Experienced Nurse Event- CCE Application

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| Date | September 14, 2021 |
| Times | 1200-1pm |
| Location | Virtual via Microsoft Teams  |
| Facilitator | Sam Clinger, MSN, RN, PCCN  |
| Title | “Diminish Despair, Do Your Self-Care!” |
| Objectives | * To review the impact of negative implications of nurse fatigue and stress
* To explore self-care strategies to incorporate into a daily routine
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| CEU | 1 CEU |
| Target Audience | Experienced RN- Recruitment event  |

CCE Application

**Title:** “Diminish Despair, Do Your Self-Care!”

**Activity Start and End Date**: September 14, 2021

**Will any of this activity be presented to an in-person audience?**

No, this session will be through Microsoft Teams virtually.

**Learning Objectives:**

1. To review the impact of negative implications of nurse fatigue and stress
2. To explore self-care strategies to incorporate into a daily routine
3. To develop a plan for self-care

**Describe the current problem in practice**

Due to the stress associated with the pandemic and staffing concerns, nurses now, more than ever, are being placed in high stress environments, which leads to fatigue, burnout, and turnover. Nursing burnout and turnout has been determined through evidence to be associated with poor patient outcomes and reduces employee satisfaction. Purdue University Global (2021) found that 70% of the nurses surveyed for the study said they put the health, safety, and wellness of their patients before their own. At the same time, 77% reported they were at “significant level of risk” for stress in the workplace.

**Please describe how this activity will impact the interprofessional healthcare team**

This program will expose nursing staff to numerous forms of self-care practices that can be incorporated into their daily plan. The goal will be that they will develop a self-care routine that will help to reduce their own stress to promote a positive and high-quality patient experience.

**Gaps**

Nurses promote great care to patients, but rarely consider the importance of caring for themselves. Experienced nurses have worked for a lengthy time in this mindset of caring for others. Attention must be placed towards them to address self-care to promote their own emotional health. The effects of positive self-health will help to promote the care and needs of patients along with the employees.