AHEC West Nursing Conference 2017:  
Caring for the Professional Caregiver, Client, Family and Community

CHE215  
Friday, April 7, 2017  
8:30 AM - 4:30 PM

Nurses and Nurse Practitioners will earn 6 CEUs for the full day. The AHEC West Nursing Caucus is pleased to invite our Social Worker Colleagues to enjoy the morning presentations and earn 3 CEUs!
ACM CE Health in Partnership with AHEC West Nursing Caucus and the Western Maryland Health System are pleased to bring you the 2017 AHEC West Nursing Conference: Caring for the Professional Caregiver, Client, Family and Community

WHO SHOULD ATTEND: Nurses and Nurse Practitioners will receive 6 CEUs for attending the full day. Social Workers will receive 3 CEUs for the morning session.

Agenda
Morning
Welcome: Presented by Naomi “Bea” Himmelwright-Lamm, EdD RN Nursing Caucus Chair & Conference Chair Assistant Professor, University of Maryland School of Nursing

Keynote: “Tag, You’re It” Presented by Rosemarie DiMauro Satyshur, PhD, RN
We do not move through life with the expectation of giving care to someone close to us for a sustained period of time. Dr. Satyshur will discuss the challenges they face. The eight crucial stages of caregiving will be identified and discussed. Insights based on Dr. Satyshur’s research interventions over a 13 year period will be shared. This includes information on moving through each crucial stage while addressing the needs and health of the caregiver.

Holistic Techniques to Reduce Workplace Stress and Burnout Presented by Marilyn Spenadel, LCPC, NCC, BCC, ACS: When one’s mind and body are struggling to cope with stress and dis-ease it can be hard for you or your patient to think clearly. In this Resilience Workshop you will learn ways to understand psychosomatic stress, anxiety, illnesses and one’s mind/body connection to it. We will discuss the red flags to watch out for that you or your client are burning out and 5 ways to boost resilience. We will practice mindfulness, meditation, EFT/Tapping, and breathwork skills that can be used daily and hourly during stressful situations and to proactively ease the mind and body. Just by making time to “Pause Daily” ©, by taking 3 deep breaths per hour will clear your brain, lift your attitude, build resiliency and compassion. Thinking and feeling differently about stressful events, and how you and your clients or patients react to them, can build your helping professional-patient healing relationship and personal ones too.

Afternoon
Hard Decisions in Delegation: What Would an Ethicist Say? Applying Ethical Theory in Professional Life Presented by Nayna Philipson, JD, PhD, RN, CFE, FACCE
Discussion of three ethical theories and the application of them to delegating aids and how nurses are pulled to other areas.

WMHS Update: Presented by Jamie Karstetter RN, BSN for Nancy Adams, MBA, RN

Women’s Urinary Health Update: Presented by Audra Houser, FNP
This lecture will review the classification of concussions, tools available for identification of sport related traumatic brain injury, pathophysiology, and current evidence based treatment pathways.

Concussions: Big and Small Presented by Elizabeth Wooster PhD, RN, MS, MsEM, CEN
This lecture will review the classification of concussions, tools available for identification of sport related traumatic brain injury, pathophysiology, and current evidence based treatment pathways.

CONTINUING EDUCATION UNITS: Western Maryland Health System (WMHS) is approved (PW 13-03-506-1001) as a provider of continuing nursing education by the Maryland Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. WVBRN provider registration number is WV96-0009RN. The full-day training provides 6 contact hours. To receive nursing credit will be given.

Social workers will receive 3 Category 1 continuing education units for the morning session. WMHS is authorized by the Maryland Board of Social Worker Examiners.

It is the responsibility of the participant to ascertain whether a course is within the scope of practice of their profession as determined by their regulatory body. It is the professionals’ responsibility to sign in before class begins and remain for the entire class in order to receive full credit- no partial credit will be given.

Comfort Zone
Although every effort is made to have a comfortable temperature in the meeting room, everyone’s comfort zone is different. Please bring a jacket or sweater in case the room is too cool for your comfort.

Directions to Western Maryland Regional Medical Center (WMHS)
From the East (Baltimore areas) Take I-70 to Hancock, MD. Just west of Hancock take I-68 West to Cumberland and proceed about 35 miles to exit 44, Willowbrook Rd. Turn left at the bottom of the ramp and go about one mile. After passing the entrance to Allegany College of Mary- land on the left, the Western Maryland Regional Medical Center is located on the right. Enter the roundabout and turn right into the hospital complex. The Auditorium entrance is located in the rear of the hospital, near the garage parking. Please allow 2.5 - 3 hours of travel time.

From the West (Morgantown areas) Take I-68 East to Cumberland and proceed to exit 44, Willowbrook Rd. Turn right at the bottom of the ramp and go about one mile. WMHS directions are as printed above.

Lunch Provided by WMHS Community Relations

REGISTRATION INFORMATION & DEADLINE: APRIL 3 Nurses/Nurse Practitioners: Cost to attend, including breakfast, lunch and 6 CEUs is just $45.
Social Workers: 3 CEUs for the morning session, including breakfast and lunch, for $35 (8:30AM-1PM)
Send Registration Form, Documentation, and Check to: Registration Specialist Allegany College of Maryland Center for Continuing Education 12401 Willowbrook Rd, SE Cumberland, MD 21502 or to register by fax, 301-784-5023 (credit cards and POs please) or to register by phone, 301-784-5341

For more information call: Kathy J. Condor, Director CE for Health & Human Services, 301-784-5526 fax 301-784-5025 or kcondor@allegany.edu www.allegany.edu/cc

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Thank you!