Conference Learnings

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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
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