

Minnesota

NACNS

Minnesota Affiliate of the
National Association of
Clinical Nurse Specialists

Inspire, Influence, Innovate

Year of the CNS: Virtual Pharmacology Series

WEDNESDAY, OCTOBER 21ST

MONDAY, OCTOBER 26TH

MONDAY, NOVEMBER 9TH

TUESDAY, NOVEMBER 17TH

WEDNESDAY, DECEMBER 2ND

COST

\$15 PER CEU

ATTEND ALL SESSIONS FOR \$120 = 8 CEU'S

CONTINUING EDUCATION CREDIT

ANCC credits will only be given to participants who attend the virtual sessions on the date & time they are offered.

COST \$15 PER CEU - ATTEND ALL SESSIONS FOR \$120 = 8 CEU'S

This series is jointly provided by

MN NACNS and M Health Fairview Provider Unit.

M Health Fairview is an accredited provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.



SERIES INFORMATION

Website: www.mnnacns.org

Email: mncns.affiliate@gmail.com

Technical Issues? If you experience technical difficulties during the conference email mncns.affiliate@gmail.com for prompt assistance

Presentation materials will be available on the MN NACNS Website [mnnacns.org] under Events, Virtual Pharmacology Series

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SERIES SCHEDULE

WEDNESDAY OCTOBER 21

- | | |
|---------|---|
| 6:30 PM | Recent Strides in Psychopharmacology: Helping your Patients Reach the Finish Line
Elena Geiger-Simpson, DNP, APRN, PMHNP-BC |
| 7:30 PM | Applying Diabetes Medication Pharmacology
Matt Kresl, Pharm. D, BCPS |

MONDAY OCTOBER 26

- | | |
|---------|--|
| 6:30 PM | A Functional Approach to Optimize the Use of Common Dietary Supplements
Amy Sapola, Pharm.D., FAIHM, IFMCP |
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MONDAY NOVEMBER 9

- | | |
|---------|--|
| 6:30 PM | Updates in the Treatment of VTE and Pulmonary Embolism
JB Breeding, Pharm. D, BCPS |
| 7:30 PM | Heart Failure Pharmacology: Review and Updates
Lisa Smith, MS, APRN, CNS |

TUESDAY NOVEMBER 17

- | | |
|---------|--|
| 6:30 PM | How to Manage the Marginalized Diabetic Patient and What is New in Self Blood Glucose Monitoring
Faith Pollock, APRN, ACNS-BC, CDE |
| 7:30 PM | Acute Pain Management and Coexisting Substance Use Disorder
Sara Hall, APRN, ACNS-BC |

WEDNESDAY DECEMBER 2

- | | |
|--------------|--|
| 12:00-1:00PM | Overview of Toxidromes and Common Medication Overdose Management
John Trnka, Pharm.D., R. Ph, BCPS |
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SPEAKER BIOS



Elena Geiger-Simpson, DNP, APRN, PMHNP-BC
WEDNESDAY OCTOBER 21 - 6:30 PM | Recent Strides in
Psychopharmacology: Helping your Patients Reach the Finish Line

Elena is a Clinical Assistant Professor at the University of Minnesota School of Nursing and teaches in the Psychiatric Mental Health Nurse Practitioner DNP Program. She maintains a clinical practice as a PMHNP working in child and adolescent mental health and has previous experience working in an integrated primary care setting with people across the lifespan. She is passionate about providing a person-centered, strengths-based approach while working alongside her patients

as they strive towards achieving optimal health and wellbeing. She believes that every individual has the innate capacity to achieve wellness and integrates a variety of approaches to healing including medication, mind/body connection, cognitive behavioral techniques, nutrition, and movement. Prior to becoming a Psychiatric Nurse Practitioner, she worked for several years as a Registered Nurse in a variety of community mental health settings. Dr. Geiger-Simpson received her Doctor of Nursing Practice degree specializing in Psychiatric Mental Health from the University of Minnesota. Additionally, she holds a Graduate Certificate in Integrative Therapies and Healing Practices from the University of Minnesota's Bakken Center for Spirituality and Healing. She earned a Bachelor of Art degree in Spanish and Nursing from Luther College in Decorah, Iowa



Matt Kresl, Pharm. D, BCPS
WEDNESDAY OCTOBER 21 - 7:30 PM | Applying Diabetes Medication Pharmacology

Matt is a 2004 graduate of the University of Minnesota College of Pharmacy. He completed his PGY I residency at Abbott Northwestern Hospital and worked as an inpatient clinical pharmacist from 2005-2010. In 2010, he transitioned into a Clinical Pharmacy Manager position. In 2016 he started his current position as a Pharmacist Practitioner at Allina Health. He works with patients in clinic, over the phone, or in the home focusing on chronic disease state management (asthma, diabetes, COPD, HF, mental health), smoking cessation, and pain management.



Amy Sapola, Pharm.D., FAIHM, IFMCP
MONDAY OCTOBER 26 - 6:30 PM | How to Win the Race:
A Functional Approach to Optimize the Use of Common Dietary Supplements

Amy is passionate about working with women to achieve radiant health through a Functional and Integrative approach so that they can live whole vibrant lives. Dr. Sapola is a Clinical Pharmacist, Institute for Functional Medicine Certified Practitioner (IFMCP), and Certified Wellness Coach with a B.S. in Nutrition. She has also completed a 2 year fellowship with honors in Integrative Medicine from the Academy of Integrative Health and Medicine (AIHM). As a mother of two young children, avid garden-

er, passionate cook and long time yogi (RYT-200), Amy has an integrative approach to health and wellness both personally and professionally. Her special interests and expertise include Food as Medicine, Avoidance and/or Appropriate Discontinuation of Medications, Optimizing Hormonal Balance, Fertility, PCOS, Balancing Blood Sugar and Type 2 Diabetes, and Rational Use of Vitamins, Minerals, Herbs, and Supplements. You can follow Dr. Sapola on Instagram @womens_functional_pharmacist, Twitter @ASapola_PharmD, and on Facebook @asapolapharmd. Listen to her podcast Nourish + Shine where she talks with passionate leaders in the fields of Nutrition, Functional and Integrative Medicine and Wellness providing inspiration and practical advice to nourish your mind, body and spirit, optimize your health and live a whole vibrant life.

SPEAKER BIOS



JB Breeding, Pharm. D, BCPS

MONDAY NOVEMBER 9 - 6:30 PM | Updates in the Treatment of VTE and Pulmonary Embolism

JB graduated with a BA in Biochemistry from Gustavus Adolphus College and received his PharmD from the University of Minnesota College of Pharmacy. He has worked in multiple roles over the last 22 years as a clinical specialist in the cardiac and anticoagulation arena. He was awarded the College of Pharmacy Minnesota Preceptor of the year in 2013 and was designated a Master Preceptor by the American Association of Colleges of Pharmacy in 2016. He currently works as a

clinical pharmacy specialist at Fairview Southdale Hospital and Chairs the Anticoagulation Subcommittee for the M Health Fairview system.



Lisa Smith, MS, APRN, CNS

MONDAY NOVEMBER 9 - 7:30 PM | Heart Failure Pharmacotherapy: Review and Updates

Lisa has been a nurse for 24 years and in advanced practice for 19 years. Her career has been spent in cardiology with the last 15 years specializing in advanced heart failure, mechanical circulatory support and cardiac transplant. She has published on various heart failure topics and speaks internationally on heart failure care and chronic disease management.



Faith Pollock, APRN, ACNS-BC, CDE

TUESDAY NOVEMBER 17 - 6:30 PM | How to Manage the Marginalized Diabetic Patient and What is New in Self Blood Glucose Monitoring

I have been a certified diabetes educator since 1996; a board certified adult clinical nurse specialist (CNS) with focus on advanced diabetes management since 2008; and an APRN provider with the Abbott Northwestern Hospital Endocrinology Team in Minneapolis since 2015. In addition to being a provider, my role is to improve and provide safe glucose management of inpatients by collaborating with nurses and providers in medication management, diabetes treatments, and complex care coordination for transition of care.



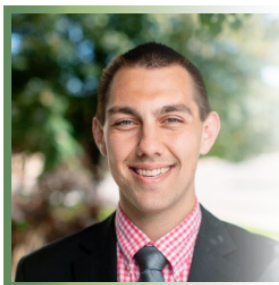
Sara Hall, APRN, ACNS-BC

TUESDAY NOVEMBER 17 - 7:30 PM | Acute Pain Management and Coexisting Substance Use Disorder

Sara Hall is a Clinical Nurse Specialist in Pain Management at Regions Hospital in St. Paul, MN. She has a Bachelor's and Master's in Nursing from the University of Wisconsin-Madison. Most of her advanced practice career has been in the hospital setting doing pain management since 2004. She works with the entire age span of patients from pediatrics to geriatrics managing acute, chronic and cancer related pain. She focuses on both pharmacological and nonpharmacological

methods of pain control. Over the past three years, HealthPartners has seen a 50% reduction in the total amount of opioids prescribed within their family of care. Sara has been at the forefront of this work, as well as multiple other system wide approaches focused on improving opioid safety. Sara is certified as a Clinical Nurse Specialist and in Pain Management by the American Nurses Credentialing Center (ANCC). Sara also recently completed her 500 hour yoga teacher training. She partners with the Department of Neuroscience Research and Rehabilitation at HealthPartners to hold yoga studies for patients with chronic pain.

SPEAKER BIOS



John Trnka, Pharm.D., R. Ph, BCPS

WEDNESDAY DECEMBER 2 - 12:00-1:00 PM | Overview of Toxicodromes and Common Medication Overdose Management

John is currently an inpatient clinical pharmacist with Mayo Clinic Health System in Mankato, MN. He earned his Doctor of Pharmacy degree from the University Of Minnesota College Of Pharmacy and completed a PGY-1 Pharmacy Practice residency at Mayo Clinic Health System in Mankato, MN. John's practice interests include emergency medicine, infectious disease, and pharmacogenomics.

Thank you
2020 Speakers

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SERIES PLANNING COMMITTEE

Co-Chairs: Wendy Worden, APRN, CNS, M.S.
Mary Steffes, DNP, APRN, CNS

Members: Pam Schmidt, MS, APRN, CNS
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Penny Messner, DNP, APRN, CNS
Jolene Tietz, MSN, APRN, CNS
Sara Roslansky, APRN, CNS
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Secretary: Kelly Derby, MS, APRN, CNS

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Immediate Past President: Shamsah Rehmatullah, MS, APRN, ACNS-BC

Student Representative: Andrea Swenson, BSN, RN

VOLUNTEER OPPORTUNITIES

*Please consider serving as the President Elect on the
2021 MN NACNS Board of Directors*

*Seeking volunteers to serve on the planning committee for the 2021
MN NACNS Fall Conference and the Continuing Education Planning Committee.*


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Thank you
for your participation!

NACNS MEMBERSHIP

*Please consider membership to NACNS, to maintain our chapter affiliation,
MN NACNS needs a percentage of our members also to be national members*



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