

2017 NJLN Convention

Continuing Education Session Descriptions

Time/Room	Topic:	Speaker(s)	Description
Wednesday, March 29			
7:30 - 9:30 p.m. GEC 3	Who Cares?! Healing and Renewal Guide for Nurses ~ Make Self-Care a Priority	Angela Brathovde , MSN, RN, BC, HNB-BC Susan Gallina , MAS, RN,CNOR, HN-BC	Understanding the importance to take time for self which in the long term will allow for better care to patients. During this session we will demonstrate alternative methods to assist with stress, burnout and fatigue.
Thursday, March 30			
9:15 - 10:45 a.m. Salon 3 - 4	Keynote Address: The Happiness Epidemic:	Petra Kolber	Steps and strategies that you can use to create a powerful and positive life!
11:15 a.m.-12:15 p.m. Pageant A	Gaps in Healthcare and Health Disparities: Role of the Retired Nurse.	Donna Gray , MSN, RN, CNE	The retired nurse is a valuable resource in healthcare. Opportunities and professional organization gaps related to the retired nurse will be discussed. Professional nursing practice theories and concepts that can be utilized to promote engagement, involvement and contributions to quality improvement in healthcare will be clarified.
11:15 a.m.-12:15 p.m. Carousel A-C	Optimizing Food and Mood	Ronni Alicia , RDN, MBA, CSG	Participants will be able to describe the impact that the 5 key nutrients have on physiology and how to personalize diets for optimal performance.
11:15 a.m.-12:15 p.m. Carousel D-F	Making Meds Matter	JoAnn Ciampi , RN, MSN Ellen Lake , RN, MS Melissa O'Rorke , RN, MSN, MHA, CCRN Michelle Roth , RN, MSN, CNE	Session attendees will learn about the theory based thought process incorporated into medication administration, decrease anxiety and learn a step by step guide to creating medication day.
11:15 a.m.-12:15 p.m. Pageant B-C	Healthy Nurse; Healthy Nation	Dr. Thomas J. Pallaria , DNP, APN/CRNA	We will discuss the importance of work-place stress awareness. Analyze factors contributing to stress. And substance abuse, and the session will identify stress management resources and wellness programs for nurses.

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12:30 p.m. - 2:00 p.m. Salon 1	How to Make a Million in Nursing (Luncheon Speaker - Ticket Required)	Dr. Laura Gasparis-Vonfrolio	This dynamic presentation will inspire the entrepreneurial spirit in nurses as they learn about all the different types of business opportunities available. Upon completion of this session, the participant will be able to list opportunities for developing nurse owned businesses.
1:00 p.m.- 2:00 p.m. Salon 3-4 (Student)	Prep for Success: Transition into Practice	John Indarjit, MBA, MSN, RN, CLNC	Student nurses will identify techniques to make the transition from student to staff role easier. The challenges faced by the new nurses upon entry into practice and strategies to address them.
2:15 p.m.-3:15 p.m. Salon 3-4 (Student)	Reigniting the Lamp of Florence Nightingale	Laura Mularz, DNP, MSN, RN, APN, ACNS-BC, NE-BC	Identify lessons that can be learned from the Nightingale legacy, Explore themes and principles of healing, leadership, and global action as they relate to Nightingale.
2:15 p.m.-3:15 p.m. Carousel A-C	Healing for the Grieving Heart: The things they didn't Teach us in Nursing School	Patti Williams, RN, Pastoral Bereavement Counselor	This discussion will focus on defining the grief process and listing the stages of the grief Journey; Describing the waves of grief and incorporating the tools to map out the journey; and be able to identify some of the coping mechanisms that allow us to take care of ourselves, reduce the stress and cope with the loss.
2:15 p.m.-3:15 p.m. Carousel D-F	Effect of Structured Recess and Nutrition Education Intervention in Elementary School Children	Nicole A. Champagne, DNP, BS, RN	Attendees will have an understanding of the significance of childhood obesity, the importance of recess and nutrition education in young children, and what the implications for nursing practice.

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2:15 p.m.-3:15 p.m. Pageant B-C	Clinical Conferences: Keys to Sound Clinical Reasoning and Professional Growth	Carol Patterson, RN, MSN, CNE	Clinical hours are precious and often too few, so let's make every minute count. Clinical conferences are great ways to integrate theory with the "real world" and to develop affective domain learning as well!
4:00 p.m.-5:00 p.m. Pageant B-C	Let's Talk about Death and Dignity	Barbara Chamberlain, RN, PhD, APN, MBA, CCRN, WCC	This Session will create awareness of Death with Dignity laws and the impact on NJ nursing practice. We will explore the history of the movement, choices in dying with dignity and inner peace and the Death with Dignity Laws.
4:00 p.m.-5:00 p.m. Carousel A-C	Zap Work Stress	Dr. Danilo Bolima, EdD, RN	Join this session to learn the strategies to Combat Stress (Caring for Self). Breathing Exercises, Mindfulness Exercise, Massage Therapy, Reflexology and Relaxation. Theoretical Framework – Jean Watson Theory of Human Caring.
4:00 p.m.-5:00 p.m. Carousel D-F	Tired of Your Cultural Competency Classes? Try these 4 Active Learning Activities	Janice Aloï, DMH, RN, CNE	This presentation will offer four tried and true active learning activities that put the power point slides aside and allow for real experiential learning.
5:15 p.m. - 6:15 p.m. Carousel A-C	Gluten: What's Fade and What's Fact	Ronni Alicia, RDN, MBA, CSG	Participants will be able to describe clinical states that benefit from gluten free diets and testing to rule out autoimmune condition of Celiac disease versus metabolic dysfunction that may benefit from gluten reduced diet, digestive enzyme support or other fermentable starch or sugars.

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5:15 p.m.-6:15 p.m. Pageant B-C	Simulated Role Play to Enhance Nursing Students' Knowledge and Attitudes Towards Death and Care of the Dying	Carol Fasano, MA, RN, ANP-C, CNE Nancy Saliba, MA, RN, BC, CNE Carmen Pelardis, MSN, RN, CNE	This discussion will focus on the following the need for End of Life curriculum in nursing education, the role of simulation in End of Life nursing education, and summary of methods and findings, with specific recommendations.
5:15 p.m.-6:15 p.m. Carousel D-F	Promoting a Culture of Safety - Are You Living it?	Mary Koch, MSN, RN, CNOR	Nurses will identify strategies to enable them to incorporate and engage in a safety culture. Identify terms associated with a safety culture, explain how nurses can implement a safety culture in their workplace, Q&A and Discussion.
6:30 p.m. Salon 2	Business Meeting	Board of Directors	Don't miss out on hearing about what your NJLN Board of Directors has been up to, and since we know your time is valuable, we have a great deal for you. Give us just a little time and you could win your own valuable time(piece) back. Yes! We are raffling off a beautiful Pulsar two-tone watch, valued at \$135. <i>(Winners must be present)</i>