



Promoting a Healthy Idaho

Idaho Nurses Association (INA) 2011 Annual Conference

**Presented in collaboration with the
Idaho Public Health Association (IPHA), the Idaho Rural Health Association (IRHA),
and the Idaho Student Nurses Association (ISNA)**

**September 29 - 30, 2011
Boise State University Student Union, Boise**

Conference Agenda

Thursday, September 29, 2011

- 3:30 – 4:45 **General INA Membership Meeting**
Hatch Ballroom
- 5:00 – 7:00 **Reception and INA update**
Michelle Pearson-Smith, RN, BSN, INA President
Hatch Ballroom

Friday, September 30, 2011

- 7:30 - 8:00 **Registration/Exhibits** – Lobby
- 8:00 - 8:15 **Welcome** – Jordan Ballroom D
- 8:15 - 9:15 **Keynote** - *“Current Changes and Challenges in Health Care: National Perspectives”*
Karen Daley, PhD, MPH, RN, FAAN, President, American Nurses Association
Jordan Ballroom D

9:25 - 10:25

Breakout Sessions

INA Track*: *“Why Civility Matters in Nursing Education and Practice”*
Cindy Clark, RN, PhD, ANEF, Professor, Boise State University School of Nursing
Hatch Ballroom

IRHA Track: *“Patient-centered Medical Homes”*
Ted Epperly, MD, FAAFP, CEO, Family Medicine Residency of Idaho
Simplot Ballroom

IPHA Track: *“Healthy People 2020 and How It Will Impact Delivery of Public Health Programs”*
Tom Turco, REHS, MS
Simplot Ballroom C

ISNA Track: *“Cardiac Care Education”*
Marilyn Hornbaker, RT, MSN
Simplot Ballroom B

10:25 - 10:45

Break/exhibits – Lobby

10:45 – 11:45

Breakout Sessions

INA Track*: *“Sexual Health in Idaho”*
Annabeth Elliott, RN, MS, STD Program Coordinator, Idaho Department of Health and Welfare
Hatch Ballroom

IRHA Track: Membership Meeting
Simplot Ballroom A

IPHA Track: *“Access to Health Care in Idaho”*
Denise Chuckovich, Executive Director, ID Primary Care Association
Simplot Ballroom C

ISNA Track: *“Powerful Communication in the Healthcare Arena”*
Paulla Mizer
Simplot Ballroom B

11:45 – 12:45

Lunch - Jordan Ballrooms A and B
Networking/Exhibits –Lobby
Optional - INA lunch roundtable discussion on Idaho Nursing Action Coalition (INAC) activities
Margaret Wainwright Henbest, RN MSN CPNP, Executive Director, Nurse Leaders of Idaho & Idaho Alliance of Leaders in Nursing
Jordan Ballroom C

- 12:45 – 1:45 **Plenary** – *“Promoting a Healthy Idaho: Changes and Challenges”*
 Ted Epperly, MD, FAAFP, CEO, Family Medicine Residency of Idaho
 Jordan Ballroom D
- 1:55 – 2:55 **Breakout Sessions**
- INA Track***: *“Addressing the Health Needs of the Somali-Bantu Population in Idaho”*
 Cathy Deckys, RN, MS, Clinical Instructor, Boise State University School of Nursing
 Hatch Ballroom
- IRHA and IPHA Track**: *“Public Health and Law”*
 Jill Mary Marrow, Senior Attorney, Public Health Law Network
 Simplot Ballroom C
- ISNA Track**: *“Critical thinking on the NCLEX”*
 Taylor Austin, Kaplan Test Prep
 Simplot Ballroom B
- 2:55 – 3:15 Break/Exhibits - Lobby
- 3:15 - 4:15 **Breakout Sessions**
- INA Track***: *“Promoting a Greener Idaho – update”*
 Ingrid Brudenell, PhD, RN, Professor Emeritus, Boise State University School of Nursing
 Hatch Ballroom
- IRHA Track**: *“State of the State of Rural Health in Idaho”*
 Steven Millard (Idaho Hospital Association)
 Denise Chuckovich (Idaho Primary Care Association)
 Ron Hodge (Idaho Medical Association)
 Paul Leary (Idaho Division of Medicaid)
 Simplot Ballroom A
- IPHA Track**: *“Public Health Policy and Obesity Prevention”*
 Mary Marrow, Senior Attorney, Public Health Law Network
 Simplot Ballroom C
- ISNA Track**: *“Dream Big: Nursing is your Opportunity to Lead”*
 Jaclyn Coleman, NSNA Director and Chair, Legislation Education Committee
 Simplot Ballroom B
- 4:15 – 4:30 Turn in evaluations and receive CE certificates – INA registration table

*Conference attendees registering through INA will have priority access to INA track sessions. Nurses wishing to receive CNE credit must be registered through INA and must attend the Keynote, Plenary and all INA breakout sessions.

Speakers

Keynote Speaker:

***Karen A. Daley, PhD, MPH, RN, FAAN
President, American Nurses Association***

“Current Changes and Challenges in Health Care: National Perspectives”

The current national health care environment is highly dynamic, facing serious and complex issues. In this presentation, the current changes and challenges in health and health care in the United States will be addressed. In addition, Dr. Daley will discuss current and potential interdisciplinary strategies to address the health challenges facing the nation.



Dr. Daley spent more than 26 years as a staff nurse at Brigham and Women’s Hospital in Boston. She is a past president of the Massachusetts Association of Registered Nurses and the Massachusetts Center for Nursing. She has served on the boards of ANA, the American Nurses Credentialing Center, and the ANA-PAC. She is a nationally recognized expert and advocate for needlestick safety. President Daley served as a project principal for the Nurses Education Hepatitis C Project funded by the Massachusetts Department of Public Health, as well as a project coordinator for a trauma research study conducted by the Harvard Injury Control Center at the Harvard School of Public Health. In addition to her work as a practicing nurse and nurse advocate, Dr. Daley is an experienced nurse researcher and writer.

Earlier this year, Dr. Daley was voted one of the nation’s 100 Most Influential People in Healthcare in *Modern Healthcare’s* annual ranking. Daley is one of five nurses on this year’s list, a testament to a growing recognition of the profession’s leadership.

Plenary Speaker:

Ted Epperly, MD, FAAFP, CEO – Family Medicine Residency of Idaho

“Promoting a Healthy Idaho: Changes and Challenges”

Idaho faces unique changes and challenges as we strive to promote the health of our population. In this presentation the current changes and challenges in promoting the health of Idaho residents will be presented. Interdisciplinary strategies to address these changes and challenges will also be discussed.

Dr. Epperly is the Program Director and CEO of the Family Medicine Residency of Idaho, immediate past chair of the American Academy of Family Physicians and a Clinical Professor at the University of Washington School of Medicine. He has published over 40 articles and book chapters. He is a staunch supporter of Family Medicine education, research, and both rural and underserved health care.



Workshop Presentations and Presenters:

Taylor Austin – “Critical Thinking on the NCLEX”

Since 1982, Kaplan Nursing has provided the nation’s leading NCLEX-RN® Exam Review. Led by experienced nurse educators, Kaplan Nursing prepares more than 70,000 nursing students for the NCLEX-RN® exam each year, far more than any other provider of NCLEX-RN® Exam review. With our partners LWW, our focus on industry-leading service, great value and ease of use, Kaplan has also become the nation’s fastest growing provider of benchmark and predictive testing for both RN and PN/VN programs.

The cornerstone of the Kaplan Nursing curriculum is the Kaplan Decision tree, a unique critical thinking framework based on clinical judgment. Throughout the duration of the review course, students are asked to apply this framework to every question to strengthen their ability to think their way through the NCLEX-RN® exam. Along with the Decision Tree, the nation’s leading NCLEX-RN® exam preparation is also supplemented with the highest quality content, extensive practice resources and Kaplan’s NCLEX-RN® test-taking expertise.

Taylor received his bachelor's degree from the University of Utah in Communications. He currently is a Health Programs Manager for Kaplan Nursing and helps nursing students and colleges in Utah, Idaho, Montana and Wyoming. He has worked as an Account Manager for a software company and established excellent relations with large accounts. He was a trainer for Hewlett Packard where he helped train thousands of employees and customers. He lives in Salt lake City, Utah with his wife and two boys.

Ingrid Brudenell RN, PhD – “Promoting a Greener Idaho – Update”

RN’s in Idaho are in a trusted position to educate the population of our state, speak out regarding environmental issues that impact health, and lead efforts towards changes in policy or legislation. This session will follow-up up on last year’s popular session focusing on environmental issues in Idaho that impact our workplace, land, water, air and ultimately our health.

Dr. Budenell is a Professor Emeritus at Boise State University School of Nursing. She co-led the development of INA’s “RNs and a Greener Idaho” educational modules. Dr. Brudenell’s research and practice interests have focused on health promotion and risk reduction through education and behavior change in many settings and populations. As editor of INA’s *Greener Idaho* Web page, she works with other nurses to improve environmental health through education, advocacy and collaboration.

Denise Chuckovich, Executive Director, Idaho Primary Care Association – “Status of Access to Healthcare in Idaho”

This presentation will provide an overview of the current status of access to health care in Idaho as well as look forward to changes we can anticipate based on health care system evolution. The presentation will include a discussion of current Idaho population demographics, urban and rural patterns of care, current access issues for specific populations, current insurance coverage patterns, and a discussion of new health care law and its anticipated impact on access.

Ms. Chuckovich joined the Idaho Primary Care Association as Executive Director in the fall of 2006. She had previously worked with the Oregon Primary Care Association as Deputy Director and Director of Technical Assistance. At the Idaho Primary Care Association she draws on 25 years of experience in health care administration and planning to improve access to primary care for all Idahoans and to strengthen Idaho's thirteen community health centers. Prior to her experience with primary care associations, Ms. Chuckovich opened and managed a large community health center clinic site, managed a multi-site school-based health center program and later managed a multi-site specialty clinic program in an HMO setting. She was also the Deputy Director of a large urban county social services department and the Director of Planning and Development for a large urban county health department. Ms. Chuckovich completed her undergraduate work at the University of California, Berkley. She has a master's degree from Idaho State University and a Graduate Certificate in Public Health from the University of Washington.

Cindy Clark, PhD, RN, ANEF – “*Why Civility Matters in Nursing Education & Practice*”

Civility has been increasingly identified as a critical factor in promoting quality health care and education. In this presentation, common uncivil behaviors in nursing education and practice settings will be identified. In addition, evidence-based approaches to promoting civility in nursing education and practice will be discussed.

Dr. Clark is a Professor at Boise State University School of Nursing and a distinguished fellow in the National League for Nursing Academy of Nursing Education. She is a widely published, visionary scholar whose innovative research has heightened awareness about the importance of fostering civility in nursing education and practice. Studies using the *Dr. Clark's Nursing Education (INE) Survey* have been conducted in China, Israel, Indonesia, Iran, and the Philippines.

Jaclyn Coleman, NSNA Director and Chair, Legislation Education Committee – “*Dream Big: Nursing is your Opportunity to Lead*”

Ms. Coleman represents NSNA as the Legislation/Education Chair and member of the Global Initiatives in Nursing Committee and Community Health/Disaster Preparedness Committee. The theme for the Legislation/Education committee this year is “Don't Just Survive – SUCCEED: Leadership and Education is Your Opportunity to LEAD!” Jaclyn will expand on that theme in her presentation.

Ms. Coleman is a senior nursing student at Brigham Young University in Provo, Utah. As Director for the National Student Nurses Association (NSNA) she is chair of the Legislation/Education committee and a member of the Global Initiatives in Nursing Committee and Community Health/Disaster Preparedness Committee. She is currently employed by the BYU Chemistry Department where she is developing an online college chemistry textbook. She recently received an Office of Research and Creative Activities (ORCA) grant to research childhood obesity. She was also awarded a Study Abroad Grant from the Honor Society of Phi Kappa Phi to serve in Tonga this past May.

Cathy Deckys, RN, MS, COHN-S – “Addressing the Health Needs of the Somali-Bantu Refugee Population in Idaho”

Serving the needs of refugee populations is an enriching and challenging opportunity in Idaho. In this presentation, the experience of one recent refugee population, the Somali-Bantu, will be described. In addition, based on recent research, creative approaches to addressing the health care needs of this population will be presented.

Ms. Deckys is a Clinical Instructor at Boise State University School of Nursing. Previously, she worked several years as a public health nurse at the Central District Health Department in Boise, where she gained extensive experience with the Somali-Bantu refugee population. She currently serves on an interdisciplinary research team focusing on the health of this population.

Annabeth Elliot, RN, MS – “Sexual Health in Idaho”

Promoting sexual health is a vital component of ensuring a healthy population today and in the future. In this presentation, information related to the current sexual health status and issues in Idaho will be presented, followed by a discussion of how nurses can address the sexual health needs of our population.

Ms. Elliot is the STD Program Coordinator for the Idaho Department of Health and Welfare where she monitors STD morbidity and implements programs to prevent STD, HIV and unintended pregnancy. She has worked with the CDC on many projects including “Practical Use of Program Evaluation for STD Programs” and as a member of the Region Ten Council to prevent STD related infertility. She also created several STD and HIV Prevention websites including www.nakedtruth.idaho.gov and www.safesex.idaho.gov. Ms Elliot is a 2010 graduate of the BSU Master of Nursing Program. In 2008 she conducted a sexual health needs assessment of Boise, which led to her thesis, “Sexual Health Decision Making at the Independent School District of Boise.”

Marilyn Hornbaker, RT, MSN – “Cardiac Care Education”

Mary Marrow, JD, Attorney, Public Health Law Network

“Public Health Law 101”

This presentation will review the legal foundations for federal, state, and local power to protect the public’s health. The presenter will engage the audience in discussion of “hot topics” such as health care reform, emergency preparedness, tobacco control, and injury prevention. The goal will not be to take sides on these issues, but to understand the role of law in describing and limiting the power of government to develop, enforce, and implement the law.

“The Role of Policy in Obesity Prevention”

The National Conference on State Legislatures reported that 41 states adopted policies intended to address childhood obesity in the 2009 and 2010 legislative sessions. This presentation will describe

the kinds of policies that have been the most widely adopted, as well as briefly review the evidence to support the effectiveness of these policies in preventing and reducing childhood obesity. The presenter will discuss steps the federal government has taken and what state and local public health departments can do to prevent obesity.

Ms. Marrow, a staff attorney with the Public Health Law Center, is working on legal and policy initiatives to reduce and prevent childhood obesity nationally. Particular areas of focus include analyzing legal and policy initiatives to reduce consumption of sugar drinks; to utilize urban greening and environmental health initiatives in childhood obesity prevention; and to improve healthy eating through urban agricultural initiatives, including farm to school, school garden, and community gardens. Prior to joining the Public Health Law Center, Mary was a public interest practitioner for over a decade, focusing her efforts on poverty law, international human rights, and environmental advocacy. During the summer of 2010, Mary worked with the Center for Public Interest Law in Accra, Ghana, through a fellowship sponsored by the Environmental Law Alliance Worldwide, conducting a comparative study of mining practices and the effectiveness of environmental regulations in the United States and Ghana. Mary has also served in the Peace Corps in Togo, West Africa and managed a crisis shelter for the homeless in Alaska. Mary is an avid gardener, bike commuter, and outdoor enthusiast.

Paulla Mizer – “Powerful Communication in the Healthcare Arena”

Thomas N. Turco, REHS, MS – “Healthy People 2020 and How It Will Impact Delivery of Public Health Programs”

In December 2010, *Healthy People 2020* was officially released. *Healthy People 2020* includes broad, cross-cutting measures without targets that will be used to assess progress toward achieving the four overarching goals. Those goals are: 1) Attain high quality, longer lives free of preventable disease, disability, injury, and premature death. 2) Achieve health equity, eliminate disparities, and improve the health of all groups. 3) Create social and physical environments that promote good health for all. 4) Promote quality of life, healthy development, and healthy behaviors across all life stages.

An emphasis will be put upon managing the determinants of health and it is expected that *Healthy People 2020* will be the basis for strategic planning for all federal agencies. State and local agencies are strongly encouraged to incorporate the elements of *Healthy People 2020* into their strategic plans. It is the presenter’s belief that practitioners in all areas of public health need to be aware of how *Healthy People 2020* will shape and change the programs they manage. The presentation will include background on the Healthy People initiative, an overview of *Healthy People 2020* including the website and accompanying data websites and select topics that may be of interest to the audience. The recent release of the Institute of Medicine’s *Leading Health Indicators for Healthy People 2020* will also be presented.

Mr. Turco holds bachelors and masters degrees in entomology from the University of Idaho. He has spent his whole career in public health with nearly 35 of those years serving the Central District Health Department as an environmental health specialist, environmental health supervisor and eventually the Director of Environmental Health until his retirement in 2005. He has been and is currently an adjunct instructor at Boise State University teaching classes in Community and Environmental Health, Public Health Administration, and Global Environmental Health. He is also

the Camp Director for the Royal Family Kids' Camp, a one week residential non-denominational Biblically-based summer camp for children who have been the victims of abuse, abandonment and/or neglect. He also serves on various local and regional public health and children's issue boards and committees.

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