2014 Annual Nursing Conference
Pursuing Excellence Starts With a Better You!
Friday, October 10, 2014

 Highlights
• Stress Reduction for Nurses
• Navigating Change
• Antimicrobial Stewardship
• Integrative Medicine
• Social Media
• Compassion Fatigue

Featuring Keynote Speaker
Barb Bancroft, RN, MSN, PNP
Nationally Acclaimed Speaker and Author

Guest Speaker
Julie Binter, BA, MA
Arizona State University

Juanita Kious Waugh Auditorium
Mayo Clinic Education Center
Phoenix, Arizona

Live Webcast Available

$25 Discount for Online Registration!
Go to www.mayo.edu/cne (Offer expires September 26, 2014)
COURSE HIGHLIGHTS
This conference will focus on the latest advancements in clinical nursing practice topics, as well as updates in wellness for nursing professionals through a combination of lectures and interactive Q & A opportunities.

Featured topics include: antimicrobial stewardship; integrative medicine; compassion fatigue; reducing stress; navigating change; and risks involved with using social media.

If you are unable to attend this course onsite, you can participate virtually, via our live online webcast. Separate registration is necessary. Webcast accreditation (contact hours) will be noted on the website at www.mayo.edu/cne

COURSE LEARNING OBJECTIVES
Upon completion of this course, participants should be able to:

• Review integrative medicine strategies for managing stress and anxiety
• Explain antimicrobial stewardship in medicine today
• Identify the risks and consequences of nurses participating in social media
• Discuss stress management using laughter and its impact on health and wellness
• Differentiate between compassion fatigue and nursing burn-out
• Apply a different approach to current and future changes to increase chances for success

DISCLAIMER
Attendance at this Mayo course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course.

CONTINUING EDUCATION CREDIT
Mayo Continuing Nursing Education is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

Participants can earn up to 6.5 nursing contact hours (accredited) for the conference. ***1 hour applies toward advanced practice nursing pharmacotherapeutic continuing education.

A record of attendance will be provided to all attendees for requesting credits in accordance with state nursing boards, specialty societies, or other professional associations.

EDUCATIONAL GRANTS
This course is supported in part by educational grants, in accordance with ACCME standards. As of this printing, a complete listing of commercial supporters was not available. Appropriate acknowledgment will be given to all supporters at the meeting.

EXHIBITS
Exhibits will be available for viewing at all scheduled breaks.
General Information

FACULTY
Mayo Clinic
Belinda L. Curtis, M.S.N., R.N., B.C.
Eliza C. Grigsby, M.S.N., R.N.
Denise M. Millstine, M.D., F.A.C.P.
Susana E. Shephard, B.A., M.B.A.
Leila K. Tehrani, Pharm D., R.Ph.

Guest Faculty
Julie Binter, B.A., M.A. – Arizona State University – Tempe, Arizona

PLANNING COMMITTEE
Catherine M. Drewelow, M.S.N., R.N.
Eliza C. Grigsby, M.S.N., R.N.
Rosemary Moniz, M.S.N., R.N., C.P.A.N., C.A.P.A.
Laurie H. Schellbach, M.B.A.-H.C.A., R.N.
Karen E. Stocker, M.S.N., R.N.

COURSE DIRECTORS
Catherine M. Drewelow, M.S.N., R.N.
Rosemary Moniz, M.S.N., R.N., C.P.A.N., C.A.P.A.

Faculty Disclosure: As a provider accredited by ACCME, Mayo Clinic College of Medicine (Mayo School of CPD) must ensure balance, independence, objectivity and scientific rigor in its educational activities. Course Directors, Planning Committee Members, Faculty, and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been put in place. Faculty will also disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of this information will be published in course materials so those participants in the activity may formulate their own judgments regarding the presentation.

AMERICANS WITH DISABILITY ACT
Mayo Clinic College of Medicine fully intends to comply with the legal requirements of the Americans with Disabilities Act. If you need assistance, please notify us at least two weeks prior to the activity.
Email address: mca.cme@mayo.edu

RECREATION/LEISURE ACTIVITIES
Visit www.visitphoenix.com or www.scottsdalecvb.com for additional recreation and leisure activities.

TRANSPORTATION
Hertz is offering a reduced daily rate for participants attending the course. Call (800) 654-2240 (toll-free) or visit Hertz online and refer to the exclusive CV Number #03NR0009 when making reservations. Special rates include unlimited mileage. Advance reservations are recommended, as cars are subject to availability.

SuperShuttle vans offer airport transportation to and from the hotel. To make reservations, call (800) 258-3826 toll-free or (602) 244-9000 or visit www.SuperShuttle.com

Travel arrangements are the sole responsibility of the individual registrant.
General Information

MEETING LOCATION
The conference will be hosted at the Mayo Clinic Education Center in the Juanita Kious Waugh Auditorium. The Mayo Clinic Education Center is located on the northeast corner of the Mayo Clinic Hospital building at 5777 East Mayo Boulevard, Phoenix, Arizona 85054.

ACCOMMODATIONS
Residence Inn Phoenix – Desert View at Mayo Clinic • 5665 East Mayo Boulevard • Phoenix, AZ 85054 • www.marriott.com/phxmh

Hotel rooms near the Mayo Clinic Education Center at Mayo Clinic Hospital in Phoenix, Arizona, are limited. You are urged to make reservations at the Residence Inn early. To make your reservation, call (800) 331-3131 toll-free or (480) 563-1500, and ask for Mayo Clinic’s corporate rate. Attendees are responsible for their own reservations. The standard hotel reservation cancellation policy will apply to individual reservations unless otherwise specified.

Program

Friday, October 10, 2014

7:00 a.m.  Registration and Continental Breakfast
7:45     Welcome
         Belinda L. Curtis, M.S.N., R.N., B.C.

         Moderators
         Catherine M. Drewelow, M.S.N., R.N.
         Rosemary Moniz, M.S.N., R.N., C.P.A.N., C.A.P.A.

8:00     Unstress for Success
         Keynote Speaker
         Barb Bancroft, R.N., M.S.N, P.N.P.

9:30     Break

10:00    Compassion Fatigue
         Eliza C. Grigsby, M.S.N., R.N.

11:00    Social Media and Professionalism
         Susana E. Shephard, B.A., M.B.A.

Noon     Lunch

1:00 p.m. Navigating Natural Products: Focus on Stress and Anxiety
         Denise M. Millstine, M.D., F.A.C.P.

2:00     Boosting the Battle Against Bugs:
         Nursing and Antimicrobial Stewardship***
         Leila K. Tehrani, Pharm D., R.Ph.

3:00     Break

3:30     Navigating Change
         Julie Binter, B.A., M.A.

4:30     Adjourn

Program schedule is subject to change without notice.

***1 hour applies toward advanced practice nursing pharmacotherapeutic continuing education.
UPCOMING COURSES:

Cardiology Update 2014: The Heart of the Matter
July 31-August 3, 2014 – Sedona, AZ

Acute and Chronic Leukemias 2014
September 13, 2014 – Phoenix, AZ

$25 Discount for Online Registration!
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Email: mca.cme@mayo.edu • Phone: (480) 301-4580 • Fax: (480) 301-9176

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