



THE 2ND ANNUAL STATEWIDE CELEBRATION OF

# Rural Nursing

NOVEMBER 30, 2018 | 8:00 am - 4:30 pm

# 8

**CONCURRENT CONFERENCE LOCATIONS!**



## STATEWIDE

On Friday, November 30, 2018, all nine NC AHECs will host eight concurrent conferences for nurses serving rural North Carolina. Two statewide broadcast keynote addresses will link all the regions together. Each AHEC will offer additional live, on-site presentations that focus on regional topics. Nurses will have the opportunity to connect with colleagues in their region.

## IN GREENVILLE

Sessions at the Greenville site focus on "Dementia Friendly" hospitals and communities, human trafficking in rural settings, and managing your stress with laughter yoga.



Cherokee Indian Hospital,  
Cherokee - MAHEC

Blue Ridge Community College,  
Hendersonville - MAHEC

Isothermal Community College,  
Spindale - Charlotte AHEC

Watauga Medical Center, Boone -  
Northwest AHEC

Robeson Community College,  
Lumberton - Southern Regional  
AHEC

William F. Andrews Conference  
Center, Raleigh - Area L,  
Greensboro & Wake AHECs



## THE EDUCATION CENTER AT EASTERN AHEC

2600 West Arlington Blvd.

Greenville, NC 27835

(Eastern & South East AHECs)

YMCA at the Pines, Elizabeth City -  
Eastern AHEC

**JOINTLY PROVIDED BY**



## AGENDA

|                     |   |
|---------------------|---|
| 8:00 – 8:45 am      | Registration and Light Breakfast  |
| 8:45 – 9:00 am      | Local Welcome & Overview<br><i>Robin Schaefer, DNP, CRNA, NEA-BC, FACHE</i>   |
| 9:00 – 9:15 am      | NC AHEC Welcome & Greetings<br><i>Karen Stallings, MEd, RN, FAAN</i>  |
| 9:15 – 10:45 am     | Healthy Nurse, Healthy Nation<br><i>Ernest Grant, PhD, RN, FAAN</i>   |
|                     | Building a Culture of Health for Nurses<br><i>Connie Mele, MSN, RN, PMHCNS-BC, LCAS, CARN-AP, NE-BC, FIAAN</i>              |
| 10:45 am – 11:00 am | Break   |
| 11:00 am – 12:00 pm | Dementia Friendly Hospital and Community<br><i>Marcia Bryant, MSN, RN, NE-BC and the Outer Banks Dementia Friendly Team</i> |
| 12:00 pm - 1:00 pm  | Lunch (provided)  |
| 1:00 – 2:30 pm      | Rural Nursing Can Make a Difference: Preventing Suicide in North Carolina<br><i>Jodi Flick, ACSW, LCSW</i>                  |
| 2:30 – 2:45 pm      | Break   |
| 2:45 – 3:30 pm      | Human Trafficking: Not Just an Urban Problem<br><i>Pam Strickland, BSBA</i>   |
| 3:30 – 4:15 pm      | Laughter Yoga<br><i>Tamyra Jovel, MSW</i>   |
| 4:15 - 4:30 pm      | Wrap-Up & Evaluation  |

**BROADCAST  
STATEWIDE**

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## STATEWIDE PRESENTERS



**ERNEST GRANT, PhD, RN, FAAN**

Vice President &  
President-Elect  
American Nurses Association



**CONNIE MELE, MSN, RN, PMHCNS-BC,  
LCAS, CARN-AP, NE-BC, FIAAN**

Consultant & Behavioral  
Health Therapist



**JODI FLICK, ACSW, LCSW**

Clinical Associate Professor &  
Education Specialist  
UNC-Chapel Hill School of Social Work

## LOCAL PRESENTERS

### THE OUTER BANKS HOSPITAL:

**Marcia Bryant, MSN, RN, NE-BC** - Vice President, Clinical Operations  
**Kelly Divita** - Manager, Experience & Volunteer Services  
**Lisa McGaha, MHA, BSN, RN** - Director, Inpatient Services  
**Catherine Pfendler, RN II** - Emergency Dept.

### PAM STRICKLAND, BSBA

Founder, Eastern North Carolina Stop Human Trafficking Now

### TAMYRA JOVEL, MSW

Family Caregiver Resource Specialist  
Mid East Commission Area Agency on Aging

## THE DETAILS

### TARGET AUDIENCE

All registered nurses and licensed practical nurses living in or providing care to rural eastern North Carolina.

### OBJECTIVES

Upon completion of this educational activity, the participant will be able to:

- Discuss the importance of the Healthy Nurse, Healthy Nation initiative and how it is leading the way to better health.
- Identify effective strategies to promote culture of health for nurses in yourself, agency, and community.
- Identify effective ways to help prevent suicide.
- Describe the development of a dementia friendly hospital and community in a rural setting.
- Discuss what rural nurses need to know about human trafficking.
- Practice using laughter yoga as a way to reduce stress and restore energy.

### CREDIT

#### Nurses: 6.0 CNE Hours

The Eastern AHEC Department of Nursing and Allied Health Education is approved with distinction as an approved provider of continuing nursing education by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Centers Commission on Accreditation.

#### Other Professionals: 6.0 Contact Hours

All other participants will receive 6.0 Eastern AHEC Contact Hours.

### AMERICANS WITH DISABILITIES ACT

Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the Department of Disability Support Services at (252) 737- 1016 (V/TTY) at least five business days prior to the program.

### REGISTRATION

The registration fee is **\$55.00** and includes administrative costs, educational materials, light breakfast and lunch.

Registration available at [www.easternahec.net](http://www.easternahec.net).

*By attending this event, I acknowledge that Eastern AHEC staff and/or their designees, including news media, may take general (not close-up) photos or videos of this event for marketing/publicity purposes, and I further allow my likeness to be used in this manner. If I do not wish to appear in these photos or videos, I understand that it is my responsibility to notify Eastern AHEC staff so my preference can be met.*

### CANCELLATION POLICY

To be eligible for a refund, cancellations MUST be emailed to [easternahec@ecu.edu](mailto:easternahec@ecu.edu) at least one week in advance of the activity.

No refunds will be given for cancellations less than one week prior to activity.

For continuing professional development activities canceled more than one week prior to continuing professional development activity,

- A \$35.00 cancellation fee will be deducted from the refund, OR
- The registrant may elect to apply the full amount toward a future Eastern AHEC continuing professional development activity being held within one year, OR
- Substitutions are welcome; advance notification encouraged.

### HANDOUTS, EVALUATION & CERTIFICATES

Handouts will be available at the conference. They will also be available online. One week prior to the program, registrants will receive a confirmation email with instructions to access handouts along with other program information.

A link to the evaluation will be emailed after the program. Once the evaluation is completed, your certificate will be available.

***Please bring a sweater or light jacket to ensure your comfort.***

## PLANNING COMMITTEE

#### Laura Bliley, MSN, RN

Assistant Director of Nursing & Allied Health Education  
Eastern Area Health Education Center

#### Saralyn Gillikin, DNP, MSN, RN-BC, NEA-C

Director of Nursing, Continuing Education Administrator  
South East Area Health Education Center

#### Krista Horne, MSN, RN

Director of Patient Care Services, Education  
Vidant Duplin Hospital

#### Donna Roberson, PhD, FNP-BC

Executive Director of Program Evaluation  
East Carolina University College of Nursing

#### Robin Schaefer, DNP, CRNA, NEA-BC, FACHE

Assistant Vice President, Nursing Services  
CarolinaEast Health System

#### Megan Simpson, MSN, ACNS-BC, RN-BC

Education Nurse Specialist  
Vidant Medical Center