

**2019 USPHS Symposium
Wednesday, May 8
Nurse Category Agenda**

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8:00 AM - Welcome and Introductory Remarks
8:10 AM

8:10 AM - Welcome from NPAC Chair
8:20 AM ***CDR Tiffany Moore***

8:20 AM - Welcome from Chief Nurse Officer
8:50 AM ***RADM Susan Orsega***

8:50 AM - Ice Breaker #1
9:00 AM

9:00 AM - Key Strategies for Improving the Health & Well-being of the Nation's Nurses: Evidence-based
10:00 AM Tactics that Work!
Dr. Bernadette Melnyk, PhD, RN, APRN-CNP, FAANP, FNAP, FAAN

This presentation will describe the state of health and well-being of nurses across the U.S. and its association with healthcare outcomes. Evidence-based strategies for improving the population health of nurses will be highlighted, including building cultures of well-being.

At the conclusion of this session participants will be able to:

1. Describe the state of health and well-being of nurses.
2. Identify the association of nurses, health and well-being with healthcare outcomes.
3. Discuss evidence-based strategies to improve the health and well-being of nurses.

12:00 PM - Nursing Luncheon and Awards
1:30 PM

1:45 PM - Integrated Health Care: partnering for success
2:15 PM ***Dr. Judith Storjfjell, PhD, RN, FAAN***

Background: Individuals with severe mental illness (SMI) have a high incidence of comorbidities and a shorter lifespan, with limited access to quality healthcare services. Using advanced-practice nurses (APNs), Integrated Health Care (IHC), a nurse-managed clinic of the College of Nursing, University of Illinois at Chicago, provided primary physical and mental healthcare services for people with SMI in close collaboration with a psychiatric rehabilitation center.

Methods: IHC partnered with a multiple site psychiatric rehabilitation program to provide primary care to individuals with SMI. Clinics were located in the rehabilitation

facilities and the rehab center case managers collaborated with IHC APHs to identify and modify at-risk behaviors, provide followup, and improve compliance. A variety of partnering strategies were used including joint planning & evaluation, grant writing, publishing, and patient-specific conferencing.

Results: This presentation will detail lessons learned in using partnering as a key strategy to improve the following client health outcomes:

- a. Increased therapy adherence for clients on multiple drug therapies;
- b. Improved physical health status of at-risk diabetic, hypertensive and obese clients;
- c. Improved client mental health status and socialization; and
- d. Improved cost-benefit and cost-effectiveness.

Conclusions: The higher incidence of chronic disease and shorter lifespan of individuals with SMI is a serious public health issue. Although partnering requires focused time and effort, it was a major key to successfully improving clinical outcomes and providing cost-effective care for this high risk population.

At the conclusion of this session participants will be able to:

1. Describe the role of partnering in achieving positive clinical outcomes in a specialized primary care clinic
2. Identify the importance of partners in promoting health in a targeted population
3. Describe how a specialized clinic engaged partners to achieve mutual goals

2:15 PM - Improving Health and Advancing Nursing Science Through Innovation and Collaboration
2:45 PM **CAPT Leorey Saligan, PhD, RN, CRNP, FAAN**

Purpose: At the end of the forum, the participants will discuss the Symptom Science Model and its applicability in identifying and characterizing complex patient symptoms, and in the development of therapeutic and clinical interventions to improve patient outcomes. Model: Guided by the Symptoms Science Model, NINR investigators are increasing the understanding of molecular underpinnings of symptoms using multiple approaches. The process begins with a review of literature to understand the state of the science of the symptoms of interest and is followed by cross-sectional, case-controlled, or longitudinal studies to identify potential biological correlates of these symptoms. The final steps include validation of these potential symptom biomarkers using multidisciplinary, collaborative, pre-clinical experiments, and proof-of-concept clinical trials.

Research Exemplar: Patient-focused platforms identify clinical correlates of symptoms using omics and bioinformatic strategies, supported by in vitro and ex vivo functional experiments, as well as in vivo trials.

Conclusion: The collaborative framework used by NINR investigators quickly generates data and discoveries that significantly advance symptom science and improve the health and wellness of Americans.

Clinical Implication: The collaborative framework used by NINR investigators can be used as a template to advance symptoms science in other clinical settings.

At the conclusion of this session participants will be able to:

1. Describe a collaborative framework to advance nursing research and practice.

2. Identify innovative approaches to generate evidence and transform health care.
3. Describe a translational model to advance nursing science.

2:45 PM - Prevention through Active Community Engagement
5:00 PM ***LCDR Jonathan Leshin, PhD***

Prevention through Active Community Engagement, also known as PACE, provides community outreach activities aligned with the initiatives of the Office of the Surgeon General and the Office of the Assistant Secretary for Health. Our community outreach activities use evidenced-based education materials tailored to be inclusive of multiple ages, demographics, and languages to at-risk communities. Through our in-person interactions and additional correspondence, PACE strives to build relationships and trust between the Commissioned Corps and city/state health and education institutions, federal partners, and local communities, including local business and faith-based organizations.

The PACE program has, over the past 5 years, held over 275 events, with 527 officers engaging in outreach to over 32,000 people. Events have been held across the nation and internationally. The PACE Program was chartered in May of 2018.

At the conclusion of this session participants will be able to:

1. Identify opportunities to engage in public health community outreach
2. Apply presentations from within the PACE program to local communities to improve public health knowledge
3. Engage in targeted community outreach on Surgeon General's Initiative's

5:00 PM - Chief Nurse Officer Closing Remarks
5:15 PM