PASSION IN PRACTICE

Compassion Fatigue & Resiliency

SPEAKER: Kathleen Flarity DNP, PhD, CEN, CFRN, FAEN

PURPOSE: This activity was designed to provide healthcare providers with knowledge of compassion fatigue and strategies for personal and professional resiliency.

OBJECTIVES: Upon completion of this activity, participants should be able to:
- Describe the terms: compassion fatigue, burnout, secondary traumatic stress, and compassion satisfaction.
- Define caregiver resiliency and describe optimal performance.
- Describe the influence of parasympathetic dominance on resiliency.
- Demonstrate actionable interventions for personal and professional resiliency.

WHO SHOULD ATTEND: This activity is directed to OSF HealthCare providers and nurses interested in expanding their knowledge of compassion fatigue and resiliency.

REGISTRATION: https://jumpsimulation.org/resiliency2018  Seating is limited

This activity is jointly sponsored by University of Illinois College of Medicine at Peoria and OSF HealthCare. This activity has been planned in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the University of Illinois College of Medicine at Peoria and OSF HealthCare. The University of Illinois College of Medicine at Peoria is accredited by the ACCME to provide continuing medical education for physicians. The University of Illinois College of Medicine at Peoria designates this Live activity for 3.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
Kathleen Flarity DNP, PhD, CEN, CFRN, FAEN specializes in health care provider and leader resiliency. She is a renowned emergency, flight, and military health care provider who brings 35 years of military leadership to her work that is evidence based and scientifically grounded.

### 8:00 a.m.—12:00 p.m.
- 7:30 a.m. Registration
- 8:00 a.m. Introductions
- 8:05 a.m. Western Health Care and Compassion Fatigue
- 8:30 a.m. Caregiver Resiliency and Optimal Performance
- 9:30 a.m. Break
- 9:40 a.m. Physiological Implications of Chronic Stress
- 10:50 a.m. Evidence-based Resiliency Self-Regulation Techniques
- 12:00 a.m. Closing Comments

### 1:00 p.m.—5:00 p.m.
- 12:30 p.m. Registration
- 1:00 p.m. Introductions
- 1:05 p.m. Western Health Care and Compassion Fatigue
- 1:30 p.m. Caregiver Resiliency and Optimal Performance
- 2:30 p.m. Break
- 2:40 p.m. Physiological Implications of Chronic Stress
- 3:50 p.m. Evidence-based Resiliency Self-Regulation Techniques
- 5:00 p.m. Closing Comments

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