

ISONG Webinar

Tailoring Nursing Assessment and Interventions to Provide Individualized Health Care



Ms. Elizabeth Pestka is a Clinical Nurse Specialist in the Pain Rehabilitation Center, Department of Psychiatry, and an Assistant Professor of Nursing at Mayo Clinic in Rochester, MN, USA. She received her BSN from Winona State University, Winona, MN, and her Master's degree in nursing from the University of Minnesota, Minneapolis. She works with an interdisciplinary team focused on helping persons with chronic pain learn management strategies to improve their level of functioning and quality of life. At this time the team is systematically using family history information, and other relevant genetic findings, to individualize patient care.

Ms. Pestka was selected as a Genomics Co-Leader for the Department of Nursing at Mayo Clinic in 2001 and gained credentialing as an Advanced Practice Nurse in Genetics in 2005. She has led a multifaceted genomics program which was selected by the American Nurses Credentialing Center for the prestigious Magnet Prize in 2005. She has served as Education Committee co- chair and secretary of the International Society of Nurses in Genetics, been a member of the national Genetics Nursing Credentialing Center Portfolio Score Team and was invited to serve on the Advisory Group for the National Council of State Boards of Nursing funded project focusing on a method for introducing a new competency into nursing practice. Her research has focused on the inclusion of genomics activities in non-genetic clinical nursing practice areas.

Description

This presentation will focus on individualized health care including five overall aspects utilized by the Mayo Clinic Center for Individualized Medicine including pharmacogenomics, epigenetics, microbiome, clinomics, and biomarker development. Nurses in all clinical areas need to tailor care by including genetic and genomic information in their assessments and interventions and numerous examples of how this is currently being done will be part of the session. Finally, one successful interdisciplinary quality improvement project, initiated and led by nurses, will demonstrate how the use of family history information related to substance abuse can improve care for patients with chronic pain. Clinical implications include preventive interventions for more individuals, potential considerable health care cost savings, and a greater appreciation of the value of family history information by both providers and patients. This project has potential to be generalized for use with other health conditions.

Who Should Attend?

This presentation is for all professionals who want to learn more about integrating genomic assessments and interventions into nursing clinical practice. Nurses working in academic positions will be able to include the real examples in classroom discussions and nurses involved in clinical practice will be able to identify ways that genomic information is applicable in providing care to their patients.

Objectives

1. Identify the five overall aspects of individualized health care highlighted in the presentation.
2. Describe ways that nurses can include genetic and genomic assessments and interventions in clinical practice to provide individualized health care.
3. Discuss how nurses working with patients with chronic pain use family history information related to substance abuse to individualize care.

The cost is \$25.00 for ISONG Members / \$50.00 for Non-members.

This learning activity has been developed in collaboration with the University of Pittsburgh School of Nursing.

Participants successfully completing this activity will be awarded one (1) continuing nursing education contact hour.

The University of Pittsburgh School of Nursing is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.