

Avera PACE Conference and Trade Show 2022

Live Activity

5/11/2022 8:00 AM to 4:00 PM – Ramkota - Sioux Falls

Purpose

This conference is designed to provide information that participants can apply and utilize in their daily personal and professional lives. Managing Stress with Self-Care will help participants identify how they handle stress and the effects it has on their body and build their resources to better manage stressful situations. While the Sous Vide presentation will discuss methods of offering highly nutritious foods that taste great with less waste and are budget conscious. Each session will provide participants with knowledge of different aspects of self-care and provide opportunity for personal growth.

Objectives

- 1 Participants will be able to define resilience
- 2 Participants will be able to identify one HACCP sous vide best practice
- 3 Participants will be able to define disinfecting
- 4 Participants will have tools to respond to stressful situations
- 5 Participants will develop one skill of increased empathy
- 6 Participants will recognize less stress after attendance

Outcome

100% of the healthcare team will self-report an increase in knowledge of the self-care tools and resources available by the end of the conference.

Target Audience

Professions – Nurse - RN, Nursing Facility Administrator

Completion Requirements

- Attend entire activity
- Complete evaluation within 30 days of activity or you forfeit awarding of CE credit

Accreditation & Credit Designation

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 **6.00** contact hours can be received upon completion of this education activity. Attendance at the entire educational activity is required to receive contact hours.

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 **6.00** hours for nursing facility administrators.

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)
Tammy Dertien, BS	Committee Planning Member	Non-Clinical Exception
Vonda Reed, A.S. Accounting, Education Consultant	Committee Planning Member	Nothing to disclose
Jason Matthies	Committee Planning Member	Non-Clinical Exception
Pamela VanZee	Committee Planning Member	Nothing to disclose
Kevin Jordanger, Administrator	Content Expert - Committee Member	Non-Clinical Exception
Laurie Dirnberger, MA, EAP	Faculty	Non-Clinical Exception
Lannie Lohnes, Business Management	Faculty	Non-Clinical Exception
Gwen Maag, BSN, RN, BC	Faculty	Nothing to disclose
Tommy Ryman, Theatre	Faculty	Non-Clinical Exception
Paul TenHaken	Faculty	Non-Clinical Exception
Amanda Viau, BS	Faculty	Nothing to disclose
Danielle Aanenson, BSN, Nurse	Nurse Planner	Nothing to disclose

