

3rd Annual

National Nurse Wellbeing Conference



May 1 to 2, 2025

Sheraton Inner Harbor Hotel • Baltimore, MD

Course Directors:

**Cassie O'Malley, DNP, RN,
OCN, CENP**

MedStar Health Center for Wellbeing
Washington, D.C.

Daniel Marchalik, MD, MBA

MedStar Health Center for Wellbeing
Georgetown University School of Medicine
Washington, D.C.



MedStar Health



Continuing Education Credit Information

Course Description

The 3rd Annual National Nurse Wellbeing Conference, hosted by MedStar Health, is designed to prepare healthcare leaders to cultivate wellbeing programs within their work environment. With an emphasis on technology and innovation, the programming will focus on architecture of wellbeing programs, culture development and interdisciplinary collaboration in wellbeing.

This year, we are collaborating with the American Nurses Credentialing Center (ANCC) for the launch of their new Well-Being Excellence™ credential. ANCC sets the optimal standard in nursing and health care credentialing worldwide. ANCC's rigorous programs establish the highest benchmarks in practice, education, and organizational excellence.

Learning Objectives

- Identify physical, mental, and integrative health interventions for wellbeing.
- Recognize the role of innovation and technology in changing the landscape of nursing care delivery.
- Explain how alternative care models including virtual nursing can be used to promote nurse wellbeing.
- Determine the role of leadership in organizational wellbeing.
- Identify the components of a business case for a nurse wellbeing program.
- Integrate a team-based approach in the care to support nursing wellbeing.

Target Audience

This conference is intended for any associates or leaders at their institution who are interested in opening or maintaining a wellbeing program. This may apply to nurses, physicians, psychologists, social workers, medical students, and other members of the healthcare team.

Accreditation



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, MedStar Health is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE) and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Credit Designation



IPCE CREDIT™

This activity was planned by and for the healthcare team, and learners will receive 11.00 Interprofessional Continuing Education (IPCE) credits for learning and change.

For updated information, please visit [MedStarHealth.org/NurseWellbeing](https://www.MedStarHealth.org/NurseWellbeing)

Continuing Education Credit Information

Physicians: MedStar Health designates this live activity for a maximum of 11.00 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: This activity is approved for 11.00 ANCC contact hours. Nurses should claim only the credit commensurate with the extent of their participation in the activity.



Physician Assistants: MedStar Health has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 11.00 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.



AMERICAN
PSYCHOLOGICAL
ASSOCIATION

MedStar Health is approved by the American Psychological Association through Joint Accreditation to sponsor continuing education for psychologists. This activity is approved for 11.00 CE credits. MedStar Health maintains responsibility for this program and its content.



As a Jointly Accredited Organization, MedStar Health is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. MedStar Health maintains responsibility for this course. Social workers completing this course receive 11.00 general continuing education credits.



Additional Information

Attention Physician Learners: To ensure accurate CME credit data reporting to participating state medical licensing boards/certifying boards, please log into CloudCME and click on My CE / Profile to review and update your profile with the following details:

- Full name
- State of licensure
- State license number
- Birth month and day (year not required)

In addition, please remember to check the box at the bottom of the CloudCME Profile page, granting the CPE department permission to report your credit data to ACCME and relevant licensing boards.

Questions? Email medstarceapplications@email.sitel.org

CloudCME Link: <https://medstar.cloud-cme.com>

For updated information, please visit [MedStarHealth.org/NurseWellbeing](https://www.medstarhealth.org/nursewellbeing)

Course Directors

Cassie O'Malley, DNP, RN, OCN, CENP

Director, Nurse Wellbeing
MedStar Health Center for Wellbeing
Washington, D.C.

Daniel Marchalik, MD, MBA

Executive Director
MedStar Health Center for Wellbeing
Associate Professor, Urology
Georgetown University School of Medicine
Washington, D.C.

Faculty

Gaurava Agarwal, MD

Chief Wellness Executive, VP
Northwestern Medicine
Associate Professor, Departments of Psychiatry
and Behavioral Sciences and Medical Education
Feinberg School of Medicine, Northwestern University
Chicago, IL

Stephanie Andreacci, LCSW

Program Manager, Peer Support
The Center for Well-Being
Geisinger
Danville, PA

Mary Jo Assi, DNP, RN, NEA-BC, FAAN

Associate Chief Nursing Officer and Partner Strategic
Consulting
Press Ganey
Dallas, TX

Jennifer Berliner, MD, MBA, FACC

Director, Physician Well-Being
UPMC Health System
Assistant Professor, Department of Medicine
University of Pittsburgh School of Medicine
Pittsburgh, PA

Walker L. Dupre, LOTR, MBA

Director of Ochsner Virtual Care Center
Ochsner Health System
New Orleans, LA

KEYNOTE SPEAKER

Karen Eber

CEO & Chief Storyteller
Eber Leadership Group
Author of The Perfect Story
TED Speaker
Atlanta, GA

KEYNOTE SPEAKER

Jen Fisher

Chief Wellbeing Officer
Founder and CEO, The Wellbeing Team
Formerly Deloitte LLP
Miami, FL

Gordon Gartrell, MSN, RN, NEA-BC, CEPN, CCRN, CPEN, CEN, TCRN

Nurse Manager, Pediatric Critical Care
Children's of Mississippi
Jackson, MS

Susan Giordano, RN, BSN

VP Patient Care Services and Chief Nurse Executive
Kaiser Permanente MAS
Oakland, NJ

Allyson Gordon, MS, PA-C

Clinical Director Telehealth and Innovation
MedStar Health
Baltimore, MD

Lauren Greer, BSN, RN

Assistant Director of Nursing
MedStar Union Memorial Hospital
Baltimore, MD

Rocky Hauch, DNP, RN, PCCN

Advanced Professional Development Practitioner
BayCare Health Systems
Tampa, FL

Jill Horner, DNP, RN, CPN

Children's National Hospital
Washington, D.C.

Lindsey Jasinski, PhD, MHA

Chief Administrative Officer
Licensed Clinical Psychologist
Eastern State Hospital UK Healthcare
Lexington, KY

Simmy King, DNP, MS, MBA, NI-BC, NE-BC, CHSE, FAAN

Chief Nursing Informatics and Education Officer
Associate Professor, Pediatrics
Children's National Hospital
Washington, D.C.

Kristen Lawton, MSN, RN

Chief Nursing Officer
Equum Medical
Brentwood, TN

Linda Lockwood, RN, MBA

Senior Advisor
AVIA Healthcare Innovation
Chicago, IL

Faculty

Kathleen McGrow, DNP, MS, RN, PMP, FHIMSS, FAAN

Global Chief Nursing Innovation Officer
Microsoft
Baltimore, MD

Janelle Mirabeau, MSN, RN, RYT-500

Nurse Retention Program Coordinator
Center for Nursing Excellence
MedStar Georgetown University Hospital
Washington, D.C.

Maria Nix, MSN, BSN, RN

Nurse Clinical Educator
Ochsner Health
New Orleans, LA

Christine Pabico, PhD, APRN-CNP, FAANP, FAAN

Director, Pathway to Excellence
American Nurses Credentialing Center
Silver Spring, MD

Mary Remy, MSW, LICSW

Regional Mental Health Coach
MedStar Health
Clinton, MD

Jonathan Ripp, MD, MPH

Dean for Well-Being and Resilience
Chief Wellness Officer
Professor of Medicine, Medical Education
Palliative Medicine and Geriatrics
Icahn School of Medicine at Mount Sinai
New York, NY

Traci Schultz, MSN, RN, CNL, CMSRN

Nursing Professional Development Specialist
MedStar Georgetown University Hospital
Washington, D.C.

William Sheahan

Vice President and Chief Innovation Officer
Executive Director
MedStar Health, MedStar Institute for Innovation
Washington, D.C.

Wesley C. Smith, MSN

Director of Nursing
Children's of Mississippi
Jackson, MS

LynnMarie Verzino, DNP

Senior Vice President and Chief Nursing Officer
MedStar Health
Marriottsville, MD

Marc A. Woods, DNP, MSN, RN, NEA-BC

Chief Nursing Officer
Eastern State Hospital UK Healthcare
Lexington, KY



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Agenda

THURSDAY, MAY 1

8:00 a.m. **Registration, Continental Breakfast, and Visit Posters and Exhibits**

8:45 a.m. **Welcome Remarks**
LynnMarie Verzino, DNP

9:00 a.m. **KEYNOTE LECTURE**
Telling Stories that Inform, Influence, and Inspire
Karen Eber

SESSION I

9:45 a.m. **Leadership Wellbeing**
Mary Jo Assi, DNP, RN, NEA-BC, FAAN

10:30 a.m. **Coffee Break, Visit Exhibits, and View Posters**

SESSION II

10:45 a.m. **Soundbath**
Cassie O'Malley, DNP, RN, OCN, CENP

SESSION III: VIRTUAL NURSING

11:00 a.m. **Fostering Nurse Wellbeing in the Digital Age: The Role of Virtual Nursing in Sustainable Care**
Kristen Lawton, MSN, RN

11:45 a.m. **BREAKOUT 1**
Implementing a Medical-Surgical Virtual Nurse Discharge at a Large Healthcare System to Alleviate Administrative Burdens for Nurses and Promote Flexible Staffing Models
Walker L. Dupre, LOTR, MBA
Maria Nix, MSN, BSN, RN

BREAKOUT 2
Impact of Virtual Nursing on Productivity, Attitudes Toward Virtual Nursing, and Nurse Wellbeing
Traci N. Schultz, MSN, RN, CNL, CMSRN

12:15 p.m. **Lunch, Visit Exhibits, and View Posters**

SESSION IV: ANCC WELLBEING PATHWAY DESIGNATION PANEL

1:15 p.m. **Awards Presentation**
Christine Pabico, PhD, APRN-CNP, FAANP, FAAN

1:30 p.m. **Leading the Charge: Well-Being Excellence in Action**
Moderator: Christine Pabico, PhD, APRN-CNP, FAANP, FAAN
Panelists: Susan Giordano, RN, BSN; Rocky Hauch, DNP, RN, PCCN; Simmy King, DNP, MS, MBA, NI-BC, NE-BC, CHSE, FAAN

2:30 p.m. **Afternoon Coffee Break, Visit Exhibits, and View Posters**

SESSION V

2:45 p.m. **CWO Panel**
Moderator: Daniel Marchalik, MD, MBA
Panelists: Gaurava Agarwal, MD; Jennifer Berliner, MD, MBA, FACC; Jonathan Ripp, MD, MPH

SESSION VI

3:30 p.m. **Mindfulness and Meditation**
Janelle Mirabeau, MSN, RN, RYT-500

4:00 p.m. **Closing Remarks**
Cassie O'Malley, DNP, RN, OCN, CENP

4:05 p.m. **Closing Activity**

BREAKOUT 1: Breathwork
Cassie O'Malley, DNP, RN, OCN, CENP

BREAKOUT 2: Meditation
Janelle Mirabeau, MSN, RN, RYT-500

Agenda

FRIDAY, MAY 2

7:00 a.m. **Registration, Continental Breakfast, Visit Exhibits and Posters**

8:45 a.m. **Welcome Remarks**
William Sheahan

9:00 a.m. **KEYNOTE LECTURE**
Leading with Wellbeing: A Fireside Chat on Healthcare Sustainability
Jennifer R. Fisher
Cassie O'Malley, DNP, RN, OCN, CENP

SESSION I: HEALTHY WORK ENVIRONMENT

9:45 a.m. **BREAKOUT 1**
Commensality for Connection: Strengthening Nurses and Healthy Work Environments
Jill Horner, DNP, RN, CPN
Simmy King, DNP, MS, MBA, NI-BC, NE-BC, CHSE, FAAN

BREAKOUT 2: Building a Culture of Wellness through Safety
Lauren Greer, BSN, RN

10:15 a.m. **Coffee Break, Visit Exhibits, and View Posters**

SESSION II: MENTAL HEALTH AND PSYCHOLOGICAL SAFETY INTERVENTIONS

10:30 a.m. **BREAKOUT 1**
Meeting Peers at the Heart (MPATH) Peer Support
Stephanie Andreacci, LCSW

BREAKOUT 2
The Impact of Critical Incident Stress Debriefing on Staff Well-being in the Acute Inpatient Care Setting of a Large Academic Health Science Centers Children's Hospital
Gordon Gartrell, MSN, RN, NEA-BC, CEPN, CCRN, CPEN, CEN, TCRN
Wesley C. Smith, MSN

SESSION III: INNOVATION AND TECHNOLOGY

11:00 a.m. **Empowering Nurses: AI at the Forefront for Well-Being**
Kathleen McGrow, DNP, MS, RN, PMP, FHIMSS, FAAN

11:45 a.m. **Lunch, Visit Exhibits, and View Posters**

SESSION IV

12:45 p.m. **Revolutionizing Nurse Wellbeing Through Care Redesign: The Impact of the EmPATH**
Lindsey Jasinski, PhD, MHA
Marc A. Woods, DNP, MSN, RN, NEA-BC

SESSION V

1:15 p.m. **Failing Forward: Lessons from My Career Missteps and Advice for Your Journey**
Allyson Gordon, MS, PA-C

1:45 p.m. **Closing Remarks**
Cassie O'Malley, DNP, RN, OCN, CENP

2:00 p.m. **Adjourn**

Registration Information

Registration Fees

Nurse	\$550
Nurse Practitioner	\$550
Physician	\$550
Resident or Fellow	\$550
Physician Assistant	\$550
Psychologist	\$550
Social Worker	\$550
Allied Health Professional	\$550

Online Registration Preferred

Please visit **MedStarHealth.org/NurseWellbeing** for updated program and registration information. We are unable to accept registrations by telephone.

All registrations will be confirmed by email only. If you have questions or do not receive a confirmation within 1-2 business days, please contact us at medstarcp@medstar.net or (833) 731-1273.

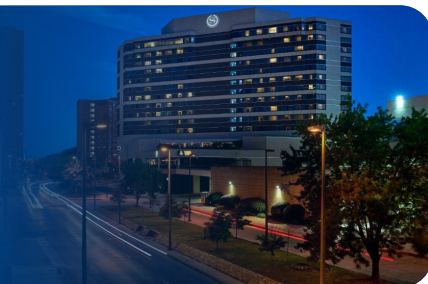
Cancellation Policy

Cancellations made in writing will be subject to a 50% penalty. Cancellations will not be accepted by telephone. In the unlikely event that the course is canceled, MedStar Health will refund the registration fee, but is not responsible for any travel costs.

Venue Information

Sheraton Inner Harbor Hotel

300 S Charles Street
Baltimore, MD 21201



For grant information, please contact Ada Guo at ada.guo@medstar.net
For exhibit support information, please contact Elizabeth Romano at elizabeth.s.romano@medstar.net