

QUEST FOR QUALITY 2011

PREVENTION THROUGH INTERVENTION



*Monday-Tuesday,
October 31-November 1, 2011*

Rochester, Minnesota

General Information

Conference description and goals

Mayo Continuing Nursing Education is pleased to announce **Quest for Quality 2011 Prevention Through Intervention** on **October 31 and November 1, 2011** in Rochester, Minnesota. This popular biennial conference is designed to meet the educational needs of medical-surgical and specialty nurses who work across practice settings in various roles.

The 2011 conference will focus on prevention through intervention throughout the life cycle with patient education, health and wellness, and evidence-based practice. Nurses are pivotal to helping patients recognize the importance of becoming proactive and responsible for personal healthcare, and maintaining a positive lifestyle. Evidence-based practice will be at the center of the conference, including innovations in healthcare, technical advancements for care and diagnostics, the changing role of nursing in today's healthcare environment, and healthcare reform.

Renew yourself with learning and networking at Quest for Quality 2011. Attend presentations by internationally known speakers and participate in concurrent sessions that reflect your specific interests. Visit poster presentations that reveal some of the newest findings applicable to nursing practice. Interact with exhibitors displaying the latest products and services available.

The goals of the conference are to:

- Highlight innovations for today's healthcare practice.
- Provide tools to help patients manage their health.
- Address the role of nursing in a rapidly changing healthcare environment.

Date and location

The conference will be held **Monday and Tuesday, October 31 and November 1, 2011** at Mayo Civic Center, 30 Civic Center Drive SE, Rochester, Minnesota. This site offers easy access by skyway and pedestrian subway, to Mayo Clinic, shops, restaurants, and conference hotels.

Target audience

The conference is designed for medical-surgical and specialty nurses and other healthcare professionals in a broad variety of roles and settings including inpatient, outpatient, advanced practice, home healthcare, long-term care, education, and the community.

Conference highlights

Exhibits: Nationally known companies will display the latest in medical products, pharmaceuticals, and services. You will have opportunities on Monday, October 31, to visit the exhibits, interact with representatives, and network with colleagues over breakfast and lunch.

Poster session: Posters will be presented on Tuesday, November 1. Nursing colleagues will share innovative ideas, nursing research, and practice issues over breakfast and lunch.

General Information

Featured faculty



Sudip Bose, MD, FACEP, FAAEM, is an emergency medicine physician with a breadth of clinical experience from the busiest urban emergency rooms in the nation to underserved community hospitals. Currently, Bose treats patients at Medical Center Hospital in Odessa, Texas, and serves as the medical director for Ector County and the City of Odessa, Texas. Bose is an associate professor at University of Illinois College of Medicine and also

holds faculty positions at Texas A&M and University of Texas. His numerous publications include a leading 650-page review text in the specialty of emergency medicine. Bose was selected by the American College of Emergency Physicians as one of the “heroes of emergency medicine” for his contributions to the field. A former major in the United States Army, Bose served as military officer from 1995-2007. During his fifteen month tour on the front lines of Iraq, he cared for thousands of wounded soldiers and Iraqi civilians, providing front line emergency care during the peak of insurgencies in Baghdad and Najaf. When not on missions, Bose volunteered by serving at the busiest trauma center in the world at that time - the Ibn Sina Hospital. For his service, he received presidential recognition and earned several awards including The Bronze Star, The Combat Medical Badge, and The Army Commendation Medal. As founder of *TheBattleContinues.org* and an active member of the Board of Directors of the American Occupational Therapy Association, Bose is championing efforts to raise awareness and funding for wounded veterans and families of fallen soldiers, especially with post-traumatic stress disorder. He uses his military, emergency, and professorial experience to be an active proponent of veteran and healthcare issues on the national and international arena. Bose is a graduate of Northwestern University Feinberg School of Medicine.



Donna Cardillo, MA, RN, is the Career Guru for Nurses and the *Dear Donna* columnist for *Nursing Spectrum* and *NurseWeek* magazines and at nurse.com. She also is an “expert” blogger at DoctorOz.com – the first and only nurse blogging there. She travels the world helping nurses to be happy in their careers and reach their full potential. Cardillo’s accomplished career combines over 20 years of clinical, managerial, and business

experience, not to mention her stint as a professional singer. Her clinical experience includes emergency and psychiatric nursing. Cardillo holds a diploma in nursing, a bachelor of science in health care management and a master of arts in corporate and public communication. She was formerly known as the Healthcare Careers Expert at monster.com. Cardillo has twice been named Business Woman of the Year in New Jersey and has also received the coveted Athena Award, a national leadership award for women. She was designated a Diva in Nursing by the Institute for Nursing in New Jersey for outstanding achievements and excellence in practice. Cardillo appears regularly on television and radio, is frequently quoted in newspapers and magazines, and has published numerous articles. She is author of three books: *Your First Year as a Nurse – Making the Transition from Total Novice to Successful Professional*; *The ULTIMATE Career Guide for Nurses - Practical Advice for Thriving at Every Stage of Your Career*; and *A Day Book for Beginning Nurses*. She is a volunteer lecturer and facilitator for the National Multiple Sclerosis Society.

Featured Faculty



Brian H. Kaihoi, MBA, has been with Mayo Clinic for 35 years, and has held 21 different administrative and operational positions. He has worked in hospital admissions, nursing, started the Educational Services Department at Rochester Methodist Hospital, worked in what is now Media Support Services, Information Technology, and Public Affairs. Kaihoi worked on implementing Mayo Clinic's intranet, and then Mayo Clinic's Internet presence. Currently, he is Mayo Clinic's web administrator, working with all web activities, along with his work with the Center for Innovation, which is finding ways to transform the way healthcare is experienced and delivered. Kaihoi is leading Mayo Clinic's efforts to incorporate virtual world tools into practice, education, research, and administrative activities. Academically, Kaihoi has degrees in education and business, and has a master's in business administration. He has presented numerous seminars and workshops on technology, education, and management topics for Mayo Clinic, state and federal government agencies, professional associations, corporations, and civic groups. He is a past-president of the Minnesota affiliate of the American Society for Healthcare Education and Training.



Bernard F. King, Jr., MD, FACR, is a professor in the Department of Radiology at Mayo Clinic, Rochester, Minnesota. He has a joint appointment in the Division of Nephrology and Hypertension, Department of Internal Medicine, Mayo Clinic. King received his undergraduate degree from the University of Notre Dame and his medical degree from Washington University School of Medicine. He completed an internship in Internal Medicine, then served two years in the Public Health Service in South Dakota, and returned to complete a residency in Radiology at Indiana University Medical Center. King completed his fellowship in Genitourinary Radiology at Mayo Clinic. He has been chair of the Department of Radiology since 2006, and chair of the Abdominal Division in Radiology from 2003 to 2006. King has previously served as chair of the Radiology Clinical Practice Committee, Scholarship Committee, and History Committee. Outside of Mayo, he has served on numerous committees for the American Roentgen Ray Society, American College of Radiology, and Radiological Society of North America. King is widely published and a most sought after speaker on a variety of topics, including healthcare reform.

Featured Faculty



Mark C. Lee, MD, Consultant, Division of General Internal Medicine at Mayo Clinic, Rochester, Minnesota, earned his master of science in applied physiology and medical degree from the University of Chicago Medical School. He joined the Mayo Clinic faculty in 1998 as a general internist and clinician educator. Lee has served as an associate program director for the Department of Residency Program and head of the GIM Education Section. His career passion is in facilitating learning through faculty development and education/leadership mentoring. Lee is a facilitator trainer for the Stanford Faculty Development Program in Clinical Teaching and created the Faculty Enhancement and Education Development Program for clinical teaching. He is the recipient of numerous education awards and has been reaffirmed into the Mayo Clinic Teacher of the Year Hall of Fame multiple times. Some of his many interests focus on inpatient and outpatient education, complementary and integrative medicine, and medical informatics. Lee has lectured widely on professional education and education modalities, herbs and dietary supplements, and many complementary and alternative medicine topics.



Joan Somes, PhD, RN, CEN, FAEN, works in the Emergency Department at St. Joseph's Hospital in St. Paul, Minnesota as an educator and staff nurse. Somes has over 37 years of emergency room experience and over 30 years as an educator. Somes also works for Regions Emergency Medical Service where she provides education to the pre-hospital personnel and paramedics in the eastern metropolitan area. Somes earned a master of science in nursing from the University of Minnesota and a PhD in healthcare administration from Columbia Southern University, and is a fellow in the Academy of Emergency Nurses. She has been a certified paramedic for 35 years. Somes owns and teaches for her own company, Emergency Care Instructing, providing ACLS and PALS education for a variety of groups from family practice clinics to surgery centers, ambulance services, and hospitals. She also serves as regional faculty for the American Hospital Association. Somes is the geriatric section editor and author for the *Journal of Emergency Nursing*. She has presented at numerous conferences nationally, internationally, and locally. Somes is well known for her work on patient health literacy.

Conference Schedule

Monday, October 31, 2011

- 7:00 a.m.** **Registration, Breakfast, and Exhibits**
- 8:00-8:15 a.m.** **Welcome and Announcements**
- 8:15-9:30 a.m.** **Plenary Session I**
The Battle Continues
Sudip Bose, MD, FACEP, FAAEM, Medical Center Hospital, Odessa, Texas
- 9:45-10:30 a.m.** **Concurrent Session I**
- 11 Mentoring Medical Students and Residents in Patient Education
Renée Bergstrom, EdD, Mayo Clinic, Rochester, Minnesota
- 12 Sound Care to Reduce Your Stress and Promote Wellness
Tami M. Briggs, MBA, CHP, Musical Reflections, Inc., Eden Prairie, Minnesota
- 13 Moving On Up! Preventing Functional Decline with Mobility Interventions
Kimberly Scheffel, BSN, RN, CNRN, Northwestern Memorial Hospital, Chicago, Illinois
- 14 A Mother's Flight to Survive
Timothy D. Alden, BSN, RN, CFRN, EMT, Mayo Clinic, Rochester, Minnesota
- 10:45-11:30 a.m.** **Concurrent Session II**
- 21 Advantages of Group Based Patient Education: Skills and Techniques for Educators
Susan S. Bjornsen, MA, RN, Mayo Clinic, Rochester, Minnesota
- 22 Compassionate Presence: The Role of Mindful Nursing
Thomas B. Roberts, LCSW, LMFT, CSAC, Innerchange Counseling, Onalaska, Wisconsin
- 23 Applications of Integrative Medicine in Nursing Practice
Paul A. Nathenson, MPA, CRRN, HN-BC, Madonna Rehabilitation Hospital, Lincoln, Nebraska
- 24 It's Not Just V Fib Anymore! Other Causes of Cardiac Arrest!
Joan Somes, PhD, RN, CEN, FAEN, St. Joseph's Hospital, St. Paul, Minnesota
- 11:30 a.m.-**
1:00 p.m. **Lunch and Exhibits**
- 1:00-1:45 p.m.** **Plenary Session II**
Healthcare Reform
Bernard F. King, Jr., MD, FACR, Mayo Clinic, Rochester, Minnesota
- 2:00-2:45 p.m.** **Concurrent Session III**
- 31 Carbohydrate Counting: Nurses Improving the Process of Dosing Mealtime Insulin**
Julie K. Brown, MS, RN, ACNS-BC, Mayo Clinic, Rochester, Minnesota
- 32 The Healer Within
Christina M. Kurkowski, MS, RN, ONC, CNOR, ANP-C, ONP-C, ThedaCare Physicians, Waupaca, Wisconsin

Conference Schedule

33 Nurses and Patient Care Technicians (PCT): A Magnet Hospital's Journey to Establishing Expectations that Improved Quality Outcomes

Marianne N. Adoryan, MSN, MAEd, RN-BC, Sarasota Memorial Hospital, Sarasota, Florida

34 Managing Post-Operative Nausea and Vomiting: New Innovations for Nursing

Brandon R. May, BSN, RN, Mayo Clinic, Rochester, Minnesota

3:00-4:00 p.m.

Plenary Session III

Is Beer a Clear Liquid? Health Literacy and Teaching Patients

Joan Somes, PhD, RN, CEN, FAEN, St. Joseph's Hospital, St. Paul, Minnesota

Tuesday, November 1, 2011

7:00 a.m.

Registration, Continental Breakfast, and Posters

7:50 a.m.

Announcements

8:00-9:00 a.m.

Plenary Session IV

Virtual Worlds: Their Impact on Patient Care and Professional Education

Brian H. Kaihoi, MBA, Mayo Clinic, Rochester, Minnesota

9:15-10:00 a.m.

Concurrent Session IV

41 Implementation of a Nurse Initiated Protocol for Beta Blocker Administration**

April A. Bursiek, MSN, RN, CNS, Mayo Clinic, Rochester, Minnesota

42 No Excuses! Advance Quality Patient Education Through Interactive Patient Care

Katherine E. Pereira-Ogan, MSSL, BSN, RN, BC, Christiana Care Health System, Newark, Delaware

43 The Bounceback Initiative: Using a Multidisciplinary Approach to Examine Unplanned Readmissions to a Higher Level of Care

Janet S. Denmark, MSN, CNS, ACNS-BC, Tampa General Hospital, Tampa, Florida

44 One Voice: Involving Patients and Families to Enhance Quality
Carrie Sanvick, BSN, RN, Mayo Clinic, Rochester, Minnesota and Panel

10:15-11:00 a.m.

Concurrent Session V

51 Dollars & Sense: The Basics of Health Care Finance

Lori L. Ewoltdt, MA, BAN, RN, Mayo Clinic, Rochester, Minnesota

52 Violence Intervention Nursing Teams

Alison C. Rerko, RN, SANE-A, SANE-P, Fairview General Hospital, Cleveland, Ohio

53 Preparing for Surgery: Body, Mind, and Spirit

Barbara J. Schroeder, MS, RN-BC, APRN, Mayo Clinic, Rochester, Minnesota

54 Certification: What Is In It for My Patients and for Me?

Donna A. Ford, MSN, RN-BC, CNOR, Mayo Clinic, Rochester, Minnesota

Conference Schedule

- 11:15a.m.-
12:15 p.m.** **Plenary Session V**
The Art of Asking Questions: How to Stimulate Higher Levels of Thinking in Those You Are Teaching
Mark C. Lee, MD, Mayo Clinic, Rochester, Minnesota
- 12:15-1:30 p.m.** **Lunch and Posters**
- 1:30-2:15 p.m.** **Concurrent Session VI**
- 61 The Role of Nursing in an Innovative, Evidence-Based Pediatric Pain Rehabilitation Program
Connie A. Luedtke, MA, RNC, Mayo Clinic, Rochester, Minnesota
- 62 Violence Against Nurses in Health Care and Legal Implications
Yvonne D. McCoy, PhD, APRN-BC, DABFN, FACFEI, North Carolina Agricultural & Technical State University, Greensboro, North Carolina
- 63 Quitting Tobacco: The Nurse's Role
Agnes Gaber, MSN, RN, ANP-BC, CGRN, American Lung Association, Chicago, Illinois
- 64 Introducing Lean Concepts in a Critical Access Hospital
Rita B. Jury, MSN, RN, CPHQ, Luther Midelfort Oakridge, Osseo, Wisconsin
- 65 In Situ Simulation
Janee M. Klippel, BSN, RN, Mayo Clinic, Rochester, Minnesota
Bridget J. Carolan, RN, Mayo Clinic, Rochester, Minnesota
- 2:30-3:15 p.m.** **Concurrent Session VII**
- 71 Short Term Outcomes Comparing Two Accelerated Perioperative Clinical Pathways in Colon and Rectal Surgery
Pamela M. Maxson, PhD, RN, ACNS-BC, Mayo Clinic, Rochester, Minnesota
- 72 A Multidisciplinary Approach to Promoting Safe Medication Administration
Janice K. Nuuhitwa, MSN, APN/CNS, Children's Memorial Hospital, Chicago, Illinois
- 73 Implementing the NCCN Distress Screening Instrument in a University Breast Cancer Clinic in the Midwest
Linda S. Hammonds, DNP, APRN, PMHNP-BC, FNP-BC, University of Missouri, Columbia, Missouri
- 74 Caring for the Caregiver
Jo A. Stecher, PhD, RN, CCTC, Florida Gulf Coast University, Fort Myers, Florida
- 3:30-4:30 p.m.** **Plenary Session VI**
Nursing – The Future Is Ours
Donna Cardillo, MA, RN, Cardillo and Associates, Sea Girt, New Jersey

General Information

Continuing education credit

Mayo Continuing Nursing Education is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Participants can earn up to 12.5 accredited nursing contact hours for the conference.

Mayo Clinic Section of Social Work has been designated by the Minnesota Board of Social Work as an approved continuing education provider. This conference fulfills requirements for 12.5 continuing education hours.

**Social Work hours not offered for Concurrent Sessions 31 and 41.

Registration

Two-day conference registration fee: \$295

Single day conference registration fees: Monday or Tuesday: \$180

Student two-day fee: \$195

Please bring proof of current student status to the course (for example, a copy of your student identification card).

Registration includes:

- Conference syllabus and materials
- Outstanding plenary and concurrent sessions
- Breakfast and lunch with exhibits on Monday
- Breakfast and lunch with innovative posters on Tuesday
- All break refreshments

Registrations cannot be shared.

Pre-registration is required and preferred by **Monday, October 10, 2011**.

Registrations received after October 10, 2011 will be accepted on a space-available basis.

Visit <http://calendar.cne-registration.com/> to register.

Out of respect for conference participants, children are restricted from the conference.

Cancellation policy

If you cancel your participation in this course, your registration fee, less an administrative fee, will be refunded when written notification is received by Mayo Continuing Nursing Education before **October 10, 2011** (fax#: 507-266-6910 or e-mail: cne@mayo.edu). No refunds will be made on or after October 10, 2011. Canceled registrations are non-transferable.

Mayo Continuing Nursing Education reserves the right to cancel or postpone any course due to unforeseen circumstances. In the unlikely event Mayo Continuing Nursing Education must cancel or postpone this course, Mayo Continuing Nursing Education will refund the registration fee, but is not responsible for any related costs, charges, or expenses to participants, including fees assessed by airline/travel/lodging agencies.

General Information

Lodging and parking

Rooms have been reserved for conference participants and their guests at the Hilton Garden Inn (507-285-1234) at a rate of \$109 per night and the DoubleTree Hotel Downtown (507-281-8000) at a rate of \$119 per night. The rates listed may be extended before and after the conference based on availability. To ensure accommodations, please make your reservation by **Monday, October 10, 2011**. Reservation requests received after this date will be accepted on a space available basis.

Visit www.mayoclinic.org/travel-rst/maps.html for a map indicating the location of downtown parking facilities. The cost of parking is not included in the registration fee.

Travel

Rochester, Minnesota greets thousands of visitors from around the world each year. A modern international airport services Rochester with multiple flights daily from Chicago, Detroit, and Minneapolis via American and Delta Airlines. Access to and from the airport is provided by taxi cab and shuttle service. The airport is located approximately 10 miles from downtown Rochester and the Mayo Clinic campus.

To schedule shuttle service to and from the Minneapolis Airport (70 miles) using Rochester Direct, call 507-280-9270 and indicate that you are a Mayo Continuing Nursing Education conference participant to receive the discounted price. Shuttle service to and from the Minneapolis Airport is \$29 one-way and \$55 round trip; to and from the Winona Amtrak train station (40 miles) is \$25 each way (four trips daily).

There are multiple flights out of the Rochester airport (RST) and Minneapolis Airport (MSP) in the evening. We encourage participants to make travel arrangements which allow them to stay for the entire conference.



General Information

About Mayo

Mayo Clinic is committed to advancing the knowledge and skills of healthcare professionals. Mayo Continuing Nursing Education conducts educational conferences that will advance nursing practice.

Mayo Clinic is the first and largest integrated, not-for-profit group practice in the world. Doctors and nurses from every specialty work together to care for patients, joined by common systems and a philosophy of "the needs of the patient come first."

Since its inception, Mayo has used art, architecture and beauty in surroundings to address the wholistic aspects of medical care. Guided tours of Mayo's museum-quality art collection including original works by Matisse, Warhol, Miro and Chihuly are held daily, Monday through Friday.

Rochester, home to Mayo Clinic, is a dynamic Midwestern city that combines friendliness and geographical compactness with a cosmopolitan flavor. Rochester offers a stimulating combination of arts, entertainment and education, plus a four-season calendar of sports and recreation. Active civic music and theater programs provide opportunities to participate and enjoy the arts.

Conference planning task force

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For more information

Contact Mayo Continuing Nursing Education at 800-545-0357 or 507-266-1007, fax 507-266-6910 or e-mail cne@mayo.edu. Visit our web site at <http://calendar.cne-registration.com/>

Multiple brochures?

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Mayo Continuing Nursing Education
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Rochester, Minnesota 55905

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