

CNA Challenges & Rewards Conference: Caring for Yourself and Others

June 3, 2022

8:30 am – 12:35 pm

Tech Check-In begins at 8 am EDT

Live Webinar

Who Should Participate

Certified Nursing Assistants (CNAs), Certified Medical Assistant (CMAs), Home Care Aides (HCAs), Personal Support Staff and Others.

As part of our commitment to diversity and inclusion, the Northwest AHEC and Charlotte AHEC provide compassionate education and respectful care for all, regardless of socioeconomic status, race, ethnicity, language, nationality, sex, gender identity, sexual orientation, religion, geography, disability and age.

Program Overview and Objectives

With skill and compassion, these caregivers are an exceptional group of professionals that have the benefit of spending the greatest amount of time with the persons being served. Because they are typically the first to observe changes in status, they have potential to be the source of solutions to a majority of the challenges confronting most care settings.

Upon completion of this program, participants should be better able to:

- Identify strategies to prevent or manage compassion fatigue as a patient care provider.
- Define implicit bias and how it is manifested in healthcare.
- Recognize how implicit bias may be operating in the clinical setting.
- Discuss strategies that can be used to minimize the impact of implicit bias.
- Identify common triggers for behaviors associated with dementia.
- Explain the process for assessing and identifying challenging behaviors.
- List strategies to address common dementia-related behaviors.
- Identify how our own anxieties impact our ability to recognize escalating situation.

Jointly Provided by:

Northwest Area Health Education Center (AHEC), a program of Wake Forest School of Medicine and Charlotte AHEC, part of the NC AHEC System.

continued ►



Credits

3.6 Contact Hours from Northwest AHEC

Faculty

Christina Clarke, DBH, MS, HS-BCP

Program Coordinator, Continuing Medical Education
Northwest AHEC

Sigrid Smith, CSSGB, PCMH CCE, CDP

Education Specialist, Practice Support
Charlotte AHEC

Juanita Wade

Alzheimer's Association Community Educator
Alzheimer's Association – Western Carolina Chapter

Lisa M. Foster, DNP, RN, NPD-BC

Nurse Manager, Vascular Access Team & Education Manager
Atrium Health

Agenda

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| 8 am | Virtual Log In |
| 8:30 am | Combatting Compassion Fatigue and Burnout: Enhancing Resiliency and Wellness for Healthcare Professionals Christina Clarke, DBH, MS, HS-BCP |
| 9:40 am | Break |
| 9:50 am | Implicit Biases in Healthcare Sigrid Smith, CSSGB, PCMH CCE, CDP |
| 10:50 am | Break |
| 11 am | Understanding and Responding to Dementia Related Behaviors Juanita Wade |
| 12 pm | Break |
| 12:05 pm | Tuning In: Harnessing Anxiety in Stressful Situations Lisa M. Foster, DNP, RN, NPD-BC |
| 12:35 pm | Adjourn |

Registration

\$40—Registration Fee

Registration fee includes instructional and administrative costs, certificate of completion, and program materials.

Cancellation/Refunds/Substitutions

- Cancellations must be in writing (fax, email, or mail).
- Registrants cancelling between two weeks and two full business days prior to the first day of the event are "refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee."
- No refunds or credits will be given for cancellations received less than two full business days prior to the event.
- Cancellations greater than 2 weeks prior to the event will receive 100% refund.
- No vouchers will be issued in lieu of a refund.
- Transfers/substitute(s) welcome (notify in advance of the program)

For More Information and Assistance

If you have questions about registering for this activity or need auxiliary aids or special services to attend, please contact May Cheung, DNP, RN, NPD-BC at least five working days prior to the activity at may.cheung@atriumhealth.org.