

# ***Southern NH Area Health Education Center Blitzmail***

**March 2023**

## ***Featured Online Modules***

- ***Interprofessional Collaboration***, Dayle Sharp, PhD, DNP, M<sup>c</sup>PH, FNP-BC, APRN
- ***COVID-19 & Diabetes***: Della B. Flanagan, RDN, CDCES, MEd, BC-ADM, LD
- ***Addressing Vaccine Hesitancy***-Ardis Olson, MD, Kim Bernard, MSN, RN, Elizabeth Talbot, MD, Suzanne Allison, RN, BSN
- ***Resilience & Thriving: The Secret Power of Stress***-Maria Reyes, BA, CADC

Please visit [snhahec.org](https://snhahec.org) for other online learning opportunities. These are just some of the many modules we have available. Stay safe and healthy!



# SOMEONE YOU LOVE

---

## THE HPV EPIDEMIC

### VIRTUAL FILM SCREENING & DISCUSSION

March 22nd, 11:30AM—1:30PM

You're invited to a **FREE virtual continuing education** opportunity focused on the importance of preventing HPV-associated cancers and the role each of us plays in increasing HPV vaccination rates.

This event will encompass a film screening of the documentary *Someone You Love: The HPV Epidemic*, followed by break-out group discussions focused on developing systems to improve HPV vaccination in your clinic. Space is limited!

**Register now:** <https://hpsomeoneyoulove2023.eventbrite.com>

#### **Discussion Topics:**

- Words matter: Communicating with Parents and Patients about HPV, with Wendy Wright
- Using Data and Systems Improvements to Increase HPV Vaccination Rates, with Dr. Riley

#### **Continuing Education:**

##### **Learning Objectives**

1. Explain the link between HPV virus and associated cancers in males and females
2. Recognize the HPV vaccine as safe and effective.
3. Explain the physical and emotional toll that cervical cancer has on its victims and families.
4. Identify best practice vaccine guidelines and resources.
5. Frame the HPV vaccine as a cancer prevention tool.

##### **Nurses**

Southern NH AHEC is an Approved Provider of continuing nursing education by the Northeast Multistate Division (NE-MSD), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

2.0 contact hours. Activity Number: 1181

##### **Physicians**

The Southern NH Area Health Education Center, accredited by the NH Medical Society, designates this live activity for a maximum of 2.0 AMA PRA Category 1 Credit(s). Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Questions?** Email [Bferraro@snhahec.org](mailto:Bferraro@snhahec.org)

# Moving Beyond the Usual: Enhancing the Primary Care Workforce through Partnerships Series



## CODING AND REIMBURSEMENT: OPTIMIZING YOUR BILLABLES AND COLLECTABLES

Thursday,  
March 23, 2023  
12:00-1:00pm  
on Zoom

➤ [Register Here](#)

➤ **Speaker**  
*Wendy L. Wright, DNP,  
ANP-BC, FNP-BC,  
FAANP, FAAN, FNAP*

➤ Continuing Education  
on next page

### ➤ DESCRIPTION

Clinicians often receive little to no training around CPT coding and reimbursement in their educational programs. Many are forced to learn on the job and as a result, may code inappropriately. This results in undercoding and overcoding; both of which can substantially affect collections. Listen as an experienced nurse practitioner and an owner of a NP-owned and operated practice teaches you coding in a useable and fun manner.

### ➤ LEARNING OBJECTIVES

- Discuss ways to effectively code in order to optimize billing and collections
- Identify some of the most common CPT codes utilized in primary care and specialty settings
- Review common mistakes made with coding



# CODING AND REIMBURSEMENT: OPTIMIZING YOUR BILLABLES AND COLLECTABLES

Thursday,  
March 23, 2023  
12:00-1:00pm

Funded in part  
by the  
Endowment for  
Health and the  
Health  
Resources and  
Services  
Administration  
(HRSA)  
#T94HP32895  
Advancing  
Nursing  
Education and  
Workforce.

## ➤ CONTINUING EDUCATION

Southern New Hampshire Area Health Education Center is an approved provider with distinction of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

1.0 contact hours Activity Number: 1507

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Southern NH AHEC and The University of New Hampshire. The Southern NH AHEC is accredited by the NH Medical Society to provide continuing medical education for physicians. Southern New Hampshire Area Health Education Center designates this live activity for a maximum of 1.0 AMA PRA category 1 Credit (s)<sup>™</sup>.

Physicians should claim only the credit commensurate with the extent of their participation in the activity.

For other professionals: 1.0 professional hours of continuing education.

## ➤ LEARNING OUTCOME

80% of participants will identify an action they will take as a result of this training.



University of  
New Hampshire  
Nursing

ASSA

# New Hampshire Nurses Association

The University of New Hampshire Nursing department and the New Hampshire Nurses Association (NHNA) are proud to present the following virtual event!



**March 30, 2023**

5:30 PM – 7:30 PM (EST)



## **Mentoring Relationships and Practices. Guided by a Caring Mentoring Model**

**Speaker: A. Lynne Wagner, EdD, MSN, RN, FACCE, HMCT, Caritas Coach®**



Dr. Lynne Wagner is a Caring Science Scholar, Watson Caring Science Institute Faculty Associate, and Nurse Educator-Consultant. Her nursing career spans over 50 years, including clinical nursing, Family Nurse Practitioner, private practice for Lamaze Childbirth Education, and Nursing Education. She presently facilitates mentor programs and presentations/workshops on Caring practices. Her research and publications focus on a mentoring in nursing; how nurses develop caring-self; reflective practice of journaling and storytelling; aesthetic ways of knowing, using story, poetry, & photography. Her 2015 book, *Four Seasons of Grieving*, received the ANA Book of the Year 1st place in Palliative/Hospice category. She was awarded the 2018 ANA Massachusetts Mary A. Manning Mentoring Award and the 2022 International Association for Human Caring Lifetime Legacy of Caring Award. In 2013, she co-founded the Massachusetts Regional Caring Science Consortium that continues to offer twice yearly programs for nurses and students to explore caring practices together.

Registration Required

To Register - Please Visit <https://nhnurses.nursingnetwork.com/nursing-events>

\$10 Registration Fee

Virtual Event via Zoom

<https://unh.zoom.us/j/93135578912>

[\(Click here to join\)](#)



University of  
New Hampshire  
Nursing

# New Hampshire Nurses Association

## Learning Objectives:

- Describe at least two concepts of The Caring Mentoring Model.
- Identify a positive outcome of a caring mentoring relationship.
- Discuss the role of reflective practice in a mentoring relationship.
- Apply Caring Mentoring Model to mentoring scenarios.

## Learning Outcome:

80% of participants will identify an action they will take as a result of this training.

## Continuing Education:

Southern New Hampshire Area Health Education Center is an approved provider with distinction of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

2.0 contact hours Activity Number: 1508

For other professionals: 2.0 professional hours of continuing education.

# Mindful Leadership Series

April 5, 12, 19, 26, May 3, 2023

9:00-11:00am

Live Webinar via Zoom

**Faculty: Lisa Stockwell, MEd** ~ It's Your Journey, LLC,  
Consulting & Training

Mindful leadership is crucial to navigate these complex and chaotic times.

Becoming a mindful leader requires developing self-awareness and cultivating self-regulation skills, understanding others' perspectives, communicating effectively, and inspiring others.

Participants in the Mindful Leadership series program will harness the power of mindfulness to enhance their personal power and leverage proven leadership principles to find increased balance, clarity, focus, compassion, and creativity in the workplace.

The Mindful Leadership series consists of 5 modules that involve practice activities, homework, and feedback. **Attending all 5 modules is required.**

## Target Audience

School nurses, nurses, nurse practitioners, pediatricians, family practice physicians, physician assistants, nurse educators, medical assistants, and behavioral health professionals.

**Cost: \$45.00 per person**

**[Click here](#) to Register!**

Space is limited. The use of video and audio and attendance to all sessions is **required** in order to receive credit.

For questions please contact:  
Brianna Ferraro @ [bferraro@snhahec.org](mailto:bferraro@snhahec.org)

# Mindful Leadership Series

April 5, 12, 19, 26, May 3, 2023

9:00-11:00am

Live Webinar via Zoom

## Learning Objectives

After this session, participants will be able to:

- Discuss how stress impacts decisions and communication skills
- Identify methods that reduce stress and increase focus
- Review communication styles and active listening
- Explain the 4 cycles in Appreciative Inquiry
- Identify the strengths of the organization and its staff
- Define Motivational Interviewing (MI) and the important foundational concepts around behavior change
- Review the core skills used in MI and practice using them
- Describe how to give and receive negative and positive feedback-EPE
- Identify realistic goals and next steps

## Continuing Education

### Nurses

Southern New Hampshire Area Health Education Center is an approved provider with distinction of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

10 contact hours. Activity Number: 1490

### Physicians

The Southern New Hampshire Area Health Education Center designates this live activity for a maximum of 10 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

[Click here](#) to Register!



# SAVE *the Date*

## BRING YOUR TO WORK

AND OTHER STRATEGIES TO IMPROVE CARE FOR PATIENTS WITH SUBSTANCE USE DISORDER IN ACUTE CARE HOSPITALS



### Date, Time & Location

Friday, April 28, 2023  
9:00 am - 3:00 pm  
Grappone Center, 70  
Constitution Avenue,  
Concord, NH 03301



### Audience

This event is open to all New Hampshire hospital and healthcare system staff and clinicians regardless of specialty. Anyone with an interest in improving care for patients with an SUD are welcome. There is no fee to attend.



### Certificates of Attendance

Certificates of attendance will be available.



**CLICK HERE TO REGISTER!**  
**MORE INFORMATION COMING SOON ON AGENDA**

#### CONTACT:

Kris Hering, VP Quality Improvement,  
Foundation for Healthy Communities  
603-225-4271, [khering@healthynh.org](mailto:khering@healthynh.org)



**BUILDING THE EQUITY TOOLBOX:  
A Culturally Effective Organizations Training  
Series:  
*Best Practices for Inclusive Leadership in Clinical  
Settings***

**Date: Tuesday, May 30, 2023**

**Time: 3:00 - 4:00pm**

*Live Webinar via Zoom*

**Faculty: The Fenway Institute**

**Session Description:**

It is very clear that organizations and leaders are looking to foster more inclusive work cultures. A recent article from McKinsey & Company states that a shift in workplace dynamics "can and should, serve as a catalyst to embed more inclusive practices and more effective leadership skills." In this session, experts will provide guidance on practices that can help leaders become more inclusive both in care for patients and within teams, departments and/or clinics.

**Target Audience:**

Administrative and clinical staff, liaisons and representatives of Boards of Directors, and others interested in best practices inclusive leadership in line with the Culturally Effective Organization Framework.

[Click Here](#) to Register!

**Continuing Education**

Southern New Hampshire Area Health Education Center is an approved provider with distinction of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation

1.0 Contact Hours Activity  
Number: 1505

The Southern NH Area Health Education Center is accredited by the NH Medical Society to provide continuing medical education for physicians. Southern New Hampshire Area Health Education Center designates this live activity for a maximum of 1.0 AMA PRA category 1 Credit (s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

For other professionals: 1.0 professional hours of continuing education.

**Learning Objectives:**

- Explain methods for developing the knowledge and skills of staff for serving diverse patients through training and other professional development opportunities
- Identify strategies and resources for recruiting staff who are responsive (or who demonstrate a capacity for responsiveness) in health care for diverse populations
- Access resources for implementing changes to workplace culture, policies, and processes in order to retain diverse and diverse-responsive staff
- Outline policy developments that are contributing to expansion of diversity responsiveness expectations and training for all staff

**Learning Outcome:** 75% of participants will self report a change in practice based on participating in this session

# July 25<sup>th</sup>, 2023, 12:00 pm – 4:00 pm EST

## Epilepsy & Self-Management Virtual Training

*This training delivers learning modules that address,*

- Overview of Epilepsy & Seizures
- Treatment Considerations in Epilepsy
- Seizure First Aid
- Comorbidities in Epilepsy
- Lifestyle Management
- Self-Management Programs
- Case Studies in Epilepsy

*Target Audience: Nurses, NPs, nurse educators, CHW's, social workers, counselors, PCPs, psychologists, PAs, neurologists*



**To register: <https://www.eventbrite.com/e/epilepsy-self-management-virtual-training-tickets-492756918207>**

## Learning Objectives:

1. Describe seizures, epilepsy and 3 ways epilepsy may be treated
2. Discuss physical, mental and psychosocial challenges associated with living with epilepsy
3. Discover how to assist people with epilepsy control their seizures, prevent injuries, make healthy lifestyle choices, and improve quality of life
4. Identify 3 common comorbidities in epilepsy
5. Increase knowledge and confidence in their ability to provide seizure first-aid
6. Develop confidence in their ability to provide epilepsy management support
7. Explain the benefits of epilepsy self-management and at least 2 pathways for referral to a self-management program
8. List the resources and types of assistance available to people living with epilepsy

**Learning Outcome:** Participants will report a change in practice related to treating epilepsy.

## Continuing Education:

*Southern New Hampshire Area Health Education Center is an approved provider with distinction of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.  
3.75 contact hours. Activity Number: 1343*

*This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Southern NH AHEC and the HOBSCOTCH Institute at the Dartmouth-Hitchcock Epilepsy Center. The Southern NH AHEC is accredited by the NH Medical Society to provide continuing medical education for physicians. Southern New Hampshire Area Health Education Center designates this live activity for a maximum of 3.75 AMA PRA category 1 Credit (s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.*

*This program has been approved for 3.5 Category A Continuing Education Credits by the National Association of Social Workers, NH Chapter. CEU #3749*

*For other professionals: 3.75 professional hours of continuing education.*

# NORTHEAST INTEGRATIVE MEDICINE CONFERENCE



**When:** 8:30am-4:30pm | October 6, 2023



**Where:** Southern New Hampshire University, Hospitality Center-  
Salons A/B  
2500 North River Road  
Hooksett New Hampshire 03106



**Cost:** Early Bird Rate (ends August 1<sup>st</sup>): \$225.00 per person,  
including meals  
After August 1<sup>st</sup>: \$275.00 per person, including meals

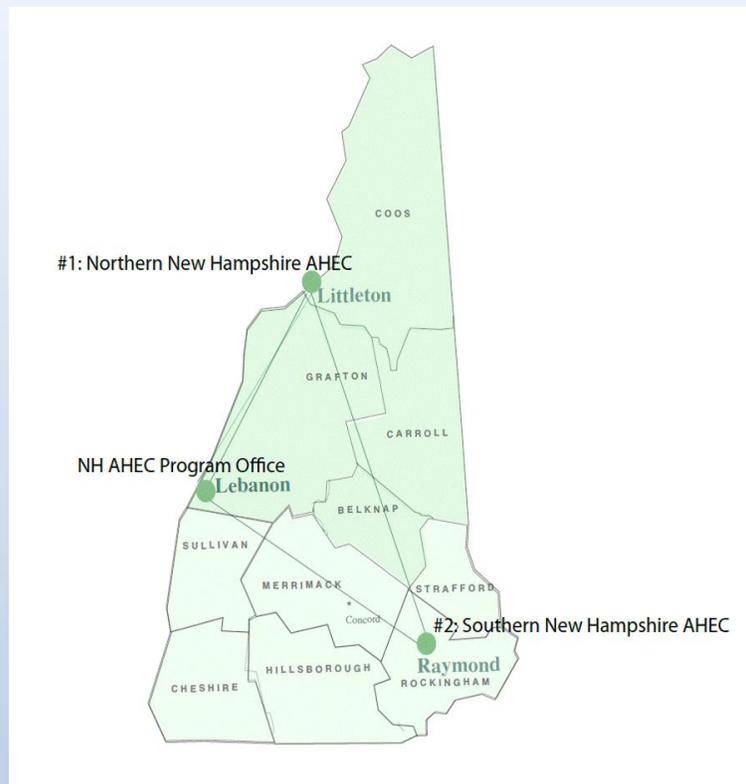
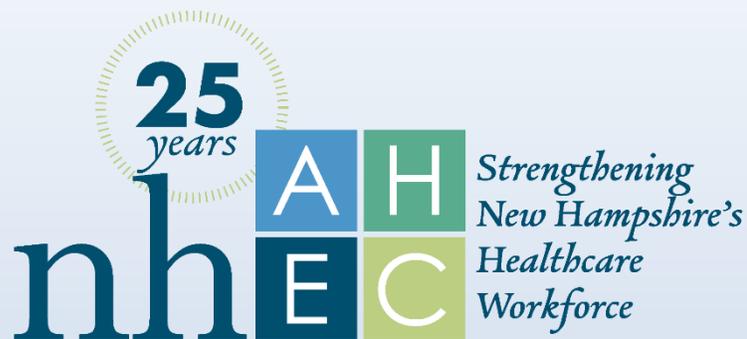
Integrative Medicine can enhance patients' lives. Join us to learn strategies for promoting integrated care.

## Learning Objectives

- Describe strategies for including mindfulness in integrative practice
- Discuss therapies for reducing anxiety and pain
- Apply self-awareness and self-regulation to manage the influence of personal biases and values in working with diverse people and belief systems.

# Register Here

# Join us in celebrating NH AHEC's 25<sup>th</sup> Anniversary!



## Your Health New Hampshire

We are thrilled to announce the launch of Your Health New Hampshire, the Southern NH Area Health Education Center's new radio show that debuted on Monday, February 6 at 9:00am! Please visit the NH Talk Show Radio website to listen to our episodes!

[https://www.nhtalkradio.com/?page\\_id=18912](https://www.nhtalkradio.com/?page_id=18912)

# New Hampshire Health Care Heroes!



## Nominations Now Open to Celebrate New Hampshire Healthcare Heroes

Concord, N.H. (February 23, 2023) – Healthcare workers are critical to helping a community stay safe, healthy and flourish. In New Hampshire, over 60,000 dedicated individuals comprise the healthcare workforce from doctors, dentists, paramedics along with those who keep medical facilities clean and prepare meals for patients. The work can be both rewarding and challenging and due to the rise in workforce shortages, many healthcare workers perform jobs and tasks that fall outside of their job description. For its third year, the [NH Healthcare Heroes](#) will honor the dedication, courage and commitment of those working in healthcare through an online nomination process, which is now open and runs through April 7.

“Job shortages and the pandemic exacerbated healthcare challenges and this compelling need persists,” said Roxie Severance, who has led this grassroots effort since its inception. “Given how critical these individuals are to the health and well-being of society, we believe those in healthcare should be recognized for the essential services they provide. It takes a massive network of professionals to make our healthcare system work, and we’re excited to honor them for all that they do within New Hampshire’s communities.”

Through a [simple online nomination](#) form, anyone can nominate a Healthcare Hero. A volunteer committee, made up of healthcare professionals across the state, reviews the nominations and selects one winner across the seven regions and 14 runners-up. Each winner will be honored during a pinning ceremony that is live-streamed on Facebook in partnership with the Heroes’ employer and will receive a customized gift bag filled with donations from sponsors and supporters of this initiative.

In 2020, the NH Healthcare Heroes initiative was developed to shine a light on the essential roles and opportunities to help others by working in the healthcare field. To date, more than 40 healthcare workers have been named and profiled to help shine a light on their work and encourage others to consider a healthcare career.

Diana Main, of Newport, was one of the 2022 Healthcare Heroes. Serving as a clinical nurse supervisor and registered nurse (RN) in the Blood Donor Program at Dartmouth Health, Main plays an important role providing leadership, technologist oversight, nursing education, and coordination of care. Her nominator said, “Diana is truly a healthcare hero and is deserving of this recognition. She is a dedicated employee who embodies a high standard of care and exemplifies a nurse who truly has a heart for patients, blood donors and staff.”

Main is one of 60,000 dedicated healthcare workers in the Granite State and Healthcare Heroes is in search of the many others who go above and beyond the call of duty like her.

Lead sponsors for the current NH Healthcare Heroes recognition effort include Harvard Pilgrim Healthcare, the NH Sector Partnerships and Initiative and [Southern New Hampshire Area Health Education Center](#), serves as the fiscal agent. Other major sponsors include the [NH Sector Partnerships Initiative](#), [Harvard Pilgrim Health Care](#), [North Country Healthcare](#), [New Hampshire Charitable Foundation](#), [NH Health Care Association](#), [Solution Health The Elliot](#), [Community Health Institute](#), [Cambridge Trust Charitable Foundation](#), [Catholic Medical Center](#), [Northeast Delta Dental](#), [NH Needs Caregivers!](#) and [Seacoast Public Health Network](#).

For more information on this effort or to become one of our sponsors or supporters, please contact Roxie Severance at [roxie@rsconsulting.services](mailto:roxie@rsconsulting.services).

## ***Center for Cultural Effectiveness***

Southern NH AHEC is committed to supporting health professionals, organizations and communities to be more culturally effective. For more than twenty years we have provided training opportunities that contribute to enhancing the communication skills of health professionals and diversifying the health care workforce.

**[Click here](#) to check out the Center for Cultural Effectiveness on our new website!**

### **Resources:**

**[Click here](#) for the Diversity, Equity, and Inclusion (DEI) Organizational Assessment Tools: A Resource Guide.**

# NH *needs* Caregivers!

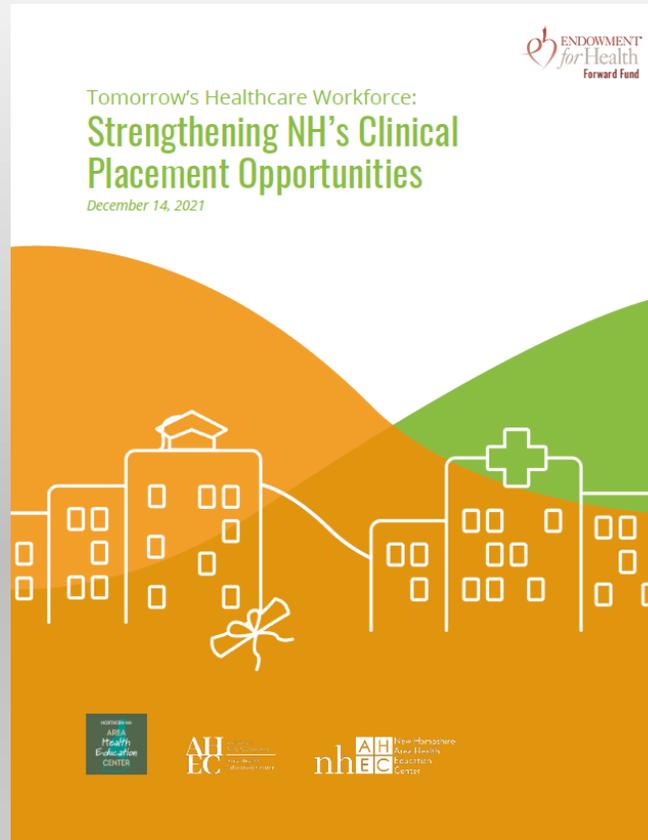
## Did you know?

NH Needs Caregivers is a grant funded program to recruit and train 525 licensed nursing assistants (LNAs) to work in a healthcare setting in NH. The program, funded through May 31, 2023, is managed by Lamprey Healthcare/ Southern NH Area Health Education Center (SNHAHEC). The program assists individuals interested in becoming LNAs to find training, funding for training, and employment in a participating facility or organization. Additionally, the NHNC Program Director connects participating facilities and organizations with participants interested in employment.

For those interested in learning more about the NH Needs Caregivers! initiative, please visit [www.nhneeds caregivers.org](http://www.nhneeds caregivers.org).

Check out this recent article about Kearsarge High School students completing the LNA Program thanks to the Governor's Office as well as N.H. Needs Caregivers Healthcare Heroes: <https://jgpr.net/2023/02/10/kearsarge-regional-high-school-students-graduate-from-licensed-nursing-assistant-program/>

# NH AHEC's Community Placement Project Report



**Check out this report that highlights the challenges between needing to increase the healthcare workforce and the limited availability of placement sites for health professional students, specifically in NH. The New Hampshire Area Health Education Centers conducted interviews with both placement sites and academic institutions to help generate recommendations to resolve issues with the placement system in NH. The findings of these interviews are also included in this report.**

[https://www.snhahec.org/uploads/1/3/2/1/132121212/clinical\\_placements\\_report-digital-final.pdf](https://www.snhahec.org/uploads/1/3/2/1/132121212/clinical_placements_report-digital-final.pdf)

# Check Out These New Online Modules!

## ***Acute Pain Management in Individuals with Substance Use Disorder***

Kathleen Broglio, DNP, ANP-BC, ACHPN, CPE, FPCN, FAANP

## ***Addiction as a Chronic Disease***

Sarah Baker, MS, LCDP, LMHC

## ***De-Escalation of the Overramped Patient***

Justin Alves, RN, MSN, ACRN, CARN, CNE

## ***Management of Stimulant Use Disorders***

Justin Alves, RN, MSN, ACRN, CARN, CNE

## ***Multidisciplinary Approach to SUD, MH and Care Coordination***

Megan Detweiler, BSN, RN, CARN

## ***Our Actions Have Impact: The Importance of Stigma Reduction***

Rowan McFadden, LADC, PPS

## ***Recognizing, Preventing and Addressing Institutional and Community Stigma towards Substance Use Disorders***

Peter Jackson, MD

## ***Recovery Maintenance: Hospital Role in Supporting Individuals in Recovery***

Corey Gately, MLADC & Daisy M. Pierce, PhD

## ***Screening Best Practices***

Sarah Baker, MS, LCDP, LMHC

## ***Strategic Communications: Strengthening Our Connections in the Community***

Brenda Westberry, MS, CJP



# *Strategies for Preventing and Managing Tickborne Illness*

## *Online Module*

### **Learning Objectives:**

- Identify different types of ticks and the prevalence of tick borne illness in NH
- Discuss strategies for testing and diagnosis of tick-borne illness
- Describe treatment options for tick borne disease
- Address prevention strategies to share with patients

*Be prepared  
for Tick  
Season!!*

### **Faculty:**

Dr. Aparna Dave is an Infectious Disease specialist with CORE Physicians in Exeter, NH. Dr. Dave is board certified in Internal Medicine & Infectious Disease. She is also the medical director for the Seacoast Travel Clinic.

**To view the module, click here:**

<https://www.sنهاec.org/strategies-for-preventing-and-managing-tickborne-illness.html>

#### **Nurses**

Southern New Hampshire Area Health Education Center is an approved provider with distinction of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

1.0 contact hours. Activity Number: 1382

#### **Physicians**

The Southern NH Area Health Education Center, accredited by the NH Medical Society, designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit(s). Physicians should claim only the credit commensurate with the extent of their participation in the activity.

# Recognizing and Responding to Human Trafficking in a Healthcare Context

## Faculty

**Donna Plourde**, Executive Director, Real Life Giving, Training Committee Chair, NH Human Trafficking Task Force,

## Continuing Education

### Nursing

Southern NH AHEC is an Approved Provider of continuing nursing education by the Northeast Multistate Division (NE-MSD), an accredited approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

1.5 contact hours Activity Number: 1389

### Physicians

The Southern NH Area Health Education Center is accredited by the NH Medical Society to provide continuing medical education for physicians. Southern New Hampshire Area Health Education Center designates this live activity for a maximum of 1.5 AMA PRA category 1 Credit (s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Other professionals

1.5 professional hours of continuing education.

## Online Module

Human trafficking is defined as “the recruitment, harboring, transportation, provision or obtaining of a person for exploitation through labor, services or a commercial sex act by force, fraud or coercion.” Human Trafficking happens in New Hampshire. Join us to learn what to look for and how to best provide care and services to your patients and/or clients.

## Learning Objectives

After this session, participants will be able to:

- Discuss the dynamics of human trafficking and the scope of the issue in NH
- Identify indicators of human trafficking
- Describe best practices for responding and reporting

## Target Audience

School nurses, nurses, nurse practitioners, pediatricians, family practice physicians, physician assistants, nurse educators, medical assistants, and behavioral health professionals.

[Click here](#) to view the module.



# Addressing Vaccine Hesitancy

## Online Module

### Faculty

-Ardis Olson, MD  
-Kim Bernard, MSN, RN  
-Elizabeth Talbot, MD  
-Suzanne Allison, RN,  
BSN

### Continuing Education

#### Nursing

Southern New Hampshire Area Health Education Center is an approved provider with distinction of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

1.0 contact hours Activity  
Number: 1392

#### Physicians

The Southern NH Area Health Education Center is accredited by the NH Medical Society to provide continuing medical education for physicians. Southern New Hampshire Area Health Education Center designates this live activity for a maximum of 1.0 AMA PRA category 1 Credit (s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

#### Other professionals

1.0 professional hours of continuing education.

### **This session applies to:**

- Childhood and Adolescent Vaccines
  - COVID-19 Vaccine
  - Flu Vaccine

### **Strategies discussed:**

- Motivational interviewing for addressing vaccine hesitancy

### **Learning Objectives**

After this session, participants will be able to:

- Describe vaccine hesitancy and underlying factors
- Recall at least three practices clinicians can use to build confidence in vaccines among patients
- Apply lessons learned to COVID, early childhood, and adolescent vaccinations.
- Identify at least one action they can take to support a culture of vaccine confidence in their practice setting

**Learning Outcome:** Participants will report a change in practice related to communicating about vaccines.

### **Target Audience**

School nurses, nurses, nurse practitioners, pediatricians, family practice physicians, physician assistants, nurse educators, medical assistants, behavioral health and public health professionals.

**[Click here](#) to view the module.**



# Preceptor Development Modules



A series of educational modules for community based clinical teachers

**Dealing With the Difficult Learning Situation: Prevention**

Narrated by: Elizabeth Harrison, BSN, MSN, FNP-BC

<https://www.snhahec.org/preceptor-development-dealing-with-the-difficult-learning-situation-prevention.html>

**Dealing With the Difficult Learning Situation: Management**

Narrated by: Elizabeth Harrison, BSN, MSN, FNP-BC

<https://www.snhahec.org/preceptor-development-dealing-with-the-difficult-learning-situation-management.html>

**The Effective Preceptor**

Narrated by: Justine Nims-Largy, APRN

<https://www.snhahec.org/preceptor-development-effective-preceptor.html>

**Evaluation: Making it Work**

Narrated by: Kim O'Mahoney, APRN, FNP-BC

<https://www.snhahec.org/preceptor-development-evaluation-making-it-work.html>

**Feedback**

Narrated by: Ruth James, MD, MPH

<https://www.snhahec.org/preceptor-development-feedback.html>

**Integrating the Learner Into the Busy Practice**

Narrated by: Rajae Raji, APRN

<https://www.snhahec.org/preceptor-development-integrating-the-learner-into-the-busy-practice.html>

NEW!

**Interprofessional Collaboration**

Narrated by: Dayle Sharp, PhD, DNP, M'PH, FNP-BC, APRN

<https://www.snhahec.org/preceptor-development-interprofessional-collaboration.html>

**Learner Engagement in Community Rotations**

Narrated by: Paula Smith, MBA, EdD

<https://www.snhahec.org/preceptor-development-learner-engagement-in-community-rotations.html>

**The One-Minute Preceptor**

Narrated by: Jonathan Gott, PA-C

<https://www.snhahec.org/preceptor-development-one-minute-preceptor.html>

**Setting Expectations**

Narrated by: Ruth James, MD, MPH

<https://www.snhahec.org/preceptor-development-setting-expectations.html>

# Resilience & Thriving: The Secret Power of Stress

## *Want to learn more about Resiliency?*

This narrated PowerPoint presentation, available online, provides introductory information about resiliency, the warning signs of stress, and more!

### ***Learning Objectives:***

- Apply the tools of Resilience and Thriving through self-examination of events in personal and professional lives
- Evaluate the broader aspects of stress and how you can reframe stressors to strengthen the ability to flourish under challenging circumstances
- Recognize early warning signs and utilizing the core tools of the positive coping cycle
- Discuss pandemic takeaways

**Presented by: Maria Reyes, BA, CADC**

[Click here](#) to learn more!

# Motivational Interviewing

## *Want to learn more about Motivational Interviewing?*

This narrated PowerPoint presentation, available online, provides introductory information about what Motivational Interviewing is, the elements that make up the mindset of MI, and more!

### ***Learning Objectives:***

- Describe the four elements of the mindset/spirit of MI
- Explain the four processes that guide MI conversations
- Describe 1 example of the core interviewing skills of MI
- Describe how to effectively provide information and suggestions

## **Presented by: Lisa Stockwell, MEd**

Experienced trainer, educator and coach working with organizations, groups and individuals in topics related to positive behavior change, effective communication skills, mindfulness, compassion fatigue and motivational interviewing (member of MINT).

[Click here](#) to learn more!

# COVID-19 and Diabetes

## ***Want to learn more about the connection between COVID-19 and Diabetes?***

This narrated PowerPoint presentation, available online, provides introductory information about the relation between COVID-19 and Diabetes and how to protect and prepare patients should they become ill.

### ***Learning Objectives:***

- Describe why diabetes poses an increased risk for illness with COVID-19
- List ways to protect and prepare patients with diabetes should they get sick
- State importance of monitoring and treating acute complications
- Describe how to boost the immune system with nutrition
- Explain how to reduce the chance of severe illness

**Presented by: Della B. Flanagan, RDN, CDCES, MEd, BC-ADM, LD**

[Click here](#) to learn more!

# Trauma Informed Care Online Module

## Faculty

**Jen Stout, LICSW,  
MLADC**, The Doorway in  
Dover

## Continuing Education

### Nursing

Southern New Hampshire Area Health Education Center is an approved provider with distinction of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

1.0 contact hours Activity  
Number: 1251

### Physicians

The Southern NH Area Health Education Center is accredited by the NH Medical Society to provide continuing medical education for physicians. Southern New Hampshire Area Health Education Center designates this live activity for a maximum of 1.0 AMA PRA category 1 Credit (s)<sup>TM</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Other professionals

1.0 professional hours of  
continuing education.

Learn how to incorporate trauma-informed care as a strengths-based approach to caring for your patients and clients. Trauma informed care incorporates a person-centered approach to working with people that incorporates the biological, neurological, psychological and social impact of trauma on an individual.

## **Learning Objectives**

After this session, participants will be able to:

- Describe basics of brain function and development
- Discuss components of Trauma Informed Care
- Apply strategies to address challenging behaviors

## **Target Audience**

School nurses, nurses, nurse practitioners, pediatricians, family practice physicians, physician assistants, nurse educators, medical assistants, and behavioral health professionals.

**[Click here](#) to access the module!**

# Enhancing Provider Skills in Serving People who Actively Use Substances

## Free Online Module

[Click here  
to watch!](#)

### Target Audience

All members of the practice team including physicians, nurse practitioners, physician assistants, nurses, medical assistants and patient service representatives.



### Continuing Education

#### Nurses

Southern New Hampshire Area Health Education Center is an approved provider with distinction of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Activity Number: 1340

#### Physicians

The Southern NH Area Health Education Center is accredited by the NH Medical Society to provide continuing medical education for physicians. Southern New Hampshire Area Health Education Center designates this live activity for a maximum of 0.5 AMA PRA category 1 Credit (s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**For other professionals:** 0.5 professional hours of continuing education.

Health care providers have opportunities to engage and support clients who use drugs in setting and attaining health related goals. This session will engage attendees in collaborative learning, conversation, and case discussion to identify opportunities to engage clients in setting goals.



This one-hour module will focus on provider acceptance of 'where a person is at' as a precursor to supporting client-driven goal setting. Cases shared within this session will highlight exemplars of engaged approaches as well as opportunities for improvement.

Evidence related to harm reduction approaches and goal setting will be discussed and harm reduction best practices, evidence, and current local and national resources will be provided.

Participants will consider how goal attainment can be supported with syringe service programs, overdose prevention and treatment, medications prescribed to mitigate withdrawal symptoms, and referrals across health care and community services including peer recovery supports.

### Learning Objectives

After this session, participants will be able to:

- Relate the concepts of humility and curiosity to learn about substance use disorders as precursors to have supportive and pragmatic conversations with clients.
- Identify opportunities in varied practice settings to engage clients who use drugs in setting and achieving goals.
- Conduct collaborative goal setting for overdose and infection prevention with people who use drugs to augment substance disorder screening, treatment, referral, and recovery.
- Apply harm reduction principles to supporting patient experience drug withdrawal symptoms.

### Learning Outcome

Participants will report a change in practice 6 months after the educational intervention.

# Enhancing Provider Skills in Serving People who Actively Use Substances

## Scheduling

This program can be offered at a day and time that best suits your organization. Contact Nitanga Jean De Dieu, [Nitanga@snhahec.org](mailto:Nitanga@snhahec.org), to schedule a program.

## Target Audience

All members of the practice team including physicians, nurse practitioners, physician assistants, nurses, medical assistants and patient service representatives.

## Faculty

Kerry Nolte, PhD, FNP-C

## Continuing Education

Southern New Hampshire Area Health Education Center is an approved provider with distinction of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

**1.0** contact hours.

Activity Number: 1250

The Southern NH Area Health Education Center, accredited by the NH Medical Society, designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit(s). Physicians should claim only the credit commensurate with the extent of their participation in the activity.

For all other health professionals: 1.0 hours

Health care providers have opportunities to engage and support clients who use drugs in setting and attaining health related goals. This session will engage attendees in collaborative learning, conversation, and case discussion to identify opportunities to engage clients in setting goals.

This one-hour session will first focus on provider acceptance of 'where a person is at' as a precursor to supporting client driven goal setting. Cases shared within this session will highlight exemplars of engaged approaches as well as opportunities for improvement.

Evidence related to harm reduction approaches and goal setting will be discussed and harm reduction best practices, evidence, and current local and national resources will be provided.

Participants will consider how goal attainment can be supported with syringe service programs, overdose prevention and treatment, medications prescribed to mitigate withdrawal symptoms, and referrals across health care and community services including peer recovery supports.

## Learning Objectives

After this session, participants will be able to:

- Relate the concepts of humility and curiosity to learn about substance use disorders as precursors to have supportive and pragmatic conversations with clients.
- Identify opportunities in varied practice settings to engage clients who use drugs in setting and achieving goals
- Conduct collaborative goal setting for overdose and infection prevention with people who use drugs to augment substance disorder screening, treatment, referral, and recovery.
- Apply harm reduction principles to supporting patient experience drug withdrawal symptoms.

## Learning Outcome

Participants will report a change in practice 6 months after the educational intervention

## Stanford's Chronic Disease Self-Management Program: Better Choices, Better Health

**Do you have patients with a chronic disease? Are you looking for resources to help them take better care of themselves?**

The NH CDSMP Network is offering Stanford's Chronic Disease Self-Management Program: Better Choices, Better Health as a resource to providers and residents of New Hampshire. The program gives patients with chronic diseases and the people who care for them an opportunity to learn how to put life back into their lives.



*For more information please  
contact  
Brianna Ferraro at  
[bferraro@snhahec.org](mailto:bferraro@snhahec.org)*

As a series of workshops:  
Classes are offered in community centers across NH. Upcoming trainings can be found at [SNHAHEC](#), under the "BCBH" tab

"Lunch" and Learn  
An introductory one-hour session can be brought to your practice by SNHAHEC to help your staff understand what can be done to help patients with chronic diseases manage their lives.

Follow us on [Facebook!](#)