



G R E A T P L A I N S
IDeA | Clinical and
Translational Research

GREAT PLAINS PRIMARY CARE PRACTICE-BASED RESEARCH NETWORK

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Nebraska Collaborative Investment in Nurses Team Seeks Participants

Nebraska is experiencing a critical nursing shortage. Among those leaving nursing, over 50% reported burnout as a reason.

The University of Nebraska Medical Center College of Nursing, in partnership with the College of Public Health, Center for Nursing, Board of Nursing, Hospital Association, and HRSA developed the Nebraska Collaborative Investment. Our purpose is to deliver wellness interventions and resources to address and reduce burnout and mental health conditions in nursing students, RNs, and APRNs working in rural and medically underserved areas.

The ECHO WHOLE & PFA Project is supported by the aforementioned Collaborative. The project connects critical access hospitals with subject matter experts and peers to expand their knowledge and has two components: Wellness. How One Lives Effectively (WHOLE), focusing on your personal wellness; and Psychological First Aid (PFA), focusing on assisting others in dealing with traumatic events. The goal of the ECHO program is to offer a multi-faceted program, advancing system-wide approaches to wellness in Critical Access Hospitals (CAHs) while establishing rapport and planning sustainability projects. The curriculum is grounded in diversity, equity, and inclusion. The Nebraska Center for Nursing's primary purpose is to address issues of supply and demand for nurses, including recruitment, retention, and utilization of nurses.

Each participating facility will nominate 3-5 healthcare workers to attend ten sessions conducted over a 16-week period. The ECHO sessions will be one hour and composed of 15-20 minutes of didactic, 10 minutes of case-based situations, and 30 minutes of facilitated discussion. Participants will receive FREE American Nurses Credentialing Center (ANCC) contact hours, and facilities will receive compensation according to the flier (per attendee).

For more information, please see the flier at the end of this newsletter.



Professional Development

The Great Plains Primary Care PBRN provides links to professional development opportunities, in the form of seminars and webinars, that enhance clinical expertise, reveal best care practices, promote clinical research, and deliver cutting-edge research findings. Continuing education credits are available for select in-person and distance participation. Additional professional development opportunities can be found on the PBRN education webpage [here](#).

North American Primary Care Research Group to Hold National PBRN Meeting in May

The North American Primary Care Research Group (NAPCRG) is hosting the annual Practice-Based Research Network (PBRN) Conference in Bethesda, MD from May 31st-June 1st, 2023.

The agenda includes two full days of programming around PBRN innovations and research projects on diverse topics of interest to community clinicians, practice facilitators/study coordinators and network leadership in the primary care research field, in addition to mentoring and networking opportunities.

Topics will include several research categories, including behavioral health, chronic care management, PBRN infrastructure, prevention, technology, training, COVID-19 and more.

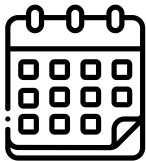
Interested in attending? Contact emily.frankel@unmc.edu.

Scan the QR code to learn more!



Research

Learn about upcoming, ongoing, and completed research impacting the region. Please share these opportunities and findings with your patients and healthcare community. A complete list of ongoing research can be found on the PBRN Research webpage [here](#).



Upcoming Dates:

- February 7th
- June 6th
- October 3rd

Community-Engaged Research Interest Group Seeks Members

The Community-Engaged Research Interest Group (CEnRIG) is beginning its third year and is looking to welcome new members into the group who are interested in working with communities and clinical partners in research. The CEnRIG brings researchers, clinicians, community partners and network members together to enhance the quality of community-engaged research, generate new ideas, increase funding opportunities, improve the potential community impact and move community-engaged science forward. Email emily.frankel@unmc.edu to join!

Medical Student Summer Research Program Seeks PBRN Partners

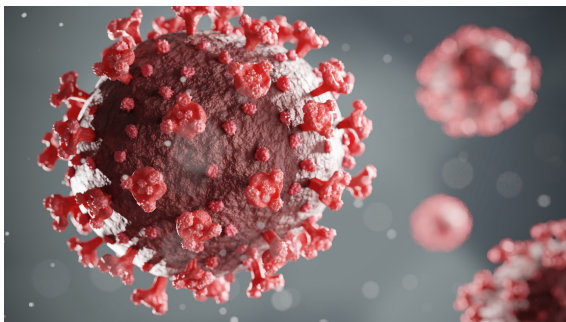
The University of Nebraska Medical Center's Great Plains IDEa-CTR is seeking clinicians from the Practice-Based Research Network to serve as sponsors for the Medical Student Summer Research Program. Clinicians will work with College of Medicine students to develop research proposals that address a community need. Interested? Email emily.frankel@unmc.edu.



Student Seeks Healthcare Providers to Discuss Opinions and Workflows on Pediatric COVID-19 Vaccination

Rural communities have relatively low uptake of the COVID-19 vaccine even while being disproportionately affected by COVID-19 infections. Adrien Honcoop, an MD/PhD student in the UNMC's Department of Pediatrics, is interested in understanding rural healthcare providers' COVID-19 vaccine confidence in counseling parents and general workflows around providing the COVID-19 vaccine to children. The interview should take about 30 minutes and participants will be compensated for their time. IRB # 0724-22-EP

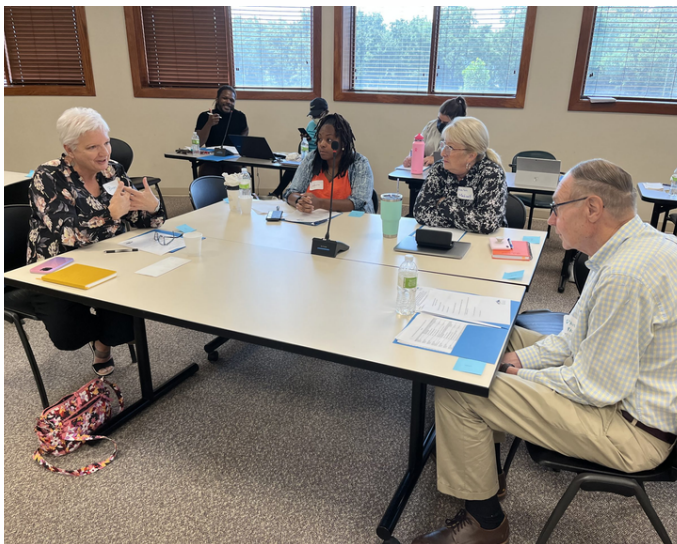
If you are interested in participating or for more information, contact aubree.honcoop@unmc.edu or 984-484-1261.



Scan the QR code
to participate!



Online Training Available: Conducting Community Research



The Great Plains IDEa-CTR Community Engagement and Outreach Core hosted the 2nd Annual Community-Engaged Research Institute last fall. The Institute is an intensive program providing training opportunities for scientists, community members, clinicians, and other stakeholders interested in community research.

Scan the QR code to access
the recordings, handouts,
and presentation slides.





The Great Plains IDeA-CTR is a collaborative effort between nine biomedical research institutes across the Great Plains. The project described is supported by the National Institute of General Medical Sciences, U54 GM115458, which funds the Great Plains IDeA-CTR Network. The content is solely the responsibility of the authors and does not necessarily represent the official views of the NIH.



To learn more about the Great Plains Primary Care PBRN, visit:

<https://gpctr.unmc.edu/ctr-resources/pbrn/>

The content of this newsletter is solely the responsibility of the Great Plains IDeA-Clinical & Translational Research and does not necessarily represent the official views of UNMC.



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UNMC ECHO: WHOLE & Psychological First Aid (PFA) for Critical Access Hospitals

What is the ECHO WHOLE & PFA Project?

The ECHO WHOLE & PFA Project is supported by the **Nebraska Collaborative Investment in Nurses: Resiliency, Retention, & Well-being**, a project funded by the Health Resources and Services Administration. The program connects critical access hospitals with subject matter experts and peers to expand their knowledge and has two components:

1. **Wellness. How One Lives Effectively (WHOLE):** This program is based on tools such as Mindfulness-Based Stress Reduction (MBSR), Stress Management & Resilience Training (SMART), & Acceptance & Commitment Therapy (ACT). The Eight Dimensions of Wellness, a guide to wellness developed by the Substance Abuse and Mental Health Services Administration (SAMHSA), forms the framework for this program. This program will offer **4 sessions** that contain information regarding relaxation, meditation, social connectedness, values vs. goals, time management, priority setting, thought distortions, humor, and many other elements of wellness. We have included videos, exercises, and robust group interaction to provide a dynamic, fun, and informative learning opportunity.
2. **Psychological First Aid (PFA):** The purpose of this program is to engage participants in an active discussion involving Psychological First Aid while augmenting and reinforcing the participants' learning from their completion of the Johns Hopkins' PFA online course. The ECHO sessions involve experiential learning strategies to engage and reinforce learning from the Johns Hopkins' PFA online course while generating discussion about workplace implementation. The project will offer **6 sessions** and will also focus on case based/situation-based learning and mentorship to help provide healthcare workers with the expertise required to provide needed PFA services.

What is the Goal of the ECHO Project?

The goal is to offer a multi-faceted program, advancing system-wide approaches to wellness in Critical Access Hospitals (CAHs) while establishing rapport and planning sustainability projects. The curriculum is grounded in diversity, equity, and inclusion. The Nebraska Center for Nursing's primary purpose is to address issues of supply and demand for nurses, including recruitment, retention, and utilization of nurses.

What Types of Facilities are Eligible?

Critical Access Hospitals located in the state of Nebraska are eligible to participate.

What is the Timeline? *

All ECHO sessions will be held at 1:00 pm CT/12:00 pm MT

WHOLE (weekly)

March 28, 2023
April 4, 2023
April 11, 2023
April 18, 2023

PFA (every other week)

April 25, 2023
May 9, 2023
May 23, 2023
June 6, 2023
June 20, 2023
July 6, 2023

How will the ECHO Project Work? *

Each participating facility will nominate 3-5 healthcare workers to attend ten (10) sessions conducted over a 16-week period. The ECHO sessions will be one hour and composed of 15-20 min of didactic, 10 min case-based situations, and 30 min of facilitated discussion with an "All Teach-All Learn" approach. ECHO sessions will include an adapted Psychological First Aid (PFA) course and the WHOLE wellness training, which will provide real-time mental health strategies and resources. Participants will be asked to bring forward cases/scenarios that they are experiencing to discuss with their peers and subject matter experts.



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What is Required of the Participating Facility?

1. Selection of 3-5 participants who will be available to attend ECHO sessions and assist the facility with implementing recommendations
2. Commitment to the program(s) will require 60 minutes or less per week
 - a. Participants will receive free ANCC (American Nurses Credentialing Center) contact hours to offset the time for participating
3. Facilities will be required to complete a contract to offset the cost of staff time
 - a. Facilities will be provided with up to \$1,085 upon completion of the PFA ECHO training and up to \$275 upon completion of the WHOLE training. Facilities will be reimbursed up to \$1360/participant, with a maximum of 5 participants in each program. Reimbursement will be provided upon instructor confirmation of participation in each training program and presentation of an invoice.
4. Completion of the Johns Hopkins' Psychological First Aid online course (approximately 5 hours) spread out over the PFA session schedule – certification from the Johns Hopkins' PFA course is not required
5. Case/situation submissions for discussion during the ECHO sessions
 - a. Cases do not have to be patient-based; they can be situational
 - b. Discussion topics are focused on your facility's needs and facilitated by subject matter experts to optimize PFA strategies in your settings
6. Resources to join virtual meetings
 - a. Computer, webcam, microphone, speakers, and an internet connection

ACCREDITED CONTINUING EDUCATION



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, University of Nebraska Medical Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

The University of Nebraska Medical Center designates this activity for up to **9.0** ANCC contact hours. Nurses should only claim credit for the actual time spent participating in the activity.

How does ECHO Model™ Facilitate Learning?

The ECHO Model™ uses adult learning techniques and interactive video technology to facilitate case-based learning and mentorship that helps healthcare workers gain the expertise required to provide needed services. Visit <https://echo.unmc.edu/> to learn more about the ECHO Model™.

To learn more about the **Nebraska Collaborative Investment in Nurses: Resiliency, Retention, & Well-being Project**, visit <https://www.unmc.edu/nursing/educational-programs/current-grants-hrsa/hrsa-ne-collaborative.html>

Who can I Contact for Additional Information?

Contract or Financial Questions: Kami Wattenbach, kami.wattenbach@unmc.edu, 402-559-6575

Continuing Education Questions: Valeta Creason-Wahl, vcreason@unmc.edu, 402-559-7487

ECHO or General Questions: Krista Brown, krista.brown@unmc.edu, 402-552-7243

**Details for this project are continuously evolving, and information will be updated accordingly*

Partnerships

Nebraska Board of Nursing - Nebraska Center for Nursing - UNMC College of Nursing – UNMC College of Public Health

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