



11th ICN NP/APN
Network Conference

VIRTUAL
2021

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PRE-CONFERENCE WORKSHOPS

August 29 - September 1, 2021

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The conference is one of the largest international meetings on advanced practice nursing.

It will bring together advanced practice nurses such as nurse practitioners, clinical nurse specialists, nurse anesthetists, nurse midwives, and nurse consultants, along with researchers, educators, administrators, policymakers and students from around the globe.

The designation of 2020 as the International Year of the Nurse and Midwife, and the arrival of the COVID-19 pandemic have shone a spotlight on the nursing profession. The World Health Organization has now designated 2021 as the International Year of the Health and Care Worker, a further opportunity for the nursing profession to be recognized for their invaluable work.

The Conference seeks to set the foundation for developing and expanding the reach and impact of the next generation of nurse practitioners and advanced practice nurses. Conference sub-themes build on ICN's strategic priorities and the United Nations' Sustainable Development Goals to examine progress and future directions for nurse practitioners and advanced practice nurses towards addressing the health needs of populations.

Envisioning Advanced Practice Nursing Beyond 2020: Wider Reach, Bigger Impact

The conference theme was deeply inspired by Florence Nightingale, who by today's standards would have been the world's very first advanced practice nurse. As Florence once said, "For we who nurse, our nursing is something which, unless we are making progress every year, every month, every week, we are going back. No system shall endure which does not march." Thus, the conference theme challenges us to look forward and to set the foundation for developing and expanding the reach and impact of the next generation of nurse practitioners and advanced practice nurses. Conference sub-themes build on ICN's strategic priorities and the United Nations' Sustainable Development Goals to examine progress and future directions for nurse practitioners and advanced practice nurses towards addressing the health needs of populations.

Pre-Conference Workshops

Pre-Conference Workshops will take place live on August 29 and offer an engaging opportunity to learn from leading nursing professionals. The workshops will be held in small groups and tickets have to be purchased in addition to the conference registration at a minimal fee of CAD \$35 per workshop.

172

Monkeying Around: Developing Online and Other Surveys for APN Research, Program Development, and Practice Evaluation

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Background:

Advanced Practice Nurses (APN) play a pivotal role in the evaluation of nursing interventions and the translation of evidence into clinical nursing. Although there is a will to perform evaluation research, inhibiting factors including a lack of research knowledge and skills, and a resulting “research phobia” can impact getting started and successful performance. To address this problem, the Research Subgroup of the ICN NP/APN Network developed a symposium to support APNs in deepening their knowledge in survey development, one widely applicable aspect of research methodology.

Purpose:

This interactive symposium aims to deepen APNs knowledge in the provision of a Tailored Design Method (TDM) of online and other survey creation for effective data collection in formal research, program development, and practice evaluation.

Methods or Approach:

Three lectures (each 10 minutes) will give input on how to: 1) construct different kinds of questions, 2) minimize survey errors, and 3) implement an online survey in a research process. Discussing common strategies and pitfalls, and how to avoid and cope with difficulties will prepare attendees to collect valuable data when conducting online and other surveys. Finally, an interactive session (15 minutes) evaluating a prepared short online survey at the end of the symposium will enable APNs to translate presentation concepts into practice and to involve them with a participative approach. Further, APNs, who are considering the methodological approach of an online or other survey, can receive answers to their questions and guidance from the expert panel.

Conclusion:

APNs will receive a broad overview of the basics of creating effective online and other surveys and how to deal with challenges during the process.

Significance:

This symposium will build skills that empower APNs to evaluate interventions and programs ultimately impacting outcomes in their clinical settings.

Attendees will:

1. Have a better understanding of TDM and how to create high quality survey questions.
2. Be able to discuss common pitfalls and strategies to minimize difficulties in online and other survey creation.
3. Have an improved understanding and comfort level with utilizing survey research in clinical settings for program development and evaluation of interventions

717

Assessing the risk of self harm and/or suicide: an interactive workshop for advanced practitioners

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Background: Death by suicide in UK prisons reached record highs in 2015 and 2016. A multi professional discussion concluded a development and education programme was needed to address the prisons' complex problems and assist nurses in improving their risk assessment and risk management skills. I was asked to undertake the task of designing and implementing this and, following an extensive scoping exercise across London's prisons, identified deficits in nurses' knowledge and clinical skills, as well as problems with policy and procedures.

Purpose: The purpose of this workshop is two-fold: to give participants a greater understanding of the reducing deaths in custody programme while bringing some key elements of it into the workshop as we explore the background to self harm and suicide and ways in which nurses can assess and help the patient manage the risk.

Workshop Methods: A multi media approach, reflecting the approach used in the programme, will be utilised. There will be a presentation, featuring key information about the topic, interactive exercises and a showing of a specially made film demonstrating best practice in assessing the risk of suicide which will be analysed and discussed by the audience. This will replicate the educational and developmental sessions practitioners within the prisons have experienced. The learning objectives will be achieved by participation within the workshop. Attendees will have developed a greater understanding of how to assess and manage the risk of self harm and suicide but will also have learned more about how these complex techniques and interventions were taught to nurses within the London prisons.

Significance: Participants can expect to have learned more about the theory of self harm and suicide, the clinical skills required to assess and manage patients experiencing thoughts of self harm or suicide and the techniques used to teach these.

Target Audience: The target audience for this workshop ranges from intermediate to advanced practitioners, faculty, nurse consultants and clinical nurse specialists.

1. Participants will be able to return to their area of practice and translate the techniques they've experienced in the workshop and be more able to assess patients at risk of suicide and self harm. Participants will be given a skills and knowledge self assessment sheet to complete before and after the workshop.
2. Participants will be able to develop a formulation of risk.
3. Participants will be able to develop a risk management care plan that could be presented as part of a negotiation with the patient, to help her/him keep themselves safe.
4. Participants will have a greater understanding of the issues within the UK prison system, risk factors that contribute to patient suicide and how nurses address these risks. Through so doing, they will have more knowledge and better awareness of the skills required to replicate this in their own area of work.

239

Increase engagement, capacity and outcomes through a personal strategic plan: Build your own!

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Background: It is critical to build the APN role of Leader from bedside to boards. However, this role is complex and entwined with personal professional identity. To have a personal, highly articulated strategic plan will set a firm foundation and direction guiding APNs from student and throughout one's APN career. However, how do you find your true values, vision, and mission? Do they change? Are they important? Is it really necessary? And, can the process be applied to other aspects of my work? -Come find out!

Purpose of workshop: This workshop will take you through the precise steps to build your personal strategic plan through a highly-interactive and personal journey of understanding your past and looking at your future. You will find the values that drive your daily behavior, your vision, identify your stakeholders, and build your mission. You will then learn how to stack multi-layered strategic plans to increase engagement, build capacity, and evaluate staff. You will then review further applications of nested multi-layered strategic plans to improve outcomes of committees, teams, projects, and organizations.

Workshop Methods and Format: This is an interactive workshop using personal time, small groups, and large group interactions and brainstorming events to help facilitate the action of each step required to build highly effective strategic plans. The Strategic Plan workbook is required.

Significance: Every APN is a leader, works on teams and manages care. This increased responsibility and accountability requires confidence and self-efficacy. Developing your personal strategic plan, then using the plan for daily activity will drive success. Implementing multi-layer strategic plans in the workplace for personal, committees, teams, projects and organization will increase engagement and build capacity.

Target Audience: This workshop is ideal for APNs from student to bedside to boardrooms. Any person who wants to understand themselves, enhance their professional identity, and ultimately help others become their best will find immense benefit in this Professional Identity and Personal Strategic Plan workshop.

By attending this workshop, you will:

- Build a personal set of values, vision and mission for personal or professional work as an APN
- Understand the process of design and obtaining a personal professional strategic plan to enhance professional identity development and clarity for self and staff.
- Enhance your knowledge base of multi-leveled strategic plans of personal, team, committee, projects and organizational levels.
- Expand your knowledge on the possibilities of using staff strategic plans to mentor staff and provide work evaluations that are staff-centered and directly impact unit and organizational strategic plans.
- Have the ability to inspire the use of unit, team, and organizational values and vision on a daily basis to improve staff capacity, engagement, and outcomes.

174

Cultural Humility and Transgender Care: Knowledge Development and Clinical Interventions

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Background: The transgender community has gained increased visibility in society; yet it represents one of the most marginalized and underserved populations in healthcare. Most healthcare issues affecting transgender individuals mirror those of the general population. However, transgender individuals also have unique healthcare needs and can experience distinct barriers accessing and obtaining care including discrimination, lack of provider experience and knowledge, a deficiency of services, and structural barriers. An increased understanding of transgender health needs and disparities would allow APNs the opportunity to reduce these barriers and improve access to healthcare services for this vulnerable population.

Purpose of workshop: To provide APNs with increased understanding of transgender specific needs, including inclusive language, hormone therapy and transition-related surgeries within a cultural humility framework.

Workshop Methods and Format: Learning objectives will be addressed through a variety of modalities including discussion, case scenarios, and clinical simulation videos. The first part of the session will focus on an introduction to transgender specific healthcare needs and an overview of cultural humility. Participants will be asked to explore and reflect on their personal biases, including their values, attitudes, and beliefs towards providing healthcare to transgender individuals. The second part will explore the role on the APN in the provision of healthcare services to transgender individuals, including hormone therapy, assessments, pre/post surgical care, surgical assessments, and ethical research practices. Curated resources including related clinical practice guidelines and documents will be discussed.

Significance: Participants will develop a greater understanding of the healthcare issues and barriers affecting the transgender population. Strategies for improving access from a cultural humility lens will be explored. Aspects of medical and legal transition, including legal document changes, hormone therapy and transition-related surgeries will be explored. Participants will be provided with clinical pathways and resources from an international perspective.

Target Audience: This session is aimed at APNs who have beginner to intermediate experience working with transgender individuals. Anyone interested in safe and effective healthcare through a culturally humble framework will gain a better understanding of how to improve care for this vulnerable population.

1. Participants will develop an understanding of the healthcare needs and barriers to care experienced by transgender individuals.
2. Participants will be able to differentiate cultural humility from similar concepts like cultural competence and cultural safety.
3. Participants will apply culturally humble concepts such as self-reflection, openness, supportive interaction, and system critique to their practice.
4. Participants will develop their ability to provide transition specific support and management, such as assessment, cross-sex hormone therapy, monitoring and surgical assessments.
5. Participants will identify and explore strategies for creating safer and more accessible spaces for transgender individuals in their organizations.

207

NP medical abortion provision: practical skills, resources, and the future of implementation

Dr. Andrea Carson³, **Mrs. Lindsay Pace**², **Ms. Paynter Martha**³, **Ms. Kendra Weerheim**^{6,7}, Dr. Ruth Martin-Misener³, Hannah Varto¹, Dr. Denise Bryant-Lukosius⁴, Ms. Terri Macdougall², Dr. Wendy V. Norman⁵

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Background

Medical abortion is a safe, effective practice available in 60 countries. In 2017 Canadian nursing regulators and Health Canada implemented changes that would allow nurse practitioners (NPs) to provide medical abortion. There is a timely and urgent need to support this practice to increase access to effective abortion care closer to home. NPs and other nurses are key to improving access to abortion care for marginalized, rural and remote populations.

Purpose

The purpose of this workshop is to provide participants with the knowledge and practical skills to improve their confidence for medical abortion provision. This workshop also offers the opportunity to engage in cross-country discussion about strategies to improve medical abortion practice.

Format

Part I: Presentations by three NPs from Ontario and BC who have been providing medical for 2+ years. Case scenarios will be discussed in small groups using assessment tools and resources.

Part II: Participants will engage in facilitated discussions led by researchers about barriers and enablers for the implementation of medical abortion in their countries.

Significance

Participants will gain skills in the provision of medical abortion, whether new or looking to enhance their practice. This is a unique opportunity to hear experiences and lessons learned from colleagues around the world and to shape the development of future resources for medical abortion implementation.

Audience

Nurse providers seeking practical skills and knowledge of medical abortion or who wish to enhance their current practice. This workshop is suitable for those with no experience providing medical abortion.

- Specific: Apply current medical abortion practice guidelines and identify resources to support medical abortion care
- Attainable: Participate in case scenarios to provide medical abortion and counsel patients
- Relevant: Opportunity to learn from current medical abortion providers and to discuss practice issues in a variety of settings and countries

379

CNS Impact on 3 Spheres of Influence: Demonstrating the Value of the CNS role

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Background:

The changing healthcare environment calls for a focus on quality outcomes along with reduction in costs. The Clinical Nurse Specialist (CNS) is uniquely qualified to lead evidence-informed process improvement initiatives to ensure quality cost-effective patient outcomes by supporting nursing practice, and optimization of system processes. The value a CNS can bring to a healthcare organization is often misunderstood. Clinical Nurse Specialists are challenged with demonstrating their value and impact.

Purpose of workshop:

The purpose of this workshop is to discuss the role of the CNS in the changing healthcare environment, review the importance of tracking financial impact of CNS activities on quality patient outcomes and apply cost analysis tools for outcomes reporting.

Workshop Methods and Format:

The role of the CNS as a change agent in the changing healthcare environment will be discussed with an emphasis on documenting and communicating the financial impact of CNS activities on patient, nurse and organizational outcomes. CNS led outcomes projects will be shared as examples of defining CNS impact. Attendees will share ideas and complete table work assignments to calculate financial impact utilizing cost analysis tools that will be provided. Participants will actively participate in applying cost analysis tools and CNS competencies to formulate a cost-based CNS outcome summary report applicable to their individual practices.

Significance:

Participants will be able to illustrate the financial impact of the CNS role through the utilization of cost analysis tools to formulate an outcome summary report.

By the completion of the pre-conference workshop, participants will be able to:

- Define impact of CNS as a change agent
- Apply cost analysis tools and CNS competencies to demonstrate CNS impact
- Formulate an outcome summary report showcasing CNS impact

534

Applying a Logic Model to Improve Design, Implementation, and Evaluation of Advanced Practice Nursing Roles

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Background: Substantive evidence supports the effectiveness of advanced practice nursing (APN) roles (e.g., clinical nurse specialist, nurse practitioner) for improving care quality, appropriate health service use, and health outcomes. Achieving these outcomes depends on the full implementation of all APN role dimensions (e.g., clinical, leadership, research, education). Consistently, studies evaluating the introduction of APN roles worldwide, report on poor role implementation and evaluation and resulting in threats to long-term sustainability. Inadequate planning to engage stakeholders and to utilize data to clearly define APN roles and to determine priority outcomes are barriers to successful role implementation and evaluation. The PEPPA Framework and its tools can strengthen APN role implementation and evaluation by improving role clarity, increasing stakeholder role understanding, and establishing consensus on role outcomes.

Workshop Purpose: To apply the PEPPA Framework and a logic model approach to improve the design, implementation, and evaluation of APN roles.

Workshop Methods and Format: This interactive workshop will use didactic, experiential, and facilitated learning approaches to enable participants to apply the PEPPA Framework and develop a logic model relevant to APN roles. A brief presentation will define logic models and provide rationale for their use related to APN roles. How the PEPPA Framework can be used to guide logic model development will be explained. Advanced practice nurses who have been through this process, will share their experiences and examples of their logic models. In small groups, participants will be guided by an experienced facilitator to begin developing a logic model. Structured activities based on the PEPPA framework will be used to develop elements of a logic model (i.e., problem statement, goal, inputs, activities, outputs, outcomes). Through large group discussion, participants will identify and discuss barriers and solutions to completing their logic models.

Significance: Participants will gain understanding and hands on experience in developing a logic model for an APN role. As a result, participants will be more confident and likely to complete a logic model for their practice.

Target Audience: Novice and experienced advanced practice nurses, professional practice leaders/healthcare administrators responsible for promoting optimal APN role implementation, and those interested in APN role evaluation.

Following completion of this workshop, participants will have:

- 1) An increased understanding of logic models and how they can be used to support the effective design, implementation, and evaluation of APN roles;
- 2) The ability to apply the PEPPA Framework to support the development of their logical model.
- 3) An increased understanding of practical tips for developing logic models and strategies to address potential barriers to completing a logic model for an APN role in their practice