

# Avera vCNE Auto Care Series: Self-Care

*Presented by: Kathleen Kunkel, BA*

**\*\*\* An e-learning course available on the CE Portal \*\*\***

**PROGRAM GOAL:** This session will increase the acute care nurse's awareness of drug diversion's significant effect and possible consequences. The session will also focus on current strategies and continued tactics regarding prevention and detection of drug diversion in the hospital setting.

**TARGET AUDIENCE:** Nurses and Medical Assistants

**OBJECTIVES:**

1. Recognize burnout signs and symptoms in self and others.
2. Identify self-care techniques to combat burnout.

**NCPD Outcomes:**

100% of nurses can self-report a knowledge gain related to the importance of self-care

To successfully complete this activity and receive **1.0 CNE and/or 1.0 AAMA**, you must:

- a. View the attached video
- b. Complete the Attestation
- c. Complete the evaluation

Avera is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. A total of **1.0** contact hours can be received upon completion of this activity.

This educational activity has been approved by the American Association of Medical Assistants (AAMA) for **1.0** hours. Course completions will be sent directly to the AAMA.

Avera Health Provider #1029 is an approved provider of continuing education by the South Dakota Board of Social Work Examiners. Social Workers will receive 1.0 continuing education clock hours for participating in this course.

**Feedback Person** for this education activity are listed below. If you have questions please contact them.

- a. Name & Email: [averacontinuingeducation@avera.org](mailto:averacontinuingeducation@avera.org)

**Policy on Disclosure:** Continuing Education credits have been approved for this event. Due to the regulations required for CE credits, anyone in a position to control or influence the content this educational activity are required to fully disclose all conflicts of interest that are pertinent to the content of this educational activity to participants. In observance to this requirement we are providing the following disclosure information: *There is nothing to disclose*

Enduring material available from 12/16/2020 to 06/30/2021  
This course content was reviewed on 12/16/2020.

