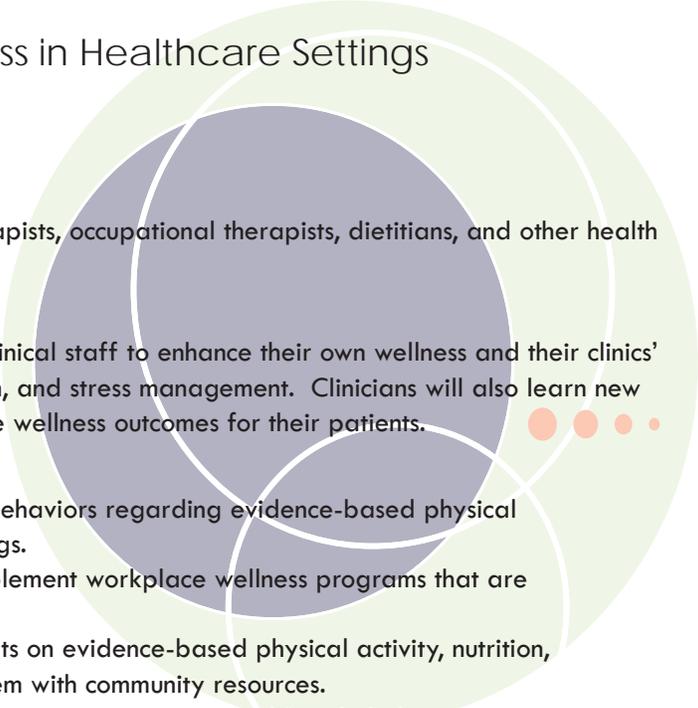


Creating a Culture of Wellness in Healthcare Settings



TARGET AUDIENCE

Physicians, nurses, medical assistants, social workers, physical therapists, occupational therapists, dietitians, and other health care professionals working in healthcare clinics.

PURPOSE

A lively and interactive conference designed for physicians and clinical staff to enhance their own wellness and their clinics' workplace wellness, with an emphasis on physical activity, nutrition, and stress management. Clinicians will also learn new strategies, resources, and patient counseling techniques to improve wellness outcomes for their patients.

CONFERENCE OBJECTIVES

- The participant will develop their knowledge, attitudes, and behaviors regarding evidence-based physical activity, nutrition, stress management, and preventive screenings.
- Increase the number of health care clinics that design and implement workplace wellness programs that are visible to their patients.
- Increase the number of clinicians who regularly counsel patients on evidence-based physical activity, nutrition, stress management and preventive screenings and connect them with community resources.
- Enhance the knowledge of clinicians of community resources that will support healthy lifestyle behaviors (physical activity, nutrition, stress management, and preventive screenings) for their patients and themselves.
- Develop a network to support clinicians in implementing personal behaviors, clinic wellness programs, and patient counseling to enhance wellness.

EDUCATION CREDIT

10.0 Education hours. Nebraska Methodist College Professional Development assigns education hours based on 60 minutes of classroom instruction for each offering. Participants may use these for their professional continuing education hours and toward re-licensure if so approved within the standards and guidelines of their discipline. Credit will be awarded based on sessions attended. Credits below reflect attendance at all sessions.

CREDENTIALING STATEMENT

Nebraska Methodist College Professional Development awards educational credit to the disciplines listed below. Each professional is accountable to understand their accrediting/licensing body's standards and requirements. The definitive source of information on continuing education requirements is your state or national regulatory board.

PHYSICIANS

The Nebraska Methodist Hospital designates this live activity for a maximum of 10.0 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

NURSES

10.0 contact hours awarded. Code #NE10-13C32.

Nebraska Methodist College Professional Development is an approved provider of continuing nursing education by the Nebraska Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

MEDICAL ASSISTANTS

Application for continuing education credit has been made to the American Association of Medical Assistants and is pending.

SOCIAL WORKERS

This offering meets the continuing education criteria for 10.0 clock hours for Nebraska and Iowa Social Workers.

PHYSICAL THERAPISTS

This offering meets the continuing education criteria for 10.0 clock hours for Nebraska and Iowa physical therapists and physical therapist assistants.

OCCUPATIONAL THERAPISTS

This offering meets the continuing education criteria for 10.0 clock hours for Nebraska and Iowa occupational therapists and occupational therapist assistants.