Novice Nurse Boot Camp: Building your Professional Toolbox as a new RN
Event Agenda
Saturday, August 6, 2022 at 9:00am CT - 4:15pm CT

All times listed in Central Time (US & Canada).

Saturday, August 6, 2022

8:30am - 9:00am

Registration

9:00am - 10:00am

How do I build resilience? Accepting and giving constructive feedback

Lauren Wojtkowski BSN, RN, CEN

1.0 CE Credit

Nursing professionals routinely encounter various mental, physical, and emotional demands while working within high-stress environments. The intrinsically demanding and stressful nature of a nurses' responsibilities directly correlates with a high susceptibility to occupational burnout. Resilience among healthcare workers provides positive reinforcement when facing stressful situations. The attributes of resilient nurses include self-efficacy, motivation to improve one-self while focusing on reality, optimism, emotional, intelligence, self-management, avoiding stress, and separating their lives from the stress. Learning strategies to help build resilience and how to use them will help as transition into your nursing career.

Negative feedback plays an important role in the communication and strength of the healthcare team. We will explore how to give and receive negative feedback in a way that is beneficial. As novice nurses, there are a lot of new experiences and negative feedback can be difficult to use as the tool that it is. We will explore the concepts of learning agility and how negative feedback can help us grow and build strong knowledge foundations for future situations. In providing negative feedback, we share experience and provide important contributions to the healthcare team.

10:00am - 11:00am

How do I keep from burning out? PTSD in nursing, overtime, time management

Casey Ketchum, BSN, CCRN

1.0 CE Credit

Burnout has become a widely used and often misunderstood term; this is particularly true within the healthcare industry. The National Institute for Occupational Safety and Health (NIOSH), determined that 40% of workers reported that their jobs were very or extremely stressful. Furthermore, 26% of worker said they were often or very often burned out or stressed by their work. In addition high stress environments often lead to physical violence. It is estimated that health care workers are 20% more likely to be the victim of workplace violence relative to other professions (Borkowski & Meese, 2021). Today, nurse leaders must recognize stress comes in all forms and affects all people. Although there is no set standard that can predict stress levels in individuals, research has provided us with some insight as to which personality types are more prone to higher levels of stress and burnout. The bottom line is healthy clinicians create stronger organizations and improved patient care outcomes.

11:00am - 12:00pm

How can I impact policies and procedures at my place of work? Shared governance

Amanda Oliver BSN, RN, CCRN

1.0 CE Credit

Starting in a new workplace is a challenge. You don't have many friends, you are learning new things, and taking care of patients every day. You notice that a policy or procedure that is being used or followed may benefit from some changes to clarify a question you have. What do you do? During this session we will learn about shared governance structures and why they can be beneficial for nurse empowered change. Additionally, you'll learn tips and tricks on how to start the conversations with the right people for you to have a seat at the table in impacting policies or procedures in the work place.

12:00pm - 1:00pm

Lunch

1:00pm - 2:00pm

Understanding your strengths and weaknesses: personality typing

Casey Ketchum, BSN, CCRN

1.0 CE Credit

At the conclusion of this program, participants will be able to:

- Review various personality typing models commonly referenced in the workplace.
- Recognize how personalities, race and gender affect dynamics in the workplace.
- Recognize the difference between Type A behavior patterns and Type B behavior patterns.
- Understand how the perception of workplace autonomy affects performance.

2:00pm - 3:00pm

How to combat compassion fatigue: a guide to self-care

Gloria Barrera MSN, RN, PEL-CSN

1.0 CE Credit

Objectives:

1. Define compassion fatigue.
2. Recognizing compassion fatigue in yourself.
3. Identify self-care tools.
4. Exploring mindfulness, consistent sleep schedule, and other tools.
5. Creating a plan for yourself to combat compassion fatigue.

3:00pm - 4:00pm

Advocating for me: How to face adversity with co-workers, find the right mentor

Dan Fraczkowski MSN, RN-BC

1.0 CE Credit

New nurses are entering a challenging healthcare environment amidst a worldwide pandemic and continued nursing workforce shortage. Join us to learn more about strategies to overcome challenges in the workplace. Participants will learn about resources and methods of connecting with mentors to support their journey. Attendees will also discuss tools for self-advocacy.

4:00pm - 4:15pm

Wrap Up