



QRC: 3074

Price

One Day : \$451 inc. GST

Two Days: \$572 inc. GST

Date

14 - 15 Dec 2017

Venue

Crowne Plaza Hawkesbury Valley

61 Hawkesbury Valley Way , Windsor,
NW, 2756

CPD Hours

12 Hours | 0 Mins

Beating Burnout in Nursing - Sydney 2017

Time to Care for Yourself!

Need for Program

These days, burnout and stress are commonly associated with the nursing profession. We all know the nature of the work can be exceptionally demanding. Terms such as 'compassion fatigue' illustrate the emotions involved. The complex combination of stressors results in impaired wellbeing, costly sick leave, decreased quality care and increased risk. As well, burnout and stress are associated with an often talked about sense of 'career misery'. This may well cause the loss of highly experienced nurses from the profession. In order to combat these mental health vulnerabilities, nurses first need to understand the psychology underpinning stress and burnout, and then be familiar with strategies that can develop the necessary resilience required to prevent these insidious professional dangers from occurring.

Purpose of Program

To provide nurses and midwives with knowledge and skills to reduce stress and burnout and increase personal wellness, job satisfaction, interaction with colleagues, more positive workplaces and enhance patient care.

Learning Outcomes

At the conclusion of this program it is expected that the participants will be able to:

- Use reflection and knowledge to gain insight into factors that may cause personal stress and burnout
- Be resilient and cope better with stress in today's workplace
- Be compassionate to patients but use strategies to prevent transference of grief to you personally
- Leave work completely behind you when you go home

Program Schedule

Day One

8:30AM Registration for Day One

9:00

Craig Maloney

Why Do Nurses Get Stuck in a Rut?

Do you feel overwhelmed and consumed by the cumulative level of stress in your working life? When the feeling of drowning in stress occurs, burnout and compassion fatigue may gradually follow. It is obvious that we, as nurses may need to accept the fact that this is occurring and find ways to fix it. This opening session will look at why it is important to acknowledge unhappiness and understand how and why it evolves. Is it burnout or is it compassion fatigue? Introductory questions to consider:

- Am I in a career rut?
- Definitions of stress, burnout and compassion fatigue
- What levels of stress should I reasonably accept as part and parcel of nursing?
- When does stress become unhealthy?

10:00

Craig Maloney

Where Do You Start and the Patient Stops? When Boundaries Creep...

When nurses complete their final year of study and enter the world of nursing they are novices and will have ill-defined professional boundaries. Although it is often drilled into nurses the importance of developing strong therapeutic relationships with patients, the idea of separating oneself from someone else's struggles can be difficult. This session debates the importance of limiting idealism of nursing and developing strong boundaries to prevent the job 'getting under your skin' and affecting your personal life. Includes:

- Healthy vs unhealthy boundaries explained
- How can I recognise my own boundaries?
- How to know when a boundary is breached
- Can we truly provide holistic care but not take on our patients' worries?

11:00 Morning Tea

11:30

Craig Maloney

The Art of Assertion - The Key to Feeling Valued?

Let's face it - thousands of books have been written on the art of communication yet it still remains a most elusive skill. Work is getting more complex and this is compounded by many different workplace cultures. Interdisciplinary cultures have always confounded nurses - witness the professional conflicts between nurses and doctors. This session offers some insights into why these occur and you can improve your ability to get your message across even if you think you are a great

communicator. Includes:

- Reasons why your plain speaking does not seem to get your message across
- Why people perceive you are being passive-aggressive when you thought you were being assertive!
- Why being assertive is the key to feeling valued and lowering stress
- An opportunity to assess your communication style and how effective it is
- Practical strategies to improve your communication

12:30PM Lunch and Networking

1:30

Dr. Judy Lovas

The Science of Stress

What exactly occurs in the body when we are stressed? How does stress affect our physical and emotional health? Could being more informed about the physiological mechanisms occurring in ourselves during times of stress assist us? This fascinating session considers the following:

- What is stress?
- How does stress differ from distress?
- What impact does stress have on our immune system?
- How can being more informed assist us during times of tension?

2:45 Afternoon Tea

3:15

Dr. Judy Lovas

Just Relax - Easier Said than Done?

How often have you been told, even told yourself to 'just relax'? Whilst we know the importance of relaxing and even crave the ability to do so, in personal and professional situations, it can be easier said than done. The purpose of this session is to enable you to understand the current literature relating to the benefits of relaxation. Importantly though, it will also introduce you with evidenced-based relaxation techniques you can use. Includes:

- What actually is relaxation?
- What are principles of relaxation?
- How can relaxation improve our health and wellbeing?
- The million dollar question - how can nurses learn and apply relaxation techniques at work and at home?

4:30 Close of Day One of Conference

Day Two

9:00AM Commencement of Day Two

9:00

Craig Maloney

Laying the Foundations - How to Build Personal Resilience

Preventing and managing stress, burnout and compassion fatigue lies in your personal ability to be resilient. You can learn skills to become resilient. Starting with a self-assessment, this practical session will demonstrate practical ways in which you can develop personal resilience. Explore:

- How can understanding yourself help you become resilient?
- What impact does your belief and value systems play in helping you stay resilient?
- Practical techniques to help you build your own resilience

10:00

Craig Maloney

Facing the Unknown...Embracing Change

Today's workplace is changing at a hectic rate and those who cannot adapt run the risk of becoming casualties to the system. Change and the constant rate at which we are expected to deal with it often leave us feeling stressed and overwhelmed. Change has been exceptionally well studied and the reasons why people resist change is to some extent understood. This session assists nurses to understand theories of change and to consider ways to control it so that everyone wins. Includes:

- Fearing the unknown and losing control
- Tactics to stop change for change sake
- When change is good - how to change your perspective on change
- Leading others through big changes

11:00 Morning Tea

11:30

Craig Maloney

The Power of Empathy...

At the core of the nursing identity is compassionate intention. Nurses intend to communicate and practice with genuine care, respect and empathy for others. However, the 'delivery' of fragmented, task-orientated, protocol-driven care can often leave us losing sight of these core intentions. Are we nursing with our heads or our hearts? Go back to basics and re-examine the power of empathy. Consider:

- What is empathy?
- Are you born with it or are there ways to develop empathy?
- How can patients benefit from empathetic care?
- Can empathy improve clinical satisfaction and nurse wellbeing?
- Is empathetic care the key to regaining your passion for nursing?

12:30PM Lunch and Networking

1:30

Shari Coventry

It's Time for ME - Why Self-Care Matters

How regularly do you get to the end of your shift and feel utterly exhausted, frustrated and even

resentful? Have you struggled to care for your patients or loved ones as a result of this? The nature of nursing means that we are constantly giving to others before we give to ourselves. Caring for ourselves can unlock the key to personal and professional wellbeing. This session will demonstrate how to establish better ways of caring for ourselves so that we are well positioned to care for others. Includes:

- Why is self-care the key to feeling fulfilled?
- How can we appreciate ourselves so we can appreciate others?
- Practical ways to find out what you need to do to care for yourself

2:30 Afternoon Tea

3:00

Shari Coventry

Time to be Present - How Mindfulness Can Help You

Mindfulness is not a new practice. It has existed for centuries. Yet in our present day lives, where it can be difficult to switch off, the ancient practice can offer easy, simple ways to reduce stress, improve performance and wellbeing. This session will assist you to apply basic mindfulness practices to personal and professional situations where you may feel stressed, overwhelmed and fatigued. Includes:

- Why is being present important?
- How can breathing assist us?
- What techniques can be easily used in our daily lives to help us in times of stress?

4:00

Shari Coventry

Beating Burnout with Laughter!

Laughter is an effective tool to release accumulated stress emotionally and physically. Laughter is infectious and when shared it connects people together and increases happiness and health by triggering physiological changes in the body. This final session is all about laughter, it looks at the many benefits laughter offers promoting health and wellbeing. You will have the opportunity to feel firsthand how laughter can change the way you feel in minutes. Discover:

- How can laughter reduce stress and tension?
- How can laughter connect us with others?
- How can laughter improve our wellbeing?

4:30 Close of Conference and Evaluations

Presenters

Craig Maloney

Craig Maloney has an impressive background which includes a Master's of Mental Health Nursing and graduate qualifications in Child Adolescent Mental health, Group Work, Alcohol and Other Drugs, Dialectical Behaviour Therapy (DBT) and Acceptance Commitment Therapy (ACT). Craig has experience working in research and occupational health and safety and is sought after as a Risk Governance and Quality Systems Architect. He has substantial teaching experience in the area of managing workplace aggression and adverse incidents, mental health, nursing, root cause analysis and risk management. Craig is a Credentialed Mental Health Nurse, a Fellow of the Australian College of Mental Health Nurses and a Member of the Australian Institute of Company Directors. He is the recipient of two national awards for his work in primary healthcare and mental health and is a pioneer of males working in family and partner violence. He currently works as a consultant in systems design, quality and risk management, education, training, suicide intervention and mental health first aid. He is a life coach specialising in nursing success and is the Executive Officer of a charity that supports injured workers on the journey to recovery.

Judy Lovas

Dr. Judy Lovas' dynamic presentations explain the art and science of evidence-based relaxation therapy. In our increasingly fast-paced world everyone needs to relax, yet few know how. Judy is passionate about teaching simple relaxation skills for stress-related conditions such as anxiety, depression, PTSD, fatigue, pain and anxiety. Judy teaches Psychology, Psychoneuroimmunology and Relaxation Therapies in the tertiary and corporate sector and her presentations offer a scientific and holistic approach to improve both physical and psychological wellbeing.

Shari Coventry

Shari Coventry is an Internationally Certified Laughter Yoga Trainer, Clinical Hypnotherapist and NLP Practitioner, and has studied many alternative modalities. Shari is passionate in bringing people together through laughter to enhance their wellbeing, connection and to promote health. She is a skilled facilitator, working with organisations to create a culture that is positive, innovative, engaging and fun. She has been involved in the wellness industry for over 15 years in many capacities creating tailor-made workshops and programs for workplace wellbeing, team building, stress management, work/life balance, laughter, happiness and health.

Registration form

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North Melbourne VIC 3051



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Dates

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