

Boundaries and Burnout: Strategies for Nurses to Maintain Self

The COVID-19 pandemic has impacted the healthcare industry in profound ways. Caring for patients and chronic exposure to stress, serious illness, and death during the pandemic has taken an immense emotional toll. The need to support the physical and mental wellbeing of our healthcare workforce, especially nurses, is undeniable. It is well documented that caregiver burnout negatively impacts retention, patient safety, morale, and one's own emotional health.

This CE course is relevant to all healthcare professionals.

Guest

Trish Hart, MBA

- Highly skilled stress management educator and facilitator of mind body workshops, lectures, trainings, and retreats and events on a wide range of wellness and mental health topics, to inspire individuals to thrive in performance both physically and emotionally.
- Worked in integrative mental health for many years supporting patients with a variety of mental health conditions including anxiety, depression, trauma, addiction, and grief.
- A regular lecturer at Harvard University and for several employee assistance program.

Host

Leana McGuire, BS, RN

- Extensive expertise with leadership development and executive coaching and a background in content development, visual performance, speaking and podcast hosting.

Reviewer

Michelle Doran, DNP, MS, RN

- Clinical and leadership experience spans primary, acute and rehabilitation care, school nursing, and the health plan industry.
- Career heavily rooted in community health and working with vulnerable populations.

References

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Resources

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