

**ARKANSAS NURSES ASSOCIATION**  
**104<sup>th</sup> Annual 2017 ARNA Convention**  
**“THE YEAR OF THE HEALTHY NURSE”**  
**November 2<sup>nd</sup> – November 3<sup>rd</sup>**  
**Embassy Suites**  
**Little Rock, Arkansas**

All nurses are cordially invited to attend the 2017 Arkansas Nurses Association’s convention. This year’s theme, “The Year of the Healthy Nurse”, is especially relevant to all nurses. In order to provide care to others and create a healthier Arkansas, nurses need to be healthy themselves. Putting on our own “oxygen mask” first, as the airlines recommend, is necessary to care for others. Nourishing ourselves physically, emotionally, spiritually and educationally is essential for our well-being. The convention falls during November this year, the designated month for “Mental Health Wellness.” Please take two days away from your busy work/home/volunteer schedule and attend this year’s convention for your own rejuvenation.

The convention promises diverse, current, evidence-based education; networking with peers; and some fun! National speakers provide keynote presentations each morning. Mini-exercise and stretching breaks on Thursday invigorate your body and mind. Zumba jumpstarts your weekend on Friday! Lunches each day and the ANPAC reception on Thursday offer an opportunity to network and socialize with other nurses from around the state. Multiple plenary and concurrent education sessions, poster sessions and a poster discussion (new this year!), membership assemblies to share your voice about issues affecting nursing and the Arkansas Nurses Association, and vendor exhibits with products that enhance nursing practice round out the convention and promise to recharge and renew you. The preliminary ARNA convention program schedule is included in this issue of the *Arkansas Nursing News*.

Won’t you join us for the 2017 Arkansas Nurses Association’s convention? Be a part of joining nurses from around the state who will gather in a spirit of collegiality and scholarship to share two days of creating healthier nurses and a healthier Arkansas. We’d love to have you participate in making this year’s convention the best yet!

Yours in service,

Brenda May, BSN, RN, ARNA President

Debra Jeffs, PhD, RN, BC, FAAN, Lead Nurse Planner, ARNA Accredited Provider, Continuing Education  
ARNA Convention Planning Committee:

Patricia Cowan, PhD, RN, FAAN

Betty Diehl, MSN, RN-BC

Melanie Mata, MSN, RN

Ruth Sims, BSN, RN

Shannon Roberts, MSN, RN

Shanna Wells, BSN, RN

Veronica Clark, ARNA Executive Administrator

**ARNA Executive Officers:**

President.....Brenda May  
Vice President.....Michelle Harp  
Secretary.....Margo Bushmiaer  
Treasurer..... Debbie Shelton

**Regional Directors:**

Region 1 Northwest: Charlotte Rankin  
Region 2 Northeast: Hilllary Creech  
Region 3 Southwest: Daina Potter  
Region 4 Southeast: Brenda Jacobs  
Region 5 Central: Taryn Bailey  
Recent Graduate: Adam Steele

**Purpose, Intended Audience, and Learning Outcomes:**

The purpose of the ARNA annual convention is to bring together nurses from around the state to learn, network, and participate in the governance of the AR Nurses Association per the organization’s bylaws.

The annual convention is designed for professional nurses who work in any practice role or setting, including clinical nurses, nurse managers/administrators, advanced practice nurses, community health nurses, educators, researchers, and entrepreneurs. Allied health personnel may also benefit from the information presented.

As a result of participating in the education offered at the ARNA 2017 convention, learners will be able to:

- Relate the relationship between healthy nurses and healthy patients, communities and populations
- Describe strategies for promoting healthy nurses and healthy communities and populations
- Evaluate application of knowledge gained about evidence-based innovations and research findings into practice
- Distinguish advocacy strategies for policy change at a variety of levels that positively affect health of nurses, nursing practice, and health and healthcare outcomes for individuals and communities

**Continuing Education Contact Hours:**

Arkansas Nurses Association is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation (ANCC COA).

ARNA will award the following contact hours to participants of the podium/platform and poster presentations who attend each entire session and complete the post-convention online evaluation.

Thursday, November 2, 2017.....5.5 contact hours for full-day attendance  
Friday, November 3, 2017.....6.25 contact hours for full-day attendance

**Note:**

Convention materials will be available online at arna.org. The evaluation and continuing education certificate will be available online after the convention.

## CONVENTION PROGRAM

WEDNESDAY, NOVEMBER 1, 2017

5:00pm-6:45 pm

REGISTRATION

POSTER SET-UP

Hallway from the rear parking lot elevator

Posters will be available for viewing all day on Thursday and Friday. Presenters are only required to be in attendance at their poster presentations during published poster presentation times.

THURSDAY, NOVEMBER 2, 2017

7:00-9:00 am

REGISTRATION

7:00-7:30am

POSTER SET-UP

Hallway from the rear parking lot elevator

Posters will be available for viewing all day on Thursday and Friday. Presenters are only required to be in attendance at their poster presentations during published poster presentation times.

7:30-9:00am

POSTER SESSION #1

Hallway from the rear parking lot elevator

Presents current information and innovations to improve health and healthcare outcomes, patient care, and nursing practice. (Attendees must view and evaluate a minimum of 6 posters in this 90 minute session to be eligible for 1.5 contact hours of continuing nursing education.)

9:00-10:30 am

INVOCATION

WELCOME

Ambassador V, VI, VII

Greetings and Introductions

Brenda May, BSN, RN

ARNA President

KEYNOTE ADDRESS #1

(1.5 contact hours of continuing nursing education)

**“Healthy Nurse, Healthy Nation™ Grand Challenge Overview”**

**Holly Carpenter, BSN, RN**

Interim Director of Program Operations, American Nurses Association, Nursing Practice and Innovation

Ms. Carpenter is currently overseeing the American Nurses Association’s (ANA) Healthy Nurse, Healthy Nation™ Grand Challenge, a national movement designed to transform the health of the nation by improving the health of the nation’s 3.6 million registered nurses. Past responsibilities at ANA included developing nurse health, safety, and wellness resources and continuing education programs, as well as supporting multiple occupational health and work environment issues. Prior to her work with ANA, she was employed at the Maryland Nurses Association and the State of Maryland’s Department of Health and Mental Hygiene. A registered nurse for over 25 years, Holly graduated from Salisbury University with a Bachelor of Science in nursing degree.

Ms. Carpenter will examine the current nurse health and wellness research data through a recent health risk appraisal and determine where improvement is needed in at least 5 health domains (physical activity, sleep, quality of life, nutrition, safety). ANA's definition of a healthy nurse and its 5 constructs that support the definition will be discussed. Participants will explore the Grand Challenge methodology as a way to improve the health of nurses, thereby improving the health of the nation.

**10:30-10:45am**

**BREAK**

**Ambassador V, VI, VII**

**Exercise and Stretch with Toni Naramore, Wellness Coach, AFMC**

**10:45-11:45am**

**ARNA MEMBERSHIP ASSEMBLY #1**

**Envoy**

The Membership Assembly is the governing body of the Arkansas Nurses Association. The business meeting provides the opportunity for the delegates, on behalf of their region members, to take positions, determine policy, and set the direction on substantive issues. Although only board members and delegates are eligible to vote, all participants are invited to attend these meetings to learn how ARNA works for all nurses in Arkansas.

**11:45am-1:00pm**

**CELEBRATING ARKANSAS NURSES LUNCHEON**

**Ambassador V, VI, VII**

*(Luncheon sponsored by the AR Nursing Association. Included in the full convention registration fee only; Extra tickets available)*

**1:00-1:15pm**

**BREAK**

**Enjoy a healthy walk inside the lobby or outside the grounds!**

**1:15-2:15pm**

**CONCURRENT SESSION #1**

**(1.0 contact hour of continuing nursing education)**

**1. Healthy Nurses**

**Envoy**

**"The Emotional Cost of Caring for Others: One Hospital's Journey to Reduce Compassion Fatigue"**

Marlene Walden, PhD, APRN, NNP-BC, CCNS, FAAN; Panelists: Greg Adams, LCSW, ACSW, FT; Amy Eichenlaub, BSN, RN, CPON; Amy Huett, PhD, RN-BC; Jenny Janisko MSN, RN, NE-BC; Luann Jones, DNP, APRN, NNP-BC, NE-BC; Mary Scotter, MNSc, RN, NE-BC; Tammy Webb, MSN, RN, NE-BC; Arkansas Children's Hospital

**PURPOSE STATEMENT:** This research study examined the prevalence of compassion fatigue and life stress of pediatric nurses. Following survey results, the panel will discuss strategies used to reduce nurse compassion fatigue.

## **2. Healthy Populations**

### **Consulate I**

“Epidemic of HPV-associated Oropharyngeal Cancer: It Is Time to Change Our Approach to Vaccine Education”

Ginger Holloway, MSN, RN, CPN, CNE; University of Arkansas Fayetteville

Purpose Statement: Provide epidemiological data related to human papillomavirus (HPV) positive oropharyngeal cancers and risk behaviors associated with the disease. Explore interventions nurses can employ to have direct impact on increasing HPV vaccination rates and increase public education.

## **3. Healthy Healthcare Delivery**

### **Consulate II**

“Bundled Interventions for Premature Birth Prevention”

Betty Diehl, MSN, RN-BC; March of Dimes, Arkansas

Purpose Statement: Integrate the use of evidence-based bundled Interventions in the prevention of premature birth.

**2:15-2:30pm**

**BREAK**

**Ambassador V, VI, VII**

**Exercise and Stretch with Toni Naramore, Wellness Coach, AFMC**

**2:30pm-4:00pm**

**PLENARY SESSION #1**

**Ambassador V, VI, VII**

**(1.5 contact hours of continuing nursing education)**

**“Healthy Nurses - Healthy Communities, Let’s Create a Culture of Health”**

Ashley Davis, MNsc, RN, CNE; University of Arkansas for Medical Sciences; Margo Bushmiaer, MNsc, RN, NCSN; Little Rock School District

Purpose Statement: This presentation aims to increase awareness among Arkansas nurses regarding the Robert Wood Johnson Foundation’s (RWJF) Culture of Health initiative, the Model of Population Health, and strategies to improve health outcomes in Arkansas.

**4:00-5:00**

**MEETING: Arkansas Nursing Research Alliance/ARNA Research Council**

**Envoy**

**5:00pm-6:30pm**

**ANPAC RECEPTION**

**Lobby**

**FRIDAY, NOVEMBER 3, 2017**

**7:00 -9:00am**

**REGISTRATION**

**Hallway from the rear parking lot elevator**

**8:00-8:45am**

**ARNA MEMBERSHIP ASSEMBLY #2**

**Ambassador V, VI, VII**

The Membership Assembly is the governing body of the Arkansas Nurses Association. The business meeting provides the opportunity for the delegates, on behalf of their region members, to take positions, determine policy, and set the direction on substantive issues. Although only board members and delegates are eligible to vote, all participants are invited to attend these meetings to learn how ARNA works for all nurses in Arkansas.

**8:45-9:00**

**BREAK**

**9:00-10:30 am**

**WELCOME**

**Ambassador V, VI, VII**

Greetings and Introductions

Brenda May, BSN, RN

ARNA President

**KEYNOTE ADDRESS #2**

(1.5 contact hours of continuing nursing education)

**“Healthcare Payment Reform: MACRA and ACA”**

**David Hannah**

Director

Healthcare Policy and Advocacy

Strategic Customer Group

Johnson & Johnson

Health Care Systems, Inc.

Mr. David Hannah serves as Director of Healthcare Policy and Advocacy for Johnson & Johnson Healthcare Systems, Inc. Mr. Hannah will discuss the Medicare Access and CHIP Reauthorization Act (MACRA) Final Rule which mandates payment reform based on value (patient quality outcomes). Additionally, updates about the Affordable Care Act will be included.

**10:30-10:45am**

**BREAK**

**10:30am-1:00pm**

**EXHIBITORS**

**Ambassador III or IV**

This is a great opportunity to network with knowledgeable representatives from various healthcare service and product organizations. Nurse staffing recruiters offer exciting career opportunities while health and positive image consultants provide resources to enhance our physical and mental well-being.

*Note: Product displays does not imply approval or endorsement of the product by the Arkansas Nurses Association or its accrediting body, the American Nurses Credentialing Center's Commission on Accreditation.*

**10:45-11:30am**

**POSTER DISCUSSION**

**Ambassador V, VI, VII**

**(0.75 contact hour of continuing nursing education)**

1. "Relationship of Adiposity and Cardiovascular Risk Factors in Overweight-Obese African-American Youth"  
Patricia Cowan, PhD, RN, FAAN; University of Arkansas for Medical Sciences  
Purpose Statement: This investigation examined the relationship among adiposity measures of relative body mass index (BMI), BMI Z-scores, and fat mass obtained from DXA and cardiovascular risk factors (CVRF) in overweight-obese African American (AA) youth.
2. "The Effect of a Shared Governance Model on Perceptions of Professional Control and Governance: The First Year"  
Clinta Che'Reed, PhD, RN, CNL-BC; University of Central Arkansas; Derek Carter, BSN, RN; Conway Regional Health System  
Purpose Statement: This study examined employee perceptions of professional control and governance prior to and following implementation of a shared governance model.
3. "Community-Based Fall Prediction Tools: A Systematic Review of Literature"  
Kelly Urban, MEd, BSN, RN; University of Arkansas for Medical Sciences  
Purpose Statement: This review summarizes the evidence regarding current fall prediction tools for community-dwelling older adults and reports statistical performance, settings and providers using the tools.

**11:30am-1:00pm**

**LUNCH**

**POSTER SESSION #2**

**Hallway from the rear parking lot elevator**

Presents current information and innovations to improve health and healthcare outcomes, patient care, and nursing practice. (Attendees must view and evaluate a minimum of 6 posters in this 90 minute session to be eligible for 1.5 contact hours of continuing nursing education.)

**1:00-2:00pm**

**CONCURRENT SESSION #2**

**(1.0 contact hour of continuing nursing education)**

## **1. Changing Legislative Policy**

### **Consulate I**

“Meeting the Health Care Needs of Arkansas by Removing APRN Practice Barriers” Workshop

Mary Garnica, DNP, APRN, FNP-BC; Valerie Hart, PhD, RN; University of Central Arkansas

Purpose Statement: Discuss nursing practice barriers in Arkansas which are impacting access to health care in the state, proposed policy changes to Arkansas law and regulations which could improve healthcare access, and effective strategies to advocate for policy changes now and during the next legislative session.

## **2. Changing Nursing Scope of Practice**

### **Envoy**

“Rapid Sequence Intubation: A Healthy Response to a Scope of Practice Issue”

Amanda Irby, BSN, RN and C.J. Newton, MSN, RN; Arkansas State Board of Nursing

Purpose Statement: Discuss the use of the Arkansas State Board of Nursing (ASBN) Position Statement 98-6 *Decision Making Model* to resolve a scope of practice issue related to rapid sequence intubation (RSI) and key points of the recently revised ASBN Position Statement 94-1 on Moderate Sedation.

## **3. Changing Nursing Practice**

### **Consulate II**

**A.** “Transition of Pediatric Patients into Adult Care: Improving Outcomes”

Ginger Holloway, MSN, RN, CPN, CNE; University of Arkansas Fayetteville

Purpose Statement: Travel the evidence-based practice journey from a clinical question to a position statement from the Society of Pediatric Nurses, encouraging participation in professional opportunities and promotion of leadership skills.

**B.** “Creating Meaningful Orientations in Ambulatory Women’s Health”

Elisha Knight, BSN, RN; Traci Altman, BSN, RNC-OB; University of Arkansas for Medical Sciences

Purpose Statement: This project created a solid foundation template to successfully and meaningfully orient new hires and transfers into the women’s health ambulatory setting.

**2:00-2:15**

**BREAK**

**Ambassador V, VI, VII**

Zumba with Brenda May, Arkansas Nurses Association

**2:15-3:45**

**PLENARY SESSION #2**

**Ambassador V, VI, VII**

**(1.5 contact hours of continuing nursing education)**

**“Legislative and Policy Updates”**

Debbie Garrett, DNP, APRN

Program Coordinator

Arkansas State Board of Nursing

Purpose Statement: This presentation aims to increase awareness about laws enacted in 2017, upcoming legislative plans, and the new compact licensure implications for nurses in Arkansas.

**3:45-4:00**  
**2017 ARNA CONVENTION CLOSING**  
**Ambassador V, VI, VII**  
**Newly elected ARNA President**

## POSTER PRESENTATIONS

1. "Relationship of Adiposity and Cardiovascular Risk Factors in Overweight-Obese African-American Youth"  
Patricia Cowan, PhD, RN, FAAN; University of Arkansas for Medical Sciences
2. "Weight Status of Rural School Children Ages 6-19 years"  
Marilyn Duran, PhD, RN; Arkansas Tech University
3. "The Effect of a Shared Governance Model on Perceptions of Professional Control and Governance: The First Year"  
Clinta Che'Reed, PhD, RN, CNL-BC; University of Central Arkansas; Derek Carter, BSN, RN; Conway Regional Health System
4. "Common Headaches in Children: What NPs Should Know"  
Sharon B. Stevenson, DNP, APRN, PPCNP-BC; University of Arkansas for Medical Sciences/Arkansas Children's Hospital
5. "Trauma-Focused Cognitive Behavioral Therapy in Children with PTSD"  
Kelly Betts, EdD, RN, CNE; University of Arkansas for Medical Sciences
6. "Implementation of a Triple Aim Focused Interprofessional Education Curriculum at an Academic Health Center"  
Kelly Betts, EdD, RN, CNE; University of Arkansas for Medical Sciences
7. "Modifying Nursing Education Utilizing the Flipped Classroom Model Approach to Learning: A Literature Review"  
Sue Hale, MSN, Ed-RN; Baptist Health College
8. "Novel Use of Learning Communities in Undergraduate Nursing Education"  
Ashley Davis, MNsc, RN; Mark Tanner, DNP, RN; University of Arkansas for Medical Sciences
9. "Escape the Vape: Are Electronic Cigarettes Harmful?"  
Mary Jane Willard, RNP, MBA, MA, CCRN, CNRN; University of Arkansas for Medical Sciences
10. "The Unknown Effects of Electronic Nicotine Delivery Systems"  
Tamicha Turner, BSN, RN; Central Arkansas Veterans Healthcare System
11. "The Use of a Standardized Hand-Off: How It Benefits the Patient"  
Tee Jay McKenzie, BSN, RN; Central Arkansas Veterans Healthcare System
12. "Patient/Staff Education to Impact HgbA1c in the Primary Care Clinic Setting"  
Meredith Morton, BSN, RN; Central Arkansas Veterans Healthcare System

13. "Spanish-Speaking Health Care Team: Providing Culturally Competent Care"  
Albrey Berber, DNP, APRN, PNP-PC; University of Arkansas for Medical Sciences
14. "Community-Based Fall Prediction Tools: A Systematic Review of Literature"  
Kelly Urban, MEd, BSN, RN; University of Arkansas for Medical Sciences
15. "TransformFITnurse"  
Belinda Wells MNSc DNP APRN PPCN-BC, Channoah Williams MNSc, DNP APRN, FNP-BC, Angela Anderson DNP, APRN, RNP-C, Temekis Hampton DNP APRN FNP-BC, MPH Brenda Jacobs DNP, APRN FNP-BC; Daughters of Charity Services of Arkansas