

UPMC HAMOT'S 4TH ANNUAL

hamot
STRONG

NURSING SYMPOSIUM

The Joy of Making a Difference

Friday, April 24, 2020
8 a.m. to 4 p.m.

Bayfront Convention Center • 1 Sassafras Pier • Erie, Pa.

UPMC | HAMOT



**HAMOT
HEALTH
FOUNDATION**

In cooperation with:

UPMC | CHAUTAUQUA

UPMC | KANE

UPMC | NORTHWEST

**UPMC | WESTERN
BEHAVIORAL HEALTH**
At Safe Harbor

GOAL

Nurses are the largest segment of America's health care system. They are critical to the wellness of our nation as they promote and optimize the health of others. Nurses are role models, educators, and advocates. The well-being of nurses is fundamental to the health of our nation, our world. In accordance with the Healthy Nurse Healthy Nation Initiatives by the American Nurses Association, UPMC Hamot is pleased to present fresh content on emerging trends and new knowledge in nursing with the goal of preserving, sustaining, and empowering the most trusted profession in the world.

TARGET AUDIENCE

Nurses, advanced practice providers, all members of the interdisciplinary team, nursing faculty, and students are encouraged to participate in this extraordinary event.

ACCREDITATION

In support of improving patient care, the University of Pittsburgh is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the health care team.

CONTINUING EDUCATION

Physicians (CME)

The University of Pittsburgh designates this live activity for a maximum of **8.0 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nursing (CNE)

The maximum number of hours awarded for this Continuing Nursing Education activity is **8.0** contact hours. Nurses should claim only the credit commensurate with the extent of their participation in the activity.

Physician Assistant (AAPA)

The University of Pittsburgh has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for **8.0 AAPA Category 1 CME credits**. PAs should only claim credit commensurate with the extent of their participation.

Other Health Care Professionals

Other health care professionals will receive a certificate of attendance confirming the number of contact hours commensurate with the extent of participation in this activity.

CONTACT HOURS

Contact hours will be given for participants who successfully complete all continuing education (CE) activities. In order to receive CE contact hours, participants must complete activity requirements including online program evaluation for each activity attended. Electronic evaluations must be completed within 14 business days to receive your CE certificate.

Lectures

A maximum of **6.0** contact hours have been designated for the lecture presentations. Participants will be able to claim credit commensurate with the extent of their participation in the program.

Research Posters Viewing

A maximum of **2.0** contact hours have been designated for participants viewing displayed research posters at the conference. Review eight posters and complete the online evaluation for each poster to receive 1.0 contact hour or 16 posters to receive 2.0 contact hours.

DISCLOSURE

Faculty and planning committee members for this activity have been required to disclose all relationships with any proprietary entity producing health care goods or services, with the exemption of nonprofit or government organizations and non-health-care-related companies.

SPECIAL NEEDS

Participation by all individuals is encouraged. Advance notification of any special needs will help us provide better service. Please notify us of your needs at least two weeks in advance of the program by calling UPMC Hamot Center for Education at 814-877-2513.

CANCELLATION POLICY

No refunds will be made. However, substitutes are welcome. Please notify the UPMC Hamot Center for Education of substitutions via email to: hinkelma@upmc.edu or by telephone at 814-877-2513, or via USPS mail to: UPMC Hamot Center for Education, 201 State St., Erie, PA 16550.

2020 PROGRAM OUTLINE

7:15 to 8 a.m.

Registration and Continental Breakfast

8 to 8:10 a.m.

Welcome and Introduction

James Donnelly, MBA, BSN, RN
Chief Nursing Officer, UPMC Hamot
Vice President, Patient Care Services

8:10 to 9:30 a.m.

Opening Plenary Session/Keynote

What's Joy Got to Do With It?!

Amanda Gore

9:30 to 9:45 a.m.

Break • Poster Viewing

9:45 to 10:40 a.m.

Concurrent Session 1

10:40 to 10:55 a.m.

Break • Poster Viewing

10:55 to 11:50 a.m.

Concurrent Session 2

11:50 a.m. to 12:45 p.m.

Lunch, Networking, and Poster Viewing

12:45 to 1:40 p.m.

Concurrent Session 3

1:40 to 1:55 p.m.

Break • Poster Viewing

1:55 to 2:50 p.m.

Concurrent Session 4

2:50 to 3 p.m.

Reconvene to the West Ballroom

3 to 3:45 p.m.

**Closing Plenary Session • Announcement
of Poster Award Winners**

The Joy of Making a Difference

James Donnelly, MBA, BSN, RN

3:45 to 4 p.m.

Questions/Evaluation



FEATURED SPEAKER

Amanda Gore

UPMC Hamot is pleased and excited to welcome Amanda Gore, internationally renowned author and motivational speaker, to give the symposium's keynote address.

Amanda's best-selling book, *Joy Is an Inside Job*, has inspired many to dissolve fear and create a resilience that helps to navigate stressful changes. She presents high-energy, information-packed presentations in an entertaining way that engages and energizes audiences. Amanda gives specific strategies to reduce stress, lead more successfully, fear less, deal with change, and collaborate effectively.

SESSIONS

8:10 TO 9:30 A.M. OPENING PLENARY SESSION/ KEYNOTE

What's Joy Got to Do With It?!

Amanda Gore

- Explore the evidence-based reasons why joy matters at work.
- Review the latest research on stress and burnout and its effects on health care quality and safety.
- Describe interventions that health care providers can implement to foster a joyful, positive work environment, even in stressful times.

9:45 TO 10:40 A.M. CONCURRENT SESSION 1

Session 1A

What It Takes to Create a High Performing Culture

Yelena Grace, BSN, RN, CCRN
Randilyn Lewis, BSN, RN-BC
Sarah Maxi, BSN, RN, CCRN
Michael Olszewski, BS, MSN, RN, CCRN
Heather Schilk, BSN, RNC
Cheryl Siverling, MSN, RNC-OB

- Describe transformational leadership to prepare teams for higher performance.
- Discuss three components of a high-performing culture.

Session 1B

Something Old, Something New, Something Borrowed, Something Blue

Emily Clark, MSN, RNC-MNN
Laurie Glass, DNP, CRNP, NNP-BC
Lauren Kullen, BSN, RN-BC
Emma Mack, BSN, MHA, RN
Jennifer Young, MSN, RNC-OB, C-EFM

- Explore innovative, best-practice approaches to patient care that are “old”, “new” and “borrowed,” that have been found to improve infant and maternal safety and quality.

Session 1C

Generations Working as One: Health Care Professionals Getting It Done!

Karen Morahan, PhD, RN

- State two characteristics of each generation and how they relate to nursing practice.
- Describe the value of each generation in the workplace.

Session 1D

Building a Culture of Excellence: What Gets Rewarded, Gets Repeated

Jeanne Burns, MSN, RNC-NIC
Cheryll DiVincenzo, RN, CEN, CPAN
Jessica Feasler, BSN, RNC-MNN, CLC
Janet Rice, BSN, RN-BC, ONC
Lisa Simonian, DNP, CRNP
Karin Wickwire, DNP, AG-ACNP, SANE-A, SANE-P, CRNP

- Explore the art and science of meaningful recognition and its impact on professional practice.

10:55 TO 11:50 A.M. CONCURRENT SESSION 2

Session 2A

Courage to Speak Up: Advocate Is a Verb

Anne Pedersen, MSN, RN, NEA-BC
UPMC Nurse Panel

- Recognize and value the importance of patient advocacy.
- Review first-hand accounts of health care team members who were empowered to speak up.

Session 2B

Critical Incident Stress Management: Building Resilience

Patricia McClennan, MA, NCC, CASAC
Jennifer Mifsud, MSN, RN

- Summarize the signs of those affected by crisis and approaches to respond effectively.
- Review key components of critical incident stress management.

Session 2C

Next Generation NCLEX: Cultivating Critical Thinkers of the Future

Viki Hedderick, DEd, MSN, RN

FACULTY PANEL:

Valerie Baker, MSN, RN, ACNS-BC

Elizabeth Lucas, MSN, RN, CNE

Kimberly Streiff, DEd, MSN, CRNP, NP-C

- Describe the changes to NCLEX impacting the class of 2023 and beyond.
- Discuss nursing school curriculum changes and enhancement of critical thinking through clinical partnerships.

Session 2D

Quality Programming in a Rural Hospital: Unique Challenges With Positive Outcomes

Christine Bingman, MSN, RN, CIC

Mary Edwards, BSN, RN

Caryn Erwin, RN

- List four quality aims linked to positive clinical and process measure outcomes through interprofessional collaboration.
- Describe challenges of a readmission reduction program.
- Recall three strategies utilized to prevent sepsis and stroke fallouts.

12:45 TO 1:40 P.M. CONCURRENT SESSION 3

Session 3A

The Brittany Loomis Story: When the Patient Care Relationship Becomes Personal

Krista Baginski, RN, CCRN

Kaylene Cartney, RRT, BS

Brittany Loomis

- Describe four creative approaches to motivate patients with chronic illness to strive for improved outcomes.
- Evaluate personal biases and stereotypes regarding patients who are chronically ill.

Session 3B

Becoming a Chief Joy Facilitator: How to Find Joy and Resilience in a World of Stress and Strain

Janet Rice, BSN, RN-BC, ONC

- Identify personal action steps that empower professional practice.

Session 3C

Funda"mental" Care: Integrating Behavioral Health Awareness Across Practice Settings

Elizabeth Raco, LSW

Trisha Rimpa, MA, BSN, RN-BC

- Identify strategies to reduce mental health stigma in your practice.
- Describe methods to integrate behavioral health considerations across all practice settings.

Session 3D

Transformational Rural Health Care Model: Developing Strategic Partnerships and Optimizing Resources to Deliver Innovative Care to Rural Communities

Meagan Buck, MSN, CRNP, FNP-C

Bill Edgar, MSN, RN

Mary Parana, MS, BSN, RN

- Discuss barriers to rural health care and the challenges related to current care delivery models.
- Explore opportunities for improved access through partnerships with regulatory agencies.

1:55 TO 2:50 P.M. CONCURRENT SESSION 4

Session 4A

The Soul of Nursing: True Stories from the Bedside

Brandi Duvuvei, BSN, RN

Donald Madden, BSN, RN-BC

Patrick Mwesige, BSN, RN, CCRN, CEN

- Discuss nurses' personal experiences of fulfillment that come from making meaningful connections with patients.

Session 4B

Inspired by Love, Guided by Knowledge: Nurses and the Healing Power of Music and Pet Therapy

Brittany Barko, MM, MT-BC, NMT

Nancy Russo

- Describe two holistic interventions that enhance the family and patient experience.

Session 4C

RN Residency Projects: The Limitless Potential of Nurses

Amanda Cass, BSN, RN, TCRN

Chelsi Chappel

Kaitlynn Dawley, BSN, RN

Elizabeth Heliker, BSN, RN

Leah Kucenski, BSN, RN

John McGraw, BSN, RN

Keilani Rupp, RN

Ashley Simon, BSN, RN

Morgan Youngs, BSN, RN

- Review innovative RN residency projects and their influence on professional practice.

Session 4D

The Joy of Sobriety: The Patient and Professional Perspective

Mandy Fauble, PhD, LCSW

Emily Hirsch, MSN, MHA, RNC-NIC

Jason Loflen, DO

- Evaluate and interpret personal biases and stereotypes regarding addicts and addiction.
- Describe three new emerging approaches to effectively treating addiction.

3 TO 3:45 P.M.

CLOSING PLENARY SESSION

The Joy of Making a Difference

James Donnelly, MBA, BSN, RN

- Reflect on the topics presented at the symposium as inspiration to apply to your personal journey as a nurse.
- Explore the unique opportunities that nurses have to enrich, sustain, and empower their own lives, as well as the lives of their colleagues and patients.

HAMOT STRONG SATURDAY, APRIL 25, 2020

Hamot Strong is an event that celebrates UPMC Hamot's exceptional staff and helps raise money to provide scholarships for employees seeking advanced degrees and training opportunities pertaining to all areas of health care.

hamot STRONG NURSING SYMPOSIUM

...registration continued

Name _____

Specialty _____

Institution/Organization _____

Street Address _____

City, State, ZIP _____

Daytime Phone Number _____

Email Address _____

(required for enrollment)

Select the appropriate options below:

Early Bird Registration

Before April 1, 2020

- ☐ \$20 Student
- ☐ \$50 UPMC Employee
- ☐ \$75 Non-UPMC Employee

After April 1, 2020

- ☐ \$40 Student
- ☐ \$70 UPMC Employee
- ☐ \$95 Non-UPMC Employee

CHECK PAYMENT OPTIONS

- ☐ My payment is enclosed.

Return this form with payment via mail to:

UPMC Hamot, Center for Education, Attn: Peggy Hinkel, 201 State St., Erie, PA 16550. Checks should be made payable to **UPMC Hamot**.

- ☐ My payment will be mailed separately.

Fax this completed form to UPMC Hamot Center for Education at 814-877-6220 or email to hinkelma@upmc.edu. Mail payment with a copy of the completed registration form.

- ☐ **UPMC Hamot Nurses Using Margaret Eckerd Brown funding** (available for UPMC Hamot nurses only)

If fee is to be paid by this fund, MEB form must be completed and submitted to your manager for approval.

- ☐ **UPMC Employee Payment via Journal Entry Transfer**

If you are a UPMC employee and your department will be responsible for payment, we can charge your department directly. DO NOT SUBMIT a disbursement to UPMC Accounts Payable. Complete the following:

Business Unit: _____

Account Number: _____

Department ID Number: _____

Name of Dept. Manager/Director: _____

Authorized Dept. Signature: _____

hamot **STRONG** NURSING SYMPOSIUM

Friday, April 24, 2020
8 a.m. to 4 p.m.

Bayfront Convention Center
1 Sassafras Pier • Erie, Pa.

REGISTRATION FEES

The registration fee includes attendance at the seminar, electronic educational materials, continental breakfast, and lunch for conference attendees. If you have any questions, please contact the UPMC Hamot Center for Education at 814-877-2513.

Early Bird Registration Before April 1, 2020

Student	\$20
UPMC Employees	\$50
Non-UPMC Employees	\$75

After April 1, 2020

Student	\$40
UPMC Employees	\$70
Non-UPMC Employees	\$95

REGISTRATION

To ensure participation, registration and payment are expected by April 17, 2020.

REGISTER ONLINE (Recommended)

Registering online is encouraged to reserve your space at UPMC Hamot conferences. Visit our online registration site at <https://cce.upmc.com/upmchamot2020nursingsymposium>. Click the "Register" button and enter the requested information. After registering, an electronic confirmation will be sent to you. Online registration is complete upon receipt of a confirmation email. If you do not receive this letter within 5-7 days of registration, please contact UPMC Hamot Center for Education at 814-877-2513.

REGISTER BY USPS MAIL (Optional)

If you don't have online access you can register by USPS mail by completing this form and mailing with your check payable to *UPMC Hamot*. Mail to UPMC Hamot Center for Education, 201 State Street, Erie, PA 16550, ATTN: Peggy Hinkel.

UPMC Hamot reserves the right to cancel this program if sufficient registrations are not received. In the case of cancellation, registration fees will be fully refunded. Preregistrants will be informed of the cancellation via email, or phone if no email address is given.

continued on back...



LOCATION

The conference is being held at the Bayfront Convention Center, overlooking the bay, at 1 Sassafras Pier, Erie, Pa. Take I-79 North, follow signs to Bayfront Parkway. Take West Bayfront Parkway to Sassafras Pier. Free parking is available at the conference center.

ATTIRE

Attire for the conference is business casual. Since meeting room temperatures can vary, it is recommended that you dress in layers and bring a light jacket or sweater with you to the conference.

ACCOMMODATIONS

Two hotels adjacent to the convention center offer accommodations at the discounted rate of \$109 per night. Hotel parking not included. To make reservations, click the following link: [Book your corporate rate for University of Pittsburgh Medical Center \(UPMC\)](#)

**1 The Courtyard by Marriott
Erie Bayfront**
2 Sassafras Pier
Erie, PA 16507
814-636-1005, ext. 4

2 The Sheraton Erie Bayfront
55 West Bay Drive
Erie, PA 16507
814-454-2005, ext. 4

HAMOT STRONG WILL BE HELD ON SATURDAY, APRIL 25, 2020. Consider making accommodation arrangements for both events. Register for Hamot Strong online at HamotHealthFoundation.org/HamotStrong.