

1 CE
CREDIT

Self-Care: It's Not Just for Your Patients Anymore

Learn about...understand the importance...absorb...implement self-care strategies. Healthcare professionals are overworked and often left unable to care for themselves. In this presentation, you'll learn why healthcare professionals have challenges filling their own cup, what can happen if they don't, and how to be proactive using self-care strategies. You'll be presented a number of self-care tools and an initiation to start thinking about which ones you'll put in your 'toolbox' to use for self-care. Then, break out to start developing your self-care plan.

2021

February 16 | 1:30 p.m. to 3 p.m.

Registration starts at 1 p.m.

Johnson Lecture Hall - Riverside Medical Center

400 N. Wall Street Lower Level Kankakee, Illinois 60901

Please park in the North parking garage and use Elevator B to go down to the basement.

OBJECTIVES:

1. Analyze data related to self-care needs.
2. Learn about why self-care is a struggle for care providers.
3. Define compassion fatigue, stress and burnout.
4. Identify self-care strategies and how to implement them.

REGISTRATION:

Register online at
riversidehealthcare.org/events

Nurses will receive their evaluation & CE certificate in OLIE/Learner!

Social Workers will receive paper evaluations & will receive a KCC co-sponsored CE Certificate upon completion, for a \$5.00 fee. Fee will be collected at registration on February 16.

Credits: Contact hours for nurses, will be awarded upon successful completion of the program. Riverside Healthcare is an approved provider of continuing nursing education by the Illinois Department of Financial and Professional Regulation.

The presenter(s) certify that they have received a speaking fee from Riverside Healthcare; NO other affiliations with or involvement in any organization or entity with any financial interest (such as honoraria; educational grants; participation in speakers' bureaus; membership, employment, consultancies, stock ownership, or other equity interest; and expert testimony or patent-licensing arrangements), or non-financial interest (such as personal or professional relationships, affiliations, knowledge or belief(s) in the subject matter or materials discussed in this event.

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