Join us for SJO’s
16th Annual Evidence-Based Practice Conference
Caring & Coping Through Crisis

Friday October 15, 2021
8 a.m. to 3:30 p.m.
Virtual Teams Live Event

Register in HealthStream with catalog keywords “EBP Caring”

Course Objectives:
At the end of this course, the participant will be able to:
• Share the importance and necessity of self-care for the caregiver.
• Become familiar with specific tools to help relieve stress and anxiety.
• Describe intentional ways communication behaviors can impact emotions.
• Discuss methods to become aware of the signs of burnout and PTSD.
• Gain awareness of the influence of nursing in disaster responses.
• Develop a deeper understanding of the Zentangle and describe how it helps access a state of relaxed focus for self-care.
• Identify common types of bias and microaggression and become familiar with tactics to support caregivers who experience bias and discrimination.

Course Description:
SJO’s 16th annual Evidence-Based conference "Caring & Coping Through Crisis" focuses on the vital role our caregivers hold. Presenters will share timely information about how disasters impact how we care for others and the importance of self-care.

6.5 CEs available for nurses
This course has been approved by the California Board of Registered Nursing BRN Provider No. 00156. Administrator of the CE program is Patti Aube, RN-BS, NE-BC, MSN.

Visit the EBP conference page
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