



**Missouri League
for Nursing**

Director of Nursing Institute

September 22 – 23, 2015

Charge Nurse Day - as low as \$50

September 22, 2015

CNA Day - as low as \$30

September 22, 2015

*Orlando's Event & Conference Center
St. Louis, MO*

A large graphic with a green border containing various nursing-related terms. The word 'Leadership' is at the top in large purple letters. Below it are 'DEDICATION' (yellow), 'discipline' (green), 'drive' (purple script), and 'MOTIVATION' (green). At the bottom is 'EXCELLENCE' in large purple letters. On the left side, 'Accountability' is written vertically in purple. On the right side, 'Passion' is written vertically in purple. At the bottom right, 'HEART' is written in yellow.

Welcome

We are excited to invite **Directors of Nursing, Charge Nurses, and Certified Nursing Assistants** to attend an educational event catered to YOUR needs! This conference will be energetic and hands-on all while being in a learning environment. You will be given useful information to take back and implement in your home right away to better serve your residents. We will give you the confidence, knowledge, direction, and motivation needed to help you enhance your role of caring for the elderly.

Location:

Orlando's Event and Conference Center
2050 Dorsett Village Plaza, St. Louis, MO 63043

Registration: Send registration form and fees to: MLN, 604 Dix Road, Jefferson City, MO 65109.

Telephone 573-635-5355 and faxed 573-635-7908 registrations must be charged by Discover/MC/Visa. You may register and pay online at www.mlnmonursing.org. We cannot bill you. Onsite registrations will be allowed, based on availability, with payment of fees plus an additional \$25.

Cancellation: There is a \$50 non-refundable cancellation fee. No refunds for cancellations made less than five business days prior to the conference. Cancellations must be received in writing. No refunds or credits will be made if registrant fails to attend. Substitutes are allowed.

Handouts will be emailed prior to the program. It is your responsibility to print off the handouts and bring them with you to the conference, or if you prefer store them on an electronic device and bring your computer with you. Internet service is not provided in the meeting rooms.

Miscellaneous: Contact the MLN office to arrange for special ADA needs or dietary needs. Bring a sweater or jacket due to varying meeting room temperatures.

Continuing Education: All disciplines will receive a certificate of attendance within 30 days via email.

Schedule at a Glance

Tuesday, September 22

Target Audience: DON/Charge Nurse/CNA

8 a.m.	Registration & Network with Vendors
8:30 a.m.	Opening Session
10:30 a.m.	Network with Vendors
10:45 a.m.	Session
12:15 p.m.	Lunch
1 p.m.	Network with Vendors
1:30 p.m.	Session
2:30 p.m.	Network with Vendors
3:45 p.m.	Adjourn

Wednesday, September 23

Target Audience: DON

8:30 a.m. – Noon	Sessions
Noon – 1 p.m.	Lunch
1 – 4:15 p.m.	Sessions
4:15 p.m.	Adjourn

8 – 8:30 a.m. Registration and Network with Vendors

8:30 – 10:30 a.m.

Target Audience: DON/Charge Nurse/CNA

Behaviors are Unmet Needs (2 hours)

Speakers: Sharon Thomas, BSN, RN, Clinical Consultant/Quality Educator, MU MDS, and Quality Research Team, University of Missouri Sinclair School of Nursing, Columbia, Missouri; and Dave Walker, LNHA, BSN, Long-Term Care Leadership Coach, University of Missouri Sinclair School of Nursing, Columbia, Missouri

This presentation will explain different aspects of dementia and will challenge participants to explore options to anticipate or meet the “unmet need”-- both physically, emotionally, and environmentally. These “unmet needs” can be managed by controlling the environment, structure, and how we communicate with dementia residents.

10:30 – 10:45 a.m. Network with Vendors

10:45 a.m. – 12:15 p.m.

Target Audience: DON/Charge Nurse

Generational and Gender Diversity in the Workplace (1.5 hours)

Speaker: Dave Walker, LNHA, BSN

Generational and gender differences can be a major barrier to creating and implementing culture change. This presentation will explain how each generation has its own unique way of communicating and interacting in the workplace. Examples of the core values of each generation and the events and experiences that shaped each generation will be explained.

10:45 a.m. – 12:15 p.m.

Target Audience: CNA

Walk a Mile (1.5 hours)

Speaker: Teresa Leeds, ADON, The Living Center, Marshall, Missouri

Being a caregiver is not an easy job. As leaders, we often struggle to find ways to improve caregiver sensitivity, particularly in nursing homes. By immersing ourselves in "someone else's shoes" we catch a glimpse and can apply that empathy with a focus on person-centered care. While creating and expanding this program, we realized it goes "hand in hand" with prevention of abuse and caring for the resident with dementia.

Implementing CMS Hand in Hand modules as an integral component of new staff orientation, CNA class, and training for existing staff can and has made such a positive impact in the attitudes and actions of caregivers.

12:15 – 1 p.m. Lunch (provided)

1 – 1:30 p.m. Network with Vendors

1:30 – 2:30 p.m.

Target Audience: DON/Charge Nurse

Nurses: Know who Regulates your Practice! (1 hour)

Speaker: Debra Funk, RN, BSN, Practice Administrator, Missouri State Board of Nursing, Missouri Department of Insurance, Financial Institutions & Professional Registration, Jefferson City, Missouri

A review of the Missouri Nurse Practice Act including a close look at the definitions of practical and professional nursing. Then building upon the understanding of these definitions, a look at how the Missouri State Board of Nursing defines scope of practice and views delegation by nurses.

1:30 – 2:30 p.m.

Target Audience: CNA

Skin Care Fair (1 hour)

Speaker: Sharon Thomas, BSN, RN

No one wants to have a pressure ulcer or other skin issue. What happens to our skin as we age or have health problems? What can each of us do to prevent skin breakdown? The Skin Care Fair takes a fun approach to learning about the prevention of skin problems.

2:30 – 2:45 p.m.

Break

2:45 – 3:45 p.m.

Target Audience: DON/Charge Nurse

Preparing For the Surgery of Litigation (1 hour)

Speaker: Ivan Schraeder, Attorney, The Lowenbaum Partnership, LLC, St. Louis, Missouri

The session concentrates on suggesting how and what to preserve in the way of critical records so that when litigation hits you are not trying to reconstruct your history. The information will relate to litigation concerning employment issues and general litigation problems as well as “discovery” activities associated with litigation. The issue of electronic records will also be addressed.

2:45 – 3:45 p.m.

Target Audience: CNA

Open Forum (1 hour)

Facilitator: Sharon Thomas, BSN, RN

You don't have to feel alone anymore! This session will give you the opportunity to voice your trials and tribulations and receive feedback from others who are dealing with the same day-to-day issues.

Topics will include:

- What is the value of a CNA?
- What is the most important thing about your job?
- What would make your job better?
- What is your favorite way to learn new information?
- How do you feel we can make care planning a better process?
- If you could get rid of one thing you do in your job, what would it be?
- What is the best thing about your job?

3:45 p.m.

Adjourn

“Live life when you have it. Life is a splendid gift-there is nothing small about it.”

– Florence Nightingale

Target Audience: DON

8:30 – 9:30 a.m. One Home's Journey (1 hour)

Speaker: Dave Walker, LNHA, BSN, Long-Term Care Leadership Coach, University of Missouri Sinclair School of Nursing, Columbia, Missouri

This presentation will explain why and how a 90-bed skilled nursing home started their culture change journey. Pictures, examples and real life experiences will be shared of their 15 year journey. Natural awakening, liberalized diets, liberalized med pass, intergeneration programs, bathing without a battle, the importance of sleep, along with other topics will be discussed.

9:30 – 9:45 a.m. Break

9:45 – 10:45 a.m. Open Forum (1 hour)

Facilitator: Sharon Thomas, BSN, RN

You don't have to feel alone anymore! This session will give you the opportunity to voice your trials and tribulations and receive feedback from others who are dealing with the same day-to-day issues.

10:45 – 11 a.m. Break

11 a.m. – 12 p.m. What DONs Need to Know about Budgets (1 hour)

Speaker: Nicky Martin, LNHA, BS, Long-Term Care Leadership Coach, University of Missouri Sinclair School of Nursing, Columbia, Missouri

Do you want more for your residents and staff? If the answer is yes, you should know the ins and outs of PPD calculations and how they effect a nursing department. Higher quality of life, better clinical outcomes, better equipment, more staffing hours, and higher wages are all benefits of being good stewards of a nursing department budget. Learn how to calculate where you stand with your nursing staffing and supplies PPDs and how you are comparing to what is actually budgeted for your department. This is what you as a Director of Nursing needs to know about budget. If available please bring you current budgeted PPD numbers and your actual PPD numbers for both staffing and supplies.

12 – 1 p.m. Lunch (provided)

1 – 3 p.m. Overcoming Resistance to Change-Isn't it Obvious? (2 hours)

Speaker: Dave Walker, LNHA, BSN

Change doesn't always have to be a bad thing. Learn the three main reasons why people reject change and walk away with some action plans to overcome them. Learn how to improve your leadership and communication skills so that you can better communicate your passion and goals for culture change.

3 – 3:15 p.m. Break

3:15 – 4:15 p.m. What's Important Now (W.I.N.)

Speaker: Tucker Graves, President, Health Services GPO, Oak Grove, Missouri

With so many things coming at us at work, sometimes we feel like we never get anything done much less get caught up. So is there any hope? Are we destined for the same results over and over again? Or is there something we can do? I will present the steps towards ending the seemingly endless cycle of putting out fires and moving towards achieving the goals we wish we had time for.

4:15 p.m. Adjourn



St. Louis, Missouri

Best Value: Organizational Members with one DON paid registration can bring your Charge Nurses for as low as \$50 and your CNAs for as low as \$30 per person!

Not an Organizational Member? Call for more information.

*Registration form in TWO pages. We must receive BOTH pages together with payment.
Please type or print. For multiple registrations, please copy form.*

Name _____ MLN ID# _____
Home Address _____ Home City, State, Zip _____
Home Phone _____ Cell Phone _____
Position _____ Credentials _____
Place of Employment _____ Employer MLN ID# _____
Work Address _____ Work City, State, Zip _____
Work Phone _____ Email _____

**Confirmation, handouts, evaluation, and certificates will be sent via email.*

Name _____ MLN ID# _____
Home Address _____ Home City, State, Zip _____
Home Phone _____ Cell Phone _____
Position _____ Credentials _____
Place of Employment _____ Employer MLN ID# _____
Work Address _____ Work City, State, Zip _____
Work Phone _____ Email _____

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Work Phone _____ Email _____

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REGISTRATION FEES:

This page MUST accompany page 1.

Organizational Members

BEST VALUE:

Register here for Organizational Members - with one paid DON registration* bring your charge nurses and unlimited CNA's at reduced rate

Table with 4 columns: POSTMARKED, QTY DON*, QTY Charge Nurse, QTY CNA. Rows for registration dates: on/before August 21, after August 21, after September 15.

* one full DON registration is required to receive the reduced rates for charge nurses and CNA's

Individual Members

Registration here for DONs , Charge nurses or CNA's with Individual Memberships

Table with 4 columns: POSTMARKED, QTY DON, QTY Charge Nurse, QTY CNA. Rows for registration dates: on/before August 21, after August 21, after September 15.

Nonmembers

Register here for nonmembers

Table with 4 columns: POSTMARKED, QTY DON, QTY Charge Nurse, QTY CNA. Rows for registration dates: on/before August 21, after August 21, after September 15.

Check method of payment. [] Check Enclosed [] Discover/MC/Visa Total Enclosed \$ _____

Card # _____

Exp. Date _____ 3-Digit Security Code _____ Billing Zip Code _____

Name on Card _____ Signature _____