



**2021 SANFORD NURSING SYMPOSIUM
ADVANCING NURSING PRACTICE:
FINDING JOY IN THE JOURNEY**

May 6 or May 7, 2021

Virtual WebEx

SANFORD[®]
HEALTH

Advancing Nursing Practice:

Finding Joy in the Journey

Purpose: This symposium will provide nursing staff the tools to support themselves and each other through the pandemic and its effects on their mental health. The resources shared during this event will help staff rediscover their “joy in the journey”.

Intended audience: Registered nurses, licensed practical nurses, advanced practice nurses, nursing leaders, nursing students, and nursing faculty.

Keynote Speakers



Kevin McFarlane MSN, RN, CEN, TCRN, NE-BC, EMT - Thursday May 6th, 2021

Kevin McFarlane combines his extensive clinical, educational, and public speaking experience in his podcast “Art of Emergency Nursing”. This popular podcast incorporates the expertise of Kevin and his colleagues in education, leadership, and clinical nursing to bring experience and perspective to the emergency nursing community. The podcast has been downloaded in over 30 countries and is often in the top 100 medical podcast.

Currently, Kevin limits his direct teaching to his students and colleagues at a multi-hospital system in Texas. He is an active member of the ENA both nationally and locally, and also a member of the Association for Nursing Professional Development (ANPD), routinely speaking at EMS and nursing conferences in the U.S. and internationally.



Vicki Hess MS, BSN, RN, CPS - Friday May 7th , 2021

Vicki earned a BS (Nursing) from the University of Florida and a Master’s Degree in Human Resource Development from Towson University. She was an adjunct professor at Johns Hopkins University Graduate School of Business for five years. Vicki guides healthcare professionals to create an environment where employees are engaged, customers are satisfied, and goals are achieved. Her views on patient & employee engagement are evidence-based, relatable and real world. Organizations that implement her ideas experience increased productivity, safety, quality, retention, patient satisfaction, creativity and more.

As a nurse, keynote speaker, trainer, consultant and author of 4 books; Vicki’s goal is to inspire healthcare leaders and staff to take action by sharing high impact, easy to implement ideas that transform the way people work. As a cancer survivor and victim of a surgical mistake she brings the voice of the patient into her programs.

Faculty

Karla Dahl, BAN, RN

Karla has served many areas of nursing in her career at Sanford for almost 42 years. She started as a Pediatric/PICU nurse before joining the Maternal Child RST, which allowed her to also work in the NICU and FBC. Being cross trained to the adult Surgical/Ortho/Neuro floors, is what led her to where she is today...an adult Rescue Nurse and VAN. She is a patient advocate. She has shared her passion for nursing with students as a Pediatric Clinical instructor. She continues to enjoy sharing her knowledge of experience with other staff to help improve nursing care.

Melanie Allen, RN

Melanie joined Sanford in 2014 as a med-surg nurse. During the EBOLA crisis she joined the Special Care Unit. In March of 2020, Melanie learned that the SCU would officially be activated in response to the COVID-19 pandemic, and she transferred to the new Broadway unit. The SCU started with two beds and two nurses and grew to house 116 patients on 5 separate units, with countless staff helping in the transition. Melanie brought her med-surg and intermediate care experience to support the development and process development on the Special Care Unit, and is now looking forward to starting a new journey, having recently transferred to the Sanford Emergency Department!

Brittany Wiebold, RN

Brittany started her career with Sanford Health in 2015. The observation unit has been her home for the last 5 ½ years where she has been an active team member of the Unit-Based Council. Here, she has been able to develop great leadership qualities and has taken the initiative to be the primary preceptor for many new nurses welcomed to the unit. Over the last year, Brittany has participated in the Sanford Nurse Residency program as she transitioned from an LPN role to her current RN role. In the residency program, she is working with a small group of colleagues to complete an evidence-based practice project focusing on nurses and workplace violence. Brittany is a strong informal leader on the Clinical Decision Unit, and is excited to take that to the next level as she trains into a backup CCL role for the unit!

Hailey Scharmer, BSN, RN

Hailey has been with Sanford in the ER since 2017. Prior to that, she has experience in nursing home, summer camp nursing and cardiac inpatient nursing. She received her Associates LPN and RN degrees through Northland Community College in East Grand Forks, MN and BSN degree online through University of Mary. She has served as a preceptor, trauma nurse, member of the ER Peer Assistance Crisis Team and Clinical Care Leader.

Christina "Tina" Hoff BA, RN

Tina Hoff is a RN Clinical Care Leader at Sanford's Integrative Medicine Clinic. She first attended college as a Junior in high school and was able to graduate with her high school diploma and associates in business within the same week. She continued her education at the University of North Dakota where she completed her bachelor's degree in Marketing, Management and Communications. It wasn't until 2008 that she decided to go back to school to obtain her nursing education. This journey has led her on a path of continued education in health and wellness, as it relates to real life. Tina is a wife, mother of 2, and teaches aerial movement at a local studio. Her desire to find balance, joy and self-compassion for life as it relates to fitness of mind, body and spirit is an ongoing goal.

Jon Ulven, PhD

Dr. Ulven received his PhD in Counseling Psychology from the University of Kansas in 2001. He has been a Licensed Psychologist with Sanford Health for the past 16 years and is currently the Department Chair of Adult Psychology. He holds membership to the Physician Executive Committee at Sanford and is the Lead psychologist in the Clinician Assistance Program at Sanford. Dr. Ulven is the Lead clinician in a grant funded partnership between Sanford and the State of ND to provide support to ND healthcare workers who are experience COVID-19 related stress. He also runs a Wellbeing Support group for our Family Medicine residents, and is involved in supervising and teaching our psychiatry and psychology residents. Dr. Ulven's passion for healthcare is focused on how individuals and systems influence the overall health of a population of people.

Emily Paulson BSN, RN

Emily graduated from the University of Jamestown in 2015 and has been an RN on the neuro unit since the fall of 2015. Emily's passion for nursing is being able to take care of her patients and seeing the progress they make each day. She states, "patients and my coworkers bring me so much joy in my nursing career."

Teresa Lewis B.S., 7 Mindsets Certified Instructor

Imagine if everyone was fully engaged at work, appreciated the diversity of co-workers and took inspired action every day. A multi-year, multi-million dollar study has proven that there are 7 mindsets that contribute to happiness, success, productivity and higher levels of employee engagement. Embracing these mindsets can have a dramatic impact on your professional and personal life. With the right mindset, your skills are maximized to their full potential. Teresa Lewis will introduce you to these mindsets and practical tools to embrace them every day. Teresa is a Talent Management Consultant with Sanford and an engaging motivational speaker. Find her on Facebook @Teresalnspires.

Symposium Agenda

Thursday, May 6 and Friday, May 7

- 7:30-8 a.m. Symposium Registration**
- 8-8:15 a.m. Welcome & Introductions**
- 8:15-9:45 a.m. Keynote (see specifics on next page)**
- 9:45-10 a.m. Break**
- 10-11 a.m. Fitness for the Mind, Body, and Spirit**
Tina Hoff BA, RN
- Define fitness for the mind, body, & spirit.
 - Recognize the benefits of fitness.
 - Recognize the idea that fitness includes mind, body, & spirit.
 - Describe strategies for mind, body, & spiritual fitness.
 - Integrate strategies to include in daily routine.
 - Learn to observe the post-digestive effects of fitness including mind, body, & spirit.
- 11-11:45 a.m. Resilience: Maintaining Self in Troubled Time**
Jon Ulven, PhD
- Describe known effects of the current pandemic and past ones on our mental health and well-being.
 - Utilize a self-assessment of wellbeing, depression, anxiety, trauma, and substance use.
 - Implement evidence-supported strategies for stress management into both professional and personal life.
 - Understand a framework for Resilience.
 - Identify resources and pathways to get self-help and/or professional assistance for behavioral health.
- 11:45 a.m.-12:15 p.m. Lunch (on your own)**
- 12:15-1 p.m. Bringing Joy and Happiness to Nursing**
Emily Paulson BSN, RN
- Listen to my Life Story
 - Define the Concept of Joy and Happiness
 - Look Beyond the Patient's Diagnosis
 - Understand The Role of Joy in our Work
 - A Healthy Work Environment
 - Improving Patient Safety
 - Hear Personal Examples of Joy in Nursing
- 1-2 p.m. A Walk Through *The 7 Mindsets***
Teresa Lewis, B.S., 7 Mindsets Certified Instructor
- Discover compelling research about how much your mindset matters at work
 - Examine the mindsets that lead to higher job satisfaction and engagement
 - Distinguish the counter mindsets that tend to derail us
 - Identify strategies to embrace the mindsets that will enhance your effectiveness
- 2-2:15 p.m. Closing remarks and adjournment**

Thursday, May 6 – Keynote

8:15-9:45 a.m.

Sanford Stories: Care During COVID

Kevin McFarlane MSN, RN, CEN, TCRN, NE-BC, EMT

- Identify two techniques for finding or maintaining joy in stressful or adverse environments
- Apply two learned lessons from panelists' experiences to their own repository of self-care and coping mechanisms.
- Promote the power of storytelling as a resilience technique when faced with a traumatic experience.

Friday, May 7 – Keynote

8:15-9:45 a.m.

The Journey to Joy in Healthcare Today

Vicki Hess MS, BSN, RN, CPS

- Describe what makes you feel satisfied, energized & productive at work (AKA - what matters most).
- List strategies for minimizing common challenges and growing positive results.
- Demonstrate a 5-step process to improve resilience and reconnect with joy at work.

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Continuing Education Contact Hours

Sanford Health is approved as a provider of nursing continuing professional development by Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. (OBN-001-91)

5.5 ANCC Contact Hours

Registration Information

	<u>Registration Fee</u>	<u>Employee Fee</u>
Thursday, May 6	\$25	\$0
Friday, May 7	\$25	\$0

*No refunds will be given.

General registration: Go to <https://www.sanfordhealth.org/classes-and-events> and find this event by date. If you do not have a current Success Center account, you will be prompted to create one. An email address is required to create an account.

Sanford employee registration: Register in Success Center, search **ps-1718**.

