

**FINAL  
CONFERENCE  
BROCHURE  
WITH LINKS TO  
SPEAKER CVs,  
PRESENTATIONS,  
AND POSTER  
ABSTRACTS**



# ***Caring for the Caregiver***

*Creating Healthy Work Environments for You and Your Team*

**Friday, April 28, 2017 at the Signature Grand in Davie, FL**

**Keynote Speaker**



**Kim Richards, RN, NC-BC  
Founder/Owner  
Self-Care Academy™**

**Presenting sponsor**



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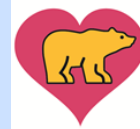


8:00 -  
9:00 am

### **Registration & Continental Breakfast (Salon 1)**

Arrive early to reconnect with old friends and make new ones as you enjoy a continental breakfast of assorted muffins, danish, croissants, juice, coffee, and tea.

sponsored by



**Nicklaus  
Children's  
Hospital**

MIAMI CHILDREN'S HEALTH SYSTEM 

9:00 -  
9:15 am



### **Welcome and Opening Remarks (Salon 2)**

Rafael (Ralph) Egües, Jr.

Executive Director, Nursing Consortium of South Florida

Margaret (Maggie) Hansen, RN, MHSc

Senior VP/Chief Nurse Executive, Memorial Healthcare System  
President, Nursing Consortium of South Florida

9:15 -  
10:00 am



### **Connect, Replenished and Bounce Back (Salon 2)**

Tatiana Schrader, MSEd

Manager Leadership and Talent Development

Human Resources-Strategy & Culture

Baptist Health South Florida

10:00 –  
10:30 am

### **Break (Salon 1)**

Engage conference attendees, speakers,  
and our sponsor and exhibitor representatives  
over soft drinks, coffee and tea.

10:30 –  
11:15 am



### **Bridging Generational Differences in the Nursing Workforce (Salon 2)**

Rose O Sherman, EdD, RN, NEA-BC, FAAN

Editor in Chief, Nurse Leader

Professor and

Program Director, Nursing Administration and Financial Leadership

Christine E. Lynn College of Nursing

Florida Atlantic University

11:15 am –  
12:00 pm



### **The Leader as Healer (Salon 2)**

Ashwin Mehta MD MPH

Medical Director of Integrative Medicine

Medical Director of Physician Wellness

Memorial Healthcare System

12:00 -  
1:00 pm

### Lunch (Salon 1)

Enjoy a three course lunch including a salad, a duet entree of flat iron steak & salmon, potatoes and vegetables, rolls, dessert, coffee, and tea; all served in Signature Grand style.

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1:00 –  
2:15 pm

### Poster Presentations (Salon 2)

Attendees are encouraged visit posters in small facilitator-lead groups. Evaluate each and vote for Best Presentation, Best Poster, Best Take-Away. During this time block, six posters on nursing research and scholarly projects relevant to the conference theme will be presented. Don't miss this update on what your colleagues in South Florida are doing to advance healthy work environments.

2:15 –  
3:15 pm

### Keynote Session (Salon 2)



#### [Burn Brightly Without Burning Out!](#)

Kim Richards, RN, NC-BC  
Founder/Owner  
Self-Care Academy™  
Author of the ANA Publication  
Self-Care and YOU: Caring for the Caregiver



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3:15 –  
4:00 pm

### Reception (Salon 1)

Network with other program attendees and our speakers, and join in conversations about how lessons learned during the day might best be implemented throughout South Florida including where you work. Renew old friendships and add new ones to your peer network. Wine and assorted cheeses will be served, as will soft drinks and cookies. Continuing education certificates will be available for pick-up during this session.

**4.50 contact hours will be awarded by Memorial Regional Hospital, FL Board of Nursing Provider No. FBN 50-1317.**

## Learning Objectives



### **Tatiana Schrader, MSEd**

Manager Leadership and Talent Development  
Human Resources-Strategy & Culture  
Baptist Health South Florida

### **Connect, Replenished and Bounce Back**

Learning objectives:

1. Discover ways to connect, replenish and bounce back while balancing self-care with other-care
2. Assess their self-care in four dimensions including emotional, physical, psychological and spiritual well-being
3. Learn various self-care strategies including mindfulness, reflective journaling exercises for calming, stress reduction, new insights and replenishment



### **Rose O Sherman, EdD, RN, NEA-BC, FAAN**

Editor in Chief, Nurse Leader  
Professor and Program Director, Nursing Administration and Financial Leadership  
Christine E. Lynn College of Nursing  
Florida Atlantic University

### **Understanding Nursing Excellence and Value Based Care**

Learning objectives:

1. Identify why creating a healthy work environment now involves developing generation specific strategies to care for caregivers.
2. Describe specific challenges that leaders experience in meeting the needs of both the sandwiched generation of seasoned nurses and millennial nurses in their peak child rearing years.
3. Discuss how technology has been a game changer in flipping ideas about professional expertise and presenting new challenges in developing healthy work environments.



### **Ashwin Mehta MD MPH**

Medical Director of Integrative Medicine  
Medical Director of Physician Wellness  
Memorial Healthcare System

### **The Leader as Healer**

Learning objectives:

1. Appreciate the prevalence and risks of burnout and professional disengagement within the nursing field
2. Understand the science supporting methods of detecting burnout among ourselves and colleagues
3. Learn the importance of preventive strategies including mindfulness to enhance self-compassion, communication and empathy

## Learning Objectives



### **Keynote:**

**Kim Richards, RN, NC-BC**

Founder/Owner

Self-Care Academy™

Author of the ANA Publication

Self-Care and YOU: Caring for the Caregiver

### **Burn Brightly Without Burning Out!**

Learning objectives:

1. Define self-care from a holistic perspective. (including relevant research)
2. Discuss and provide examples of the six pathways of self-care: Physical, Mental, Emotional, Relationships, Spiritual and Choice
1. Participants commit to at least one new self-care practice to start immediately.

### **Poster session**

*Directors of the Nursing Consortium of South Florida will moderate the presentations and small-group question and answers sessions of the following posters:*

*(To view the poster abstract, please click on the title.)*

[Practicing Self-care for Nurses: A Nursing Program Initiative](#)

[The Collaborative Support Model: On Boarding using a Team Approach](#)

[Cultivating a Caring Environment Improves Clinical Practice and a Healthy Workplace.](#)

[Using a Brief Meditation as an Intervention for Staff Stress](#)

[Team Debriefing Post-adverse Events in a Cardiac Interventional Lab:  
A Quality Improvement Project](#)

**Bio's & CV's** (Click on link to download)



Ashwin Mehta MD MPH  
Medical Director of Integrative Medicine  
Medical Director of Physician Wellness  
Memorial Healthcare System  
[CV](#)



Tatiana Schrader, MSEd  
Manager Leadership & Talent Development  
Human Resources-Strategy & Culture  
Baptist Health South Florida  
[Bio](#)



Kim Richards, RN, NC-BC  
Founder/Owner  
Self-Care Academy™  
Author of the ANA Publication  
Self-Care and YOU: Caring for the  
Caregiver  
[Resume](#)



Rose Sherman, EdD, RN, NEA-BC, FAAN  
Editor in Chief, Nurse Leader  
Professor & Program Director Nursing  
Administration and Financial Leadership  
Florida Atlantic University  
[CV](#)

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MSN, MBA, NEA-BC, RNC  
Chief Nursing Officer  
**Westside Regional Medical Center**  
Faculty  
**University of Phoenix**

Mark your calendars and make plans to attend our next conference on November 10, 2017 at the Signature Grand.



## ***Caring for the Caregiver;*** *Creating Healthy Work Environments for You and Your Team*

Friday, April 28, 2017 at the Signature Grand in Davie, FL

***Thanks to our sponsors & exhibitors!!***

