Thursday and Friday, July 12 & 13, 2012

Audience: SJCME FNP Students, Nurse Practitioners

This two day intensive workshop will provide the FNP student or graduate FNP with some of the requisite “hands-on” skills to function in primary care settings with confidence. The skills presented in this workshop can serve as a rounding out of clinical practica and a valued part of a skills portfolio to present to prospective employers.

Day One – Thursday, July 12, 2012

Office Procedures – Wound Closure, I&D, Shave Biopsy

Instructor: Patsy Thompson Leavitt, MS, FNP

Ms. Leavitt has over 30 years of clinical experience in urgent care, pediatrics and primary care settings. A graduate of Boston College (BSN), the University of Southern Maine (MSN) and Simmons College (FNP), she is a full time clinical faculty member of St. Joseph’s College of Maine’s Online Graduate Nursing MSN/FNP program. Of teaching the fine arts of wound closure Ms. Leavitt states “it is a particular pleasure to combine the nursing and NP role in the development of these unique skills”.

Objectives:

At the conclusion of this program the student will:

1. Describe advanced wound assessment and wound closure decision making processes.

2. Demonstrate local anesthetic administration techniques for infiltration and digit block.

3. Demonstrate beginning skills in wound closure using a simple interrupted suturing method and Dermabond.

4. Demonstrate beginning skills in performing incision and drainage of skin abscesses.

5. Demonstrate beginning skills in performing a skin shave biopsy.
Schedule: Thursday, July 12, 2012

8:00 AM  Welcome, Introductions
8:15 AM  Wound Assessment
         Repair modality decision making
         Wound preparation
         Special considerations – contamination, foreign bodies, animal bites, etc.
9:00 AM  Local Anesthesia – choices, techniques
9:30 AM  Skill lab – wound infiltration and digit blocks
10:00 AM Break
10:30 AM Skill lab - Suture technique – simple interrupted suturing
12:00 PM LUNCH
1:00 PM  Skill lab – Dermabond technique; Steri-strip technique
1:30 PM  Lesion assessment and Biopsy techniques in the primary care setting
2:00 PM  Skill lab – shave biopsy technique
2:30     Break
3:00     Abscess Assessment and I&D technique in the primary care setting
3:30     Skill lab – I&D technique
4:00     Adjourn
Day Two – Friday, July 13, 2012

Morning Session: 12 Lead ECG Interpretation

Instructor: Janet Thompson, MS, NP-C

A graduate of St. Joseph’s College of Maine (BS) and Simmons College (MSN, NP), Ms. Thompson has spent her nursing and NP career caring for persons with cardiovascular disorders and has experience in cardiovascular medicine and surgery settings both in hospital as well as in an outpatient setting. She currently practices in a hospital based Heart Failure Program in Boston MA, and has a passion for the care of this vulnerable population.

Objectives:

At the conclusion of this session the student will be able to:

1. Describe the evidence based indications for 12 lead ECGs in the primary care population.
2. Define the limitations of the 12 lead ECG in the diagnosis of cardiac conditions.
3. Articulate an orderly approach to evaluation of the 12 lead ECG.
4. Describe the appearance of a normal 12 lead ECG.
5. Demonstrate beginning skills in the identification of commonly encountered ECG abnormalities.
6. Identify unique aspects of 12 lead ECG interpretation for consideration in the pediatric population.

Schedule:

8:00 AM Welcome and Introductions
8:15 AM Electrocardiograms in the Primary Care setting

Indications vs other cardiac evaluation modalities

Predictive value

9:00 AM Skill lab - 12 Lead ECG interpretation

Basic measurements
Basic rhythm interpretation

10:00 AM  Break

10:30 AM  Skill lab – 12 lead ECG interpretation

  Abnormalities – ischemia, infarction, dysrhythmias

11:30 AM  Special considerations

  Pediatric ECGs

12:00 PM  Lunch

Afternoon Session:

Plain Radiograph (X-Ray) Interpretation

Instructor:  George Stockwell, D.O.

Dr. Stockwell is the lead physician and urgent care provider at the Mercy Express Care located in Windham, ME. He has extensive experience in rural Primary Care as well as urgent care, and has a special interest in radiographic interpretation in the clinical setting. In addition to his practice at Mercy, Dr. Stockwell serves as Medical Advisor in a number of community health, school-based sports, mental health, prison health, and free clinic arenas.

Objectives:

At the conclusion of this session the student will be able to:

1. Describe the evidence based indications for plain radiographs in the primary care population.

2. Define the limitations of plain radiograph in the diagnosis of commonly encountered conditions.

3. Articulate an orderly approach to evaluation of X-rays of the Chest, Abdomen, and extremities.

4. Describe the appearance of the normal anatomical structures identified in the X-ray of the chest, abdomen and extremities.

5. Demonstrate beginning skills in the identification of commonly encountered X-Ray abnormalities of the chest, abdomen and extremities.

6. Identify unique aspects of X-ray interpretation for consideration in the pediatric population.
**Schedule:**

1:00 PM  
*X-ray Interpretation for the Primary Care provider*  
- Indications vs other imaging modalities  
- Risk/benefit analysis including pediatric cautions

1:30  
*Skill lab – Chest X-rays*

2:00  
*Skill lab – KUB/Abdomen X-rays*

2:30  
*Break*

3:00  
*Skill lab - Extremity X-rays*  
- Pediatric considerations

4:00  
*Adjourn*