



DR. SUSAN L. DAVIS, R.N.,  
& RICHARD J. HENLEY  
COLLEGE OF NURSING  
Sacred Heart University

&



Beatrice Hofstadter-White

# NURSING P.I.E.R.

PRACTICE . INNOVATION . EDUCATION . RESEARCH .

*Conference*

August 20, 2024

The Guest House, Sacred Heart University West Campus,  
3135 Easton Turnpike, Fairfield, CT 06825



# **WELCOME NURSING PIER**

This one-day event brings together nursing professionals, educators, researchers, and innovators to explore and discuss the evolving landscape of nursing in the 21st century. As the healthcare industry undergoes rapid transformations, this conference serves as a platform to envision the future of nursing, fostering collaboration, igniting innovation, and inspiring positive change. The nursing profession plays a pivotal role in healthcare delivery, and in order to adapt to the ever-changing healthcare landscape, it is essential to continuously reassess and reimagine nursing practice, education, and innovation. This conference is strategically designed to address the multifaceted challenges and opportunities facing the nursing community today.

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# FROM THE **CHIEF ACADEMIC OFFICER**



Dear Esteemed Colleagues and Honored Guests,

It is with great enthusiasm that I welcome you to the inaugural Beatrice Hofstadter-White Nursing P.I.E.R. Conference, a pioneering collaboration between Nuvance Health and Sacred Heart University's Dr. Susan L. Davis, RN, and Richard J. Henley College of Nursing.

This conference marks a significant milestone in our ongoing commitment to advancing the field of nursing through education, innovation, research, and practice. We are proud to partner with such esteemed institutions, uniting our strengths to foster a new era of healthcare excellence.

As we kick off this event, I am thrilled about the potential this collaboration holds. Together, we are setting the stage for groundbreaking discussions, transformative education, and innovative solutions that will influence nursing practices and patient care for years to come. I invite each of you to engage deeply with the sessions and workshops, network with your peers, and contribute your unique perspectives and expertise. Your participation is key to maximizing the impact of this collaborative endeavor.

Thank you for being part of this exciting initiative. I look forward to the ideas and advancements that will emerge from our collective efforts during this conference.

Dereck DeLeon, M.D.  
Chief Academic Officer  
Nuvance Health





DR. SUSAN L. DAVIS, R.N.,  
& RICHARD J. HENLEY  
COLLEGE OF NURSING  
Sacred Heart University

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# FROM THE DEAN



On behalf of Sacred Heart University Dr. Susan L. Davis, RN, and Richard J. Henley College of Nursing, I am thrilled to welcome you to the Nursing P.I.E.R. Conference. As we gather here today, we are united by a common purpose—to advance the practice, education, innovation, and research in nursing.

This conference is a testament to our commitment to excellence and innovation in the field of nursing. It serves as a platform to share knowledge, discuss challenges, and collaborate on solutions that will shape the future of healthcare. We are proud to host an array of esteemed speakers, dedicated professionals, and innovative thinkers from across the nursing community.

As you participate in the various sessions, nursing hackathon, and networking events, I encourage you to engage fully, share your insights, and explore the many opportunities for growth and collaboration. Whether you are presenting, attending, or supporting, your contributions are invaluable to the success of this conference and the advancement of our profession.

Thank you for joining us at this pivotal event. I am confident that your participation will inspire and lead to meaningful advancements in nursing practice and patient care. Let us all look forward to an enlightening and enriching experience here at this inaugural Beatrice Hofstadter-White nursing conference!

Karen Daley, PhD, RN  
Dean, Sacred Heart University  
Dr. Susan L. Davis, RN, and Richard J. Henley College of Nursing



# FROM THE **ENDOWED** **CHAIR**

Greetings to All Participants and Distinguished Guests,

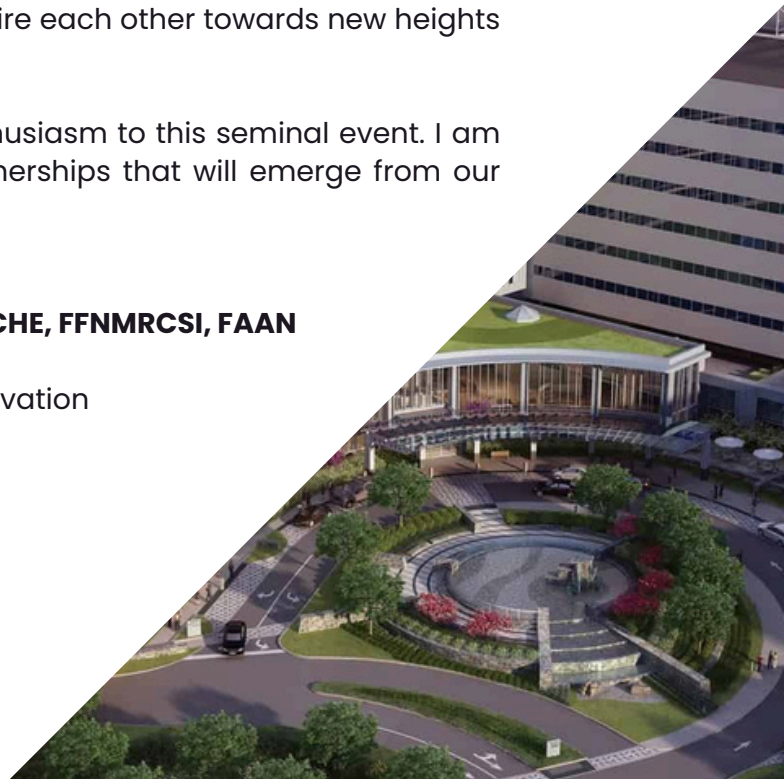
As the Beatrice Hofstadter-White Endowed Chair, I am thrilled to welcome you to the Nursing Practice, Innovation, Education and Research Conference (dubbed as Nursing P.I.E.R. Conference). This event marks a milestone in our journey towards transforming nursing practice through innovation and collaboration.

Nuvance Health and Sacred Heart University forged a unique partnership driven by a commitment to excellence and a shared vision for the future of healthcare. This conference is a manifestation of that vision, crafted to ignite discussions that challenge conventional wisdom and foster groundbreaking innovations in nursing. Our agenda is rich with opportunities for engagement—from the nursing hackathon to thought-provoking sessions led by some of the most distinguished figures in the field. As you navigate through these, I encourage you to embrace the spirit of inquiry and collaboration that this conference seeks to cultivate.

Your participation here is not just about attendance; it's about making an active contribution to reshaping the landscape of healthcare. Let us take this opportunity to build connections, exchange ideas, and inspire each other towards new heights of professional achievement.

Thank you for bringing your expertise and enthusiasm to this seminal event. I am eager to see the dynamic solutions and partnerships that will emerge from our time together.

**Jasper Erwin Tolarba, DNP, RN, CGNC, CNE, FACHE, FFMRC SI, FAAN**  
Beatrice Hofstadter-White Endowed Chair for  
Nursing Practice, Education, Research, and Innovation



# **Nursing PIER 2024**

## **Executive Committee**



**Karen Daley, PhD, RN**  
**Dean of College of Nursing**



**Cynthia K. O'Sullivan, Ph.D., APRN, FNP-BC**  
**Associate Dean of Academic Affairs & Global Nursing**



**LuAnn Etcher, Ph.D., GNP-BC, CPG**  
**Associate Dean for Research & Scholarship**  
**Professor, Graduate Nursing**



**Jasper Tolarba, DNP, MSN, M.Ed., RN, CGNC, FACHE, FAAN**  
**Endowed Chair, Nursing Practice, Education, Research & Innovation - Nuvance Health**

### **Administrative Staff**

**Nancy Pires '87**  
**Assistant to the Dean**

**Susan Labozzo**  
**Administrative Assistant**

# PROGRAM AGENDA

August 20, 2024

MORNING SESSION		
Time	Activity	Speaker
8:00 am -8:45am	<ul style="list-style-type: none"><li>Arrival and Networking with continental breakfast</li><li>Registration and distribution of conference materials</li><li>Acknowledgment of sponsors and exhibitors</li></ul>	
8:45 am – 9:00 am	Welcome Address and Introduction of the Speaker	Karen Daley, PhD, RN Dean, Sacred Heart University, Dr. Susan L. Davis, RN, and Richard J. Henley College of Nursing
9:00 am - 10:30 am	Keynote Session Q&A	Bernadette Mazurek Melnyk, PhD, APRN-CNP, FAANP, FNAP, FAAN Professor, College of Nursing, The Ohio State University
10:30 am - 10:45 am	Networking Break Opportunity for participants to connect and engage with exhibitors.	
10:45 am – 11:30 am	<i>Nursing Hackathon Part I</i> – Brainstorming of Innovative Ideas: Innovative solutions discussed and designed by participants on the following topics: <ul style="list-style-type: none"><li>A. Transition to Practice and New Graduate Retention</li><li>B. Simulation-based Learning in Nursing Programs</li><li>C. Integrating Telehealth in Nursing Practice</li><li>D. Strategies for Implementing Evidence-Based Practice</li><li>E. Interprofessional Education in Nursing</li></ul>	<i>Facilitators:</i> <ul style="list-style-type: none"><li>A. Christine Douville, EdD, RN</li><li>B. Cynthia K. O'Sullivan, Ph.D., APRN, FNP-BC &amp; Doreen Callighan, RN, EdD</li><li>C. Sue Penque, PhD, APRN, ANP</li><li>D. Melissa Scollan-Koliopoulos, DNP, EdD, APRN, PMHNP-BC</li><li>E. Tammey Dickerson, RN, MSN</li><li>F. Sue Goncalves, RN, DNP</li><li>G. Sharon Jackson, MSN, RN, CPHIMS</li><li>H. Jasper Tolarba, DNP, RN, FAAN</li><li>I. Jennifer Orbeso, DNP, RN, FDEIB</li></ul>



	F. Addressing Mental Health in Nursing (Mindfulness and Self-care) G. Nursing Informatics and Data Analytics H. Technology in Nursing Education I. Promoting a Culture of Innovation in Healthcare Organizations	
11:30 am – 12:15 pm	<i>Nursing Hackathon Part II</i> – Presentation of Innovative Ideas Group presentations of innovative ideas and solutions.	
12:15pm-1:00pm	Networking Lunch/Poster Presentations <ul style="list-style-type: none"> <li>• Allowing participants to view posters, ask questions to poster presenters, and network and engage in informal discussions.</li> <li>• Opportunity for participants to connect and engage with exhibitors.</li> <li>• Lunch buffet.</li> </ul>	
	<b>AFTERNOON SESSION</b>	
<b>Breakout Sessions</b>		
<b>Concurrent Session Block 1:</b> 1:00 PM – 1:30 PM (30 minutes)	<b>Theme/Abstract Title</b>	<b>Speaker</b>
Room A	Transition to Nursing Practice and New Graduate Retention – “Perceptions of older patients by pre-licensure nursing students during their first clinical experience.	Tara Hanlon EdD, MSN, APRN, FNP-BC
Room B	Strategies for Implementing Evidence-Based Practice – “Transitional Care Coordination Outcomes in Low Income Urban Adults: Glycemic Control and Emergency Department Recidivism”	Melissa Scollan-Koliopoulos, Ed.D., DNP, FNP, PMHMP, RN
Room C	Integrating Telehealth in Nursing Practice – “Emerging Landscape in Telehealth Nursing Practice”	Esha Bhardwaj, MSN, PMHNP-BC, RN
Room D (Main Hall)	Technology in Nursing Education – “Generative Artificial Intelligence and Emerging Technologies in Nursing Education”	Jasper Erwin Tolarba, DNP, RN, CNE, FACHE, FAAN
1:30 PM – 1:35 PM (5 minutes)	<i>Break</i>	

“As a nurse, we have the opportunity to heal the heart, mind, soul and body of our patients, their families and ourselves.” ---- Maya Angelou

“Let us never consider ourselves finished nurses.  
We must be learning all of our lives.”  
– Florence Nightingale

Concurrent Session Block 2: 1:35 PM – 2:05 PM (30 minutes)	Theme - Abstract Title/Topic	Speaker
Room A	Interprofessional Education in Nursing – “Enhancing Interprofessional Team Collaboration using Sequenced Interprofessional Simulation Education- a Pilot program”	Millie Hepburn, PhD, RN, SCRNP, ACNS-BC Sheelagh Schlegel, DHSc, MPH,OTR/L Susan Ronan (Guzzardo), DPT, MA, BA, BS
Room B	Transition to Nursing Practice and New Graduate Retention – “The Future of Nursing: Pediatric Nurse Residents' Entry into Practice Amid a Pandemic”	Katherine Hinderer, PhD, RN, CNE, NEA-BC
Room C	Nursing Informatics and Data Analytics – “Entrepreneurship and Data Analytics in Nursing”	Irene Bihl, DNP, MBA, FNP-BC, PMHNP-BC, CNE
Room D (Main Hall)	Technology in Nursing Education – “Generative Artificial Intelligence and Emerging Technologies in Nursing Education”	Jasper Erwin Tolarba, DNP, RN, CNE, FACHE, FAAN
2:05 PM – 2:10 PM (5 minutes)	<i>Break</i>	
Concurrent Session Block 3: 2:10 PM – 2:40 PM (30 minutes)	Theme/Abstract Title	Speaker
Room A	Transition to Practice and New Graduate Retention – “The Professional Nursing Scholarship Journey”	Amy Zipf, PhD, RN
Room B	Mindfulness and Self-Care – “Connect, Educate and Communicate”	Clare Cardo McKegney, DNP, APRN, CPNP
Room C	Integrating Telehealth in Nursing Practice – “Emerging Landscape in Telehealth Nursing Practice”	Esha Bhardwaj, MSN, PMHNP- BC, RN
Room D (Main Hall)	Strategies for Implementing Evidence- Based Practice – “Transitional Care Coordination Outcomes in Low Income Urban Adults: Glycemic Control and Emergency Department Recidivism”	Melissa Scollan-Koliopoulos, Ed.D., DNP, FNP, PMHNP, RN
2:40 PM – 2:45 PM (5 minutes)	<i>Break</i>	

Concurrent Session Block 4: 2:45 PM – 3:15 PM (30 minutes)	Theme/Abstract Title	Speaker
Room A	Transition to Practice and New Graduate Retention – “Perceptions of older patients by pre-licensure nursing students during their first clinical experience.”	Tara Hanlon EdD, MSN, APRN, FNP-BC
Room B	Interprofessional Education in Nursing – “Enhancing Interprofessional Team Collaboration using Sequenced Interprofessional Simulation Education- a Pilot program”	Millie Hepburn, PhD, RN, SCRNP, ACNS-BC Sheelagh Schlegel, DHSc, MPH,OTR/L Susan Ronan (Guzzardo), DPT, MA, BA, BS
Room C	Addressing Mental Health in Nursing (Mindfulness and Self-Care) – “Mental Health Essentials for Nurses: Self-Compassion and Mindful Self-Care Practices”	Susan Goncalves, DNP,MS,RN-BC Heather Ferrillo, PhD, MSN, APRN, FNP-BC, CNE
Room D (Main Hall)	Nursing Informatics and Data Analytics – “Entrepreneurship and Data Analytics in Nursing”	Irene Bihl, DNP, MBA, FNP-BC, PMHNP-BC, CNE
3:15 PM – 3:30 PM (15 minutes)	Break	
CLOSING SESSION		
Time	Activity	Speaker
3:30 pm – 3:45 pm	Awarding: <ul style="list-style-type: none"><li>• Best Posters Award</li><li>• Best Innovation Idea Award</li></ul>	
3:45 pm – 4:00 pm	Closing Remarks Acknowledgment of sponsors and exhibitors.  <i>*Request for Group Photo</i>	Jasper Erwin Tolarba, DNP, RN, CNE, FACHE, FFMRCIS, FAAN – Beatrice Hofstadter-White Endowed Chair – NuVance Health and Sacred Heart University
Conference Emcee: Cynthia K. O'Sullivan, Ph.D., APRN, FNP-BC		

“Nurses have come a long way in a few short decades. In the past our attention focused on physical, mental and emotional healing. Now we talk of healing your life, healing the environment, and healing the planet.” –  
– Lynn Keegan





## Bernadette Melnyk, Ph.D., APRN-FAANP, FNAP, FAAN

VP for Health Promotion & Chief Wellness Officer at The Ohio State University

Bernadette Melnyk, Ph.D., is vice president for health promotion and chief wellness officer at The Ohio State University, where she also is the Helene Fuld Health Trust Professor of Evidence-based Practice in the College of Nursing and professor of pediatrics and psychiatry in the College of Medicine. She is also founder of the Helene Fuld Health Trust National Institute for Evidence-based Practice in Nursing and Healthcare. Dr. Melnyk is recognized globally for her expertise in evidence-based practice (EBP), child and adolescent mental health, clinician well-being and intervention research, as well as her innovative approaches to population health and well-being. Bern is a frequent keynote speaker at national and international conferences, and has presented hundreds of workshops on EBP, mental health, intervention research and health and wellness throughout the nation and world. She is editor of seven books focused on child and adolescent mental health, EBP, intervention research, evidence-based health assessment and leadership, innovation and entrepreneurship. Dr. Melnyk has more than 560 publications and over \$36 million dollars of sponsored funding from NIH, AHRQ and foundations as a principal investigator. She is an elected fellow of the National Academy of Medicine, the American Academy of Nursing—which has recognized her three times as an Edge Runner (twice for her evidence-based COPE programs)—the National Academies of Practice and the American Association of Nurse Practitioners. Dr. Melnyk served a four-year term on the United States Preventive Services Task Force, the National Advisory Council for the National Institute for Nursing Research and the Behavioral Health Standing Committee of the National Quality Forum. In addition, she served as dean of The Ohio State University College of Nursing for 12 years, where she led the college to top 10 U.S. News & World Report and NIH funding rankings. Dr. Melnyk has served as an elected board member and vice chair of the National Forum for Heart Disease and Stroke Prevention and received an honorary doctor of science degree from the State University of New York in 2022. She is editor-in-chief of the top ranked journal *Worldviews on Evidence-based Nursing*. In 2017, Dr. Melnyk was appointed to the National Academy of Medicine's Action Collaborative on Clinician Well-being and Resilience, on which she still continues to serve, and she is the founder and current president of the National Consortium for Building Healthy Academic Communities. She received her Bachelor of Science in nursing from West Virginia University, her Master of Science in nursing and pediatric nurse practitioner education from the University of Pittsburgh and her Ph.D. in clinical research and psychiatric nurse practitioner education from the University of Rochester.



# KEYNOTE SPEAKER

# MEET THE SESSION SPEAKERS



## **Tara Hanlon, Ed.D., RN**

Dr. Hanlon is an Assistant Professor of Nursing at Southern Connecticut State University, New Haven. Dr. Hanlon has served as staff nurse, nurse manager, nursing faculty, and family nurse practitioner with extensive leadership experience. She holds a Doctor of Education in Nursing Education from Western Connecticut State University, a Master of Nursing from Pace University as a Family Nurse Practitioner and a Bachelor of Science in Nursing from SUNY New Paltz. Her research interests focus on nursing students' perceptions of their clinical experiences and their relationship to future practice areas.



## **Melissa Scollan-Koliopoulos, Ed.D., DNP, FNP, PMHNP, PMHS, CDCES**

Dr. Scollan-Koliopoulos is an Associate Professor & Assistant Program Director-Psychiatric Mental Health Nurse Practitioner Program at the Susan L. Davis, R.N. & Richard J. Henley College of Nursing, Sacred Heart University. She has over two decades of professorial experience in nursing, public health, and medical school faculty roles. She has served as a Principal Investigator on health and behavior studies with an emphasis in the elimination of health disparities in underserved populations. Her major research focus has been on using self-regulation and illness perception to predict health outcomes. She is dually certified in two nurse practitioner specialties, psychiatric mental health care and family primary care. She is also certified as a diabetes care and education specialist. Dr. Scollan Koliopoulos served in the military and was honorably discharged from in the Air National Guard.



## **Jasper Erwin Tolarba, DNP, RN, CGNC, CNE, FACHE, FFMRC SI, FAAN**

Dr. Tolarba is the inaugural Beatrice Hofstadter-White Endowed Chair for Nursing Practice, Education, Research, and Innovation at Nuvance Health System and Sacred Heart University in New York and Connecticut. Dr. Tolarba was a 2019-2020 Fulbright Research Fellow to the Kingdom of Jordan. He is a 2015 inaugural graduate of Doctor of Nursing Practice (DNP) with concentration in Healthcare Leadership, Systems and Health Policy at Yale School of Nursing. He is currently completing his second doctorate at Teachers College Columbia University major in Nursing Education. At present, he is Sigma Theta Tau International Nursing Honor Society's Liaison to the United Nations representing more than 100,000 active members and 600 chapters worldwide during high level meetings and UN Summit.

# SESSION SPEAKERS

## **Millie Hepburn, PhD, RN, ACNS-BC, SCRNP**

Dr. Hepburn is an associate professor of nursing at Sacred Heart University. She received her PhD from Seton Hall University, and master's degrees from both Columbia University and Bloomsburg University. She is a Fellow of the Diversity Leadership Institute at the American Association of the Colleges of Nursing. Previously, she served as the principal investigator for a HRSA workforce development grant. While studying at Columbia University, she was awarded the Translational Research Scholarship (T32), which launched her interprofessional work. She has over 20 years' experience in interprofessional simulation in her various academic and clinical roles. She pioneered virtual reality (VR) simulation in her academic roles and was recently awarded a subaward grant from the National Library of Medicine to pursue this work.



## **Susan Ronan (Guzzardo), DPT, MA, BA, BS**

Susan Ronan (Guzzardo) was born in New York city, New York. She began her health care career as an EMT. She graduated from New York University in 1987 with a BA in psychology, 1989 with a BS in physical therapy and 1992 MA in pathokinesiology. She graduated from Chatham College with a transitional DPT in lifespan physical therapy in 2002. She has been a board certified clinical specialist in pediatric physical therapy since 2004.



## **Sheelagh Schlegel, DHSc, MPH, OTR/L**

Originally from Ireland, Sheelagh has a bachelor's degree in occupational therapy from Trinity College, Dublin and has worked for 33 years in the field; mostly with adult and geriatric clients in inpatient facilities and in home health. Sheelagh earned a Master of Public Health in 2006 and a Doctorate in Global Health in 2019. She is a Certified Health Education Specialist and achieved her Aging in Place certification in June 2020. Sheelagh's current position is as Clinical Associate Professor in the graduate occupational therapy program at Sacred Heart University.



# SESSION SPEAKERS



## **Amy Zipf, PhD, RN, CMSRN**

My career began at the bedside in Med/Surg Infectious Disease (HIV/AIDS) and Med/Surg Psychiatry, and now I work in a hospital-based education role, primarily with new hire orientation and newly graduated nurses in our Transition to Practice program. At night and on the weekends you can find me (if I remember to turn my phone on) spending time with my husband of 26 years and our 4 kids, reading a book, trying to tame my overgrown garden and flowers, and volunteering in my church nursery.



## **Clare Cardo McKegney, DNP, APRN, CPNP**

Dr. McKegney is a pediatric nurse practitioner with over 25 years of pediatric nursing experience in an array of different subspecialties. She began her nursing education as a pioneer at Sacred Heart University among the first professional degree undergraduate nursing class in 1997. While working as a pediatric nurse at NYU Medical Center then completed her master's degree at New York University with a post master's certificate in Children with Special healthcare needs. In 2008 she received her doctorate of nursing practice from Columbia University in New York. She serves as a full time associate professor at Columbia University in the PNP/DNP program as well as a pediatric nurse practitioner in a large practice in New Providence, NJ. Her clinical focus is with the mother / baby dyad, acute and well child care with a focus on mental health. She holds a certificate in breastfeeding counseling and is licensed as cognitive behavioral therapy facilitator.



## **Katherine A. Hinderer, PhD, RN, CNE, NEA-BC**

Dr. Hinderer is an experienced nurse scientist and educator with more than 25 years of professional nursing practice and extensive expertise as a researcher, mentor, and educator. She is currently a Senior Nurse Scientist at Connecticut Children's Medical Center in Hartford, CT. Dr. Hinderer enjoys collaborative research and working with diverse populations. Dr. Hinderer has served as a mentor and academic advisor to numerous implementation science projects.



# SESSION SPEAKERS

## **Susan A. Goncalves, DNP, MS, RN-MEDSURG-BC, GERO-BC**

Dr. Susan A. Goncalves is an associate professor at the Dr. Susan L. Davis & Richard J. Henley College of Nursing at Sacred Heart University. She is a seasoned nurse with 39 years of experience clinically, in academia, and leadership. She received her diploma in nursing from St. Vincent's School of Nursing, BSN from Sacred Heart University, Master's in healthcare administration from the University of New Haven, and Doctorate in Nursing Practice (DNP) from Sacred Heart University. In addition to her full-time role as an associate professor at SHU, Susan is a per-diem PC Administrative Nurse Supervisor at St. Vincent's Medical Center, Hartford Healthcare. She is a medical/surgical and Gerontological board-certified RN by the American Academy Nurse Credentialing Center and is licensed by the state of Connecticut. She is an Inclusive Excellence Fellow and a Faith Community Nurse. Research interests include nursing leadership, caring, caring behaviors, compassion, DEIB, and evidence-based practice issues. She has published her work nationally and internationally.



## **Heather Ferrillo, PhD, MSN, APRN, FNP-BC, CNE**

Dr. Ferrillo is the Chair of the Undergraduate Nursing Department in the Davis and Henley College of Nursing at Sacred Heart University in Fairfield Connecticut. She joined Sacred Heart in 2001 and has taught in both the Undergraduate and Family Nurse Practitioner programs. Dr. Ferrillo holds a BSN from Western Connecticut State University, an MSN/FNP from Sacred Heart University and a PhD in nursing education from Nova Southeastern University. She is board certified as a Family Nurse Practitioner as well as a certified nurse educator. Dr. Ferrillo has maintained clinical practice as a Nurse Practitioner in Cardiology for the past 23 years. She is a member of the board of directors for Sage HealthCare Community Health Center in Bridgeport and subcommittee chair on the AACN Faculty Leadership Network Steering Committee. She has published and presented nationally and internationally in the areas of nursing education, leadership, global nursing and vaping education.



# SESSION SPEAKERS

## **Irene Bihl DNP, MBA, FNP-BC, PMHNP-BC, CNE, APRN**



Dr. Irene Bihl is the Founder of Sage Healthcare, a free clinic in Bridgeport, established as a new model of healthcare delivery, framed in the partnership of a needy vulnerable community with universities that are fulfilling their missions of caring and healing. Her education began in a community college, she achieved her BSN at Pennsylvania State University, an MBA at Widener University, dual doctorate degrees from University of Minnesota, in Nursing Family Practice and Healthcare Informatics, and a post-doctoral certificate in Psychiatric Mental Health from Johns Hopkins University. In addition to being current faculty at Yale, her experiences encompass a full history of nursing service, in both the corporate and not-for-profit sectors. She has worked clinically in open-heart surgery, transplant, family practice, and now psych mental health. Administratively she has created businesses, directed research operations and consulted on data analytics.

## **Esha Bhardwaj, RN, MSN, PMHNP-BC**



I am a Board Certified Psychiatric Nurse Practitioner and received my MSN from Yale University in 2014. My focus has been on mental health since my undergraduate career at Hofstra University where I studied psychology and completed research on eating disorders and epigenetics. I continued to Columbia University focusing on counseling theory and techniques. I have gained experience in the field working with Multisystemic Therapy programs based in the Bronx, NY and Intensive In Home Services (IICAPs) in Connecticut. I continue to provide consulting services for these programs in Connecticut. I have additionally worked on the psychiatric units at Waterbury Hospital and Yale New Haven Hospital. I began my private practice in 2017 which grew rapidly from word-of-mouth referrals. While building my practice I continued to provide educational experiences for nursing students by precepting, guest lecturing, and as an adjunct faculty at Yale University, Sacred Heart University, St. Joseph's University, Chamberlain University, Walden University, Wilkes-Barre University, Maryville University and Husson University. I also provided consulting services to other growing organizations and telehealth startups. When COVID hit, my practice saw a huge influx of demand for telehealth not just from patients but also practitioners who were interested in a more flexible work environment. Wholistic Perspective LLC was launched in 2022 with the hopes of creating a safe, flexible, balanced work environment for mental health practitioners and therapists to provide the best patient care. Our belief is that well supported practitioners ultimately lead to successful patient outcomes. T



# NURSING HACKATHON

The Nursing P.I.E.R. Hackathon invites nursing professionals to tackle pressing challenges in healthcare through innovative thinking and technology. This event, part of the broader Nursing P.I.E.R. Conference, encourages collaboration among nurses, nurse tech experts, and educators to devise practical solutions to enhance nursing practice, education, and patient care. Participants will engage in intensive brainstorming sessions, developing designs and strategies to address topics such as telehealth integration, evidence-based practice, nursing simulation, data analytics and other pressing topics. This hackathon serves as a dynamic platform to foster creativity, drive advancements in the nursing field, and improve health outcomes.



“If you have always done it that way, it is probably wrong.”

– Charles Kettering



#### LEAD OF THE HACKATHON

Jasper Erwin L. Tolarba, DNP, RN, CGNC, CNE, FACHE, FFMRCIS, FAAN

#### HACKATHON FACILITATORS



Table	Topic	Facilitators
# 1	Transition to Practice and New Graduate Retention	Christine Douville, EdD, RN
# 2	Simulation-based Learning in Nursing Programs	Cynthia K. O'Sullivan, Ph.D., APRN, FNP-BC & Doreen Callighan, EdD, RN
# 3	Integrating Telehealth in Nursing Practice	Sue Penque, PhD, APRN, ANP
# 4	Strategies for Implementing Evidence-Based Practice	Melissa Scollan-Koliopoulos, DNP, EdD, APRN, PMHNP-BC
# 5	Interprofessional Education in Nursing	Tammey Dickerson, MSN, RN
# 6	Addressing Mental Health in Nursing (Mindfulness and Self-care)	Sue Goncalves, DNP, RN
# 7	Nursing Informatics and Data Analytics	Sharon Jackson, MSN, RN, CPHIMS
# 8	Technology in Nursing Education	Jasper Tolarba, DNP, RN, CNE, FACHE, FAAN
# 9	Promoting a Culture of Innovation in Healthcare Organizations	Jennifer Orbeso, DNP, RN, FDEIB

## HACKATHON SCHEDULE

- Participants gather after Networking Break
- There are 9 tables, with a clear number displayed and the topic assigned on that table.
- Facilitators go to their respective tables on topics previously assigned.
- Participants are invited by host to make a choice from 9 topics and go to the chosen table.
- Host encourages participants who came in pairs or groups not to take the same table.
- Participants are welcomed and given brief overview and objectives of the Nursing Hackathon

### **Nursing Hackathon Part 1 - Brainstorming of Innovative Ideas and Innovative solutions**

10:45: AM – 11:30 AM - (45 minutes)

- Facilitators give their groups a brief overview about the topic assigned in that table.
- Participants at the table starts brainstorming on innovative ideas and solutions addressing the nursing issues, problems, challenges assigned.
- Each group selects a recorder to jot down ideas being offered and discussed by the group.
- Debates, questions, and discussions ensue but must be done respectfully by all participants.
- Everyone's opinions and ideas must be valued.
- Designing of ideas and solutions
- Selection of group rapporteur to present the group design and output.

### **Nursing Hackathon Part 2 – Presentation of Innovative Ideas and Solutions**

11:30 AM – 12:15 (45 minutes)

- List of members for each table submitted by facilitators.
- Each group rapporteur is given 5 minutes to do presentations of their innovative idea, solution, or design (with or without PowerPoint)
- Questions from audience if any is answered by rapporteur but included in the 5 minutes allotment.
- Instructions given on voting for Best Innovation Idea Award



# 9 NURSING TOPICS OF FOCUS HACKATHON

## **Transition to Practice and New**

**Graduate Retention** – High turnover rates during the first year of practice highlight the need for enhanced mentorship programs, systematic onboarding processes, and resilience training.

## **Simulation-based Learning in**

**Nursing Programs** – Many programs still rely on outdated scenarios and technologies that do not fully prepare students for the complexities of modern healthcare settings.

## **Integrating Telehealth in Nursing**

**Practice** – Barriers include limited training for nurses, lack of standardization in telehealth protocols, and technological disparities among populations. Integration into nursing practice remains inconsistent.

## **Strategies for Implementing**

### **Evidence-Based Practice**

– Challenges include a lack of EBP training in nursing curricula, insufficient access to quality research resources, and a cultural resistance to changing established practices.

## **Interprofessional Education in**

**Nursing** – Despite its benefits, IPE is not universally implemented due to logistical challenges and entrenched institutional barriers.

## **Addressing Mental Health in Nursing (Mindfulness and Self-care)**

– Current support systems often inadequately address these issues, focusing more on crisis response than on prevention.

## **Nursing Informatics and Data**

**Analytics** – Challenges include a lack of training in data analytics, inadequate integration of informatics tools into nursing workflows, and privacy concerns.

## **Technology in Nursing Education**

– Many nursing programs lag in adopting these technologies due to cost, lack of technical expertise, and resistance to change.

## **Promoting a Culture of Innovation in Healthcare Organizations**

– Many nursing programs lag in adopting these technologies due to cost, lack of technical expertise, and resistance to change.



# POSTER PRESENTERS

## **Jennifer Arsan-Siemasko, MSN, RN-BC**

Abstract Title: Social Justice in Nursing Education: A Concept Analysis

## **Linda Cook, DNP, MPH, APRN, NNP-BC, CNL**

## **Jennifer Marrin Cullinan, MSN, BA, BSN, RN**

## **Marguerite Lawrence DNP, FNP-BC, PHCNS-BC**

Abstract Title: Bridging Minds: Enhancing Asynchronous Family Nurse Practitioner Education Through Interprofessional Collaboration

## **Christine Douville, EdD, RN**

Abstract Title: Developing and improving mindfulness practices in nursing: Introducing meditation and reflection in professional degree programs

## **Jeannette Koziel, MSN, APRN, NP-C**

Abstract Title: Streamlining the Referral Process to Medical Respite

## **Marguerite Lawrence DNP, FNP-BC, PHCNS-BC**

## **Linda Morrow, DNP, MSN, MBA, CNOR, CPHQ**

Abstract Title: How's it Hangin'? The Use of Feedback Fruits to Increase Student Sense of Inclusion in an Asynchronous Program

# POSTER PRESENTERS

**Kaitlin Martin, MSN, RN**

Abstract Title: Simulation for End of Life Education

**Joseph Perucki, BSN, RN**

Abstract Title: Maintaining Nursing Competencies  
through Simulation

**Melissa Scollan-Koliopoulos, Ed.D., DNP, FNP,  
PMHMP**

Abstract Title: Using the metabolic lifestyle paradigm to  
inform self-care behaviors to reduce risks from  
antipsychotics

**Christina Tedesco DNP, RN, CEN**

**LuAnn Etcher PhD, GNP-BC, CPG**

Abstract Title: App-Based Bundle Use in Addressing Self-  
Report Stress and Burnout Levels in Emergency Nurses





## West Campus Map Key

**East Building.....1**  
Approximately 45,000 square feet of academic space and faculty offices for the Welch College of Business & Technology; includes the East Theatre Auditorium as well as the Atrium, an entryway to the East Building serving as a multipurpose space for special events, clinics and workshops

**LEVEL 2**  
Graduate Admissions  
Graduate Student Life  
Veteran Resource Center

**LEVEL 1**  
Computer Lab  
Finance Lab  
AI Lab  
Student Incubator

**West Building .....2**  
Home to Sacred Heart's visiting Fulbright Scholars, Institute for Play Therapy and Expressive Arts Education and Research, and Teacher Leader Fellowship Academy; courses in teacher preparation, graduate and doctoral-level educational leadership

**LEVEL 3**  
Farrington College of Education  
& Human Development  
School of Social Work  
University Advancement

**LEVEL 1**  
Classrooms  
Dance Studio  
IDEA Lab  
Registrar & Student Accounts  
Pios Kitchen  
The Factory

**LEVEL 2**  
Art & Design Studios  
Center for Teaching & Learning  
Classrooms  
iHub Powered by Verizon  
NeXReality Lab (VR/AR/XR)

**LEVEL S**  
SHU PAD  
Film, Television & Media Arts  
(FTMA) Lab

**Martire Family Arena .....3**  
Premier hockey and skating arena that houses SHU's DI hockey teams as well as club figure skating and ice hockey teams; also serves as a classroom for sports communication & media, sport management and others

**Guest House.....4**  
28-bed hotel and conference center; hosting space for industry-specific conferences

**Information Booth .....5**

**Atrium at West Campus .....6**  
LOBBY  
Café Rosso

**Parking**  
P1 EAST BUILDING PARKING GARAGE  
P2 WEST BUILDING UPPER PARKING  
P3 WEST BUILDING LOWER PARKING



**Sacred Heart  
UNIVERSITY**



# Medtronic

Engineering the extraordinary



Beatrice Hofstadter White, with her daughter, Sarah Hofstadter, at her home in Bridgewater. Photo Credit: Nick Rostow

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Beatrice Hofstadter White was born in Buffalo, NY, June 6, 1922. She graduated from Cornell University, and then worked in publishing in New York City. Her first husband, Mel Fineberg, died overseas in World War II. Her second husband, historian Richard Hofstadter, benefited greatly from her editorial skills, as did many of his fellow academics and writers, for whom she did freelance work. She earned an M.A. at Columbia University in American Studies, and briefly taught history at Brooklyn College before deciding to pursue a Ph.D. in American colonial history. After Richard Hofstadter's death in 1970, she met and married author Theodore H. White, who died in 1986. White had some articles published, but her collaboration and contributions as editor for her two Pulitzer Prize winning husbands and for others showcased her scholarship and intellectual acumen. She died peacefully in Bridgewater, CT, on October 30, 2012.

Credits to original articles that appeared in New York Times on Nov. 1, 2012 and News Times on Nov. 5, 2012.



# GET IN TOUCH

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