

2<sup>nd</sup> Annual

# National Nurse Wellbeing Conference



**March 7 to 8, 2024**

Washington Marriott Georgetown • Washington, D.C.

## Course Directors:

**Daniel Marchalik, MD, MBA**

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

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

MedStar Health Center for Wellbeing  
Washington, D.C.



MedStar Health



# Continuing Education Credit Information

## Course Description

The 2nd Annual National Nurse Wellbeing Conference, hosted by MedStar Health, is designed to prepare nurse leaders to cultivate wellbeing programs within their work environment. The program focuses on evidence-based approaches to program design and architecture, leadership training, and cultural development in wellbeing programs. Featuring thought leaders spanning the nursing profession, attendees will also explore the impact of technology, innovation, and new models of care on nurse wellbeing.

## Learning Objectives

- 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 academic partnerships in creating robust models of 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 a wellbeing program. This may apply to nurses, physicians, psychologists, social workers, medical students, and other members of the healthcare team.

## Accreditation



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

**Physicians:** MedStar Health designates this live activity for a maximum of 13.25 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

# Continuing Education Credit Information



**American Board of Internal Medicine MOC Credit:** Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 13.25 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.



**American Board of Surgery CC Credit:** Successful completion of this CME activity, which includes participation in the evaluation component, enables the learner to earn credit toward the CME and Self-Assessment requirements of the American Board of Surgery's Continuous Certification program. It is the

CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABS credit.

**MOC/CC Participation Threshold:** Learner participates by writing a reflective statement and makes a commitment to change or maintain an element of practice.

**Nurses:** This activity is approved for 13.25 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 13.25 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.



MedStar Health is approved by the American Psychological Association through Joint Accreditation to sponsor continuing education for psychologists. This activity is approved for 13.25 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 13.25 general continuing education credits.

# Course Directors

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

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

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

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

## Faculty

### **Artis Moon Amarché, CBT, CMBM, RMT, CLC, CBE, CT-IY, BFA**

CEO, Holistic Health Practitioner  
The Boundless Life  
Washington, D.C.

### **Katie Boston-Leary, PhD, MBA, MHA, RN, NEA-BC**

Director of Nursing Programs  
American Nurses Association  
Silver Spring, MD

### **Mary-Michael Brown, DNP, RN, CENP**

Vice President, Nursing Practice Innovation  
MedStar Health System Nursing  
Columbia, MD

### **Michelle Collins, DNP, APRN, CNS, ACNS-BC, NPD-BC, NEA-BC, LSSBB**

Vice President, Nursing Professional Excellence  
ChristianaCare  
Wilmington, DE

### **Christiane O. Corriveau, MD, MEd**

Attending Physician, Pediatric Critical Care  
Co-Chair, Medical Staff Wellbeing  
Children's National Hospital  
Clinical Professor of Pediatrics  
George Washington School of Medicine  
Washington, D.C.

### **Carolyn J. Cumpsty Fowler, PhD, MPH, NBC-HWC, PCC**

Senior Director for Nursing Well-Being  
The Johns Hopkins Health System  
Senior Associate, Health Policy and Management  
Johns Hopkins Bloomberg School of Public Health  
Assistant Professor  
Johns Hopkins University School of Nursing  
Baltimore, MD

## **KEYNOTE SPEAKER**

### **Tim Cunningham, RN, DrPH, MSN, FAAN**

Vice President, Co-Chair Well-Being Officer  
Woodruff Health Sciences Center  
Adjunct Associate Professor, Nell Hodgson Woodruff  
School of Nursing  
Emory University  
Atlanta, GA

### **Malia Davis, MSN, RN, ANP-C**

Executive Clinical Director  
Primary and Preventive Care Clinical Program  
Intermountain Health  
Broomfield, CO

### **Monica Devlin, MA**

Administrative Director  
Healthcare Professional Well-Being Academic Consortium  
Palo Alto, CA

### **Robin A. Geiger, DNP, MSN, APRN, FNP-BC, NEA-BC**

Senior Vice President, Clinician Advocacy  
Ingenovis Health  
Greenwood Village, CO

### **Brooke Hall, MSN, RN**

Clinical Education Manager  
Intermountain Health  
Spanish Fork, UT

### **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.

### **Kathy Howell, MBA, BSN, RN, NEA-BC**

Nurse Executive Consultant  
Denver, CO

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

Chief Nursing Informatics and Education Officer  
Children's National Hospital  
Associate Professor of Pediatrics  
The George Washington University School of Medicine and  
Health Sciences  
Washington, D.C.

### **Alex Matov**

Program Director  
MedStar Institute for Innovation (MI2) Operations  
Washington, D.C.

# Faculty

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

Chief Nursing Information Officer  
Microsoft  
Baltimore, MD

**KEYNOTE SPEAKER**

**Bernadette Melnyk, PhD, APRN-CNP, FAANP, FNAP, FAAN**

Vice President for Health Promotion  
Chief Wellness Officer  
The Ohio State University  
Columbus, OH

**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

**Jonathan Ripp, MD, MPH**

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

**Melissa S. Roffman, PhD**

Well-being Psychologist  
Nemours Children's Health  
Wilmington, DE

**Lisa Rowen, DNSc, RN, CENP, BCC, FAONL, FAAN**

Senior Vice President and Chief Nurse Executive  
University of Maryland Medical System  
Baltimore, MD

**Kim Schwenk, MSN, RN**

Vice President and Chief Nursing Officer  
MedStar Franklin Square Medical Center  
Baltimore, MD

**William Sheahan**

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

**Maureen E. Sintich, DNP, MBA, RN, WHNP-BC, NEA-BC**

Executive Vice President, Chief Nurse Executive  
Inova Health System  
Fairfax, VA

**LynnMarie Verzino, DNP, MHA, RN, NE-BC**

Senior Vice President and Chief Nursing Officer  
MedStar Health  
Washington, D.C.

**Amy Weckman, MS, APRN, WHCNP, CPHQ**

Director  
Institute for Healthcare Improvement  
Boston, MA

**Deb Zimmermann, DNP, RN, NEA-BC, FAAN**

Chief Executive Officer  
The DAISY Foundation  
President  
The American Organization for Nursing Leadership  
Midlothian, VA



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

# Agenda

## THURSDAY, MARCH 7

7:00 a.m. **Registration and Continental Breakfast**

### SESSION I

8:00 a.m. **Welcome Remarks**  
LynnMarie Verzino, DNP, MHA, RN, NE-BC

8:10 a.m. **KEYNOTE LECTURE**  
**Battling Burnout and Creating Wellness Cultures 4 Optimal Nurse Wellbeing: Evidence-based Strategies that Work**  
Bernadette Melnyk, PhD, APRN-CNP, FAANP, FAAN

9:10 a.m. **Wellness from an Academic-Practice Perspective**  
Lisa Rowen, DNSc, RN, CENP, BCC, FAONL, FAAN

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

### SESSION II

10:30 a.m. **Collaborative Foundation Panel**  
Moderator: Robin A. Geiger, DNP, MSN, APRN, FNP-BC, NEA-BC  
Panelists: Malia Davis, MSN, RN, ANP-C; Daniel Marchalik, MD, MBA; Maureen E. Sintich, DNP, MBA, RN, WHNP-BC, NEA-BC

11:15 a.m. **Innovating with Technology**  
Kathleen McGrow, DNP, MS, RN, PMP, FHIMSS, FAAN

12:00 p.m. **Lunch and Visit the Exhibits**

### SESSION III

1:00 p.m. **The Influence of Nurses on Innovation**  
Deb Zimmermann, DNP, RN, NEA-BC, FAAN

2:00 p.m. **Impact of Stress First Aid Panel**  
Moderator: Heather Harman-Hall, PhD  
Panelists: Christiane O. Corriveau, MD, MEd; Brooke Hall, MSN, RN; Melissa S. Roffman, PhD

2:50 p.m. **Coffee Break and Visit the Exhibits**

### SESSION IV

3:00 p.m. **The Nursing Care Plan for Nurses' Wellbeing**  
Katie Boston-Leary, PhD, MBA, MHA, RN, NEA-BC

4:00 p.m. **Self-Care Strategies and Sound Healing**  
Artis Moon Amarché, CBT, CMBM, RMT, CLC, CBE, CT-IY, BFA

4:50 p.m. **Day One Closing Remarks**  
Cassie O'Malley, DNP, RN, OCN

5:00 p.m. **Adjourn**



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# Agenda

FRIDAY, MARCH 8

7:00 a.m. **Registration and Continental Breakfast**

## SESSION V

8:00 a.m. **Welcome Remarks**  
William Sheahan

8:10 a.m. **KEYNOTE LECTURE**  
**The Evolution of Innovation and the Revolution of Laughter: How We Stay Human while Building Workplace Efficiency**  
Tim Cunningham, RN, DrPH, MSN, FAAN

9:00 a.m. **Models of Care Delivery Panel**  
Moderator: Mary-Michael Brown, DNP, RN, CENP  
Panelists: Alex Matov; Kim Schwenk, MSN, RN; Amy Weckman, MS, APRN, WHCNP, CPHQ

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

## SESSION VI

10:15 a.m. **Innovating the Future: A New Approach to Organizational Wellbeing**  
Kathy Howell, MBA, BSN, RN, NEA-BC

11:15 a.m. **Data and Measurement in Nurse Wellbeing Panel**  
Moderator: Monica Devlin, MA  
Panelists: Simmy King, DNP, MS, MBA, NI-BC, NE-BC, CHSE, FAAN; Maria Nix, MSN, BSN, RN

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

## SESSION VII

1:15 p.m. **National Nurse Consortium Panel**  
Moderator: Robin Geiger, DNP, MSN, APRN, FNP-BC, NEA-BC  
Panelists: Michelle Collins, DNP, APRN, CNS, ACNS-BC, NPD-BC, NEA-BC, LSSBB; Carolyn J. Cumpsty Fowler, PhD, MPH, NBC-HWC, PCC; Christine Pabico, PhD, APRN-CNP, FAANP, FAAN; Jonathan Ripp, MD, MPH

2:00 p.m. **KEYNOTE LECTURE**  
TBD

2:45 p.m. **Day Two Closing Remarks**  
Cassie O'Malley, DNP, RN, OCN

2:55 p.m. **Adjourn**



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# Registration Information

## Registration Fees

<b>Nurse</b>	<b>\$550</b>
<b>Nurse Practitioner</b>	<b>\$550</b>
<b>Physician</b>	<b>\$550</b>
<b>Resident or Fellow</b>	<b>\$550</b>
<b>Physician Assistant</b>	<b>\$550</b>
<b>Pharmacist</b>	<b>\$550</b>
<b>Dietitian</b>	<b>\$550</b>
<b>Allied Health Professional</b>	<b>\$550</b>
<b>Industry Professional</b>	<b>\$750</b>

## 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](mailto:medstarcp@medstar.net) or (833) 731-1273.

## Cancellation Policy

Cancellations made in writing by January 25, 2024 will be subject to a 50% penalty. No refunds will be given after January 25, 2024. 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

### Washington Marriott Georgetown

1221 22nd St NW  
Washington, D.C. 20037



**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)**