office and 4 committee conference calls.

**REGIONAL CHAIR**
This position is responsible for the business of the region including but not limited to organizing regional meetings, serving as the regional representative on the Membership and Nominations Committee, and acting as the liaison between the regional members and the Member Services Director. The Member Services Director shall be elected from the group of Regional Chairs to serve on the MONA Board. There are seven Regional Chair positions, one from each MONA region. You must be a member of the region in order to be considered for the position of Regional Chair. Must be able to commit annually to participate in 6-7 committee conference calls/meetings.

These positions are elected by MONA membership for a two year term (January 1, 2017 - December 31, 2018).

**BECOME A PART OF THE DECISION MAKING PROCESS, SUBMIT YOUR NAME AS A CANDIDATE!**
**DON’T MISS YOUR CHANCE TO BECOME A MONA LEADER!**

Share your drive, commitment and skill for the betterment of all MONA members!

All interested candidates must complete the Leadership Commitment form, which can be found at www.missourinurses.org, or call the MONA office for a copy 573-636-4623. **DEADLINE FOR CANDIDATE SUBMISSION IS FEBRUARY 29, 2016. ELECTIONS WILL BE HELD IN SEPTEMBER.**
Building upon the Missouri Action Coalition Direct Care Nurses Leadership Academy, the new format developed through the Center for Nursing offers a streamlined approach to the same goal of building direct care nursing leadership skills and knowledge through a content-rich, interactive mentorship program. Attendees receive valuable training related to applying leadership skills to change processes in the workplace environment; planning and implementing an improvement change utilizing project management techniques and methods; and creating confidence and empowering nurses to lead at the point of care.

More details and scheduled offerings of the Academy will be listed at the website below. Please check back regularly for schedule announcements and make plans to attend an Academy in your area!

As a nurse, you possess a unique skill set and an unmatched public trust that is desirable for board service. In a time of rapid changes in health care that affect all sectors, consumers benefit from having nurses’ frontline perspective present in boardrooms as policy decisions are made. Recently, leaders from 21 national nursing and health-related organizations launched the Nurses on Boards Coalition (NOBC) with the goal of putting 10,000 nurses on boards by 2020.

Are you currently on a board? Stand up and be counted by visiting the website below and entering your information. Your response to the database is vital to the success of the initiative.

www.mocenterfornursing.org/LeadershipAcademy.aspx

www.mocenterfornursing.org/NursesonBoards.aspx
Corporate Angel Network arranges free flights to treatment for cancer patients in the empty seats on corporate jets.

Since 1981, Corporate Angel Network, a not-for-profit organization, has worked with over 560 major corporations including half the Fortune 100, to fly more than 47,000 cancer patients to specialized treatment and currently transports 225 patients each month. The process is simple. Corporate Angel Network’s staff does all the work, matching patient needs with the scheduled flight activity of our corporate angels. After all, patients and their families have enough to worry about.

(914) 328-1313
www.corpangelnetwork.org
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