

## *Conference Agenda*

### **Supporting Nurses Health and Well-Being: The Path Forward**

#### **Thursday, October 19**

7:30 – 8:30 a.m.

##### **Registration and Breakfast**

8:30 – 8:45 a.m.

##### **Conference Introduction and Opening**

8:45 – 10:00 a.m.

##### ***Keynote: A Call to Action Improving Clinician Wellbeing and Patient Care and Safety***

Bernadette Mazurek Melnyk, PhD, APRN-CNP, FAANP, FNAP, FAAN

Ohio State University Chief Wellness Officer

##### **Description:**

This presentation will describe the current state of health and well-being in the nursing/healthcare workforce and its relationship to healthcare quality and safety. Evidence-based strategies to enhance nurse/clinician health and well-being will be highlighted.

##### **Objectives:**

- Describe the current state of health and well-being in the healthcare workforce and its relationship to healthcare quality and safety.
- Discuss the National Academy of Medicine Action Collaborative on clinician well-being and resilience.
- Discuss evidence-based strategies to enhance nurse/clinician health and well-being.

10:00 – 10:10 a.m.

##### **Break**

10:10 – 11:00 a.m.

##### **The Truth About Job-Related Issues Leading to Suicide Amongst Nurses**

Judy E. Davidson DNP, RN, MCCM

Nurse Researcher, University of California San Diego

**Description:** This presentation will shed light on actionable mental health issues amongst nurses. Evidence-based approaches for risk detection and referral to treatment will be described.

##### **Objectives:**

- Explore job-related factors known prior to death by suicide amongst health professionals.
- Describe evidence-based approaches to risk detection and referral for treatment.
- Describe leadership/regulatory actions that can be taken to reduce the risk of nurse suicide.

11:05 a.m. – 12:00 p.m.

### **Dismantling the Stigma of Addiction in Healthcare**

Alanna Boulton, MSHA, PMP

Program Manager, Dell School of Medicine

**Description:** This presentation will present the origins of stigma and challenge how we have been conditioned to view people who use drugs or have a substance use disorder; describes how stigma affects healthcare workers with substance use disorder and offers practical techniques to reduce stigmatizing beliefs.

**Objectives:**

- Describe the origins of stigma and stigmatizing beliefs about people who use drugs and people with substance use disorders.
- Identify stigmatizing beliefs and behaviors in the care of patients and around people with substance use disorders.
- Challenge common stigmatizing misconceptions about people who use drugs or struggle with their mental health.
- Apply stigma reduction techniques in their interactions with patients and colleagues with substance use disorders.

12:00 – 1:00 p.m.

### **Lunch**

1:00 – 1:50 p.m.

### **The Intersection of Peer Support and Substance Use Disorder in Nurses**

Kristin Waite-Labott RN, BSN, CARN, CPRC

Admissions Coordinator, Freedom Institute

**Description:** Ms. Waite-Labott, RN shares her recovery journey. Emphasizing the importance of education for nurses on the availability of resources and giving them the tools, they need to practice safely.

**Objectives:**

- Gain an understanding of substance use disorder (SUD) in nursing.
- Recognize a decrease in stigma by listening to one nurse’s recovery story.
- Identify why SUD happens, develop the ability to recognize it, and refer to helpful resources.
- Realize the benefits of peer support and learn about the peer support program for nurses in Wisconsin (WisPAN).

1:55 p.m. – 2:45 p.m.

### **Healthcare Panel**

*Moderated by:*

**Gena Ahlawat, RN, MSN, CIC, MHP**

Director of Safety and Quality Workforce

Washington State Hospital Association

*Panelists:*

**Torrey Sanbeck, MAC**

Senior Service Excellence Coach

MultiCare Health system

**Joy Hanson**

Executive Director Care Management

Evergreen Health

2:45 – 3:00 p.m.

**Break**

3:00 – 3:50 p.m.

**Addressing Workplace Bullying by Creating Healthy Workplaces**

Susan Johnson, PhD, RN

Associate Professor, University of Washington Tacoma

**Description:** This presentation will discuss the current state of science on workplace bullying and offer evidence-based strategies nurses in any position within the organization can use to tackle this issue.

**Objectives:**

- Understand how workplace bullying has been identified as a pervasive problem in nursing.
- Identify the personal health and professional consequences of bullying.
- Identify the risk factors that are antecedents to bullying.
- Learn how to create a healthy compassionate workplace.

3:55 – 4:45 p.m.

**Building Resilience and Strategies for Wellness – Setting reasonable goals!**

Donna M. White RN, PhD, CARN, CADC II, LADC I

Addiction Specialist, PRN Associates

**Description:** This presentation is designed to explore the Theory of Caring and the conditions of compassion stress and moral residue. For attendees, the goal is to renew a sense of wellness and restorative wholeness in their professional work and life patterns.

**Objectives:**

- Attendees will develop knowledge and skills to identify compassion fatigue and moral injury in themselves.
- Attendees will be able to identify resources and strategies to prevent and/or address symptoms of compassion fatigue and moral distress and residue.

4:45 p.m.

**Day one wrap-up**

John Furman, Conference Chair

## Friday, October 20

7:30 – 8:30 a.m.

### Registration and Breakfast

8:30 – 9:20 a.m.

### Addressing Trauma in First Responders and other Healthcare Workers

Pat Ellis, Crisis Intervention Coordinator/Chaplain  
Puget Sound Regional Fire Authority

#### Description:

As first responders we are routinely exposed to the trauma that happens to people in the communities that we serve. We will talk about different strategies the first responder and other healthcare workers can use to maintain emotional balance and stability.

#### Objectives:

- Learn about traumatic grief and stress.
- Identify the effects of untreated traumatic grief.
- Identify different strategies to maintain emotional balance and stability.

9:20 – 10:15 a.m.

### From Pandemic to Endemic: Operationalizing Resilience for Healthcare Workers

Kira Mauseth, Ph.D.  
Teaching Professor, Department of Psychology  
Seattle University

#### Description:

As we transition into endemic COVID recovery, we need to move from a general concept of resilience to a set of operational goals and steps that don't require more emotional and physical resources. For healthcare workers particularly, reconnecting to meaningful motivation in the work itself, and with each other as we engage in patient care, is essential.

#### Objectives:

- List behavioral health considerations related to large-scale disaster cascade recovery.
- Understand the physical and neuro-chemical processes at work when we transition from "emergency" mode.
- Obtain strategies for working through grief, loss, and anger, and managing our complex emotional, cognitive, and interpersonal challenges.
- Identify opportunities for the development of Purpose, Connection, Adaptability and Hope as the key ingredients of personal and professional resilience.

10:15 – 10:25 a.m.

### Break

10:30 – 11:15 a.m.

### **Mental Health and the Nursing Workforce**

Abby Migliore, MSN, MBA, RN

Director for Discipline, Alabama Board of Nursing

#### **Description:**

As COVID-19 emerged, healthcare workers found themselves in unprecedented situations related to increases in patient load and relative acuity, as well as risk to themselves. This presentation examines the state of mental health and wellness in healthcare workers today.

#### **Objectives:**

- Describe mental health and mental wellness.
- Discuss the impact of COVID-19 on the mental health of and suicide prevalence in healthcare workers.
- Summarize mental health concerns among healthcare workers that have been exacerbated by COVID-19.

11:20 a.m. – 12:10 p.m.

### **Stress Reduction for Work and Beyond: Tips on Becoming a Little Happier!**

Nicole Johnson, BSN, RN, CCRN, CEP

Founder of Unwound Retreats

#### **Description:**

The healthcare industry has been pushed to the brink for the past three years after continued efforts battling the Covid-19 pandemic, so undoubtedly it has taken a toll on our healthcare workers, especially nursing staff. Come learn ways to decrease stress at work and at home! You will learn about how gratitude, mindfulness, and self-compassion can make a person happier and less stressed.

#### **Objectives:**

- Learn how to decrease stress with gratitude, mindfulness, and self-compassion.
- Learn and practice breathing techniques to decrease the parasympathetic nervous system.

12:10

### **Closing Statement**