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
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

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

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

Donna
Wilson, RN, MSN, RRT/Personal Trainer
Clinical Fitness Specialist,
Integrative Medicine Center

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

Pamela K.
Ginex EdD, RN, OCN
Nurse Scientist
Department of Nursing

Hrafn Oli
Sigurdsson, PhD, RN, NP
Nursing Professional Development Specialist,
Department of Nursing

Donna
Wilson, RN, MSN, RRT/Personal Trainer
Clinical Fitness Specialist,
Integrative Medicine Center

Julia
Kearney, MD
Assistant Attending Psychiatrist
Department of Psychiatry & Behavioral Sciences
Department of Pediatrics
## Agenda

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

**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.

**Join the conversation**
#MSKResilienceCME

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**Registration**

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