

2023 Self-Care

April 15, 2023 to December 31, 2023

Online Education

Purpose: The presentation provides an overview of self-care is an essential aspect of individuals' physical and mental well-being that is often overlooked. Examples 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.
- 2 Describe the effects of burnout and compassion fatigue on health care professionals.
- 3 Integrate a comprehensive understanding of the benefits of self-care.
- 4 Apply and utilize self-care practices in one's own life.

Target Audience:

Professions – Physician, Nurse - RN, Student, Nursing Facility Administrator, Social Worker, Nurse - Nurse Practitioner, Physician Assistant, Radiologic Technologists, Chaplain, Nurse -LPN/LVN
Specialties – Palliative Medicine

For successful completion:

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

Accreditation & Credit Designation:

Accreditation



In support of improving patient care, Avera 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.

Credit Designation Statement(s)



This activity was planned by and for the healthcare team, and learners will receive 0.75 IPCE credits for learning and change.

Medicine CME: Avera designates this live activity for a maximum of 0.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Successful completion of this CME activity, which includes participation in the evaluation component, enables the learner to earn credit toward the CME of the American Board of Surgery's Continuous Certification program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABS credit

Nurse: Avera designates this activity for a maximum of 0.75 ANCC contact hours. Nurses should claim only the credit commensurate with the extent of their participation in the activity.

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 0.75 hours for nursing facility administrators.

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 0.75 continuing education clock hours for participating in this course.

Credits

AMA PRA Category 1 Credits™ (1.0 CME) - Non-Physician (Attendance) (1.0), Nursing CE (1.0 ANCC Credit Hour), SW (1.0), NFA (1.0)

Additional Information

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

Enduring material available from 4/5/2023 to 12/31/2023

This course content was reviewed on 4/5/2023

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, Nurse	Committee Planning Member	Non-Clinical Exception
Katie Huff, DNP, FNP-BC, ACHPN , palliative	Committee Planning Member	Non-Clinical Exception
Sarah Mollman, Ph D, Nurse	Committee Planning Member	Non-Clinical Exception
Mari Perrenoud, RN, CHPN, MSA, Nurse	Committee Planning Member	Non-Clinical Exception
Carol Stewart, DNP, Nurse Practitioner	Committee Planning Member	Non-Clinical Exception
Carol Breitreutz, PharmD, BCOP	Content Expert - Committee Member	Non-Clinical Exception
Deborah Deuschle, RN, Nurse	Content Expert - Committee Member	Non-Clinical Exception
Julie Dixen, MSW, LCSW	Content Expert - Committee Member	Non-Clinical Exception
Kathy Gubin, MS, Nurse	Content Expert - Committee Member	Non-Clinical Exception
Kenneth Kirton, MD, Physician	Content Expert - Committee Member	Non-Clinical Exception
Brandi Pravecek, DNP, Nurse Practitioner	Content Expert - Committee Member	Non-Clinical Exception
Michele Snyders, MSW, Social Worker	Content Expert - Committee Member	Non-Clinical Exception
Dr. LuAnn Trutwin, D.Min, D.Min., M.Div., BCC	Content Expert - Committee Member	Non-Clinical Exception
Kathryn Moore, MA, Psychologist	Faculty	Non-Clinical Exception
Charlene A Berke, RT. (R)(T), Administrator	Lead Planner	Non-Clinical Exception