

2022 MNA Convention Session & Speaker Information



Gloria Donnelly PhD, RN, FAAN

Session Title: *Humor and Healing in Clinical Care*

Session Description: Recent research has focused on the benefits of humor in clinical care and in healing processes. Types of humor and their potential for use in the care of patients, families and self are illustrated for the clinicians consideration in promoting health and healing.

Speaker Bio: Dr. Gloria Donnelly is a proponent of self-care and resilience building strategies beginning with her book, *Coping with Stress: RN's Survival Sourcebook* Medical Economics Press, 1983 and most recently, with Dr. R. Wicks, *Overcoming Secondary Stress in Medical and Nursing Practice*, Oxford University Press, 2021. As Editor in Chief of the refereed journal, *Holistic Nursing Practice*, she encourages the practice of holistic self-care modalities to nurture mind, body, and spirit. Dr. Donnelly earned a BSN from Villanova University, an MSN from the University of Pennsylvania with an emphasis in psychiatric nursing, and a Ph.D. in Human Development from Bryn Mawr College. She is author of seven books and the winner of two American Journal of Nursing Book of the Year awards. Dr. Donnelly is also Dean Emerita and Professor Emerita, College of Nursing and Health Professions, Drexel University, Philadelphia, PA and a Fellow in the Academy of Nursing.



Eric Arzubi MD

Session Title: *Burnout: Prioritizing Mental Health and Your Career*

Session Description: It's well known that work related stress can lead to burnout for anyone. Even before the COVID-19 pandemic, burnout was especially present among healthcare workers. Hear from expert psychiatrist, Dr. Eric Arzubi, on how to prevent, manage, and even reverse burnout in yourself or among your team, all without giving up on your career. This session is for anyone who wants to go deeper than your traditional "burnout" workshop, gaining a better understanding of the real mental health impacts that burnout can have on you

and your colleagues. Participants will leave the session with real-world tools and tips for addressing, and even preventing, burnout in the healthcare workforce.

Speaker Bio: Dr. Arzubi co-founded Frontier Psychiatry in 2019 to introduce an accelerated, more aggressive response to Montana's growing mental health crisis. He served as Chair of Psychiatry at the Billings Clinic from 2014 to 2019, during which time he led the creation of Montana's first psychiatry residency training program and the launch of Montana's first EmpATH Unit, a service dedicated to providing timely care to individuals in crisis. In 2020, the Montana Medical Association presented Dr. Arzubi with one of its top physician awards, the Doctor Jack McMahan Service to Montana Physicians Award, for his contributions. Dr. Arzubi is currently an Assistant Clinical Professor at the Yale Child Study Center. He has proudly served as President of the Big Sky Regional Council of Child and Adolescent Psychiatry and as a board member of the School-Based Health Alliance. Dr. Arzubi is board certified in general psychiatry and child/adolescent psychiatry.



Andrea Chatburn DO, MA, HEC-C

Session Title: *Building Moral Muscle: Creating a Culture of Ethics*

Session Description: Must we have moral courage? What does it take to speak up for safety, ethics, and diversity? Participants will explore skills in building moral muscle which will aid in creating an ethical environment of care in the spaces and places of work.

Speaker Bio: Dr. Andi Chatburn is the Sr Director for Ethics serving Providence in the Washington Montana Region. She values her training and work as a Palliative Care physician and lives with her husband and two dogs in Spokane, Washington. Dr. Chatburn seeks opportunities for "standing in the gap" of uncertainty in clinical questions ranging from beginning to the end of life, leaning in to curiosity and cultivating relationship while exploring questions of 'how we ought to be with one another in community' as we seek to address the challenges of promoting health for a better world.



Christina Stern MSW, LCSW, OSW-C

Session Title: *Choose the Lesser Suck: Navigating Interpersonal and Professional Boundaries*

Session Description: This is not a typical presentation about Boundaries, what they are and how to have them. Boundaries are not always cut and dry. Boundaries can be challenging to navigate in healthcare, especially when we come from a place of “caring.” Today we will look at boundaries from a more personal perspective and how sometimes we run into boundary challenges due to our own value systems, internal needs, or unmet needs.

Speaker Bio: Tina Stern, MSW, LCSW, OSW-C earned her Bachelor of Psychology from Carroll College in 2004 and her Master of Social Work from University of Montana in 2010. Tina has worked extensively with children, adolescents, adults and families over the past 12 years. She joined St. Peter’s Health Cancer Treatment Center in 2016 after working in Behavioral Health for six years. She joined St. Peter’s Health People Health & Wellness team in 2021 to provide staff with onsite behavioral health. She provides staff with support and education on fostering psychological resilience, navigating interpersonal and professional boundaries, offer evidence-based debriefings after a stressful patient-related event and addresses multifaceted behavioral health barriers through program development.



Christina Borst DNP PMHNP APRN

Session Title: *Trauma Informed Care, What does that REALLY mean?*

Session Description: We've all heard of trauma informed care, but what does that really mean and how do you incorporate that into your practice? You'll learn how nurses assess and care for patients with past trauma. Which screening tools assess for trauma. The 6 principles and the 4R's of trauma. How does the Polyvagal Theory work with trauma informed care? Ideas for how we can improve the practices of our organizations. You'll also learn how you can work with the existing models to provide more trauma sensitive care and how to advocate for changes.

Speaker Bio: Chris is currently an Assistant Clinical Professor at Montana State University Mark & Robyn Jones College of Nursing on the Great Falls Campus. She teaches undergraduate Psychiatric Nursing and graduate courses. She also has a private Psychiatric Nurse Practitioner practice in Choteau, MT. She started her nursing education at the campus where she currently teaches. She worked in a level I Trauma Hospital in Arkansas for 3 years then returned to Montana and worked in the ICU of a local hospital. During that time, she helped orient new nurses to the ICU and precepted multiple students. In 2015 she returned to MSU as a clinical instructor and began her graduate program through Gonzaga. Upon completion of her DNP, she opened her practice in 2020. She cares for many individuals who have experienced traumas in the past and would like to share her knowledge and experiences with you.



Cynthia Leaphart RN

Session Title: An Asthma update for nurses

Session description: A broad view of the new guideline changes, asthma physiology, assessing severity and control of asthma and the nurse's role during an asthma clinic visit, including ACT and AAP.

Speaker Bio: Cyndi Leaphart, RN, earned her Bachelor of Nursing Degree from Montana State University nearly 30 years ago. She was using her previous degrees in Agriculture and Business Administration working with “her people”, members of the agricultural community, in Nebraska and Kansas when her son was diagnosed with cystic fibrosis. The excellent care they received from the medical community in Kansas reignited her interest in medicine and she began the nursing program. Working mostly in pediatrics throughout her career, in 2022 Cyndi joined the American Lung Association focusing mainly on asthma education and improving the care clinics in Montana offer to their asthmatic patients of all ages. She is working with several clinics, hospitals and a reservation in Montana on the Enhancing Care for Children with Asthma QI program (although it is for patients of all ages) and would be happy to share information about that with you if you’d like to bring that program to your organization. She provides ongoing support and education in all areas related to lung health.



Paul Harman LCSW

Session Title: Surviving Healthcare in the Midst of Crisis

Session description: Organizations, like individuals, can be traumatized, and the result of the traumatic experience can be as devastating for organizations as it is for individuals. Together we will look at how to identify and address the trauma that we experience at work.

Speaker Bio: Paul is a positive, caring person who is motivated to facilitate change in those around me. I promote a culture of excellence in my direct reports, co-workers, and self. I have been instrumental in helping many people to discover recovery and begin their journey of healing. I am currently a Licensed Clinical Social Worker, and am trained in many different evidenced based practices. I am skilled at talking to individuals and handling high stress situations. I stand out at managing, implementing, and being fiscally responsible with multiple projects simultaneously. I have experience in managing, designing, implementing, and maintaining projects and programs including multidisciplinary staff. I have been tasked and excelled in building new programs and leading change. I have had the opportunity to work with Veterans for the last 12 years at the Montana VA. In this time I have had many different leadership roles and duties.

Amanda Patel PharmD

Session Title: Just Culture, Human Factors, and Medication Safety

Session Description: The impact of the verdict in RaDonda Vaught trial on frontline nurses and patient safety experts across the nation has been profound. The concern of incrimination has led many caregivers to stop reporting safety events, leaving patient safety leaders blind to system failures that must be addressed. We will discuss how building and supporting a just culture that focuses on both system design and management of human factors increases safety for both our patients and our employees.

Speaker Bio: Amanda received her Pharm.D. from the University of Montana Skaggs School of Pharmacy in 2001 and completed a residency at The Valley Hospital in Ridgewood, New Jersey. In 2002, she returned to the U of M pharmacy school as an assistant professor and clinical pharmacist at Partnership Health Center.

In 2005, Amanda stepped away from academia to raise a family and worked in various retail pharmacies in Missoula and the surrounding area. In 2013, she joined Providence St. Patrick Hospital as the first Medication Safety Officer in the state of Montana and in 2020 joined the Providence system pharmacy team as their first Director of Medication Safety, Quality and Accreditation.

Amanda lives in Missoula with her husband and two children. In her spare time she can be found on the soccer sidelines, running in local races, and enjoying all the local breweries Missoula has to offer.