

# Building a Successful Nurse Wellbeing Program



**March 23 to March 24, 2023**

Bethesda Marriott • Bethesda, MD

## Course Directors:

**Daniel Marchalik, MD, MBA**

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

**Crystal Morales, MS, BSN, RN**

MedStar Health Center for Wellbeing  
Washington, D.C.



MedStar Health



# Continuing Education Credit Information

## Course Description

In this two-day conference, nurses and nurse leaders from different organizations, backgrounds, and specialties will gather to learn about nurse wellbeing and to develop a network of connections along their learning journey. This conference aims to provide insight into the factors that contribute to burnout and those that support wellbeing, while equipping the participants with practical principles, practices and tools that promote wellbeing. Participants will also learn about their roles as nurse wellbeing leaders and develop a preliminary strategic plan that is right for their individual organizations to promote wellbeing.



## Learning Objectives

- Distinguish between factors that contribute to burnout and those that support nursing wellbeing.
- Assess organization's readiness for change to promote nursing wellbeing and develop a plan for change.
- Explain the use of Stress First Aid and other support programs and structures to promote wellbeing and resilience.
- Determine the role of leadership in organizational wellbeing and those of other members of the healthcare team in the promotion of wellbeing.
- Identify the components of the business case for building a 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 a wellbeing program. This may apply to physicians, nurses, psychologists, and other members of the healthcare team.

# Continuing Education Credit Information

## 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 14.00 Interprofessional Continuing Education (IPCE) credits for learning and change.

**Physicians:** MedStar Health designates this live activity for a maximum of 14.00 *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 14.00 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 14.00 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 14.00 CE credits. MedStar Health maintains responsibility for this program and its content.



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

# Course Directors

## **Daniel Marchalik, MD, MBA**

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

## **Crystal Morales, MS, BSN, RN**

Director, Nursing Well-Being  
MedStar Health Center for Wellbeing  
Washington, D.C.

## Faculty

### **KEYNOTE SPEAKER**

#### **David Auerbach, PhD, FAAN**

Visiting Scholar, Healthcare Systems  
Heller School for Social Policy & Management  
Brandeis University  
Waltham, MA

#### **Andrea M. Brooks, DNP, MBA, FNP-BC, ENP-C**

Director, Clinical Performance Improvement  
MedStar Health  
Columbia, MD

#### **Michael Clarke, MBA, BSN, RN, NP-BC, NEA-BC, CPHQ**

Vice President, Nursing Excellence & Organizational Transformation  
MedStar Washington Hospital Center  
Washington, D.C.

#### **Allison Chan, LICSW**

Behavioral Health/Peer Support Program Manager  
MedStar Health Center for Wellbeing  
Washington, D.C.

#### **Susan Eckert, MSN, RN, NEA-BC**

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

#### **Kathryn Godfrey, PhD**

Director, Center for WorkLife Wellbeing  
Institute for Learning, Leadership, and Development (iLEAD)  
Christiana Care Health System  
Newark, DE

#### **Heather Hartman-Hall, PhD**

Psychologist  
Clinical Director, Behavioral Health Initiatives  
MedStar Health Center for Wellbeing  
Assistant Professor, Clinical Medicine  
Georgetown University School of Medicine  
Washington, D.C.

#### **Jessica L. Howe**

Associate Director, Human Factors Operations  
MedStar Health National Center for Human Factors in Healthcare  
MedStar Health Research Institute  
Washington, D.C.

#### **Maria K. Leber, PA-C**

Director, Advanced Practice Providers, Surgical Services  
MedStar Washington Hospital Center  
Washington, D.C.

#### **Stacy Noel, MSN, APRN, FNP-BC, HTCP/I**

Nursing Integrative Care Manager  
Christiana Care Health System  
Newark, DE

#### **Hussein M. Tahan, PhD, RN, FAAN, FCM**

System VP, Nursing Professional Development & Workforce Management  
Chief Nursing Officer, MedStar Ambulatory Services & MedStar Medical Group  
MedStar Health  
Columbia, MD

#### **Roberta Waite, EdD, RN, PMHCNS, ANEF, FAAN**

Dean and Chief Nursing Officer  
Professor, Nursing  
Georgetown University School of Nursing  
Washington, D.C.

#### **Christina G. Watlington, PhD**

Caregiver Wellbeing Specialist  
Institute for Learning, Leadership, and Development (iLEAD)  
Christiana Care Health System  
Newark, DE

#### **Lucia D. Wocial, PhD, RN, FAAN, HEC-C**

Senior Clinical Ethicist  
John J. Lynch, MD Center for Ethics  
MedStar Washington Hospital Center  
Adjunct Faculty, Nursing  
Georgetown University School of Nursing  
Washington, D.C.

# Agenda

## THURSDAY, MARCH 23

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

8:00 a.m. **Welcome and Introduction**  
Susan Eckert, MSN, RN, NEA-BC

### **SESSION I: Understanding Nurse Wellbeing: Framing the Problem**

Moderator: Hussein M. Tahan, PhD, RN, FAAN, FCM

8:05 a.m. **KEYNOTE LECTURE**  
**The Nursing Workforce: Past, Present, and Future**  
David Auerbach, PhD, FAAN

9:05 a.m. **Moral Distress and its Impact on Nurse Wellbeing**  
Lucia D. Wocial, PhD, RN, FAAN, HEC-C

10:00 a.m. **Break and Visit the Exhibits**

10:15 a.m. **Nurse Wellbeing: Leading Through Change Trauma-Informed Leadership**  
Christina G. Watlington, PhD

11:15 a.m. **Reframing Resilience**  
Allison Chan, LICSW

12:00 p.m. **Mind-Body Exercise: Healing Touch Techniques**  
Stacy Noel, MSN, APRN, FNP-BC, HTCP/I

12:15 p.m. **Lunch and Visit the Exhibits**

1:15 p.m. **Assessment in Healthcare Professional Wellbeing**  
Kathryn Godfrey, PhD

2:15 p.m. **Diversity, Equity, and Inclusion**  
Roberta Waite, EdD, APRN, CNS-BC, ANEF, FAAN

3:15 p.m. **Mind-Body Exercise: Scudder Technique**  
Stacy Noel MSN, APRN, FNP-BC, HTCP/I

3:30 p.m. **Building the Business Case: Exercise in Diagnosing Your Organizational Wellbeing**  
Andrea M. Brooks, DNP, MBA, FNP-BC, ENP-C

4:30 p.m. **Adjourn**

4:35 p.m. **Welcome Reception**

## FRIDAY, MARCH 24

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

**SESSION II: Promoting Recovery: Shaping The Solution For Your Program**  
Moderator: Maria K. Leber, PA-C

8:00 a.m. **Stress First Aid as a Practical Intervention in Promoting Nurse Wellbeing Part 1**  
Heather Hartman-Hall, PhD

10:00 a.m. **Morning Break and Visit the Exhibits**

10:15 a.m. **Stress First Aid as a Practical Intervention in Promoting Nurse Wellbeing Part 2**  
Heather Hartman-Hall, PhD

1:00 p.m. **Lunch and Visit the Exhibitors**

1:00 p.m. **Developing Peer-to-Peer Support Programs to Enhance Nurse Wellbeing**  
TBD

2:00 p.m. **Innovation, Optimization, and Transformation**  
Michael Clarke, MBA, BSN, RN, NPD-BC, NEA-BC, CPHQ

3:00 p.m. **Human Factors Engineering**  
Jessica L. Howe

3:50 p.m. **Closing Remarks**  
Crystal Morales, MS, BSN, RN

4:00 p.m. **Adjourn**

# Registration Information

Registration Fees	EARLY BIRD RATE Through February 3	ADVANCE PURCHASE/ONSITE RATE February 4 to March 24
Physician	\$495	\$800
Resident or Fellow	\$495	\$800
Physician Assistant	\$495	\$800
Nurse Practitioner	\$495	\$800
Nurse	\$495	\$800
Pharmacist	\$495	\$800
Dietitians	\$495	\$800
Allied Health Professional	\$495	\$800
Industry Professional	\$695	\$1000

## Online Registration Preferred

Please visit [MedStarHealth.org/NurseWellbeingProgram](https://www.MedStarHealth.org/NurseWellbeingProgram) 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 [MedStarCPE@MedStar.net](mailto:MedStarCPE@MedStar.net) or (833) 731-1273.

## Cancellation Policy

Cancellations made in writing by February 9, 2023 will be subject to a 50% penalty. No refunds will be given after February 9, 2023. 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

### Bethesda Marriott

5151 Pooks Hill Road  
Bethesda, MD 20814



For grant information please contact Ada Guo at [ada.guo@medstar.net](mailto:ada.guo@medstar.net)  
For exhibit support information please contact Elizabeth Romano at [elizabeth.s.romano@medstar.net](mailto:elizabeth.s.romano@medstar.net)