

## Schedule and Breakout descriptions

**8:00 a.m. Registration**

**8:30 a.m. Welcome Address**

Nancy Korom, MSN, RN, NEA-BC, FAAN  
Vice President & Chief Nursing Officer  
Children's Hospital of Wisconsin

**9:00 a.m. Opening Speaker**

**Embracing the future of healthcare: Digital health advances**

Kimberly Cronsell, MD  
Medical Director of Digital Health and Experience

**9:45 a.m. Break**

**10:00 a.m. Breakout Session #1**

**When their sky is falling: Helping youth with anxiety and depression**

Jacquelyn Smith, PhD

Learners will:

- recognize the risk factors and common symptoms of anxiety and depression in pediatric populations.
- describe screening tools that may be used for anxiety and depression.
- reflect on ways to initiate conversations and discuss mental health concerns with pediatric patients.
- identify resources for youth with anxiety and/or depression and their caregivers.

**Disruptive behavior in families**

Tera Bartelt, MSN, RN

Learners will:

- reflect on the nurse's role addressing disruptive behaviors in order to create an environment for effective interactions with patients and their families.
- consider how the actions of the healthcare team can contribute to disruptive behaviors of patients and families.
- identify interventions and resources for nurses to use to reestablish a therapeutic relationship when interacting with patients and families.

**Prematurity and substance exposure: Impacts on long term growth and development**

Laurel M. Bear, MD

Ann Grippe, MSN, RN

Learners will:

- understand the historical perspectives of in utero drug exposure.
- understand the components of abstinence rating systems and possible drug and therapy regimens.
- understand the developmental implications of intrauterine drug exposure.

**Panel presentation: The next frontier for families: Explore the roles that influence the continuum of care**

Robyn Woolever, BSN, RN-BC

Erin Brauer, BSN, RN, TNC, CCRN

Gina Payton, BSN, RN

Nicholas Herrick BSN, RN

Learners will:

- identify the impact the roles represented by panelists and the learner can have during personal interactions with patients and families.
- recognize how family perceptions about the care they receive is influenced by individual interactions.

**10:50 a.m. Break**

## 11:00 a.m. Breakout Session #2

### **Practical application of de-escalation techniques and documentation tips**

Jake Haugh, CPP, PSP

Sharon Graves, RN, BSN, MSN, CPHRM

Learners will:

- identify warning signs and how behavior escalates.
- employ de-escalation techniques, including AIDET as an early intervention tool to address behavior.
- identify key elements of documentation related to challenging interactions with patients and families.

### **Trauma informed care: Creating trauma responsive environments**

Tricia Schutz, MSW, LCSW

Stacey Pangratz, BSW, MPH

Learners will describe:

- trauma informed care.
- the impact of trauma on children and families.
- why trauma informed care is important.
- the role of staff in creating a trauma responsive/sensitive environment.

## 11:50 a.m. Breakout Session #3

### **Easing the burden of diabetes through the use of technology**

Pam Gage, MSN, RN, ACCNS-P, CPN

Lynn Estacio, BSN, RN, CDE

Learners will:

- identify what technology for people with diabetes is currently being used in the outpatient, school and home settings.
- describe current state and future direction of outpatient technology in the inpatient setting.

### **Panel Presentation: Mapping your nursing career: Oh, the places you can go!**

Erin Brauer, BSN, RN, TNC, CCRN

Ilana Cabrera, MSN, RN, CPNP

Jacqueline Whelan MN, RN, CNL

Sarah Pouzar BSN, RN

Michelle Fuss BSN, RN, CPN

Learners will:

- identify at least 3 different types of nursing roles within a health system.
- describe one technique to begin creating a personal career legacy map.

## 12:40 p.m. Breakout Session #4

### **Asthma Inpatient considerations**

Jaime Fox, DNP, CPNP-AC/PC

Learners will:

- identify aspects of caring for a child with asthma while in the ICU/Acute Care unit/inpatient.
- describe discharge criteria for a patient with asthma.
- discuss the importance of the Asthma Management Plan as a tool to use to prevent patients with asthma from requiring hospitalization.

## Breakout Session #4, continued

### Self-defense techniques for nurses

Jessica Fig, BSN, RN

Learners will:

- identify and practice simple techniques to improve their personal safety.
- discuss methods to improve home security beyond self-defense.

### Panel presentation: Family experience: What really matters most?

Facilitated by Jenny Doerr, MSN, RN

Panel includes parents sharing what matters most in their child's healthcare journey and the ways nurses impact the everyday moments.

Learners will:

- recognize barriers and challenges families face during health care transitions.
- identify ways to enhance their clinical practice to improve a family's experience during stages in their healthcare journey.

## 1:30 p.m. Breakout Session #5

### Asthma in primary care/outpatient setting

Jeanne Conner, BA, MSN, RN, APNP

Learners will:

- describe the focus of outpatient asthma services.
- optimize use of medications by patients and their families to prevent asthma exacerbations and promote health and wellbeing.
- recognize what it means for a patient to be in good control.

### Business end of caring for a patient

Leticia Herrera, BSN, RN

Philip Kissack, MHA, MS, RD

Lynn Kryfke, MSN, RN

Learners will:

- understand services provided by Children's Health Plan.
- describe the role of the nurse in Children's Health Plan.
- identify factors that influence care outcomes and how they relate to Children's Health Plan.

### Vaping and juuling

Charlene Gaebler-Uhing, MD, MHPE

Learners will:

- identify facts of e-cigarette use and the impact of nicotine on teen brains.
- correctly identify JUUL and other related products.
- be more confident in screening for use and providing information on negative health impact.
- recognize patients' level of readiness to change vaping/juuling practices.
- list resources appropriate to support patients desire to quit.

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Learners will:

- recognize barriers and challenges families face during health care transitions.
- identify ways to enhance their clinical practice to improve a family's experience during stages in their healthcare journey.

**2:20 p.m. Break and Afternoon Snack**

**2:35 p.m. Poster awards and raffle winners**

**3:00 p.m. Closing Speaker: Eliz Greene**

**How do you maintain your sanity, relationships, and health when there is never enough time to get things done?**

Hectic pace, chronic high-stress, uncertainty, and unavoidable negative influences can threaten productivity, creativity, and suck the fun out of even the most enjoyable professions. Protective gear is important in many work environments, **wouldn't it be nice to have protective gear for stress?** Professional speaker, Eliz Greene shares insights from her job stress research and strategies to limit the impact of stress by developing what she calls an "emotional hazmat suit."

Eliz survived a heart attack at age 35 while seven months pregnant with twins and knows limiting stress is essential to a long, enjoyable and productive life. This engaging and humorous program details how to develop a system to protect your health, sanity, and relationships by:

- **Deconstructing** the impact of stress physically and mentally.
- **Developing** protective methods to cope with high stress.
- **Understanding** how to address what "keeps you up at night."
- **Practicing** simple strategies to reset and restore.

