

## Combatting Compassion Fatigue: Enhancing Wellness for Healthcare Professionals

**Aug. 24, 2016**

**6:30 pm–8:30 pm**

Watauga Medical Center  
Auditorium  
Boone, N.C.

### Program Overview

Compassion Fatigue is the cumulative physical, emotional, and psychological effects of exposure to traumatic stories or events and/or suffering when working in a helping capacity. It is a condition that affects individuals who work in health professions in various types of organizations including healthcare settings. The purpose of this presentation is to familiarize the participant with the various signs and symptoms associated with this condition as well as resiliency and recovery strategies. The participant will gain an understanding of the contributing factors linked to Compassion Fatigue and the predictors that are connected with the development of it. The participant will learn how to assess for Compassion Fatigue and the importance of assessment and early intervention. He/she will also learn resiliency skills and how to prevent this condition as well as strategies for managing and recovering from it. This will include increasing the participant's knowledge of personal wellness and stress management strategies that incorporates the utilization of self-care skills. Enhanced understanding of Compassion Fatigue will lead to an improved quality of care and services for those being "helped" as well as an enhanced quality of life for the professionals who help them.

### Who Should Participate

This program has been planned for healthcare professionals in public or private agencies or hospitals. It is intended for healthcare professionals from various disciplines including pharmacists, pharmacy technicians, physicians, physician assistants, dentists, dental hygienists, nurses, and any other individuals interested in this topic.

continued ►



Register online at [northwestahec.org](http://northwestahec.org)

### Objectives

After attending this knowledge based program pharmacists and pharmacy technicians should be able to:

- Discuss the contributing factors linked to Compassion Fatigue and predictors that are connected with the development of it.
- Describe how to assess for Compassion Fatigue and the importance of assessment and early intervention.
- Describe resiliency skills and how to prevent this condition as well as strategies for managing and recovering it.

### For More Information and Assistance

If you have questions about registering for this activity or need auxiliary aids or special services to attend, please contact Vicki Bailey at least five working days prior to the activity by calling 336-713-7754 or emailing [vbailey@wakehealth.edu](mailto:vbailey@wakehealth.edu).

## Credits

- 0.2 CEUs from Wake Forest School of Medicine
- 2.0 Contact Hours from Northwest AHEC
- 2.0 ACPE Credits



The University Of North Carolina Eshelman School Of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. The program ACPE# 0046-9999-16-XXX-XX-P (Pharmacists) and ACPE#0046-9999-16-XXX-XX- T (Pharmacy Technicians) provides 2.0 contact hours of continuing pharmacy education credit. To receive CE credit, you must complete the CE attendance form and the evaluation of the program. Statement of credit can be viewed and printed in CPE Monitor. Statements of CE Credit will be processed in approximately 4 to 6 weeks and can be viewed and printed from CPE monitor.

### AHEC Faculty Coordinator:

Sheila D. Bogan, MPH, MCHES

Coordinator of Dental and Pharmacy Continuing Professional Development  
Northwest AHEC

No partial credit will be offered for this program.

Continuing Education Credit: To receive CE credit, participants must preregister and acknowledge their attendance by signing in at the beginning of the program. Participants must attend 100 percent of the program and participate in learning activities. Statements of credit can be viewed and printed from CPE Monitor.

Important new requirement from the Accreditation Council for Pharmacy Education (ACPE) and the National Association of Boards of Pharmacy (NABP) for all pharmacists and technicians who obtain CPE credit. The CPE Monitor system will securely track all your completed CPE credits in a central system. Learn about the new requirement at: [www.nabp.net](http://www.nabp.net).



THE UNIVERSITY  
of NORTH CAROLINA  
at CHAPEL HILL



## Faculty

**Christina Clarke, MS, HS-BCP** is Coordinator of Continuing Medical Education and faculty for the Northwest Area Health Education Center of Wake Forest School of Medicine. In her previous position as Director of Mental Health Continuing Education for Southern Regional Area Health Education Center, she managed a massive statewide quality improvement and staff development project targeted at healthcare professionals working in the state operated healthcare facilities for the North Carolina Department of Health and Human Services. Ms. Clarke has extensive experience as a clinician, administrator, consultant, and educator in the behavioral health and human services fields. She has worked for state and private mental health systems and provided consulting services through her consulting agency in various states. Ms. Clarke has developed numerous training curricula for both private and state health and human services agencies to address agency and staff development needs. She received her MS degree in Human Services and Clinical Counseling from Post University. Ms. Clarke speaks regularly at local and national conferences on various healthcare and human services related topics. She is also a nationally certified Mental Health First Aid instructor.

## Location

Watauga Medical Center, Auditorium  
336 Deerfield Road  
Boone, NC 28607

*Directions will also be included in your confirmation letter.*



## Agenda

- 6 pm **Registration**
- 6:30 pm **Compassion Fatigue: Signs and Symptoms; Assessing Your Own Level of Compassion Fatigue**
- 7:30 pm **Break**
- 7:45 pm **Strategies for Prevention of Compassion Fatigue**  
**Strategies for Managing and Recovering from Compassion Fatigue**
- 8:30 pm **Adjourn**

## Cost and Registration

\$55—Registration Fee for Medical Providers, Pharmacists, Dentists

\$35—Registration Fee for Staff, Counselors, Health Educators, Nurses

\$30—\*HCP members

### Payment Policy:

Payment is required on or before entrance into any Northwest AHEC activity. If a corporate payment has not been received prior to the activity start date, you will be required to provide a personal credit card or check. If the corporate payment has not been received two weeks post activity, your personal credit card or check will be charged or cashed. To avoid personal payment, you should check with the financial staff at your organization to determine status of payment.

### Refund Policy:

Cancellations received in our office at least two days prior to the activity will result in a charge of \$50, or 30 percent of the paid registration fee, whichever is less. The registration fee will not be refunded if a cancellation is received less than two days before the activity. You may send a substitute.

When planning for an educational activity, registration fees are not based on credit hours or agenda. Registration fees are based on expenses such as meeting room rentals, food, equipment, staff, etc., and are not adjusted by issues such as cancellation of speakers or other unforeseen circumstances. Every effort will be given to ensure the activity is a success.

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Register online at  
[northwestahec.org](http://northwestahec.org)

Register and pay online at [northwestahec.org](http://northwestahec.org) or complete and return the attached registration form. Payment by credit card (Visa, MasterCard, American Express), cash, money order, personal check or corporate check is accepted.

### Payment and Refund Policies

A refund of 70 percent of the paid registration fee will be available if a written cancellation request is received 48 hours prior to the program date. You may send a substitute in your place. *Note—If you have not received confirmation of your registration 24 hours before the program date, please call Vicki Bailey, 336-713-7754, to verify the status of your registration.*

## Registration Form

Name \_\_\_\_\_

Profession \_\_\_\_\_ Degree/Credentials \_\_\_\_\_

Job Title \_\_\_\_\_ Last 4 digits of SS #

Address ( Home /  Office) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

\_\_\_\_\_ Daytime phone \_\_\_\_\_

Email \_\_\_\_\_

## Payment Method

Cash Amount Enclosed \_\_\_\_\_

Check Check No. \_\_\_\_\_  
Make check payable to: Wake Forest School of Medicine

Credit Card  Visa  MasterCard  American Express

Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_ CCV \_\_\_\_\_  
MM/YYYY # on Back of Card

Name on Card (print) \_\_\_\_\_

Credit Card Billing Address \_\_\_\_\_

Authorized Signature \_\_\_\_\_

**Employer will make payment.** Supervisor completes below and faxes registration to 336-713-7701.

Supervisor's Name (Printed)

Signature

Phone

### Mail to

Northwest AHEC \ Wake Forest School of Medicine  
Medical Center Boulevard \ Winston-Salem, NC 27157-1060  
Attention: Vicki Bailey  
or fax to: 336-713-7701

### NABP

eProfile

ID \_\_\_\_\_

PIN \_\_\_\_\_