



2019 NEW MEXICO STATEWIDE NURSING EDUCATORS CONFERENCE

The Resilient Nurse: A Holistic Compass to Navigate Your 2019 Journey

June 10-11, 2019 | Hotel Albuquerque at Old Town, 800 Rio Grande Blvd. NW, Albuquerque, NM 87104

DAY 1: MONDAY, JUNE 10

7:30 am	Registration Opens (Continental breakfast available)
8:00 – 8:15	Welcoming remarks & orientation to the day
8:15 – 10:00	<p>THE LATEST IN STATISTICS: HUMANS ARE STILL 100% MORTAL</p> <p><i>Kath Murray, RN, BSN, CHPCN(C), FT</i></p> <p>In this engaging presentation, Kath Murray will talk about the changes in how people are dying and current topics in hospice and palliative care to address the needs of the person, family and community.</p>
10:00 – 10:15	Break
10:15 – 11:15	<p>COMBATting COMPASSION FATIGUE & BURNOUT</p> <p><i>Sharon Lewis, RN, PhD, FAAN</i></p> <p>Why are nurses at risk for compassion fatigue and burnout? What happens when burnout leads to exhaustion and inability to function on the job? This presentation will provide participants an opportunity to learn stress management strategies to help them both personally and professionally.</p>
11:15 – 12:15	<p>MINDFULNESS-BASED STRESS REDUCTION</p> <p><i>Michelle DuVal, MA</i></p> <p>Developed at the University of Massachusetts Medical Center in the 1970s by Professor Jon Kabat-Zinn, mindfulness-based stress reduction (MBSR) is an evidence-based program that offers secular, intensive mindfulness training to assist people with stress, anxiety, depression and pain. DuVal has been teaching MBSR for over 15 years and is considered the leading expert on mindfulness in the Southwest.</p>
12:15 – 1:15	Lunch
1:15 – 2:15	<p>THE ART & SCIENCE OF SELF-CARE</p> <p><i>Joan Hodge MSN, RN, Associate Director RN to BSN Program, Assistant Professor of Nursing, Ana X Gutiérrez Sisneros, Ph.D., MALAS, APRN, PMHCNS-BC, CCM, AHN-BC, Assistant Professor of Nursing, Susan Wayne, MSN, CFNP, RN, Assistant Professor of Nursing, and an NNMC program graduate: Kevin Norman, BSN, RN</i></p> <p>As America's most trusted profession, the care provided by nurses is valiant and valuable. Our four million plus nurses work long, hard hours to improve the lives of others. Self-care is not a luxury, it is imperative that we love and care for ourselves physically, mentally, spiritually, environmentally, socially, and culturally. Nurse educators can serve as role-models of self-care and nursing education can provide the foundation for the art and science of self-care.</p>
2:15 – 2:30	Break
2:30– 3:30	<p>FROM COMPETENCIES TO THE CLASSROOM, CLINICAL AND COMPASSIONATE CLINICIAN</p> <p><i>Kath Murray, RN, BSN, CHPCN(C), FT</i></p> <p>The AACN identified “competencies necessary for nurses to provide high-quality care to patients and families facing serious illness”. When, where and how do you address serious illness, palliative and end-of-life care in your curriculum? In this session participants will become familiar with the competencies, discuss ways to integrate palliative care issues in core curriculum, and explore teaching and learning strategies and resources.</p>
3:30 – 4:30	<p>IS THE HONEYMOON OVER SO QUICK? EXPLORING WHY NEW NURSES ARE LEAVING THE PROFESSION</p> <p><i>Veronica O’Halloran MSN RNC CNE& Wayne Littlejohn, BSN Nurse Recruiter CSTV</i></p> <p>Many (over 30%) new graduate nurses are leaving bedside and acute care setting within 2 years of graduating and employed. Is nursing education adequately socializing (values, responsibility and accountability) and preparing new graduate nurses for bedside/ acute care settings? Currently there is shortage of bedside nurses. Multiple reasons have been identified for this exodus from bedside nursing: bullying, too much responsibility, no control of schedule, long hours, advances in technology, and advances in higher education opportunity, poor management, too many tasks, and increase complexity of patient care.</p>
4:30-4:45	Evaluations & Q&A
5:00	Adjourn

DAY 2: TUESDAY, JUNE 11

8:00 – 8:30	Registration opens (Continental breakfast available)
8:30 – 8:40	Welcome/Administrative announcements
8:40 - 9:40	WALKING IN FLORENCE NIGHTINGALE’S FOOTSTEPS <i>Barbara Dossey, PhD, RN, AHN-BC, FAAN, HWNC-BC</i> Modern nursing finds a proud heritage in its founder, Florence Nightingale (1820-1910) a mystic, visionary, reformer, healer, environmentalist, feminist, practitioner, scientist, and politician. Her contribution to nursing theory, research, statistics, public health, and health-care reform are foundational and inspirational; her spiritual example prompts us to explore our own healing journey. Barbara explores the integrative, holistic, and integral paradigm Nightingale introduced and its application for a healthy world.
9:40 – 10:00	Break
10:00 – 12:00	MEDICINAL CANNABIS & NURSING IN NEW MEXICO <i>Rachael Speegle, RN, Chief Executive Officer/Owner Verdes Foundation</i> In this session Rachael Speegle will explore the history of cannabis in medicine in New Mexico. She will describe the science of the endocannabinoid system including how it works and side effects. Also, she will explain the distinction between CBD vs THC, what these molecules are and why they matter for different conditions. Finally, Speegle will outline contraindications and medication complications.
12:00 - 1:00	Lunch
1:00 – 2:00	PANEL: MEDICAL CANNABIS AND THE LAW IN NEW MEXICO This panel discussion will answer your burning questions and discuss what protections and exposures our State has regarding cannabis and cannabis patients in our state.
2:00 – 2:15	Break
2:15 – 3:15	INTEGRATING THE HOLISTIC NURSING FRAMEWORK INTO OUR PRACTICE AS NURSES AND EDUCATORS <i>Heidi Honegger Rogers, DNP, FNP-C APHN- BC, Family Nurse Practitioner, Advanced Practice Holistic Nurse, Director of Interprofessional Education University of New Mexico Health Sciences Center</i> Holistic nursing theories provide a rich and thoughtful framework that we can use to anchor ourselves in our practices in nursing and education. This workshop will explore holistic nursing concepts and values and present frameworks of practice and education to support our patients, colleagues and students.
3:15 – 3:30	Break
3:30 – 4:30	PANEL: INTERPROFESSIONAL COLLABORATION – HOW WE PARTNER WITH EACH OTHER WITH CURIOSITY, UNDERSTANDING, KINDNESS AND GRACE. <i>Moderated by Heidi Honegger Rogers, DNP, FNP-C, APHN-BC</i> Holistic nursing incorporates different health care disciplines to promote optimal health outcomes for patients. This interdisciplinary panel of healthcare providers will discuss how to communicate and collaborate to improve patient outcomes. In this session, panelists will explore different ways to approach patient care and communicate across disciplines to achieve appropriate outcomes.
4:30 – 4:45	CONFERENCE WRAP-UP: CHALLENGES/BEST PRACTICES/HOW DO WE TIE IT ALL TOGETHER? <i>Diane Evans-Prior, DNP, RN, Academic Affairs Director of Nursing, School of Health, Wellness, & Public Safety, Central New Mexico Community College</i>
4:45 – 5:00	Evaluations and Q&A
5:00	Adjourn