

# **RN Educator Grand Rounds: Recognizing Burnout, Building Resilience, and Promoting Self-Care in Oncology Nurses**

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## Learning Objectives

- Describe what resources are available for staff through UPMC Life Solutions
- Recognize signs and symptoms of burnout
- Identify strategies to build resiliency and purposeful self-care

## Contact Hours

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.

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The maximum number of hours awarded for this Continuing Nursing Education activity is 0.75 contact hours.

## Disclosure of Conflicts of Interest

All individuals in a position to control the content of this education activity are required to disclose all relevant financial relationships with any proprietary entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients. The following information was provided:

Tricia Seaman and the planning committee for this activity did not have any relevant financial relationships with a commercial interest.

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- To enable the SMS texting feature, login to your account @ <https://cce.upmc.com>.
- If you are a new user, click “Register” to create a new account.
- Click the “Mobile” tab to add your ten-digit mobile phone.
- Receive credit instantly for this session by texting the following code:  
**KEVDET** to **412-312-4424** **within one hour of the activity**
- To access your credit transcript, login to the CCEHS Learning Portal, go to “My Account” then “My Activities” then “Session Credit.”
- Certificates will be available to download and stored for future reference in your [“Session Credit.”](#)

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