

## **Central PA APP Advisory Service Committee Wellness Event**

October 27, 2023

12p-1p

Virtual through Microsoft Teams

12p-1p: Speaker introduction by Alexandra Mastro, PA-C, MPAS

Co-Chair Service Committee, CPA APP Advisory Committee

### **APP Wellness**

Title: Strategies for Combatting Burnout: A Peer Pal Program, Resiliency, and Mindfulness

Presenter: Kate Ramey MSN, CRNP, NNP-BC (She/Her)

Perinatal Supportive Care APP, UPMC Magee-Womens Hospital

Wellness Ambassador, UPMC Office of Advanced Practice Providers

Learning objectives:

1. Define burnout and compassion fatigue
2. Explore tools to encourage professional resilience
3. Introduce the APP Peer Pal Program

Facilitated Q&A: Alexandra Mastro, PA-C, MPAS

*Conference Adjournment 1:00p*

Target Audience: Nurses and Physician Assistants

### Accreditation and Designation Statement

In support of improving patient care, the University of Pittsburgh is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

### **Nursing (CNE)**

The maximum number of hours awarded for this Continuing Nursing Education activity is 1.0 contact hours.

**Physician Assistant (AAPA)**

The University of Pittsburgh has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 1.0 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

Other health care professionals will receive a certificate of attendance confirming the number of contact hours commensurate with the extent of participation in this activity.

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