

Missouri League  
for Nursing

NLN

# 61<sup>st</sup> Annual Convention

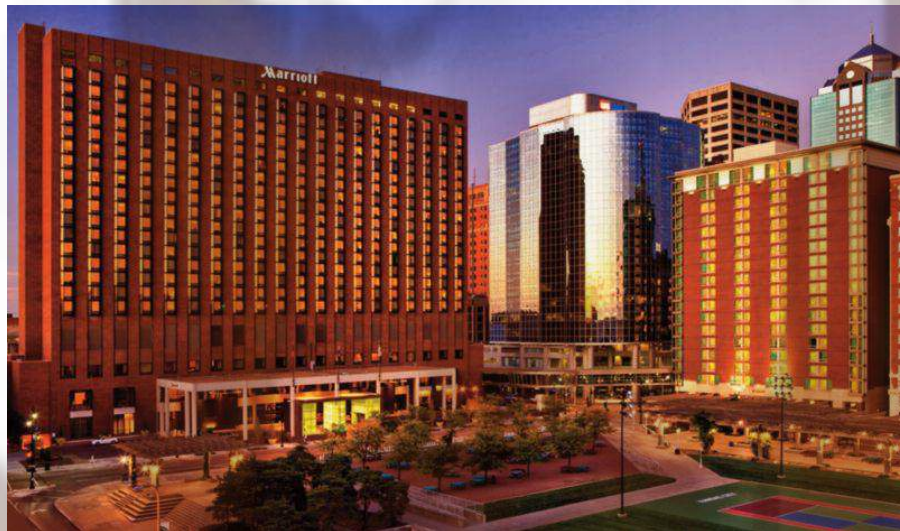
April 10-12, 2014

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## Pre-Convention for Nursing Home Administrators April 9-10

DESIGNED FOR:

Nursing Home Administrators,  
Nurse Educators, Nursing Students, and  
Other Health Care Professionals



MARRIOTT DOWNTOWN  
KANSAS CITY, MISSOURI

[www.mlnmonursing.org](http://www.mlnmonursing.org)

SPICING UP HEALTH CARE

## NURSING HOME ADMINISTRATOR PRE-CONVENTION PROGRAM

April 9-10, 2014

(8 contact/clock hours)

Marriott Downtown, Kansas City, Missouri

**Wednesday, April 9, 2014**

11 a.m. Registration

11:30 a.m. – 3:45 p.m.

### **Recognizing Dementia for What It Is and What It Does and Managing Odd and Difficult Behaviors** (4 PC hours)

*Speaker: Penny Shaffer, RN, MA, Program Director, Health and Human Services, Johnson County Community College, Overland Park, Kansas*

Dementia is a cold and clinical word and is derived from the Latin words demere or demens, meaning out of one's mind, cut away, or off. When any form of dementia, particularly, Alzheimer's Disease, begins to cut away at the three pounds of miraculous tissue known as the human brain, the person that resides within can no longer exist as they once did. Everything changes. This workshop walks you through the most common forms of dementia and takes some of the mystery of the neurological, psychological, functional, and behavioral changes that occur when this disease damages our brain. From this understanding, we will explore practical ways to manage behaviors from a person-centered, inside-out perspective. This course will review the DSM-5 criteria for dementia.

3:45 – 4 p.m. Break

4 – 5:30 p.m.

### **We Removed the Personal Alarms and the Only Thing that Dropped was Falls** (1.5 PC hours)

*Speakers: Linda Kettles, RN, GERTI Instructor; and Karen Craig, RN, GERTI Instructor, Evergreen Living Innovations, Inc.; Evergreen Community of Johnson County; GERTI – Providing Education and Consultation to Aging Specialists, Olathe, Kansas*

Removing personal alarms is a scary proposition because “we don't want her to fall” or “that's what we have always done” or “the family wants it.” Discover why personal alarms are contrary to person-centered principles of dignity and choice. Nursing homes have an obligation to keep residents safe, including providing adequate supervision and implementing interventions that reduce risk. However, our residents don't live in bubbles, so we cannot remove all risk for them. Discover how to systematically remove personal alarms while reducing falls.

**Thursday, April 10, 2014**

745 – 8:15 a.m. Breakfast (pre-purchase of ticket required)

8:30 – 11:15 a.m.

### **Culture Change: We Get the Basics, What Now?** (2.5 PC hours)

*Speakers: Chris Osborn, RN, MBA, LACHA, Chief Business Officer; Linda Kettles, RN, GERTI Instructor; Karen Craig, RN, GERTI Instructor, Evergreen Living Innovations, Inc.; Evergreen Community of Johnson County; GERTI – Providing Education and Consultation to Aging Specialists, Olathe, Kansas*

Understanding the principles of culture change is great, but putting it in place can be confusing and a little bit scary. Discover the journey of one long-term care community who started the culture change journey over 10 years ago. Tools will be provided to bring culture change to your community to improve the lives of the people who live and work there. Bring your questions for an active discussion about issues that concern you about the “how to” of culture change.

11:15 a.m. Lunch (pre-purchase of ticket required)

# SPICING UP HEALTH CARE

April 10-12, 2014

(12 contact hours)

Marriott Downtown, Kansas City, Missouri

❖ **Nurse Educator Track.** However, nurse educators may attend any session

◀ General Sessions for all disciples to attend.

**Thursday, April 10, 2014**

12 – 12:15 p.m.

**Welcome by Cheryl Swallow, President, MLN Board of Directors**

◀ **Opening Session** 12:15 – 1:15 p.m.

**Amazed and Amused: Success, Significance, and Happiness for Health Care Professionals** (1 A hour)

*Speaker: Karyn Buxman, MSN, RN, CSP, CPAE, Humorist/Motivational Speaker, La Jolla, California*

Success is not measured only in dollars and cents, but also in the moments that you live amazed and amused. Balance is achieved not by see-sawing between opposites, but by accepting your place in the scheme of things, and by seeing it all as amazing and/or amusing. Surviving without thriving is not good enough, and we can only do our best when we self-create an attitude of amazement, and a perspective that encourages amusement. Bestselling author, RN, and observer of the human condition Karyn Buxman will take you on a life-changing journey of humor and hope.

**Concurrent Sessions:** 1:30 – 2:30 p.m.

• **Is Turnover Causing You Heartburn?** (1 A hour)

*Speaker: Stormy Anderson, LNHA, SPHR, Director of Human Resources, Lenoir Woods, Columbia, Missouri*

This session will help you understand, and lower, your turnover rates! You'll be provided with tools to increase staff retention and your understanding of challenges, as well as making necessary changes to your hiring, training, and retention practices.

• **Reexamining LGBT Health Care: What You Need to Know** (1 PC hour)

*Speaker: William D. Snook, Program Manager for Health and Social Marketing, City of Kansas City Health Department, Kansas City, Missouri*

This session will define lesbian, gay, bi-sexual, and transgender (LGBT) identities and issues. The session will also discuss the expectations set forth by the Affordable Care Act for LGBT patients and families. Particular hurdles and challenges that LGBT people face in accessing health care will be discussed. Simple steps you can take to remove barriers to care will also be addressed.

❖ **NLN Commission for Nursing Education Accreditation: Accreditation Services**

*Speaker: Judith Halstead, PhD, RN, ANEF, FAAN, Professor of Nursing and Director, Office of Online Education, Indiana University; and Chairperson, Steering Committee for the NLN Commission for Nursing Education Accreditation*

This presentation will provide an update on the development progress of the new NLN accreditation services division, the NLN Commission for Nursing Education Accreditation (CNEA).

2:30 – 2:45 p.m.

Break

**Concurrent Sessions:** 2:45 – 4:15 p.m.

• **Handwashing: Don't Lick the Sauce Off Your Fingers** (1.5 PC hours)

*Speaker: C. Jon Hinkle, Senior Epidemiology Specialist, Northwestern Region, Cameron Area Office Missouri Department of Health and Senior Services, Cameron, Missouri*

- **Fresh Look at Fire Safety: Don't Let Your Smoker Overheat** (1.5 A hours)

*Speaker: Randy Gay, MS, Manager of Environmental Health and Safety, Boone Hospital Center, Columbia, Missouri*

This informal session will discuss the newest ways on prepping your smoker and will give actual examples of what happens when that smoker does overheat! Will include how to handle un-invited guests. Free recipes will be handed out on cooking recommendations! The goal will be that all of your staff will never let the smoker overheat!

- ❖ **Low-Cost and No-Cost Classroom Tools for the Connected Educator**

*Speaker: Keith Krieger, MS, Program Director, Technical Training, Continuing Education and Organizational Development, Adjunct Professor, Johnson County Community College, Overland Park, Kansas*

We are all in the same boat, we want to do more with technology in the classroom but do not have the funding to do so. This session will focus on low-cost and no-cost tools. We will explore Web 2.0 tools for encouraging participation, engagement, and improved learning in the classroom.

**Friday, April 11, 2014**

7:30 – 8 a.m. Coffee and Pastries in the Exhibit Hall

**Concurrent Sessions:** 8 – 9 a.m.

- **Rare or Well Done? Setting and Achieving Goals** (1 A hour)

*Speaker: Novella Perrin, PhD, retired Assistant Provost of Research and Dean of the Graduate School and Director of Gerontology Institute, University of Central Missouri, Warrensburg, MO*  
*This presentation will focus on the key elements of leadership, communication, and motivation and how to combine them to make you the most effective health care professional. We will focus on the identification of quality leadership*

*components, theories of motivation and how to motivate employees, principles of effective communication, common mistakes leaders make, and general tips for becoming a good leader.*

- ❖ **Transforming Nursing Education to Practically Prepare our Students for Professional Practice (Part 1)**

*Speaker: Keith Rischer, RN, MA, CEN, CCRN, Principal/Owner, KeithRN.com, Andover, Minnesota*

This workshop is for educators who want to transform nursing education and increase their effectiveness in the clinical setting through an emphasis on clinical reasoning. You will learn how to maximize student learning in the clinical setting by incorporating the principles from Educating Nurses: A Call for Radical Transformation, and the presenter's clinical and adjunct experience in a wide variety of settings. The presenter will incorporate and develop his three C's of clinical practice: caring, critical thinking, and clinical reasoning, as well as the paperwork that ties it all together!

9 – 9:30 a.m. Exhibit Viewing: Mingle with vendors and win prizes! Must be present to win.

**Concurrent Sessions:** 9:30 – 11:30 a.m.

- **Working with Geriatric Patients with Depression** (2 PC hours)

*Speakers: Elisabeth Chipps, LPC, Practice Manager; Margaret Barger, LPC; and Dr. John Bopp, Licensed Psychologist, Behavioral Health Partners, Kansas City, Missouri*

More than 6.5 million adults aged 65 and older are affected by depression. Depression in older adults often goes undiagnosed and untreated. This workshop will provide participants with an understanding of depression in the geriatric population. Participants will learn common symptoms of depression in the elderly and how depression can be effectively treated.

- **Quality Assurance + Quality Improvement= QAPI: Don't Wait Until the Last Minute to Start Your Preparation** (2 A hours)

*Speaker: Sarah McGinley, BSN, RN, MA, RAC-CT, Senior Nurse Consultant, Polaris Group, Kansas City, Missouri*

The Affordable Care Act requires nursing homes to have a Quality Assessment and Performance Improvement (QAPI) Plan within a year of the announcement of the QAPI regulation. This session will provide an overview of the expected components of QAPI and how they compare with the current Quality Assurance Programs in place.

- ❖ **Transforming Nursing Education to Practically Prepare our Students for Professional Practice (Part 2)**

*Speaker: Keith Rischer, RN, MA, CEN, CCRN, Principal/Owner, KeithRN.com, Andover, Minnesota*

11:30 a.m. – 12 p.m. Exhibit Viewing

12 – 1:15 p.m. **Business Meeting and Nursing Scholarship Award Luncheon**

The 2014 Nursing Scholarship recipient will be announced. You will also have the opportunity to welcome our new Board Members and say good bye to our out-going Board Members.

**Concurrent Sessions:** 1:15 – 2:15 p.m.

- **Regulatory Update** (1 A hour)

*Speaker: Matt Younger, MS, LNHA, Section Administrator, Section for Long-Term Care Regulation, Missouri Department of Health and Senior Services, Jefferson City, Missouri*

This session will focus on recent and upcoming regulatory changes that have an impact on long-term care communities. Changes in both state and federal arenas will be discussed.

- **Using Data to Improve Quality: Are You the Pitmaster?** (1 A hour)

*Speaker: Eva Santoyo, Nurse Manager of the Long-Term Care Unit, Harry S. Truman Memorial Veterans' Hospital, Columbia, Missouri*

- ❖ **Transforming Nursing Education to Practically Prepare our Students for Professional Practice**

- (Part 3)

*Speaker: Keith Rischer, RN, MA, CEN, CCRN, Principal/Owner, KeithRN.com, Andover, Minnesota*

2:15 – 2:30 p.m.

Break

**Concurrent Sessions:** 2:30 – 4 p.m.

- **Reducing Avoidable Rehospitalization: A Review of Resources and Strategies for Use** (1.5 A hours)

*Speaker: Kent McGeeney, Primaris, Columbia, Missouri*

The issue of reducing avoidable hospitalizations is imperative for providers to be on top of. During this session you will be introduced to some of the resources available to you and the strategies to use them.

- ❖ **Warming the Climate for Men in Nursing Education**

*Speaker: Keith Rischer, RN, MA, CEN, CCRN, Principal/Owner, KeithRN.com, Andover, Minnesota*

Though men have been caregivers throughout world history, beginning with the reforms of Nightingale, men in nursing have experienced gender bias and discrimination that still lingers today in more subtle forms. This is the reason male attrition rates in education are much higher in comparison to women (30-50%). Due to the impending nursing shortage, the participation of men is needed. The unique barriers that men experience in nursing and nursing education will be identified so that concrete strategies to break down these walls can be implemented to promote the retention and success of men in your nursing program!

**Saturday, April 12, 2014**

7:30 – 8 a.m. Breakfast (pre-purchase of ticket required)

**Concurrent Sessions:** 8 – 9 a.m.

• **Caring for Residents/Patients with Cultural Sensitivity** (1 PC hour)

*Speaker: Maureen Raffensperger, PT, DPT, CEEAA, Professor, Director Physical Therapist Assistant Program, Missouri Western State University, St. Joseph, Missouri*

Generate increased awareness of the dimensions and complexities involved in caring for people from diverse cultural backgrounds. Cultural stereotypes in selected minority cultures; as well as how stereotype information and an inquiry centered approach can be a useful foundation in culture sensitive care will be discussed.

❖ **Concept Based Curriculum (Part 1)**

*Speaker: Dr. Linda Caputi, EDD, MSN, RN, CNE, ANEF, Professor Emerita, College of DuPage, Glen Ellyn, Illinois*

If you are planning a curriculum revision or just plain curious, this session will provide you with practical information about what a concept-based curriculum is all about. Learn about the basis for this approach to organizing your curriculum as well as the benefits of using a concept-based curriculum. There's really more to enjoy with the concept-based curriculum than just the sizzle!

9 – 9:15 a.m. Break

**Concurrent Sessions:** 9:15 – 10:15 a.m.

• **Kitchen Fitness: Safety and Sanitation Boot Camp** (1 PC hour)

*Speaker: Amy Reaman, RD, LD, Health Care Specialist, Graves Menu Maker Food, Jefferson City, Missouri*

This session will focus on food safety related regulations and teaching methods for staff. We will discuss employee training, review safety and sanitation standards in food service, and

evaluate training standards for food service employees.

• **At Your WITs End? Taming Wounds, Incontinence, and Trachs** (1 PC hour)

*Speaker: Gerry Walker, DHED, MSN, RN, Nursing Program Chair and Associate Professor of Nursing, Park University, Kansas City, Missouri*

This interactive session will focus on the processes, expected outcomes, and assessment of patient responses related to wound care, incontinence, and tracheostomy care.

❖ **Concept Based Curriculum (Part 2)**

*Speaker: Dr. Linda Caputi, EDD, MSN, RN, CNE, ANEF, Professor Emerita, College of DuPage, Glen Ellyn, Illinois*

10:15 – 10:30 a.m. Break

◀ **Closing Session:** 10:30 – 11:30 a.m.

**Caregiver Syndrome: Learning to Keep Your Cup Full, So You Can Give From the Overflow** (1 A hour)

*Speaker: Lisa Schilling, BSN, RN, Speaker; Writer; Consultant; Get REAL Wellness Solutions LLC, Trenton, Missouri*

Health care providers often teach others how to take care of themselves and the value of making smart choices. However, in reality many struggle to practice what they preach. It is not about knowing what to do, as much as figuring out practical ways to do what you know. Health is more than physical; it is also mental, spiritual, and emotional. Caring for others requires energy, add in other life pressures and it is easy to become exhausted. This takes a toll on both personal and professional life. This program is designed to help them break down the process of discovery. Then empower them to construct a plan allowing them to keep their cup full, while giving from the overflow.

**Nursing Student Agenda – Thursday, April 10, 2014**  
**Contact the MLN for a Student Registration Form**

8:30 a.m. Registration

9 – 10 a.m.

**NCLEX Study Course**

*Speaker: Lydia R. Zager, MSN, RN, NEA-BC, Education Consultant, ICAN Publishing Inc., Charlotte, South Carolina*

10-10:15 a.m. Break

10:15 – 11:15 a.m.

**How to be the Spiciest Recruit in Health Care: Resume and Interviewing Tips**

*Speaker: Stormy Anderson, LNHA, SPHR, Director of Human Resources, Lenoir Woods, Columbia, MO*

It is a must to stand out amongst the other applicants, the job market is very competitive. This session will provide tools to enhance the recruitment process from the standpoint of the applicant, not the employer. Resume writing and interview best practices will be discussed.

11:15 a.m. Lunch (provided)

12:15 – 1:15 p.m.

**Amazed and Amused: Success, Significance, and Happiness for Health Care Professionals**

*Speaker: Karyn Buxman, MSN, RN, CSP, CPAE, Humorist/Motivational Speaker, La Jolla, California*

Success is not measured only in dollars and cents, but also in the moments that you live amazed and amused. Balance is achieved not by see-sawing between opposites, but by accepting your place in the scheme of things, and by seeing it all as amazing and/or amusing. Surviving without thriving is not good enough, and we can only do our best when we self-create an attitude of amazement, and a perspective that encourages amusement. Bestselling author, RN, and observer of the human condition Karyn Buxman will take you on a life-changing journey of humor and hope.

1:15 – 1:30 p.m. Break

1:30 – 2:30 p.m.

**Professionalism: Being a Model of Nursing**

*Speaker: Kristine Strong, BSN, RN, MHA, Administrative Director-Surgical Nursing, Mercy Hospital, Springfield, Missouri*

Florence Nightingale, over 200 years ago, began setting the high standards that nursing continues to experience today. This includes nursing being the most trusted profession, having impressive core values including honesty and responsibility and above all, caring and providing compassionate care that puts the needs of the patient and the care that we are providing as the priority.

Professionalism includes many things but primarily Attitude, Appearance, and Teamwork. These topics will be explored and discussed and will provide basic expectations for the student nurse as they begin their rewarding career in nursing.

2:30-2:45 p.m. Break

2:45 – 3:45 p.m.

**Rare or Well Done? Setting and Achieving Goals**

*Speaker: Novella Perrin, PhD, retired Assistant Provost of Research and Dean of the Graduate School and Director of Gerontology Institute, University of Central Missouri, Warrensburg, Missouri*

This presentation will focus on the key elements of leadership, communication, and motivation and how to combine them to make you the most effective health care professional. The session will focus on the identification of quality leadership components; theories of motivation and how to motivate employees, principles of effective communication; common mistakes leaders make; and general tips for becoming a good leader.

### Discount for Early Registration!

Register by March 14, 2014 and SAVE!

### Group Discount for Members Only!

Register by March 14, 2014 and pay only \$100 for the fourth and subsequent attendees. Registrations received after March 14 are \$125 for the fourth and subsequent attendees.

### Registration

Register via mail, phone, fax, or online. Missouri League for Nursing, 604 Dix Road, Jefferson City, MO 65109. Phone: 573-635-5355, Fax: 573-635-7908, Online: [www.mlnmonursing.org](http://www.mlnmonursing.org)

Payment is due at time of registration. Onsite registration fee is an additional \$25.

### Cancellations

No refunds or credits will be issued if registrant fails to attend. There is a \$50 nonrefundable cancellation fee if written notification is received on or before March 21, 2014. No refund or credit will be issued after March 21. Substitutions are allowed.

### Program Includes

Handouts via email and meals as specified: Thursday evening reception (light dinner), Friday breakfast (pastries in Exhibit Hall), and Friday plated lunch. Other meals are available for purchase. See registration form for more information.

### CE Approval RN:

Please check back.

NHA: Approved by the Missouri Board of Nursing Home Administrators through TA #044-714.

All disciplines will receive a certificate of attendance.



### Site and Lodging

Marriott Downtown, 200 West 12th Street, Kansas City, MO 64105

Meeting rooms will be held in the Mulbach building of the hotel, southeast of the main Marriott entrance. Sleeping room reservations will be made in the Mulbach building on a first-come-first-served basis.

Single/Double rate is \$129/night plus taxes. Reservations must be made online by March 12, 2014 to ensure discounted rate. Click here:

[https://resweb.passkey.com/Resweb.do?mode=welcome\\_ei\\_new&eventID=10650752](https://resweb.passkey.com/Resweb.do?mode=welcome_ei_new&eventID=10650752)

### Parking

Parking fee is \$15 per day for self parking or \$19 per day for valet.

### Attire

Business casual. Since meeting room temperatures vary, layered clothing is suggested.





# NHA Pre-Convention and Convention Registration Form

## April 9-10, 2014 Pre-Convention & April 10-12, 2014 Convention

### Pre-Convention and Convention (20 hours) April 9-12

**Postmarked on or before 3/14/14**

# of participants \_\_\_\_\_

- \_\_\_\_\_  \$399 MLN Member
- \_\_\_\_\_  \$100 MLN Member—4th and subsequent persons
- \_\_\_\_\_  \$499 Nonmember

**Postmarked after 3/14/14**

- \_\_\_\_\_  \$449 MLN Member
- \_\_\_\_\_  \$125 MLN Member—4th and subsequent persons
- \_\_\_\_\_  \$549 Nonmember

### Convention (12 hours) April 10-12

**Postmarked on or before 3/14/14**

# of participants \_\_\_\_\_

- \_\_\_\_\_  \$295 MLN Member
- \_\_\_\_\_  \$100 MLN Member—4th and subsequent persons
- \_\_\_\_\_  \$395 Nonmember

**Postmarked after 3/14/14**

- \_\_\_\_\_  \$345 MLN Member
- \_\_\_\_\_  \$125 MLN Member—4th and subsequent persons
- \_\_\_\_\_  \$445 Nonmember

Onsite registration (if received on or after April 4) additional \$25 applied to all registrations.

**Additional Meal Options**

- \$18 Thursday buffet breakfast in hotel restaurant (Pre-Convention Attendees Only)
- \$25 Thursday plated lunch (Pre-Convention Attendees Only)
- \$18 Saturday buffet breakfast in hotel restaurant

**Group Rate for Membership Only:** First three attendees pay full price. Each additional attendee pays \$100 if registered by March 14.

**Membership** Please call the MLN for membership information and to join.

**T-shirt Size:**  S  M  L  XL  XXL  XXXL

*All attendees will receive an MLN t-shirt during registrations.*

*Please print or type. Complete one registration form per person. The starred (\*) information will be included on the registration list made available to participants and exhibitors.*

Name\* \_\_\_\_\_ Last 4 Digits of Social Security # \_\_\_\_\_

Home Address \_\_\_\_\_ Home City/State/Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell \_\_\_\_\_

Home Email \_\_\_\_\_ Work Email \_\_\_\_\_

Place of Employment\* \_\_\_\_\_

Position\* \_\_\_\_\_ Credentials\* \_\_\_\_\_

Please check method of payment. *We cannot bill you.*

Check enclosed  Debit Card  Discover/MasterCard/Visa Total Enclosed \$ \_\_\_\_\_

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_ 3-Digit Security Code \_\_\_\_\_

Billing Zip Code for the Credit Card \_\_\_\_\_ Name on Card \_\_\_\_\_

**Send payment to: Missouri League for Nursing, 604 Dix Road, Jefferson City, MO 65109**  
or fax to: 573-635-7908