

Staying Cool in the Heat of Change

Crash, Cope or Conquer



NCAOHN Spring Conference

March 17 -19, 2010

Sheraton Atlantic Beach, NC

Conference Co-Sponsor

NC Occupational Safety and Health Education and Research Center

Conference Description:

“Staying Cool in the Heat of Change: Crash, Cope or Conquer”

In today's workplace we face ever present change, uncertainty of the future and the daily challenge of doing more with less. Our resources are diminishing and the work is increasing. There is simply not enough time in the day to finish all there is to do.

As OHNs we see employees who are stressed, depressed, overworked and anxious. Maybe you see yourself in those categories as well. According to the National Institute of Mental Health each year over 17 million Americans experience a period of clinical depression and 6.8 million are affected by general anxiety disorder.

This conference will focus on mental health issues and how to maintain mental wellbeing. As OHNs it is vital that we learn how to conquer the stresses in our lives and stay cool in the heat of change so we can assist our employees in doing the same.

Objectives:

1. Describe mental health strategies around the world and how to apply them in the workplace.
2. Explain how to assess for depression in today's workforce.
3. Discuss how conflict can be resolved and managed in the workplace.
4. Describe the benefits of myokinesthetic treatments and acupuncture as alternative therapies for stress and pain.
5. Explain the concept of resilience and how it can be achieved in the workplace.
6. Explain the benefits of sleep and solutions to common sleep disorders.
7. Identify the most common mental health diagnoses and treatment options available.
8. Explain how humor can be used to cope with stress and frustration.

12.5 – 19.5 Contact Hours pending AAOHN approval
depending on whether a preconference is attended

Conference Agenda

Wednesday, March 17, 2010

8:00 – 4:00	NIOSH Spirometry Refresher <i>Sponsored by EI Group - Instructor Emily Wallace RN, BS, COHN-S</i> <i>(see requirements under Conference Registration Form)</i>	Cape Fear
1:00 - 5:00	Registration	Foyer
12:00 – 3:00	Luncheon and Executive Board Meeting	Bogue Sound
3:00 – 5:00	Workers' Compensation Update and Return to Work <i>David Rhoades JD, MBA</i> <i>Dawn C. Lane JD</i> <i>Cranfill, Sumner and Hartzog LLP Raleigh, NC</i>	Cape Lookout
3:00	Vendor Set Up	Pamlico/Hatteras
6:00 - 7:30	Reception	Poolside or Foyer

Thursday, March 18, 2010
General Sessions on Thursday and Friday are in Cape Fear/Cape Lookout

7:00 – 7:45	Registration and Breakfast	Foyer
7:00 – 7:45	Research: Sharing What You Do <i>Pat Clapp RN, COHN-S, OHNP, ANP-C, FAAOHN</i> <i>For this session please take your breakfast to the Bogue Sound meeting room.</i>	Bogue Sound
7:45 – 8:45	Today's Workplace: Are You Coping, Conquering or Have You Crashed <i>Roy Lewis MSAA, FABC</i> <i>Administrator, Human Relations</i> <i>PCMH Greenville, NC</i>	
8:45 – 9:30	Going Global: Conquering Mental Health Issues <i>Kay Campbell EdD, RN-C, COHN-S</i> <i>AAOHN President</i> <i>Manager, Global Health & Productivity</i> <i>GlaxoSmithKline Research Triangle Park, NC</i>	
9:30 - 10:00	Break – Visit Vendors	Pamlico/Hatteras
10:00 -11:00	Depression Screening: Adding Value <i>Candy Bertini BSN, COHN-S, CPDM</i> <i>Manager Disability Services GlaxoSmithKline RTP, NC</i>	
11:00 -12:30	Luncheon Session: Conflict is an Opportunity <i>Will Dudenhausen</i> <i>Certified Mediator and Facilitator</i> <i>Orange County Dispute Settlement Center Chapel Hill, NC</i>	Atlantic
12:30 - 1:30	Business Meeting <i>NCAOHN President Judy Garrett Presiding</i>	
1:30 - 2:30	Myokinesthetic Treatment: Muscle Magic to Relieve Pain and Stress <i>Cath Lloyd LMBT</i> <i>A Unique Approach Cary, NC</i>	
2:30 – 3:00	Break – Visit Vendors	Pamlico/Hatteras
3:00 – 4:15	Biorhythms and Sleep: How Do They Work and What Happens When They Don't <i>Erik Everhart, PhD, ABPP-CN, CBSM</i> <i>Associate Professor</i> <i>Director of Research, PCMH Sleep Center Greenville, NC</i>	
4:15 – 5:45	Be Cool, Stay Cool, Be Resilient <i>Kay Campbell</i>	Inside and Outside on Beach Weather Permitting

Friday, March 19, 2010

- 7:00 – 8:00 Buffet Breakfast
- 7:00 - 7:45 **Writing CE Applications: It's Easier Than You Think** Bogue Sound
Genny Reed RN, BSN, MSN, FAAOHN
For this session please take your breakfast to the Bogue Sound meeting room.
- 8 – 9:00 **Acupuncture: Through the Ages and It's Still Here**
Marc Cutler D.O.M (NM), Dipl.Ac, L.Ac
Advanced Healthcare Solutions, Raleigh NC
- 9:15 – 9:30 Break
- 9:30 – 11:00 **Common Mental Health Diagnoses/Treatment Update**
Carol Nobles RN-BC
Staff Development Assistant
Behavioral Health Services Unit, PCMH Greenville, NC
- 11:15 – 12:00 **Coping Through Humor**
Gene Eakes RN, EdD
Director Clinical Education
Center for Learning and Performance, PCMH Greenville, NC

Administrative and Conference Information

Pre-Conference

Note that there is a choice of 2 preconference offerings. **Preregistration is required for both and there is an additional cost for the preconference.** See cost schedule on course registration form below.

Continuing Education Units

Contact hours 12 – 19 (depending on which preconference is attended) applied for through the American Association of Occupational Health Nurses.

For your Comfort

Meeting rooms are sometimes chilly, so bring or wear light coats or sweaters. As a courtesy to others, PLEASE silence cell phones during the sessions. Also a beach activity is planned as part of the Thursday afternoon session so please dress appropriately for the beach.

Directions to Sheraton www.sheratonatlanticbeach.com.

Scholarships

NCAOHN awards five (5) registration scholarships to their members needing assistance. If you are a NCAOHN member and need financial assistance, please contact Reba Roseman at (336) 668-4410. (Scholarship does not include pre-conference fee.)

Administrative and Refund Policy

An administrative fee of \$25 will be charged for late registration or cancellations. **Registration deadline is March 12, 2010.** To avoid this additional cost, your registration needs to be postmarked or emailed by this date. **Refunds (registration fee less \$25) will be made only when written notice received by March 12, 2010.**

We appreciate your efforts to register early. For additional information, contact Emily Wallace at 919-774-3721 ewallace7@charter.net

Hotel Reservations

When you call to make reservations, be sure to identify yourself as an attendee of the NCAOHN Conference.

Reservation deadline is Feb. 17, 2010. Reservations received after that date will be accepted on a space and availability basis only. The Sheraton will offer the group rates three days before and three days after the conference for those interested in extending their stay.

To Make Reservations Call 1-800-624-8875 or 252-240-1155

Room Rates:

Oceanview \$99.00 Oceanfront \$145.00

Check-in time: 4:00pm. Check-Out time: 11:00

Directions for On-line Group Reservations

We invite you to make your group reservation via Sheraton Atlantic Beach Oceanfront Hotel website at www.sheratonatlanticbeach.com.

- Click 'Online Reservations' (top right corner)
- Click 'Group Reservations' (middle)
- Enter attendee password –
- Enter date preference
- Click 'Check Availability'
- Click 'Select' on desired room type
- From there.... 'Proceed' onto 'Reservation information'
- An email confirmation letter will be sent directly to the address given

If you have any problems or questions, feel free to contact us at info@sheratonatlanticbeach.com or call 800.624.8875

Conference Registration Form

Deadline: March 12, 2010

Name _____ Email address _____

Company _____ Tel. _____

Address _____

City _____ State _____ Zip _____

Chapter _____

_____ AAOHN Member fee	\$225	12.5 contact hours pending AAOHN approval
_____ Non Member Fee	\$275	
_____ Student/Retiree fee	\$125	
_____ Pre Conference fee for NIOSH Spirometry Refresher	\$125	7 contact hours pending AAOHN approval
_____ Pre Conference fee for Workers' Comp Update	\$55	2 contact hours pending AAOHN approval
_____ Payment by credit card	\$5	
_____ First time attendee?		

Important Information Regarding the NIOSH Spirometry Refresher

Please note individuals who have completed a NIOSH Spirometry introductory course after January 1, 2000 are eligible to take a NIOSH-approved refresher course upon submitting a copy of their certificate of completion from the NIOSH-approved introductory course. This eligibility requirement will remain in effect **only** through December 2010. After this time these individuals can no longer attend the NIOSH-approved refresher course but must complete the introductory course to maintain their certificate.

Registration form must be completed and sent to Emily Wallace at the address below or to wwallace7@charter.net (regardless of how you plan to pay)

To Pay by Credit Card go to the NCAOHN website www.ncaohn.org and follow the directions for using PayPal. The \$5.00 fee covers the cost of this service.

MAIL COMPLETED REGISTRATION FORM AND CHECK TO:

Emily Wallace BS, COHN-S

513 Apple Lane

Sanford, NC 27330

919-774-3721

Please Make Checks Payable to NCAOHN

Tax ID Number is 591718082

Remember: Refund Policy:

Registration Fee, less \$25 admin. fee is refundable only if written notice is received by March 12, 2010.
