

Building Resilience & Self-Preservation in Healthcare

Saturday, March 11, 2017

Memorial Sloan Kettering Cancer Center
Rockefeller Research Laboratories
430 East 67th Street
New York, NY 10065



Memorial Sloan Kettering
Cancer Center

Co-sponsored by MSK's:

Employee Health & Wellness Services

Psycho-Oncology Education & Training Institute (POETI)

Building Resilience & Self-Preservation in Healthcare

OVERVIEW

An interdisciplinary course with the objective of learning about Building Resilience and Self-Preservation for professional caregivers of patients with life-threatening illness. The agenda includes lectures, panel discussions, and experiential sessions - the combination of which introduces key themes of resilience and self-care for healthcare professionals.

AUDIENCE

This conference is intended for professional caregivers of patients with life-threatening illness as well as healthcare leaders (including chief medical officers, and, directors of graduate medical education, medical center occupational health & wellness, and human resources).

OBJECTIVES

- Discuss commonly experienced challenges faced by clinicians who provide care for patients with life-threatening illness.
- Identify resources and strategies, both individual and organizational, for building resilience among professional caregivers.
- Upskill in techniques to manage stress (including meditation, exercise, and nutrition)

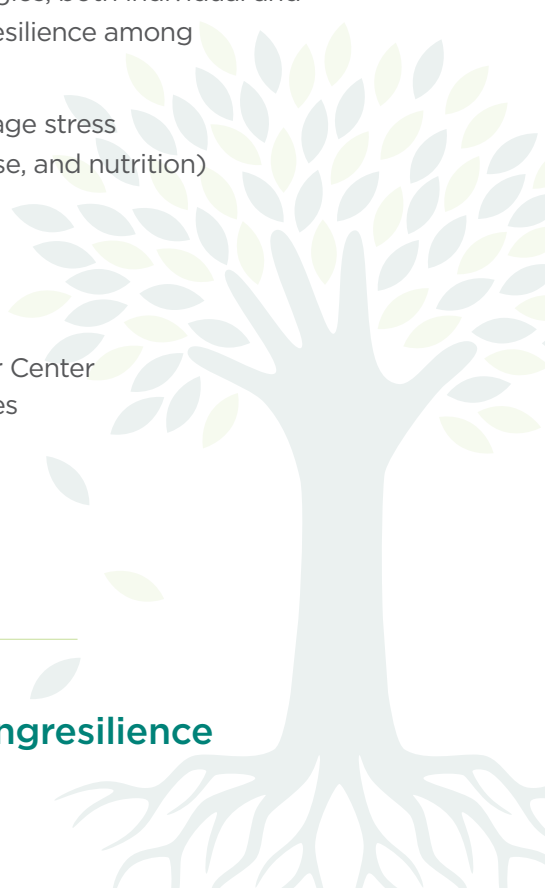
DATE & LOCATION

Saturday, March 11, 2017

8:00 AM - 4:30 PM

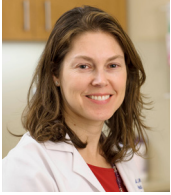
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www.mskcc.org/buildingresilience



Faculty

MSK Course Directors



Rebecca Guest, MD, MPH, FACOEM

Associate Medical Director, Employee Wellness
Assistant Attending Physician, Department of Medicine
Division of Survivorship & Supportive Care
Employee Health & Wellness Services



Penelope Damaskos, PhD, LCSW, OSW-C

Director, Social Work
Department of Social Work

MSK Course Faculty



The Reverend Jill Bowden, BCC, MDiv, MPA

Director, Chaplaincy Services



Wendy Lichtenthal, PhD, FT

Assistant Attending Psychologist
Director, Bereavement Clinic,
Department of Psychiatry & Behavioral Sciences



William Breitbart, MD

Attending Psychiatrist, Chair,
Department of Psychiatry & Behavioral Sciences;
Attending Psychiatrist, Supportive Care Service
Division of Survivorship & Supportive Care,
Department of Medicine



Daniel C. McFarland, DO

Instructor, Department of Medicine



Nessa Coyle, NP, PhD

Consultant, Palliative Care and Clinical Ethics



Reggie Saldivar, MD

Assistant Attending Physician
Associate Program Director,
Palliative Medicine Fellowship
Department of Medicine



Pamela K. Ginex EdD, RN, OCN

Nurse Scientist,
Department of Nursing



Cori Salvit, MD

Associate Attending Physician,
Department of Medicine



Nicole Hallissey, RDN, CDN

Registered Dietician Nutritionist,
Employee Health & Wellness Services



Hrafn Oli Sigurdsson, PhD, RN, NP

Nursing Professional Development
Specialist, Department of Nursing



Julia Kearney, MD

Assistant Attending Psychiatrist
Department of Psychiatry & Behavioral Sciences
Department of Pediatrics



**Donna Wilson, RN, MSN, RRT/
Personal Trainer**

Clinical Fitness Specialist,
Integrative Medicine Center

Agenda

- 8:00 AM** **REGISTRATION & BREAKFAST**
- 8:30 AM** **Welcome & Introduction**
- 8:45 AM** **Building Resilience at MSK:
Support for the Mind, Body, and Heart**
Rebecca Guest, MD, MPH, FACOEM
Penelope Damaskos, PhD, LCSW, OSW-C
- 9:30 AM** **Coping with Grief & Loss at Work**
Wendy Lichtenthal, PhD, FT
- 10:15 AM** **BREAK**
- 10:30 AM** **Moral Distress in Clinical Practice**
Nessa Coyle, NP, PhD
- 11:00 AM** **Experiential Session: Meditation**
The Reverend Jill Bowden, BCC, MDiv, MPA
- 12:00 PM** **LUNCH**
- 1:00 PM** **Breakout Sessions (PLEASE SELECT ONE)**
- The Risks and Rewards of Work in Pediatric Oncology: Lessons from Sourkes and others**
Julia Kearney, MD
- Panel Discussion: Wellness & Distress During Residency and Fellowship Training**
Rebecca Guest, MD, MPH, FACOEM
Daniel C. McFarland, DO
Cori Salvit, MD
Reggie Saldivar, MD
- Work Life Balance:
Cultivating Resilience in all Staff**
Includes Peer-to-Peer Support Project of GI Nurses.
Penelope Damaskos, PhD, LCSW, OSW-C
Pamela K. Ginex, EdD, RN, OCN
- 1:45 PM** **BREAK**
- 2:00 PM** **Role of Nutrition in Stress Management**
Nicole Hallissey, RDN, CDN
- 2:30 PM** **Experiential Session: Physical Activity
for Mind and Body Health**
Donna Wilson, RN, MSN, RRT/Personal Trainer
- 3:00 PM** **BREAK**
- 3:15 PM** **When Self Medication Turns into Substance
Use Disorder in the Health Care Professional:
Risks & Consequences**
Hrafn Oli Sigurdsson, PhD, RN, NP
- 4:00 PM** **Freedom vs. Responsibility**
William Breitbart, MD
- 4:30 PM** **ADJOURN**

Registration

	EARLY BEFORE 2/11/17	GENERAL AFTER 2/11/17
Physicians (MDs, PhDs & DOs)	\$200	\$250
Residents, Fellows, NPs, PAs, RNs, Psychologists, Social Workers, Chaplaincy, Allied Health Professionals, Counselors & Other Healthcare Providers	\$100	\$150

Register Online:

www.mskcc.org/buildingresilience

30% Discounted Rate for MSK Alumni and MSK Alliance Members

MSK offers a 30% discounted rate to all MSK Alumni and MSK Alliance members to attend a CME course. Please contact cme@mskcc.org for a promo code or more information.

MSK Staff Registration

Registration is complimentary for MSK staff who wish to attend this course. However, you must register online by visiting the course website: www.mskcc.org/buildingresilience.

Registration includes continental breakfast, lunch and refreshment breaks. Please contact us at least one week prior to the course if you have any special dietary needs.

ACCOMMODATIONS

For information regarding traveling to MSK, including hotels in the area of MSK with discounted rates, please visit: www.mskcc.org/cme.

ACCREDITATION STATEMENT

MSK is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

AMA CREDIT DESIGNATION STATEMENT

MSK designates this live activity for a maximum of **6.00 AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity



CE CREDITS

This program is approved for five (5) Contact Hours of Live Training. Memorial Sloan Kettering Cancer Center SW is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0228.

FACULTY DISCLOSURE

It is the policy of MSK to make every effort to insure balance, independence, objectivity, and scientific rigor in all continuing medical education activities which it sponsors as an ACCME accredited provider. In accordance with ACCME guidelines and standards, all faculty participating in an activity sponsored by MSK are expected to disclose any significant financial interest or other relationship with the manufacturer(s) of any commercial product(s) and/or provider(s) of commercial services which are discussed by the faculty members in an educational presentation. As required by the ACCME, when an unlabeled use of a commercial product or an investigational use not yet approved for any purpose is discussed during an educational activity, MSK requires the speaker to disclose that the product is not labeled for the use under discussion or that the product is still investigational.



Join the conversation

#MSKResilienceCME

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