‘Nursing Science and Practice: Finding Meaning in Our Work’

Registration Form*
RECEIPT DEADLINE IS 4/20/18
*If registering after 4/20/18, you must call (562)933-0640 to reserve a place.

Name: ________________________________
Credentials: __________________________
Home Add.: __________________________
City/Zip: ______________________________
Home Phone: (__) ______________________
Employer: ______________________________
Dept./Position: __________________________
Work Phone: (__) _______________________ 
Nursing License: # _____________________
Email Address: _________________________

- Standard Meal
- Vegetarian Meal

Registration Fees:
MemorialCare Employee $25
(Non-Refundable)
Student $25 (with ID)
All Others $120
(15% Discount for groups of 5 or more from the same facility)

Please make check payable to:
Long Beach Medical Center
Attn: Sonia Rojas
2801 Atlantic Ave.
Long Beach, CA 90806

Directions to Long Beach Medical Center
2801 Atlantic Ave.
Long Beach, CA 90806
Phone: (562)933-2000

Driving Directions:
Visit https://www.memorialcare.org/long-beach-medical-center/directions for further information. The Nursing Research Conference will take place in Houssels Forum, located on the Ground Level of the hospital. Check-in at the Information Desk on the Lobby Level to obtain a visitor’s badge. Take the main elevators to the Ground Floor (“G”). Turn left from the elevator and follow the signs to Houssels Forum.

MemorialCare
Long Beach Medical Center & Miller Children’s & Women’s Hospital Long Beach
10th Annual Nursing Research Conference

“Nursing Science and Practice: Finding Meaning in Our Work”

Thursday
May 10, 2018
7:30 am — 4:00 pm
**Conference Information**

National/internationally recognized speakers will address state-of-the-science on the impact of compassion fatigue and the latest evidence-based approaches to building resilience and self-preservation to assist nurses in renewing their passion of being a nurse. This conference will also feature innovative research studies where nurses can identify new practices to translate into the care environment.

**Conference Objectives:**
- Utilize principles of The Self-Care Academy Program to create healthy habits for ourselves, patients, families, and colleagues, to bring positive energy and vitality to create a healthy healing environment.
- Recognize the effects of ‘Vicarious Trauma’, known as compassion fatigue and the relationship between self-care and care for others in building resilience in mind, body, and spirit.
- Identify resources and strategies, both individual and organizational, for building resilience among professional caregivers.
- Provide networking opportunities among nurses, educators, advanced practice nurses, faculty and industry experts.

**Target Audience:**
Nurses, educators, APRNs, nursing faculty, students and executive leaders interested in nursing research and EBP.

**Contact Hours:**
Provider approved by the California Board of Registered Nursing, Provider No. 512, for 7.5 contact hours.

**Registration Fee Includes:**
Continental breakfast, lunch, class handouts, and contact hours.

**Refund Policy:**
Refund of registration fee MINUS 20% processing fee if cancellation is received by April 20, 2018. There are no refunds after that date or for no shows. Please call Sonia Rojas at (562)933-0640 if you will need to cancel.

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**Agenda**

<table>
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<tr>
<th>Time</th>
<th>Session</th>
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<tr>
<td>7:30-8:00</td>
<td>Registration, Continental Breakfast</td>
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| 8:00-8:15     | Celebrating 10 Years of Nursing Research  
Judy Fix, MSN, RN  
Chief Clinical and Nursing Officer  
Peggy Kalowes, PhD, RN, CNS, FAHA |
| 8:15-9:45     | Self-Care: The Foundation for Creating the Optimal Healing Environment  
Kim Richards RN, NC-BC  
Integrative Nurse Coach                                           |
| 9:45-10:00    | Break/Exhibits Poster Viewing                                             |
| 10:00-10:15   | The Role of Resilience and Mindful Leadership Among Nursing  
Cindy Rishel, RN, PhD, OCN®, NEA-BC                               |
| 11:30-12:00   | Lunch, Exhibits Poster Viewing                                            |
| 12:00-12:15   |                                                                 |
| 12:15-12:45   | Breakout Sessions  
World Class Atmosphere for Nurse Healing and Health Promotion  
Khaled Al-Wardat, Msc, RN IV  
Van Dyke Theatre  
Explaining the Science Behind the Health Value of Humor, Laughter, and Play  
Mariusz Wirga, MD  
Houssels Forum |
| 12:45 — 1:45  | The Patient Perspective: The Value Behind the Work  
Mary Foley, PhD, RN, FAAN  
Karen Curtiss                                           |
| 1:45 — 2:15   | Afternoon Break/Exhibits Poster Viewing                                    |
| 2:15 — 2:30   |                                                                 |
| 2:30 — 3:45   | Resiliency: Lessons Learned from Gumby  
Michael H. Ackerman DNS, RN, CENP, FCCM, FNAP, FAANP |
| (Endnote Speaker) |                                                                 |
| 3:45 — 4:00   | Awards, Evaluations  
Paddy Higgins, MN, RN, CRRN, CNS, PHN  
Conference Chair |
| 4:00          | Adjournment                                                                 |

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**Conference Presenters**

Michael H. Ackerman, DNSc, RN, CENP, FCCM, FNAP, FAANP, Director, Masters in Healthcare Innovation Program, Ohio State University (OSU) College of Nursing  
Khaled Al-Wardat, Msc, RN IV  
Staff Nurse, Nursing Academy Graduate  
Long Beach Medical Center  
Karen Curtiss  
Founder, Campaign ZERO  
Judy Fix, MSN, RN  
Chief Clinical and Nursing Officer  
Long Beach Medical Center  
Miller Children’s & Women’s Hospital  
Long Beach  
Mary Foley, PhD, RN, FAAN  
Director Center for Nursing Research and Innovation  
Clinical Professor, University of California, San Francisco (UCSF) School of Nursing & Board Director, Collaborative Alliance for Nursing Outcomes (CALNOC)  
Peggy Kalowes, PhD, RN, CNS, FAHA  
Founder/Owner, Self-Care Academy™  
President, Kim Richards & Associates, Inc.  
Cindy Rishel, RN, PhD, OCN®, NEA-BC  
Clinical Associate Professor, Biobehavioral Health Science Division  
College of Nursing, University of Arizona  
Tucson, AZ  
Mariusz Wirga, MD  
Medical Director, Psychosocial Oncology Program, Todd Cancer Institute  
Long Beach Medical Center