



QRC: 3486

Price

One Day : \$460 inc. GST

Two Days: \$610 inc. GST

Date

29 - 30 Jan 2019

Venue

Mercure Portsea Resort

46 London Bridge Rd , Portsea , VI,
3944

CPD Hours

11 Hours | 0 Mins

Beating Burnout in Nursing Conference - VIC/SA 2019

Time to Care for Yourself - 2 Day Event for all Nurses

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 well-being, 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 to 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 to increase personal wellness, job satisfaction, interaction with colleagues, and more positive workplaces, and to 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

Dr Jill Beattie

Orienting to Your Environment - We do it All the Time!

Orienting is a process carried out by many species, including humans. We orient to our physical and emotional environment in an effort to determine whether or not it is safe to proceed, interact, and communicate. This opening session will explore what orienting is and the effects it has on reducing stress.

9:30

Dr Jill Beattie

Cumulative Stress - Have You Just About Had Enough?

Do you feel overwhelmed by the cumulative stress in your working life? When the feeling of drowning in stress occurs, burnout and compassion fatigue may gradually follow. Too little stress can keep you from reaching your potential, and too much stress can be detrimental to your health, wellbeing, and ability to provide high-quality patient care. This session will look at what happens in the body under stress and why it is important for you to recognise where your stress level might be right now. Topics include:

- What is the neurobiology of stress?
- Is it stress, burnout or compassion fatigue?
- Is it worry, anxiety or depression?
- Is it acute stress disorder (ASD) and posttraumatic stress disorder (PTSD)?
- Why does understanding the differences between the states above matter?

10:30 Morning Tea

11:00

Dr Jill Beattie

Workplace Aggression and Violence - Is There a Relationship to Burnout?

There are various triggers, risk factors, and causes of stress and burnout. Increasingly nurses are being exposed to aggression and violence in the workplace. This affects our feelings of safety, and our ability to provide care. Occupational violence can have longer-term effects. This session will cover:

- How to recognise when you would be wise to seek support
- How to avoid becoming reliant on unsafe coping mechanisms

11:45

Dr Jill Beattie

Dealing with “Negativity” and “Toxicity”

“Negativity” and “toxicity” leave us feeling very uncomfortable. “Positivity” leaves us feeling more comfortable. However, in our working and personal lives, we will continue to experience both comfortable and uncomfortable situations. Becoming more comfortable with the uncomfortable can increase our ability to cope with adversity and to see opportunities when difficult situations arise. It also helps prevent stress and burnout. In this session, we will work with a model to help us move from reacting to choosing how we want to respond, including:

- Why is it that nurses often fall into negative states of mind?
- How do the mind and body react or respond to situations and/or people?
- What framework is there for identifying the core beliefs that influence our behaviour?
- How can ethical awareness and actions build healthy relationships with colleagues?
- How can you deal with the negativity of colleagues and toxic work environments?
- Why is it a challenge to communicate assertively when under stress?

12:30PM Lunch and Networking

1:30

Dr Jill Beattie

Regulating the “Monkey Mind”

Our thoughts can often keep our focus in the past, on events that have long gone. Alternatively, our thoughts can be focussed on worrying about the future. Either way, we miss being present to what is happening, as it happens, in the here and now. This adds to current stress and affects our ability to provide care. This session will look at how nurses can be more present in the workplace.

- What actions help us to stay more present to our own needs throughout a working day and can assist in preventing burnout?
- What actions help us to stay more present during the rapidly changing needs of patients in our care?
- What strategies assist understanding the reactivity of ourselves, our colleagues, and patients, and their significant others

2:15

Dr Jill Beattie

Accepting What Is - Acting on Those Things Within Our Control

When we experience stress and burnout, it is difficult to exit the “negativity cycle”. When we accept what is, we acknowledge that not everything is within our control. When we commit to acting on those things that are within our control, it is easier to let go of things that are not within our control. This results in improved productivity and job satisfaction. Using a variety of techniques, we will reflect on the following:

- What does it mean to be comfortable with the uncomfortable?
- How do you go about “accepting what is”?

3:00 Afternoon Tea

3:30

Dr Jill Beattie

Positive Psychology - The Study of Human Flourishing

Positive psychology is not about positive thinking, rather it is about understanding what strengths, characteristics, and actions enable people, workplaces, and communities to thrive. What we focus on matters. When we experience burnout, it is a challenge to have fun, relax, and experience happiness, pleasure, and joy. Pleasant thoughts and feelings are known to increase energy, motivation, productivity, and the ability to cope with adversity. However, life brings us both the pleasant and unpleasant and the more at ease we can be with both, the more content we will be. Focussing on what is “right” at work rather than what is “wrong” increases optimism and, consequently, our ability to see opportunities when difficult situations arise. It also helps prevent stress and burnout. When we are experiencing compassion fatigue, practising self-compassion and compassion for others are valuable antidotes. Day one concludes by:

- Exploring self-compassion and compassion for others as an antidote to compassion fatigue
- Taking you through some exercises that can be used to decrease compassion fatigue and increase flourishing at work and at home

4:30 Close of Day One of Conference

Day Two

9:00AM Commencement of Day Two

9:00

Geoff Ahern

Laying the Foundations - How to Build Personal Resilience

Preventing and managing stress, burnout, and compassion fatigue lies in your personal ability to be resilient. The good news is that you can learn skills to become resilient. Starting with a self-assessment, this practical session will demonstrate 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?
- What practical techniques help you build your own resilience?

10:00

Geoff Ahern

Making Time for the Bathroom - Why YOU Come FIRST!

Have you ever gotten to the end of your shift and felt utterly exhausted, incredibly frustrated, and perhaps even resentful? It is imperative that we care for ourselves first and foremost, in order to care for others. However, how many of us actually do? This session will serve as a timely reminder about why self-care matters. It includes:

- Why is self-care the key to feeling fulfilled?
- How can we appreciate ourselves so we can appreciate others?
- How can you show that you value your colleagues?

11:00 Morning Tea

11:30

Geoff Ahern

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. This session considers the importance of developing this key skill. In particular, it will look at how assertive communication may support you to combat stress, burnout, and even compassion fatigue. It includes:

- Why might you be struggling to get your message across?
- How can you ensure that people do not perceive you as being aggressive when you thought you were being assertive?
- How can effective communication reduce conflict?
- Why is being assertive the key to feeling valued and lowering stress?

12:15

Geoff Ahern

Where do You Start and the Patient Stops? Preventing Boundary Creep...

Although the importance of developing strong therapeutic relationships with patients is often drilled into us, the idea of separating oneself from someone else's struggles can be difficult. Ill-defined professional boundaries are likely to result in aspects of your job getting under your skin and affecting your personal life. This session offers insight into how healthy professional boundaries can support you to leave work behind and go home happy. It includes:

- What are examples of healthy vs unhealthy professional boundaries?
- How can you recognise your own boundaries?
- How would know if a boundary is breached?
- What are the best tips for how to provide holistic care but not take on our patients' worries?
- Which strategies help you leave work behind to go home happy?

1:15PM Lunch and Networking

2:15

Geoff Ahern

Facing the Unknown - How to Embrace Change

Today's workplace is changing at a hectic rate. Those who cannot adapt run the risk of becoming casualties to the system. The constant rate at which we are expected to deal with change often leaves us feeling stressed and overwhelmed. This session will assist you to understand theories of change and, in turn, be more comfortable experiencing it. Let's consider:

- Why can change result in fear?
- What strategies can support us to feel more comfortable when we are experiencing change?
- When change is good - how can you change your perspective on change?
- How can you lead others through big changes?

3:00 Afternoon Tea

3:00

Geoff Ahern

Reconnecting with the Heart of Nursing - Your Patients?

Connecting with people is at the heart of being alive and it's at the core of nursing care. Meaningful connections can help us to regain the special sense of satisfaction that may have once been so motivating but has been lost over time for a range of reasons. This session will consider the importance of engagement and how it can assist you to find meaning in what you do. It will help you to understand ways to combat compassion fatigue, to reconnect with your patients, and to rekindle your passion for nursing. It includes:

- What type of behaviours could rekindle the spirit of nursing for those whose candle is burning low?
- How can you make the time to engage with your patients, colleagues, and the profession again?

4:30 Close of Conference and Evaluations

Presenters

Jill Beattie

Dr Jill Beattie is a senior research fellow at Monash University, Victoria. Jill is also a mindfulness-based emotional fitness consultant in her performance enhancement consultancy, providing education and consultancy services for organisations and groups, including health services staff, pregnant women, and partners of defence force personnel. Individual services are also provided for people with stress, trauma, anxiety, and depression. Jill has a background and qualifications in nursing, midwifery, education, management, research, and clinical practice. In addition to mindfulness-based experiential learning and practice, Jill's most recent area of research and teaching has been in workplace violence and aggression and emotional trauma.

Geoffrey Ahern

Geoffrey Ahern is a senior mental health clinician and educator who splits his time between working with people in a mental health crisis in the ED setting and working proactively in educating other health professionals and the community about how to better understand mental health problems and also substance use and addiction. Over the years, he has gained extensive experience in emergency and trauma, rural nursing, alcohol and other drug counselling, and psychiatric nursing across both the public and private sectors. He holds a Masters of Health Science (Mental Health and Addiction). Geoff is particularly fascinated by the impact that exercise, nutrition, community, meaning and purpose and practices like yoga have on a person's mental health as well as living a simple life of reflection, contentment and wonderment.

Registration form

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