

Conference Learnings

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Published In/Presented At

Brown, A., Wang, C., & Turnbach, M. (2014, July 25). Conference Learnings. Presented at Summer Camp 2014, Souderton, PA.

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CONFERENCE LEARNINGS

Summer Camp 2014

“The art of self care: The foundation for being an effective health coach in your faith community”

Calvary Church

Souderton, PA

July 25, 2014

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PACU 17TH Staff Nurses



A PASSION FOR BETTER MEDICINE.™



Conference Topics

- Holmes-Rahe Social Readjustment Scale
- Premature death and disability vs. disease reversal
- Stages of change
- Immunity to change
- The theory of well-being
- Imperishable truths of lasting happiness
- Social contagion: Attitudes and behaviors
- Analysis web of support
- The Blue Zones: 8 lessons for health
- Practicing EXTREME self care
- Common obstacles seen with nurses
- “The Art and Science of Nurse Coaching”

Learnings to Consider for LVHN

- Practicing extreme self care
 1. Taking full responsibility for:
 - What you allow in
 - What you send out
 - How you respond to your environment
 - Aligning values with actions
- Common obstacles seen with nurses:
 - Not using power
 - Risk averse/too safe
 - Overly passive
 - Not being mentored, mentoring others
 - Unacknowledged role strain

Sharing Learnings

- Conference learnings posted on Sharepoint 10/2014 (notified PACU 17TH staff by email)

Next Steps

Where the rubber meets the road

- Share with other PACU PCS'S at Cedar Crest Site, Muhlenberg Site, Fairgrounds Surgical Center, Ambulatory Surgery Center at Tilghman and 17th and Chew Streets

