

Self-Care in Palliative Care

Enduring Material

** An e-learning course available on the Avera portal **

Program Goal

Self-care is an essential aspect of individuals' physical and mental well-being that is often overlooked. Evidence for the efficacy of self-care is presented, in addition to strategies for improving and implementing self-care in one's life.

Objectives

- 1 Recognize signs of burnout and compassion fatigue in palliative care.
- 2 Describe the effects of burnout and compassion fatigue on health care professionals.
- 3 Recognize signs of burnout and compassion fatigue in palliative care.
- 4 Develop a comprehensive understanding of the benefits of self-care.
- 5 Apply and utilize self-care practices in one's own life.

Outcome

100% of the healthcare team will demonstrate increased knowledge of self-care, burnout, and compassion fatigue by passing a score of 80% or greater.

Target Audience

Professions – Physician, Nurse - RN, Technician, Student, Nursing Facility Administrator, Social Worker, Counselor / Therapist, Other, EMS, Registered Dietitian, Administration, Respiratory Therapist, Medical Assistants, Nurse - Nurse Practitioner, Physician Assistant, Executive Leader, Director, Manager, Vice President, CEO, Physical Therapist, Osteopathic, Psychologist, Chiropractor, PhD, Radiologic Technologists, Chaplain, Nurse -LPN/LVN

Completion Requirements

- View the video
- Complete the post-test
- Complete the evaluation

Accreditation & Credit Designation

Physicians

Avera is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. Avera designates this educational activity for a maximum of **1.00 AMA PRA Category 1 Credits(s)[™]**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses (NCPD)

Avera is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. A total of **1.00** contact hours can be received upon completion of this education activity. Attendance at the entire educational activity is required to receive contact hours.

Social Workers

Avera Health Provider #1029 is an approved provider of continuing education by the South Dakota Board of Social Work Examiners. Social Workers will receive **1.00** continuing education clock hours for participating in this course.

Nursing Facility Administrators

Avera is an approved provider of continuing education for South Dakota through the South Dakota Board of Nursing Facility Administrators. This educational activity is approved for **1.00** hours for nursing facility administrators.

Additional Information

Feedback person for this educational activity is: charlene.berke@avera.org

Enduring material available from 4/1/2022 to 12/31/2022

This course content was reviewed on 03/31/2022

Disclosure Policy

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 of this requirement we are providing the following disclosure information: all relevant financial relationships disclosed below have been mitigated.

Name of individual	Individual's role in activity	Name of Ineligible Company(s) / Nature of Relationship(s)
Kelly Boyd, MSN, RN	Committee Planning Member	Nothing to disclose
Sarah Mollman, Ph D, Nurse	Committee Planning Member	Nothing to disclose
Mari Perrenoud, RN, CHPN, MSA, Nurse	Committee Planning Member	Nothing to disclose
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Amy Skoglund, RN, Nurse	Committee Planning Member	Nothing to disclose
Carol Stewart, APRN	Committee Planning Member	Nothing to disclose
Carol Breikreutz, PharmD, BCOP	Content Expert - Committee Member	Nothing to disclose
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Julie Dixen, MSW, LCSW	Content Expert - Committee Member	Nothing to disclose
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Kenneth Kirton, MD	Content Expert - Committee Member	Nothing to disclose
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Michele Snyders, MSW, CSW-PIP; APHSW-C	Content Expert - Committee Member	Nothing to disclose
Dr. LuAnn Trutwin, D.Min, D.Min., M.Div., BCC	Content Expert - Committee Member	Nothing to disclose
Kathryn Moore, MA, Psychologist	Faculty	Nothing to disclose
Kathy Gubin, BSN, CHPN	Nurse Planner	Nothing to disclose
Charlene A Berke, RT. (R)(T), Administrator	Lead Planner	Nothing to disclose

