

St. Joseph Hospital, Orange  
Nursing Research Council presents:

**15<sup>th</sup> Annual EBP *Virtual* Conference**  
***Evidence-Based Approaches in Caregiver Care***  
***Extraordinary Circumstances, Extraordinary Caregivers, Extraordinary***  
***Caregiver Care & Extraordinary Sacred Encounters***

### Course Description

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This 6-hour course will address current challenges for the caregiver and offer strategies to enhance physical and emotional wellness. Topics include effects of compassion fatigue and avoiding burnout, the “supernurse” phenomenon, and ways to enhance both physical and emotional wellness. In addition, all registrants will have an opportunity to individually submit written caregiver stories to be shared during the conference to allow for a glimpse into self-preservation and coping methods of caregivers.

### Course Objectives

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- Upon successful completion of the course, the participants should be able to:
- \* Recognize effects of compassion fatigue
  - \* Discuss the characteristics of the “supernurse”
  - \* Identify early indications of burnout
  - \* Summarize strategies in avoiding burnout and building resilience
  - \* Discuss research-based methods to enhance physical wellness
  - \* Describe strategies to improve emotional wellness
  - \* Identify available wellness resources for caregivers

### Speakers

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- \* Jeannine Loucks, MSN, RN-BC, PMHN
- \* Linda Winston, M.F.T., CEAP
- \* Krissy Maurin, MS, ATC
- \* Katrina Munoz, BSN, RNC-MNN
- \* Stephanie Boncheff, BSN, RN, OCN
- \* Adriana Velez, MSN, RN, PCCN
- \* Kathy Dureault, MSN, RN, CPAN

### Date & Time

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- \* Friday, October 16, 2020
- \* 8am – 2:30pm

### Location

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- \* Virtual MS Teams Conference with limited live attendance in the Zoul Auditorium, SJO

### Fees & Requirements

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- \* No cost to employees of St. Joseph Hospital and Providence St. Joseph Health Ministries
- \* Provider approved by the California Board of Registered Nursing Provider Number 00156. Six (6) Contact Hours will be given for this course. Administrator of the CE Program is Patti Aubé, RN, MSN. The California LVN Board will accept credits that have been approved by the California BRN.

## Register through HealthStream

Keywords: EBP, Caregiver

This will be a “Virtual” conference through Microsoft Teams with limited live attendance in the Zoul Auditorium