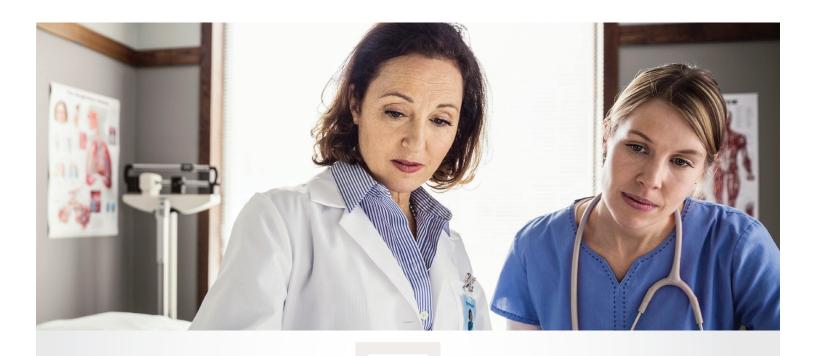


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Final Program

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Dear Colleagues:

Thank you for attending the 39th Annual Southwestern Pennsylvania Organization of Nurse Leaders Education Conference! The theme of our conference this year is "Nurse Leaders – Building a Strong Foundation for Resiliency".

The changing landscape of healthcare has an effect on nurse leaders as they manage such a complex environment. While most change is positive, it can take a toll. With that in mind, the SWPONL Education Committee created an amazing agenda of offerings designed to support your leadership. During the conference, you will learn about ways nurse leaders can truly thrive in these challenging times through building a foundation of resiliency.

We are excited to present a variety of topics from exploring the connection between consumer and provider expectations to examining skills necessary to optimize personal and team performance. Speakers will provide strategies to support your teams as workplace violence increases and threatens resiliency. Topics around engagement, a healthy work environment, and bringing the joy back to your practice round out this robust agenda.

In addition to the conference speakers, you will not want to miss the opportunity to browse the impressive collection of poster presentations. This is always a highlight of the conference. The exhibit hall is also a must see. The sponsors and exhibitors are generous in their support of this educational activity and we are grateful for that. Please take some time to thank them for their support and interact with them all at various times throughout the conference.

The networking event continues to be one of the highlights of the conference, where you can connect with other nurse leaders in the region. Part of building the foundation for resiliency is rooted in bonding with others – and this is a terrific opportunity to connect. Again, thank you.

Sincerely,



Clain M. Fangell

Claire M. Zangerle, DNP, MSN, MBA, RN, NEA-BC Chair, SWPONL

Conference Objectives

- Explore the facets of healthcare consumerism to remove the barriers for patients and their caregivers in bridging the expectations of the consumer versus the healthcare providers
- Identify strategies to handle violence in the workplace to support your healthcare team
- Examine resilient leadership skills that optimize personal and team performance
- Explore effective actions for the nurse leader to develop work-life balance
- Discuss solutions for creating a healthy work environment to prevent burnout, promote high staff engagement and to return joy to the practice of nursing

In Gratitude to the Education and Membership Committees for their Dedication and Planning of the 2018 SWPONL Conference

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Robin Weaver, PhD, RN, CNE
Global Online Coordinator RN-BSN
Program, Assistant Professor
California University of Pennsylvania



Linda R. Mason
Conference Project Manager
SWPONL

Posters

We had a record submission of abstracts this year. It was a competitive year – congratulations to the accepted authors! Poster abstracts were reviewed on the basis of original research, practice, or educational focus for a completed or in progress nursing leadership project or innovative approach. The posters will be displayed throughout the Conference and the authors will be available for discussion during the breaks and at the Poster Reception as noted in the program. The poster presentations offer a time for nurse leaders to network and share ideas about unique practice methods and solutions for a variety of healthcare settings.

Resort Activities

SWPONL attendees receive a 10% special discount on resort activities. Please make your reservations in advance to take advantage of this offer.

Thank You to the 2018 SWPONL Officers & Board of Directors



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Thursday, August 30, 2018

7:00AM - 9:00AM Registration, Continental Breakfast with Exhibitors and Poster Session

9:00AM - 9:15AM Opening Remarks and SWPONL Chair Welcome

Claire Zangerle, DNP, MSN, MBA, RN, NEA-BC

Chief Nursing Officer Allegheny Health Network Pittsburgh, Pennsylvania



9:15AM - 10:15AM Keynote Presentation – The Healthcare Consumer:

Caring for the Modern Patient

J. Joy Gero, PsyD

Manager, Patient Relations Office

Children's Hospital of Pittsburgh of UPMC

Pittsburgh, Pennsylvania



10:15AM –10:45AM Refreshment Break, Visit Exhibits, Posters and Raffle

10:45AM -11:45AM Hospital Based Peer Support Teams

Erica Diethorn, RN Approved Instructor

International Critical Incident Stress Foundation

Psychiatric Emergency Nurse

UPMC Mercy

Pittsburgh, Pennsylvania



11:45AM -12:45PM Lunch / Networking

1:30PM - 2:15PM

12:45PM - 1:30PM How A Digital Detox and Unplugging In Our Everyday Life

Can Bring Us Balance

Holly Maust Life Coach Digital Wellness

Pittsburgh, Pennsylvania



Dessert Break, Visit Exhibits, Posters and Raffle

(Program continued on page 7)

SWPONL Mission

To support the professional development of nurse leaders through collaboration, advocacy and education.

SWPONL Vision

To position nurse leaders to influence the future of healthcare in Southwestern Pennsylvania.

2:15PM - 3:30PM Advancing and Sustaining Evidence-Based Practice and Clinician Well-Being:

Key Strategies to Reach the Quadruple Aim in Healthcare

Bernadette M. Melnyk, PhD, RN, APRN-CNP, FAANP, FNAP, FAAN

Vice President for Health Promotion University Chief Wellness Officer

Dean and Professor, College of Nursing

Professor of Pediatrics & Psychiatry, College of Medicine

Executive Director, The Helene Fuld Health Trust National Institute for EBP

The Ohio State University

Columbus, Ohio

3:30PM - 6:30PM Free Time to Enjoy the Resort

6:30PM - 8:00PM Networking and Poster Reception

This is an ideal opportunity to network and catch up with old as well as new acquaintances. The reception is included in the registration and all are welcome! Attendees will have the opportunity to enjoy a reception with dessert and drinks (one drink ticket will be provided for each attendee.)

Contact Hours

The Southwestern Pennsylvania Organization of Nurse Leaders and the University of Pittsburgh School of Nursing are jointly providing this educational activity. Nurses participating in the conference and completing the evaluation tool may be awarded a maximum of 7 continuing education contact hours. The University of Pittsburgh School of Nursing is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.



The evaluation link will be sent via email after the conclusion

of the conference (through Survey Monkey). In order to receive your Continuing Education Credits for this conference you must complete the survey by <u>Wednesday</u>, <u>September 5th</u>. If you have any questions, please contact Linda Mason at: lindam.kme@gmail.com.

The contact hour certificate will be sent directly to attendees from the University of Pittsburgh.

Speaker Handouts/Conference Materials

The speaker's handouts and other conference related materials will be sent directly to conference attendees via email.

Friday, August 31, 2018

7:00AM - 8:00AM Registration, Continental Breakfast with Exhibitors and Poster Session

8:00AM - 8:45AM **SWPONL Updates and Passing of the Gavel**

Claire Zangerle, DNP, MSN, MBA, RN, NEA-BC

Chief Nursing Officer Allegheny Health Network Pittsburgh, Pennsylvania

8:45AM - 9:45AM Want to Increase Healthcare Performance? You MUST

Tackle Harassment and Demand Inclusion

John Lasky

Chief Human Resources Officer Temple University Health System Philadelphia, Pennsylvania



9:45AM -10:45AM **Keynote Presentation - Preventing Clinician Burnout:**

Returning Joy to Patient Care

Paul DeChant, MD, MBA
Deputy Chief Health Officer
Simpler Consulting

San Ramon, California



Paula Roe, FACHE

Operational Excellence Practice Leader

Senior Consultant
Simpler Consulting
The Ohio State University
Cincinnati, Ohio



10:45AM -11:15AM Refreshment Break, Visit Exhibits and Posters

11:15AM -12:15PM Closing Keynote

Paul DeChant, MD, MBA
Deputy Chief Health Officer
Simpler Consulting
San Ramon, California



Paula Roe, FACHE

Operational Excellence Practice Leader

Senior Consultant
Simpler Consulting
The Ohio State University



Cincinnati, Ohio

12:15PM -1:00PM Announcement of Poster Winners, Gift Baskets, Giveaways and Adjournment

August 30-31, 2018



2018 Annual SWPONL Conference

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Exhibitors



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Exhibitors



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August 30-31, 2018

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