

Join us for SJO's

16th Annual Evidence-Based Practice Conference Caring & Coping Through Crisis

Friday October 15, 2021

8 a.m. to 3:30 p.m.

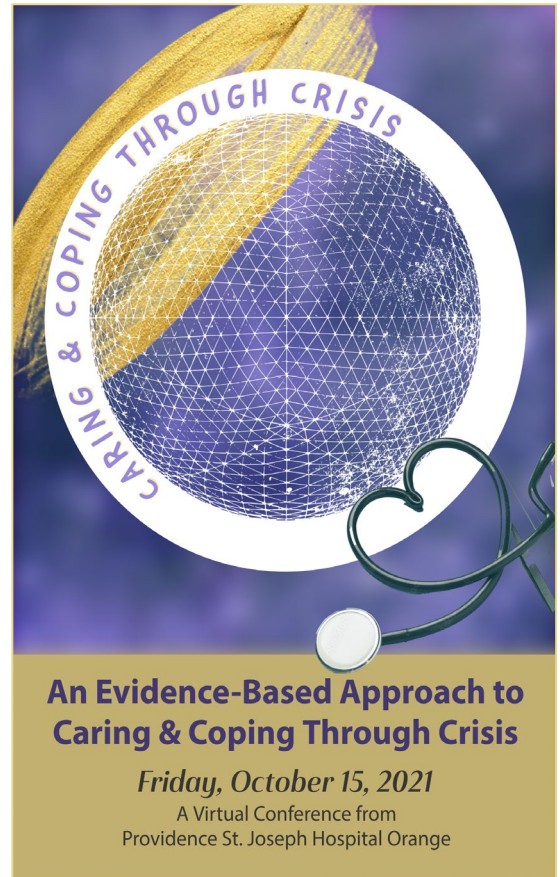
Virtual Teams Live Event

Register in HealthStream with
catalog keywords **"EBP Caring"**

Course Objectives:

At the end of this course, the participant will be able to:

- Share the importance and necessity of self-care for the caregiver.
- Become familiar with specific tools to help relieve stress and anxiety.
- Describe intentional ways communication behaviors can impact emotions
- Discuss methods to become aware of the signs of burnout and PTSD.
- Gain awareness of the influence of nursing in disaster responses.
- Develop a deeper understanding of the Zentangle and describe how it helps access a state of relaxed focus for self-care.
- Identify common types of bias and microaggression and become familiar with tactics to support caregivers who experience bias and discrimination.



Course Description:

SJO's 16th annual Evidence-Based conference "Caring & Coping Through Crisis" focuses on the vital role our caregivers hold. Presenters will share timely information about how disasters impact how we care for others and the importance of self-care.

6.5 CEs available for nurses

This course has been approved by the California Board of Registered Nursing BRN Provider No. 00156. Administrator of the CE program is Patti Aube, RN-BS, NE-BC, MSN.



**Visit the EBP
conference page**

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