**Resiliency Program**

5/18/2021

 8:00am – 1:30pm

Live Stream Zoom

After attending this event, 80% of participants will self-report increased knowledge regarding strategies to reduce the occurrence of burnout and compassion fatigue among nursing staff.

**Agenda**

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| **Time** | **Topic** | **Presenter** |
| 45 min(8:00-8:45) | Describe symptoms/presentation of burnout/compassion fatigue. Explain findings from prior research studies on burnout/compassion fatigue in nurses. End with Open Discussion. | Elizabeth Card MSN, RN, APRN, FNP-BC, CCRP, FASPAN |
| 45 min(8:45-09:30) | Describe compassion fatigue. Open Discussion. | Joe Fanning, PhD |
| (09:30-09:35) | 5 min break |  |
| 30 min(09:35-10:05) | Create a compassion fatigue and burnout prevention forum on your unit. | Jessica B. Williams, AD, RN, CCRN |
| 45 min(10:05-10:50) | Resiliency in a Pandemic | Jim Jackson, PhD |
| 60 min(10:50-11:50) | The Power of a Playful Outlook | Jaco Hamman, PhD |
| 11:50-11:55 | 5 min break |  |
| 30min(11:55-12:25) | Identify self-exploratory/reflection strategies for mindfulness; yoga stretch. | Margie Gale, MSN, RN, CEAP |
| 10 min(12:25-12:35) | Touch stone | Mary Beth Duke, M.Div. |
| 30min(12:35-1:05) | Identify concepts of stress resilience and an active strategy for mindfulness. Sound-bath/Therapeutic drumming. | David Spak, BAMargie Gale, MSN, RN, CEAP |
| 1:05-1:15 | Question and Answers  | Elizabeth Card MSN, RN, APRN, FNP-BC, CCRP, FASPAN Margie Gale, MSN, RN, CEAP |
| 1:15-1:30 | Conclusion and Evaluation  | Elizabeth Card MSN, RN, APRN, FNP-BC, CCRP, FASPAN Margie Gale, MSN, RN, CEAP |

For information regarding this event, contact Nadia Khalid

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