

# Avera vCNE Ambulatory Care Series - Mindfulness for Reducing Stress

+++ AVAILABLE ON THE AVERA CE PORTAL +++

**Purpose:** The vCNE Series is specially designed to update nurses working in acute care settings on hot topics, evidence based practice and Avera's current strategic initiatives. Caring for the caregiver is an important topic towards Avera's strategic initiatives, and allowing nursing staff the ability to learn how to de-stress and become more mindful in the moment connects directly to strategic plan efforts in Hospitality.

## **Objectives:**

- 1 Recognize the need to incorporate new knowledge of changes in practice into their daily care models.
- 2 50% of nurses can self-report a change in practice within 90 days of education
- 3 The learner will have a working definition of mindfulness.
- 4 The learner will have a basic understanding of how mindfulness changes the brain
- 5 The learner will develop an understanding of how mindfulness can be used to combat compassion fatigue
- 6 The learner will develop an understanding of how mindfulness can be used to combat compassion fatigue while giving their patients tools to help them cope with difficult situations.

**Outcome:** 100% of the healthcare team will show an increased knowledge on how self-care and mindfulness can impact the health environment during periods of high stress by passing a posttest with a score of 80% or greater at the completion of the activity.

**Target Audience:** Nurse, Medical Assistants

## **For successful completion:**

- View the entire education activity
- Complete the post test
- 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 **1.00** contact hours can be received upon completion of this activity.

This program has been granted prior approval by the American Association of Medical Assistants (AAMA) for **1.00** administrative continuing education unit(s). Granting approval in no way constitutes endorsement by the AAMA of the program content or the program provider. Attendance for this activity will be submitted directly to the AAMA.

**Policy on Disclosure:** Due to the regulations required for CE credits all conflict of interest that persons in a position to control or influence the education must be fully disclosed to participants. In observance to this requirement we are providing the following disclosure information:

Name of individual	Individual's role in activity	Name of commercial interest/Nature of relationship
Kelly Boyd, MSN	Committee Planning Member	Nothing to disclose
Vonda Reed, None	Committee Planning Member	Nothing to disclose
Robyn Ewalt, BA	Lead Planner	Nothing to disclose
Amy Skoglund, RN	Nurse Planner	Nothing to disclose
Brenda L Ling, MSW	Faculty	Nothing to disclose

