

Produced by the Alabama Department of Public Health
The Alabama Department of Public Health is a partner of the Public Health Training Network

Stress in the Health Care Profession

SATELLITE CONFERENCE AND LIVE WEBCAST

Wednesday, May 19, 2010 • 8:00-9:00 a.m. (Central Time)
9:00-10:00 a.m. (Eastern) • 7:00-8:00 a.m. (Mountain) • 6:00-7:00 a.m. (Pacific)

Long shifts, minimal staff, limited resources, varying degrees of sick patients, home life – all reasons why health care can be one of the most stressful professions. During this program faculty will explore common stressors encountered in the health care profession and the effects they have on you if left unresolved. Learning and practicing stress management techniques will not only make you feel better, but also help your patients feel better too.

PROGRAM OBJECTIVES

1. Recognize three stressors in the health care profession.
2. Identify four effects unresolved stress has on the body and mind.
3. Demonstrate four stress management techniques that can be done at work or home.

FACULTY

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The Alabama Department of Public Health is an approved provider of continuing education by the Alabama State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. (Expires on January 28, 2011.)

The content of this program is based on the policies and procedures of the Alabama Department of Public Health, Alabama and federal statutes, rules, regulations, and guidelines. Viewers not employed by the ADPH should always check to clarify whether the content is accurate according to the statutes, regulations, and policies of their jurisdiction and agency.

CONFERENCE DETAILS

Target Audience: Alabama Department of Public Health nurses.

Continuing Education: Nurses 1.0 hours

Registration: www.adph.org/alphtn

Technical Information: To receive complete technical information you must register at www.adph.org/alphtn

Satellite - Live satellite conference on C band (analog).

Webcast - Watch with RealPlayer or Windows Media Player. Test your computer with the "test connection link" at www.adph.org/alphtn.

Audio - To listen by phone, call 1-888-557-8511. Enter access code 972-1530 #. Press # again to listen to the conference.

On Demand - Available 2-3 business days after the live broadcast from the On Demand page of our website.

Conference Materials: Posted on our website approximately one week before the program for registered participants.

Conference Details Questions: Call: 334-206-5618 | Email: alphtn@adph.state.al.us

ALABAMA PUBLIC HEALTH TRAINING NETWORK

FUTURE NURSING PROGRAM
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