



STANFORD
HOSPITAL & CLINICS

Stanford University Medical Center

Center for Education and
Professional Development

Fall 2009

NEW COURSES! • USAGE AND LAWS FOR NARCOTIC PRESCRIBERS • BACK TO BASICS: THE UPS AND DOWNS OF FLUID AND ELECTROLYTE BALANCE • DINNER AND CES: MASTER THE TANGO OF LISTENING • 3RD ANNUAL INNOVATIONS WITH PAIN MANAGEMENT: BEYOND THE BASICS • TOP DRUGS TO KNOW AT THE BEDSIDE: PHARMACOLOGY UPDATE • BEYOND THE BASICS OF 12 LEAD ECG • OBSTRUCTIVE SLEEP APNEA- THE RAMIFICATIONS OF SLEEPINESS AND STATE OF THE ART MANAGEMENT AND TREATMENT • THE POWER AND BEAUTY OF PROFESSIONAL NURSING • BEYOND SURVIVAL OF THE FITTEST: ORGANIZATIONAL CHANGE • STRATEGIES FOR NURTURING RESILIENCE IN COMPLEX ORGANIZATIONS



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Coffee and tea provided in the morning.

Lunch included in most of our courses.

Questions or Comments?

Email us at cecenter@stanfordmed.org

ONLINE CATALOG

All of the programs found in our printed catalog can be found online at our website: www.cecenter.stanfordhospital.com

CENTER FOR EDUCATION AND PROFESSIONAL DEVELOPMENT STAFF

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Change with Registration Fee, Catalog and Postcard Mailings!

As Stanford builds their new facility and with changes in the economy, the Center for Education catalog will only be available on our web page. You will no longer receive the printed catalogs or postcard reminders in the mail. To continue providing the high quality programming at the Center, please note our \$10 registration fee increase.

We apologize for any inconvenience and hope that you will visit us at: www.cecenter.stanfordhospital.com to view the catalog and continue attending our programs.



STANFORD
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September 2009

Continuing Education Courses

CCRN Review

Date: Day One: Wednesday, September 9, 2009
Day Two: Tuesday, September 15, 2009
Day Three: Tuesday, September 29, 2009

Time: 8:30 a.m. – 4:00 p.m.

Fee: \$159.00/day or \$457.00 all 3 days (lunch included)

Location: 1451 S. California Ave., Palo Alto, CA 94304

Credits: BRN 7.5 CE Hrs./day
ANCC 6.25 CE Hrs./day

If you are looking for a dynamic update of all body systems, this is the class for you!

This class will provide you with a strong foundation to prepare for and pass the CCRN exam. The classes are held on three days because of the volume of information presented.

Day one covers the cardiovascular system and emphasizes hemodynamic scenarios and cardiac assessment needed for the test;

Day two focuses on the pulmonary system, ventilator management, and a review of ICU immunology/hematology concepts.

Day three explores endocrine, GI, renal, neurological, and multi-system integration. The focus is on disease recognition, assessment pointers, interpretation of critical diagnostic values, and priority interventions. The AACN clinical synergy model, test questions, and test taking strategies are integrated throughout this 3-day course.

Mary keeps her CCRN class current, research-based and highly interactive. She provides high quality computer graphics and a detailed outline to minimize note-taking.

You may take one, two, or all three sessions.

Faculty from Stanford Hospital and Clinics:

MARY E. LOUGH, RN, MS, CNS, CCRN, CNRN, Clinical Nurse Specialist, Medical/Surgical Trauma ICU

Usage and Laws for Narcotic Prescribers

Date: Friday, September 18, 2009
(Repeated on Dec 11, 2009)

Time: 1:00 pm – 4:00 p.m.

Fee: \$75.00

Location: 1451 S. California Avenue, Palo Alto, CA 94304

Credits: 3 BRN CE Hrs.



This three-hour course provides nurse practitioners, physician assistants, and other medical professionals with the knowledge of requirements to prescribe and furnish schedule II through V medications in their practice. We will review the California state laws for NP/PA furnishing these medications, discuss implications in the in-patient and out-patient settings, give clinical examples of what to do and not to do when writing prescriptions for schedule II –V medications, discuss the principles of pharmacology for all classes, discuss standardized procedure or protocols in accordance with the Business and Professions Code, and address the ethical and legal standards of prescribing controlled substances. This course is required by the Board of Registered Nursing (BRN) to furnish class II narcotics and obtain authorization by the Drug Enforcement Agency (DEA) to do so.

Program Highlights:

- Obtain Class II furnishing privileges by the DEA
- Principles of pharmacology for all class drugs
- Refresh your memory on the pharmacokinetic and pharmacodynamic principles of scheduled medicines
- Learn the state and federal regulations pertaining to furnishing, dispensing, and administering controlled substances schedule II through V for NPs/PAs

Faculty:

LAWRENCE D. WITT, PHARMD, is the Clinical Pharmacist for Medicine, Hematology-Oncology, HIV, Cardiology, and Intermediate ICU at Stanford Hospital and Clinics, and a Super User for the EPIC Clinical Information System. He is an Assistant Clinical Professor at the School of Pharmacy, University of California, San Francisco. Mr. Witt has been involved in research and has been an author for many professional publications.

Back to Basics: The Ups and Downs of Fluid and Electrolyte Balance

Date: Thursday, October 1, 2009

Time: 8:30 a.m. – 4:00 p.m.

Fee: \$159.00 (lunch included)

Location: 1451 S. California Avenue, Palo Alto, CA 94304

Credits: BRN 7.5 CE Hrs.
ANCC 6.25 CE Hrs.



This new program will cover the topics of IV Therapy, ABGs, blood therapy, renal disorders and pharmacology related to the disorders with fluid and electrolyte imbalances. You will discuss, through patient case scenarios, the different parenteral solutions and their indications, complications of specific solutions, and the particular solutions ordered for specific patient conditions.

Hear about the unique nursing needs of patients with kidney failure who are on chronic dialysis. Designed for non-dialysis nurses, you will learn the basic principles of hemodialysis and peritoneal dialysis, electrolyte/fluid management in End Stage Renal Disease (ESRD) and how to deal with common problems encountered with dialysis patients on the units.

During this program you will gain an understanding of the different components of blood, how to choose the best product and in what situation. Follow a liver transplant patient case study to answer all your questions.

Program Highlights:

- ABG Interpretation
- Overview of various parenteral solutions
- Common acid-base imbalances
- Patient case studies
- Nursing care for the dialysis patient
- Indications and risks of TPN and lipids
- Blood Therapies
- Indications for FFP, platelets, cryoprecipitate and the whole blood

Faculty from Stanford Hospital and Clinics:

APRIL FONG, PHARMD, Pharmacy Department

MAGALI FONTAINE, MD, PHD, Associate Medical Director

FRANK LUO, MD, Nephrology Fellow

MICHELLE WOODFALL RN, MS, CCRN, Clinical Nurse Specialist, Emergency Department

Oncology Nursing Series

This three-day course is designed for oncology nurses desiring a refresher, nurses new to oncology or those curious about oncology nursing. This series may be helpful as a review for the OCN Certification Exam.

SESSION ONE: HEMATOLOGIC MALIGNANCIES AND RELATED TOPICS

Date: Monday, September 28, 2009
Time: 8:30 a.m. – 4:00 p.m.
Fee: \$159.00 (lunch included)
Location: 1451 S. California Avenue, Palo Alto, CA 94304
Credits: BRN 7.5 CE Hrs.
 ANCC 6.25 CE Hrs.

A basic review of hematology/immunology, hematologic diseases, and bone marrow transplant (adult).

Program Highlights:

- Hematology/immunology
- Hematologic Malignancies
- Bone marrow transplant
- Psychosocial care of patient/family

SESSION TWO: SYMPTOM MANAGEMENT IN PATIENTS RECEIVING CHEMOTHERAPY/BIOOTHERAPY

Date: Monday, October 5, 2009
Time: 8:30 a.m. – 4:00 p.m.
Fee: \$159.00 (lunch included)
Location: 1451 S. California Avenue, Palo Alto, CA 94304
Credits: BRN 7.5 CE Hrs.
 ANCC 6.25 CE Hrs.

As oncology nurses, one of our greatest challenges is managing our patient's symptoms related to chemotherapy and biotherapy. There is nothing more gratifying, for you and your patient, than successfully managing these symptoms when they arise.

Program Highlights:

- Symptom management related to chemotherapy/biotherapy including
 - GI, mucosal toxicities
 - Hepatotoxicity
 - Neuro
 - Pulmonary
 - Cardiac
 - Nephro
 - Palliative care
 - Sexuality/fertility

SESSION THREE: ONCOLOGY EMERGENCIES

Date: Monday, October 12, 2009
Time: 8:30 a.m. – 4:00 p.m.
Fee: \$159.00 (lunch included)
Location: 1451 S. California Avenue, Palo Alto, CA 94304
Credits: BRN 7.5 CE Hrs.
 ANCC 6.25 CE Hrs.

Sharpen your skills in assessing and managing oncology emergencies.

Program Highlights:

- Disseminated Intravascular Coagulation
- Sepsis
- Hypercalcemia
- Anaphylaxis
- Tumor Lysis Syndrome
- Syndrome of Inappropriate Antidiuretic Hormone
- Cardiac Tamponade
- Superior Vena Cava Syndrome
- Spinal Cord Compression

ONS Chemotherapy and Biotherapy Course

Date: Thursday, October 8 and Thursday, October 15, 2009
Time: 8:00 a.m. – 4:30 p.m.
Fee: \$295.00 (lunch included)
Location: 1451 S. California Avenue, Palo Alto, CA 94304
Credits: 13.5 CE Hrs. (ONS BRN Provider Number 2850)
ANCC 13.5 CE Hrs.

We are pleased to offer the Oncology Nursing Society (ONS) Chemotherapy and Biotherapy Course. Participants must be licensed RNs with six months of oncology nursing experience. All content will be based on the new ONS Chemotherapy and Biotherapy Guidelines providing a comprehensive review of the knowledge needed to administer cytotoxic and biotherapeutic agents.

Upon successful completion of the course and post-test, participants will receive an ONS Chemotherapy and Biotherapy Provider Card which is valid for two years. This card validates the participant has the theoretical foundation needed to administer cytotoxic and biotherapeutic agents. This is not a certification course; individual institutions are responsible for determining their own requirements based on internal policies for assessing clinical competency in chemotherapy and biotherapy administration.

Prerequisite: Six months of oncology nursing experience

Faculty from Stanford Hospital and Clinics

Dinner and CE's

Master the Tango of Listening

Date: Thursday, October 8, 2009
Time: 5:30 p.m. – 8:00 p.m.
Fee: \$100.00
Location: 1451 S. California Avenue, Palo Alto, CA 94304
Credits: BRN 2.5 CE Hrs.



Don't Miss this New Program presented by Paul Konasewich, the co-founder of Supportive Listening.

Learn to provide emotional support for distressed patients without getting burned out. You'll come away with stronger listening skills and a model for healthy caregiver relationships. By applying these skills, you can decrease the Emotional Drain of Listening.

In this interactive dinner program, you'll learn what causes emotional drain and how to regulate the level of intensity. You will also learn about the "support triangle" and how it can help you navigate stressful interactions.

This program uses exercises and group discussion to give all healthcare professionals specific tools for healthy listening techniques.

Program Highlights

- Develop better natural listening skills, without pat phrases or parroting
- Get a simple way to quickly check in as a listener, without getting tangled in the issue
- Learn a method for supporting co-workers who have had a tough experience
- Get tips on how to take care of yourself as a listener
- Find out when to avoid directiveness in interactions
- Create a simple development plan for strengthening your listening skills
- Find out what NOT to say as a listener

Faculty:

PAUL KONASEWICH, MBA, is co-founder of Supportive Listening and an innovator in listening education and research. He is also the current President of the Bay Area Organization Development Network. Paul has post-graduate training in Bowen Family Systems from the Georgetown Family Center, along with over 10 years of management experience in high stress environments.



THANK YOU TO THOSE WHO SUPPORTED STANFORD UNIVERSITY SCHOOL OF NURSING OVER THE YEARS, AND WHO NOW SUPPORT NURSING CONTINUING EDUCATION.

3rd Annual Innovations with Pain Management: Beyond the Basics

Date: Tuesday, October 13, 2009
Time: 8:00 a.m. – 4:30 p.m.
Fee: \$159.00 (lunch included)
Location: 1451 S. California Avenue, Palo Alto, CA 94304
Credits: BRN 8.0 CE Hrs.



The science and practice of pain management is constantly changing. In this updated course you will learn about the most up-to-date pain management techniques/strategies and how these are affecting the way both acute and chronic pain is managed. The role of medications, interventions and complementary treatment modalities for acute and chronic pain management will be explored.

You will learn how the paradigms of mind/body therapy and functional rehabilitation work to synergistically promote long-term pain management. Additionally you will learn strategies to empower the patient in self-management.

You will hear from a Bay Area Researcher in Addiction Medicine, and how the problem of addiction is influenced by and influences the way pain management is approached in this unique patient population.

Hypnosis was discovered by a Viennese physician, Friederich Anton Mesmer in the 1700's. The first book on acupuncture was written about 200 BC. Dr. Spiegel and Dr. Ratner will update your knowledge on the modern day use of these powerful therapies in pain management.

Palliative care is an interdisciplinary specialty that aims to relieve suffering and improve quality of life for patients with advanced illness. Dr Harman will discuss The Palliative Care Consult Service at Stanford; its origins, available services and therapeutic goals.

Program Highlights:

- Role of medications
- Interventions: beyond steroid injections
- Selected cases in pain management
- Addiction

Faculty from Stanford Hospital and Clinics:

MEREDITH BARAD, MD, Clinical Instructor, Anesthesia and Pain Management

IAN CARROLL, MD, MS, Clinical Instructor, Anesthesia and Pain Management

STEPHANIE HARMAN, MD, Director, Palliative Care Inpatient Consult Service

JOSHUA KIRZ, PHD, Clinical Assistant Professor, Anesthesia and Pain Management

MICHAEL LEONG, MD, Clinical Instructor Anesthesia and Pain Management

SEAN MACKEY, MD, PHD, Director, Pain Management; Associate Professor, Anesthesia and Pain Management

TRACEY MALLICK-SEARLE, MS, RN, NP, Senior Nurse Practitioner, Pain Management

RAVI PRASAD, PHD, Clinical Assistant Professor, Anesthesia and Pain Management; Director Stanford Comprehensive Inpatient Pain Program (SCIPP)

EMILY RATNER, MD, Co-Director, Division of Medical Acupuncture

DAVID SPIEGEL, MD, Director, Stanford Center for Integrative Medicine

JODIE TRAFTON, PHD, Assistant Clinical Professor (affiliated), Department of Psychiatry and Behavioral Sciences, Stanford University

Top Drugs to Know at the Bedside: Pharmacology Update

Date: Wednesday, October 21, 2009
Time: 8:00 a.m. – 4:30 p.m.
Fee: \$159.00 (lunch included)
Location: 1451 S. California Avenue, Palo Alto, CA 94304
Credits: BRN 8.0 CE Hrs.
 ANCC 7.0 CE Hrs.



The administration and monitoring of medications is one of the skills that separate the licensed from the unlicensed care provider. It is difficult, if not impossible, to stay up to date on new drugs as they enter the market. This session will review the commonly used agents in acute and critical care with a focus on cardiac and hematology medications.

The principles of pharmacodynamics, pharmacokinetics and pharmacotherapeutics will be reviewed and applied to bedside nursing practice. The current evidence-based guidelines will be outlined where indicated. The medications that will be discussed have incredible life saving properties and need to be administered with knowledge and confidence because the potential complications can be deadly. Although bedside nurses do not have prescriptive authority they are responsible for the safe administration and skilled monitoring of the drugs their patients are taking. This is essential knowledge for professional practice.

Program Highlights:

- Administering common and dangerous drugs with confidence
- Pharmacodynamics, pharmacokinetics and pharmacotherapeutics
- Common cardiac medications for heart failure, hypertension, dysrhythmias and ACLS
- Agents used to treat clotting and bleeding disorders and those used to prevent and/or treat the DVT

Faculty:

CAROL A. RAUEN, RN, MS, CCNS, CCRN, PCCN, – see next column



THANK YOU TO THOSE WHO SUPPORTED STANFORD UNIVERSITY SCHOOL OF NURSING OVER THE YEARS, AND WHO NOW SUPPORT NURSING CONTINUING EDUCATION.

PCCN Review Course

Date: Thursday, October 22 and Friday, October 23, 2009
Time: 8:00 a.m. – 4:30 p.m.
Fee: \$350.00 (lunch included)
Location: 1451 S. California Ave., Palo Alto, CA 94034
Credits: BRN 16.0 CE Hrs.
 ANCC 14.0 CE Hrs.

This two-day intense progressive care review course is intended for nurses who are planning to take the AACN-PCCN certification exam or as a clinical practice review seminar. The lectures will cover all body systems, physiology, pathophysiology, assessment strategies and treatment options for medical and surgical progressive care patients. This course will benefit those who have progressive care experience and need/want a clinical update and review of the latest best practice and those who have studied and need/want a final review prior to taking the PCCN certification exam. This seminar and is recommended for nurses with at least one year of progressive care experience.

This course is based on the new 2009 PCCN test blueprint and exam.

Program Highlights

- Common progressive care needs of patients with single and multi-system organ abnormalities
- Assessment strategies and treatment options for common acute care problems
- Pathophysiology for single and multi-system dysfunction and discuss the pharmacological management for each
- The AACN synergy model of caring and blueprint for the PCCN certification exam

Faculty:

CAROL A. RAUEN, RN, MS, CCNS, CCRN, PCCN, has over twenty years experience in critical care, including roles as staff nurse, nurse clinician, nurse manager, critical care educator, and clinical nurse specialist. She has worked in Coronary Care, Surgical/Trauma ICU, Cardiovascular ICU and the Emergency Department. Carol currently serves as a critical care educator and consultant and works clinical in the SICU at the Washington Hospital Center, a 960 bed level 1 trauma center in Washington D.C. She has published widely in the nursing literature, including six book chapters in major critical care nursing texts. Carol is an experienced lecturer and nurse educator, having spoken at the American Association of Critical Care Nurses (AACN) National Teaching Institute (NTI) for fourteen years, and she lectured nationally for Barbara Clark Mims and Associates.

Beyond the Basics of 12 Lead ECG

Date: Day One: Monday, November 2, 2009
Day Two: Tuesday, November 3, 2009

Time: 8:30 a.m. – 4:00 p.m.

Fee: \$159.00/day or \$300.00 both days (lunch included)

Location: 1451 S. California Avenue, Palo Alto, CA 94304

Credits: BRN 7.5 CE Hrs./day



Accurate interpretation of the 12 lead ECG is a useful clinical skill that many nurses find challenging to master. Mastery requires not only skill at reading basic ECG rhythms, but also the ability to visualize the electrical and myocardial systems of the heart in three-dimensions.

In this unique two-day class, participants will construct a model of the heart from everyday craft materials, and construct tools that will be used to identify alterations in cardiac axis. The class also discusses ECG changes seen with acute coronary syndromes, bundle branch blocks, hemi-blocks, and ectopy versus aberrancy. Case study examples and 12 lead ECG practice are used throughout the two day program. You may register for one day or two days

Prerequisite to attend the class: Ability to read basic ECG rhythms

Day One Program Highlights:

- Cardiac anatomy
- Construct a 3-dimensional model of the heart
- The normal 12 lead ECG - lead polarity
- Acute coronary syndromes
- Endocarditis, Myocarditis and Pericarditis
- Wolff-Parkinson-White (WPW)
- ECG rhythm practice

Day Two Program Highlights:

- Axis Determination
- Normal Axis, LAD, RAD, and “No Man’s Land”
- Construct a Hexaxial Reference Wheel
- Right and Left Bundle Branch Blocks
- Wide Complex Tachycardias: VT versus SVT
- 12 lead ECG practice with axis

Faculty:

MARY LOUGH, RN, MS, CNS, CCRN, CNRN, Critical Care Clinical Nurse Specialist, Stanford Hospital and Clinics, and Clinical Professor in the Department of Physiological Nursing at the University of California, San Francisco.

Obstructive Sleep Apnea:

THE RAMIFICATIONS OF SLEEPINESS AND STATE-OF-THE-ART MANAGEMENT AND TREATMENT

Date: Wednesday, November 4, 2009

Time: 8:30 a.m. – 4:00 p.m.

Fee: \$159.00 (lunch included)

Location: 1451 S. California Avenue, Palo Alto, CA 94304

Credits: BRN 7.5 CE Hrs.
ANCC 6.25 CE Hrs.



Don't miss this new program on Sleep Disorders. Did you know that sleepiness accounts for 10% of fatal car accidents? And 36% of the population suffers from sleep loss?

Join us for this all-day program and learn about the symptoms and treatments for Obstructive Sleep Apnea or OSA. From predisposing factors to familiar characteristics, this program will answer all your questions through lecture and open discussion. Learn about the relationships of OSA with ethnicity and gender, diabetes, and cardiovascular issues. Hear about the latest research and treatments for snoring from non-invasive devices to surgical procedures. Share in the discussion of patient scenarios and nursing implications for post operative patients especially for those high risk patients with OSA. This program will keep you awake all day, yet give you tips on how to sleep better and longer at night.

Program Highlights:

- The complexities of the sleep cycle: The normal and abnormal sleep patterns
- Sleep disorders and sleep apnea
- Airway assessment
- Devices: CPAP, BIPAP, and behavioral management
- Surgical interventions – when other treatments don't work
- Patient management tips
- Hear about the Epworth Sleepiness Scale

Faculty from Stanford Hospital and Clinics:

CLETE A KUSHIDA, MD, PHD, Associate Professor, Acting Medical Director, Stanford Sleep Disorders Clinics, Director, Stanford Center for Human Sleep Research

PAMELA SCHREIBER, RN, MS, Clinical Nurse Specialist, Orthopedic and Trauma Specialties

ERIC TOMLINSON, BS, RRT, RCP, Assistant Director, Respiratory Care Services

AND OTHER ESTEEMED FACULTY FROM STANFORD HOSPITAL AND CLINICS

Certified Emergency Nurse (CEN) Review Course

Date: Thursday, November 5, and Friday, November 6, 2009
Time: 8:00 a.m. – 4:30 p.m.
Fee: \$350.00 (lunch included)
Location: 1451 S. California Avenue, Palo Alto, CA 94304
Credits: BRN 16.0 CE Hrs.
 ANCC 14.0 CE Hrs.



This two-day seminar is designed for nurses preparing for the Certified Emergency Nurse (CEN) examination, and for any nurse interested in reviewing the concepts and standards of care necessary for emergency nursing practice. The course will review the major areas of test focus, and the provided syllabus will cover all current test content. This course cannot guarantee that all participants will pass the certification exam. It is the responsibility of individual participants to take the necessary time to review, study and gain mastery of the required topics for personal success.

Course Objectives:

- Recognize specific physiological presentations and clinical signs indicative of specific emergency diagnoses
- Describe appropriate nursing interventions and medical treatment modalities for specific emergency conditions
- List appropriate pharmacological treatment modalities for specific emergency conditions
- Discuss test taking strategies

Course Topics:

- Cardiac Emergencies
- Gastrointestinal Emergencies
- OB/GU/GYN Emergencies
- Ocular, ENT and Maxillofacial Injuries
- Orthopedic Emergencies and Wound Management
- Neurological Emergencies
- Psychiatric Emergencies
- Respiratory Emergencies
- Patient Care Management
- Substance Abuse, Environmental and Toxicological Emergencies
- Multi-system Shock and Trauma
- General Medical Emergencies and Communicable Diseases
- Professional Issues

Faculty:

CHERYL RANDOLPH, RN, MSN, CCRN, CEN, FNP-BC, has been practicing critical-care nursing for the past 21- years in ED, PICU, ICU and PACU. She has taught nursing at both the associate and baccalaureate levels, and has lectured at numerous local and national conferences, including the national ENA Scientific Assemblies, where she will be a featured speaker this year.

It's About Time: Manage Your Time to Improve Quality of Life

Date: Tuesday, November 10, 2009
Time: 8:30 a.m. – 4:00 p.m.
Fee: \$159.00 (lunch included)
Location: 1451 S. California Avenue, Palo Alto, CA 94304
Credits: BRN 7.5 CE Hrs.

Time is arbitrary and fixed. Despite your attempts, you can't manage time, only yourself. This engaging seminar focuses on practical ways to improve the quality of your life. Relevant research and practical tools are offered to help better equip you for the competing demands and intensity of a health-care environment. Don't delay. Mark your paper or electronic calendar now!

Program Highlights:

- Identify personality-based components of time management – why one approach does not fit all
- Eliminate “time traps”
- Improve control over the email deluge
- Prioritize your time so you get what you want from your minutes
- Identify the keys to successful delegation
- Plan for success

Faculty:

MEG KARAKEKES, MA, PHD, is a consultant with extensive experience improving productivity in high tech and healthcare settings. She is known for interactive seminars in which participants leave with practical tools they can immediately apply.

D. MARK ANDREWS, RN, MA, Staff Nurse, Emergency Department, Stanford Hospital and Clinics, is an experienced critical care and emergency room nurse. Prior to his nursing career, he held Sr. Director and Vice President roles in consulting and management, primarily in healthcare. He easily relates coaching scenarios and challenges to healthcare settings using insightful anecdotes based on his experiences.

The Power and Beauty of Professional Nursing



Date: Thursday, November 12, 2009
Time: 8:30 a.m. – 4:00 p.m.
Fee: \$159.00 (lunch included)
Location: 1451 S. California Avenue, Palo Alto, CA 94304
Credits: BRN 7.5 CE Hrs.
 ANCC 6.25 CE Hrs.

Nursing has a unique opportunity to provide leadership at the point of care through its direct and indirect access to the patient over time. This time-related practice consistently places registered nurses in close proximity to the patient, nursing is always present. This situation distinguishes nursing from other professions and positions RNs as key decision makers within the organization and on the interdisciplinary team.

Nursing's authority and responsibility for continuous oversight and care coordination places RNs in a powerful position to influence the quality of patient care, patient safety and the environment of practice. Through its leadership, nurses can impact the point of care by creating the environment for professional practice to thrive.

Clinicians and managers together can firmly establish the value of nursing from the unique role of the RN in the delivery of high quality care. In this complex healthcare environment it is important that nurses clearly be able to articulate to the consumer the power and beauty of the professional nursing.

Program Highlights:

- How nurses are in a powerful position to influence the quality of patient care, patient safety and the environment of practice.
- Discussion of the unique role of the RN in the delivery of high quality care
- The importance of nurses being able to clearly articulate to the consumer the power of the professional nursing.

Faculty:

MARIA W. O'ROURKE, DNSC, RN, FAAN, CHC, is a nationally known expert on the use of the professional RN role within an interdisciplinary team. Her "Back to Basics" approach paints a clear picture of the pivotal decision making role the RN plays in the delivery of quality patient care and sets the stage for building strong role relationships within the clinical team.



THANK YOU TO THOSE WHO SUPPORTED STANFORD UNIVERSITY SCHOOL OF NURSING OVER THE YEARS, AND WHO NOW SUPPORT NURSING CONTINUING EDUCATION.

From Supplements to Spices: Nutrition for Optimal Health

Date: Friday, November 13, 2009
Time: 8:30 a.m. – 4:00 p.m.
Fee: \$159.00 (lunch included)
Location: 1451 S. California Avenue, Palo Alto, CA 94304
Credits: BRN 7.5 CE Hrs.

We are inundated with conflicting, confusing information from researchers, healthcare providers, and the media. This one-day program will help you decipher what nutritional options support optimal health for you and your patients. You will also learn how to practically apply some culinary and mindfulness techniques to you and your patients' everyday life.

Herbs and Spices have been used for generations to treat ailments and enhance cooking. We'll combine the two in this culinary adventure around the world and into their medicinal properties. We'll discuss historical and modern day uses of plants and look at cooking techniques that enhance their magical effects! We'll close with a mini cooking demo on ways to heighten your health and please your palate, all at the same time. Tasting included!

Program Highlights:

- Supplement Savvy: Swallowing Hype or Health?
- Macrobiotics for Healthy Living
- Flax or Fish Oil: The Role of Omega-3 Fatty Acids in Diet and Disease
- Mindful Eating: Turning Simple Behavior into Sensory Delight
- Spice it Up! Cooking with Medicinal Herbs and Spices

Faculty:

ELLEN M. DINUCCI, MA, Inside Alive, Personal and Professional Coach, Cancer Clinical Trials Recruitment Specialist, Stanford University School of Medicine

CHRISTOPHER D. GARDNER, PHD, Associate Professor of Medicine, Stanford Prevention Research Center

ALISON J. RIGBY, PHD, MPH, MS, RD, CDE, Assistant Adjunct Professor, University of California, San Francisco, School of Nursing

CHEF LAURA STEC, Laura Stec – Innovative Cuisine; Culinary Health Educator, Kaiser Permanente; Adjunct Faculty, International Culinary School at the Art Institute of CA; Author, Cool Cuisine – Taking the Bite out of Global Warming Diet

COURSE COORDINATOR: ELLEN M. DINUCCI, MA

Beyond Survival of the Fittest: Organizational Change

Date: Tuesday, December 1, 2009
Time: 8:30 a.m. – 4:00 p.m.
Fee: \$159.00 (lunch included)
Location: 1451 S. California Ave., Palo Alto, CA 94304
Credits: BRN 7.5 CE Hrs.



This fact-filled session, while providing a solid overview of principles, challenges participants to gain understanding of organizational change concepts with a practical step-by-step process. You will explore the personal side of change and appreciate the “resistance” phase as a tool for transformation and how this is a critical success.

Learn how those most adaptable to change thrive. Provocative appreciative inquiry and dialogue to stimulate participant sharing of real-time scenarios will no doubt be engaging.

Program Highlights:

- Understand and make sense of the phases of the change process
- Appreciate the point of readiness for change
- Understand transition and work it!
- Explore and embrace resistance as natural
- Get an overview of organizational and the human side of change
- “Keeping it Real” dialogue and idea exchange

Faculty:

SANTALYNDA MARRERO, EDD, is a human resources professional and organization development practitioner with extensive internal and external consulting experience. After twenty years as an internal consultant she branched out with great success developing her own consulting practice working in an array of public and private sectors across the country. Her broad range of consulting, coaching, facilitation and training skills make her adept at helping develop individuals, teams and organizations. She is Spanish bilingual, bi-literate, and bi-cultural. She has facilitated, trained in leadership and diversity/inclusion in Latin America (Brazil, Venezuela, and Mexico.) Santalynda received her doctorate in Psychology/Education from Rutgers University.

Nursing Implications of Laboratory Tests

Date: Wednesday, December 2, 2009
Time: 8:30 a.m. – 4:00 p.m.
Fee: \$159.00 (lunch included)
Location: 1451 S. California Ave., Palo Alto, CA 94304
Credits: BRN 7.5 CE Hrs.
ANCC 6.25 CE Hrs.

This course is designed for nurses interested in obtaining a better understanding of how to use laboratory data to plan nursing care. The laboratory tests chosen for discussion will include basic hematology and coagulation tests, electrolytes, renal function tests, ABGs, enzymes, lipids and bilirubin levels. Case studies will be used to demonstrate how to interpret abnormal results and formulate nursing diagnoses. Participants are asked to bring examples of lab slips from their agency.

Program Highlights:

- How age, gender, pregnancy, drugs and other variables change reference values
- The effects of common pathological conditions on selected laboratory tests
- Possible nursing diagnoses from given case studies with abnormal lab values
- Recent developments in laboratory testing

Faculty:

JANE VINCENT CORBETT, RN, EDD, is Professor Emerita, School of Nursing, University of San Francisco. The seventh edition of her book *Laboratory Tests and Diagnostic Procedures with Nursing Diagnoses* was published in 2004. The book has also been translated into Spanish.



THANK YOU TO THOSE WHO SUPPORTED STANFORD
UNIVERSITY SCHOOL OF NURSING OVER THE YEARS, AND
WHO NOW SUPPORT NURSING CONTINUING EDUCATION.

Strategies for Nurturing Resilience in Complex Organizations



USING CONFLICT COACHING AND INTEGRATIVE THINKING TO RECONNECT TO WHAT IS MEANINGFUL IN YOUR WORK

Date: Friday, December 4, 2009
Time: 8:30 a.m. – 4:00 p.m.
Fee: \$159.00 (lunch included)
Location: 1451 S. California Ave., Palo Alto, CA 94304
Credits: BRN 7.5 CE Hrs.
 BBS 7.5 CE Hrs.

The chronic tensions of cost containment, quality and safety, resource shortages, and increased demand for services have many people questioning, “How much longer can I last?”

Rapidly changing and increasingly complex work environments that result in fragmentation, complexity and conflict are prime contributors to the sense of overwhelm felt by a majority of health professionals. Conflict avoidance and disengagement contribute not only to escalated situations but also to loss of personal well-being. Finding ways to engage without compromising our core values can result in improved job satisfaction and peace of mind. This interactive and evidence-based workshop will introduce approaches for increasing personal resilience by reconnecting with the original purpose of our work and linking it to awareness of our personal capacity for engaging in conflict in complex environments.

Using conflict coaching and integrative thinking exercises, participants will leave with an increased awareness of their own conflict competency, an alternative approach for addressing paradox, and a renewed sense of purpose. Conflict coaching: a process of guided reflection with a conflict engagement specialist to discover personal strategies and insights for responding to difficult situations. Integrative thinking: the ability to constructively deal with opposing or paradoxical situations without choosing one option at the expense of the other. Example: The tension between cost cutting and improving quality

Program Highlights:

- Our common purpose as health professionals and ways in which we can reconnect with what is meaningful in our work.
- The model of integrative thinking and practice skills for expanding your ability to get past “either-or” thinking.

- Practice skills for reflecting on your own conflict competencies and how they can impact your ability to stay engaged in difficult situations.
- Techniques for incorporating your new insights into day-to-day workplace interactions.

Faculty:

DEBRA GERARDI, RN, MPH, JD, is a mediator and conflict engagement specialist providing mediation, facilitation, system design, and conflict engagement training programs for healthcare organizations internationally. She has provided professional services to over 100 leading healthcare organizations including the Joint Commission, AHRQ, the World Health Organization, the American Medical Association, the Center for American Nurses, the Department of Defense Patient Safety Program, and the Oregon Patient Safety Commission. She has worked in and with healthcare organizations for 30 years. Debra was the primary contributor to the 2008 Joint Commission Sentinel Event Alert – Unprofessional Conduct that Undermines Safe Patient Care.



THANK YOU TO THOSE WHO SUPPORTED STANFORD UNIVERSITY SCHOOL OF NURSING OVER THE YEARS, AND WHO NOW SUPPORT NURSING CONTINUING EDUCATION.

Usage and Laws for Narcotic Prescribers



Date: Friday, December 11, 2009
Time: 1:00 pm – 4:00 p.m.
Fee: \$75.00
Location: 1451 S. California Avenue, Palo Alto, CA 94304
Credits: BRN 3.0 CE Hrs.

See page 2 for description.

Adult Critical Care Series

PUT YOUR CAREER IN GEAR WITH THE STANFORD
CRITICAL CARE CERTIFICATE PROGRAM!

Adult Critical Care Certificate Program

The Stanford Center for Education is proud to offer a Certificate of Completion in Adult Critical Care Nursing. The certificate shows that the student has undertaken a comprehensive range of classes related to care of the adult critical care patient. It is intended to support the nurses' professional commitment to professional advancement in this field. A nurse may choose to list completion of this series of classes on his/her curriculum vitae. This certificate offers Level II advanced study in both cardiovascular and critical care nursing.

The requirement for the certificate of completion is attending the six classes in the adult critical care series listed below.

You may take up to two years to complete the program. Submit copies of your CE certificates to the Center for Education. A Stanford Critical Care Certificate of Completion will be mailed to you promptly.

Adult Critical Care Series

The Adult Critical Care series presented by renowned physicians and nurses from Stanford University Medical Center provides a unique opportunity for nurses to receive a broad range of advanced critical care theory and the most up-to-date patient care practices.

- Essentials for the New Trauma Critical Care Nurse
- Cardiothoracic Surgical Interventions
- Neurologic Dysfunction
- Pulmonary Dysfunction
- Metabolic Dysfunction
- Cardiac Dysfunction

Time: 8:30 a.m. – 4:00 p.m.
Fee: \$159.00/day (includes lunch)
or attend all 6 sessions and save \$50.00.
Location: 1451 S. California Ave. Palo Alto, CA 94304
Credits: BRN 7.5 CE Hrs./day
ANCC 6.25 CE Hrs./day

Course Coordinators from Stanford Hospital & Clinics:

MARY E. LOUGH, RN, MS, CNS, CCRN, CNRN, Critical Care Clinical Nurse Specialist

JULIE A. SHINN, RN, MA, CCRN, FAAN, Cardiovascular Clinical Nurse Specialist

Course Descriptions:

NEUROLOGIC DYSFUNCTION

Date: Friday, January 29, 2010

This course addresses neuroanatomy, physiology and pathophysiology, neurologic assessment as well as nursing management of intracranial pressure monitoring, stroke, intracerebral bleeds, neurosurgery, and neuro-interventional catheter procedures. Content is integrated using clinical case studies.

CARDIOTHORACIC SURGICAL INTERVENTIONS

Date: Wednesday, March 10, 2010

Course content focuses on the surgical interventions used in the treatment of cardiothoracic disease. Participants will get a glimpse of some of the new procedures that are found in the larger medical centers such as the maze procedure for atrial fibrillation and valvular reconstruction.

ESSENTIALS FOR THE NEW TRAUMA CRITICAL CARE NURSE

Date: Friday, April 16, 2010

This course is intended for nurses with critical care experience who want to expand their clinical horizons to include care of trauma patients in the ICU. Content includes primary and secondary trauma assessment skills, mechanism of injury, triage, and life-sustaining interventions for trauma related conditions.

CARDIAC DYSFUNCTION

Date: Wednesday, May 12, 2010

Course content addresses care of the cardiac patient across the continuum. Acute cardiac disease such as myocardial infarction is discussed as are the long term consequences of dysrhythmias, heart failure, and cardiogenic shock.

METABOLIC DYSFUNCTION

Date: Friday, June 4, 2010

Course content will cover the interconnected endothelial and hormonal pathways that exist in endocrine disorders, shock states, infectious disease, and acute abdominal organ dysfunction. Case studies are used to explore the impact on specific organ systems and discuss related treatment options.

PULMONARY DYSFUNCTION

Date: Wednesday, September 22, 2010

This course addresses the fascinating pathophysiology behind adult respiratory distress syndrome and the complexity of its treatment. New modes of ventilator therapy and treatment strategies are outlined.

Learn at your own pace in a convenient time and place. To order your home study, use the registration form on page 20. Certificates are mailed promptly after your home study post-test is returned.

CQ STYLE: THE INTELLIGENT ART OF WORKING WITH PEOPLE FROM OTHER CULTURES

BRN: 15 contact hours
\$69.00



How many times a day in your personal or professional life do you interact with someone from another culture? Would you like to increase your awareness and ability to communicate in these circumstances with greater ease? Developing your “CQ” can help. CQ or Cultural Intelligence is the capacity to understand and work effectively with people from diverse cultural backgrounds. The good news is cultivating Cultural Intelligence is a skill that can be learned. This program will help you identify your own cultural style and determine that of others in six key areas: management, strategy, planning, personal communication and reasoning. It includes practical tips for optimizing communication with non-native English speaking persons.

Includes the text: *Cultural Intelligence: A Guide to Working with People from Other Cultures* by Dr. Brooks Peterson

THE SCIENCE OF SHUT-EYE: SLEEP FROM A TO ZZZZ (A FOUR PART SERIES)

BRN 7.5 contact hours per series; 30 contact hours if all four are done
Each course \$39.00; Order 2 \$69.00; Order 3 for \$89; Order all 4 for \$99.00

Healthful sleep has been proven to be the single most important predictive factor in longevity, more so than diet, exercise, or heredity. Unfortunately, a good night’s sleep remains an elusive dream for many. In the United States, sleep disturbance or insomnia is the third most common patient complaint after headaches and cold symptoms. The cost of accruing sleep debt is steep resulting serious chronic illness and injury. According to Dr. William Dement, founder of the Stanford University Sleep Research Center “Unhealthy sleep remains America’s largest, deadliest and most costly health problem. Lack of awareness about sleep deprivation is a national emergency.” This comprehensive four-part series covers the gamut of sleep related topics and provides valuable information to optimizing one’s sleep hygiene and health.

Part One: The Biology of Sleep

- Overview of sleep research
- Sleep debt: Nature’s loan shark
- Our biological clock: What makes it tick?

- Circadian rhythm function throughout the life cycle

Part Two: Sleep Disorders

- Insomnia: A sleep thief
- Snoring and sleep apnea: The midnight stranglers
- Narcolepsy, sleep waking, night terrors, and other sleep disorders
- Dazed and confused: The impact of sleep deprivation in daily life

Part Three: The Good “Snooze” About Sleep

- Impact on longevity and the immune system
- The biological clock and mood
- Sweet dreams: The mechanism and their meaning
- The late night muse: Creativity, productivity, and learning

Part Four: A Prescription for Healthy Sleep

- Assessing your sleep needs
- Learning to manage common sleep crises such as jet lag, shift work, and time changes
- Guidelines and resources for seeking medical attention
- Strategies for a sleep-smart lifestyle
- Sleep camp: A three week strategy for improving your sleep hygiene and regaining your vitality

Includes the text: *The Promise of Sleep: A Pioneer in Sleep Medicine Explores the Vital Connection Between Health, Happiness, and a Good Night’s Sleep* by William C. Dement MD, PhD and Christopher Vaughan

WORKING WITH YOU IS DRIVING ME CRAZY: SANE SOLUTIONS FOR MANAGING DIFFICULT PERSONALITIES IN THE WORK PLACE

BRN 15 contact hours
\$69.00

One of the toughest parts of any job is dealing with the people around you. If you find yourself feeling frustrated, angry, disillusioned or a bit crazed by the people you work with then your best shot at improving your sanity and work satisfaction according to psychotherapist Katherine Crowley and business consultant Kathy Elster is by mastering your state of mind. This course will help you uncover the common emotional traps managers and employees fall into and give you tools to get out.

Highlights

- How to take charge of your reactions and unhook from emotionally charged situations
- Protect your work territory from “boundary busters”
- The seven stages of a fatal attraction at work and how to escape the toxic effects
- Managing Up: Five pivotal practices of managing the people above you

- Dealing with difficult and extreme bosses
- Managing down: Four key principles for business parenting
- How to assess the corporate culture of your workplace and determine if it is the best fit for you.

Includes the text: *Working with You is Killing Me: Freeing Yourself from Emotional Traps at Work* by Katherine Crowley and Kathi Elster

CLINICAL

MENOPAUSE: THE MID-LIFE METAMORPHOSIS (THREE PART SERIES)

BRN 10 contact hours per series; 30 if all three are done
Each course \$49.00; Order 2 \$79.00; Order all 3 \$99.00

Menopause doesn't have to be the dreaded curse of aging characterized by drenching hot flashes and wild mood swings. According to best selling author Dr. Christiane Northrup, the "change" is not simply a collection of physical symptoms to be "fixed" but a mind-body revolution that brings the greatest opportunity for growth since adolescence. This comprehensive three-part series covers the spectrum of health issues relevant to over 42 million American women currently in their midlife years.

Part One

- Menopause as a wake up call- recognizing and heeding its message
- The multiple roles of reproductive hormones
- A menopausal symptom time line
- Psychosocial issues woman often encounter at mid-life
- Hormone replacement therapy options

Part Two

- Five steps to midlife weight control- how to rebalance metabolism shifts and prevent middle-age spread
- A hormone balancing food plan
- Helpful food and herbal supplements
- Creating pelvic health and power
- Sex and menopause – myths and realities

Part Three

- Nurturing the Brain: sleep, depression, and memory
- Cultivating timeless beauty
- Breast health
- How to listen to and love the mid-life heart

Includes the text: *The Wisdom of Menopause* by Christiane Northrup M.D.

I'M HAVING A SENIOR MOMENT: THE AGING BRAIN AND MEMORY

BRN 30 Contact Hours
\$99.00

As we grow older, we experience some decline in memory function but what degree of forgetfulness is part of the normal aging process? This program reviews the latest scientific discoveries in the field of cognitive research as it relates to memory, aging, and disease. It outlines a dynamic 10-step action plan is outlined to improve mental agility and prevent memory loss.

Includes the text: *The Memory Cure: How to Protect Your Brain Against Memory Loss and Alzheimer's Disease* by Dr. Majid Fotuhi, MD, PhD

THE UNFOCUSED MIND: ATTENTION DEFICIT DISORDER IN CHILDREN AND ADULTS

BRN 30 Contact Hours
\$99.00

Over the past decades, there has been a dramatic increase in the diagnosis and treatment research regarding Attention Deficit Disorder (ADD), also referred to as Attention Deficit Hyperactivity Disorder (ADHD). This course explores the myths associated with ADD/ADHD, discusses current research, findings, diagnosis, and treatment options.

Includes the text: *Attention Deficit Disorder: The Unfocused Mind in Children and Adults* by Thomas E. Brown, PhD

THE PLACEBO EFFECT: EXPLORING THE SCIENCE OF THE MIND/BODY CONNECTION

BRN 30 Contact Hours
\$99.00

Since ancient times, humans have believed emotions and health were connected. Research in the emerging field of psychoneuroimmunology has shown there is an inextricable chemical communication link between the mind-brain and health. This course explores the interrelationships of the central nervous, neuroendocrine, and immune systems and how they, in turn, relate to the emotions' and health.

Includes the text: *The Balance Within: The Science Connecting Health and Emotions* by Esther M. Steinberg, MD

LEADERSHIP

LEADERSHIP: AN INSIDE JOB

BRN 30 Contact Hours

\$99.00

According to best-selling author and leadership expert John C. Maxwell, leadership is not an exclusive club for those who were “born with it”. Leadership is developed not discovered. This program will help you identify and develop your leadership skills. Students will learn ten leadership principles that can transform a manager into a leader. These include: Creating Positive Influence, Setting The Right Priorities, Modeling Integrity, Creating Positive Change, Problem Solving, Having The Right Positive Attitude, Developing People, Charting The Vision, Practicing Self-Discipline And Developing Staff

Includes the text: *Developing the Leader Within You* by John C. Maxwell

FOLLOW THE LEADERS: THE HABITS OF HIGH PERFORMANCE

BRN 30 Contact Hours

\$99.00

According to Stephen Covey, an internationally respected leadership authority, true success is a balance of personal and professional effectiveness. In his research Dr. Covey noted that many highly successful people seem to have naturally developed similar habits or behaviors. This program focuses on how perceptions and assumptions can hinder success and outlines a step-by-step approach for developing greater personal and professional effectiveness.

Includes the text: *7 Habits Of Highly Effective People* by Stephen R. Covey, Ph.D.

NO TIME TO LIVE: TIME MANAGEMENT STRATEGIES FOR THE BUSY PROFESSIONAL

BRN 30 Contact Hours

\$99.00

Is your “To do” list doing you in? Does your workload feel insurmountable? Are you working longer hours at the expense of your personal life? According to the Wall Street Journal, the average U.S. executive wastes one hour per day searching for missing information in messy desks and files. Nearly half of all employees polled by LifeCare said time management was the number one source of stress in their life. This program offers practical solutions for improving productivity and achieving a fulfilling balance between your personal and professional life.

Includes the text: *Never Check Your Email in the Morning* by Julie Morgenstern

INTERPERSONAL COMMUNICATION

THE PARENT TRAP: HOW TO FORM A CARING PARTNERSHIP WITH AN AGING PARENT WITHOUT BECOMING THEIR PARENT

BRN 30 Contact Hours

\$99.00

25% of American Families are dealing with elder/parent care issues. This course offers practical guidelines for caregivers and family members having to deal with aging parents who are still competent and living on their own but showing signs of aging. Students will learn how to use of the S.U.R.V.I.V.E problem-solving model that can reduce the time, energy and anxiety frequently encountered in the role as the adult child care giver.

Includes the text: *Are Your Parents Driving You Crazy?: Getting to Yes with Competent Aging Parents* by Joseph A. Ilardo, PhD, LCSW and Carole R. Rothman, PhD

THE PROBLEM OF PLEASING: UNDERSTANDING THE PEOPLE PLEASING SYNDROME

BRN 30 Contact Hours

\$99.00

“People pleasing” is a serious psychological problem that is prevalent among healthcare providers. The need to please others and addiction to their approval can impact an individual’s health, relationships, and effectiveness in their personal and professional life. This program profiles the different type of people pleasers and the associated toxic mindsets, habits and feelings that are associated with this syndrome. Students will be introduced to a 21-day action plan that includes both skills and exercises to break the cycle of people pleasing.

Includes the text: *The Disease to Please* by Harriet B. Braiker, PhD

Life Support Training Center

Call 650-725-9938

DATE	COURSE	FEE*	TIME	CE HRS
Sep 11	Basic Arrhythmia Interpretation for ACLS	\$159.00	8:00 am - 4:30 pm	8.0
Sep 17	ACLS Prep	\$170.00*	8:00 am - 4:30 pm	8.0
Sep 25	ACLS Certification/Recertification Course	\$245.00*	8:00 am - 4:30 pm	8.0
Sep 30	Basic Life Support Provider/Recertification	\$75.00	8:00 am - 2:30 pm	None
Oct 14	ACLS Certification/Recertification Course	\$245.00*	8:00 am - 4:30 pm	8.0
Oct 29	Basic Life Support Provider/Recertification	\$75.00	8:00 am - 2:30 pm	None
Nov 12	ACLS Certification/Recertification Course	\$245.00*	8:00 am - 4:30 pm	8.0
Nov 16	Basic Life Support Provider/Recertification	\$75.00	8:00 am - 2:30 pm	None
Dec 3	ACLS Certification/Recertification Course	\$245.00*	8:00 am - 4:30 pm	8.0
Dec 7	Basic Life Support Provider/Recertification	\$75.00	8:00 am - 2:30 pm	None

* Fee includes new 2006 AHA Advanced Cardiac Life Support Provider Manual.

Course fees for BLS do not include text which is a prerequisite.

COURSE LOCATION: ALL LIFE SUPPORT COURSES WILL BE HELD AT 1451 CALIFORNIA AVENUE, PALO ALTO, CA 94304.

LUNCH NOT INCLUDED IN BASIC LIFE SUPPORT CLASSES.

Course Descriptions

BASIC LIFE SUPPORT FOR HEALTH CARE PROVIDERS (HCP) CERTIFICATION AND RECERTIFICATION

This course focuses on the skills of CPR required for the healthcare provider. Content includes skills needed for adult, child, and infant cardiopulmonary resuscitation (CPR) and treatment of cardiac arrest with an automated external defibrillator (AED). Also covered is recognition of treatment of choking victims of all ages.

BLS – HEALTHCARE PROVIDER (HCP) ONLINE CERTIFICATION

If you have a current BLS – Healthcare Provider card, you can take the online BLS-HCP course (for \$17.50) at www.americanheart.org followed by a manikin skills check (\$75.00) at the Stanford Life Support Training Center. Come prepared to demonstrate skills within a thirty to forty minute time frame. You must be proficient or you will not receive your BLS card. If you have any questions, and to schedule a manikin test, call 650-725-9938.

COURSE FEES DO NOT INCLUDE TEXT, WHICH IS A PREREQUISITE

American Heart Association (AHA) strongly recommends that each student have a textbook:

- *AHA Advanced Cardiac Life Support Provider, 2006* (\$35)
- *AHA ACLS Principles and Practice: ACLS Experienced Provider 2-book set* (\$45)
- *AHA Basic Life Support for Healthcare Providers, 2006* (\$15)
- AHA Heartsaver CPR Text (included in course fee)

The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA and any fees charged for such a course do not represent income to the association.

BASIC EKG ARRHYTHMIA INTERPRETATION FOR ACLS (PART OF ACLS BONUS PACKAGE)

Quick review of cardiac anatomy and physiology as it relates to the electrical conduction system and the cardiac cycle. Through class interaction, the learner will begin to recognize normal electrical conduction and basic arrhythmias. The course will cover the cardiac rhythms often seen in patients with cardiac disease. The course will also cover Advance Cardiac Life Support (ACLS) pharmacological interventions associated with the various stable and unstable cardiac arrhythmias. This course is recommended for people who have little or no knowledge and experience with rhythm interpretation and who wish to become certified in ACLS. This class is a Prerequisite for the ACLS Prep course for those who are not able to interpret basic EKG's.

ACLS PREP (REQUIRED FOR ACLS CERTIFICATION, DAY ONE OF TWO-DAY COURSE)

Are you planning to take ACLS for the first time? Do you have limited experience with critically ill patients? Do you want a review of advanced resuscitation skills? This low-stress, one-day course is designed to assist healthcare professionals with minimal experience in Advanced Cardiac Life Support theory and/or skills to successfully complete the AHA ACLS Provider course. Basic EKG interpretation skills required.

AHA ADVANCED CARDIAC LIFE SUPPORT (ACLS) CERTIFICATION AND RECERTIFICATION ACLS COURSE WITH BASIC LIFE SUPPORT FOR THE HEALTH CARE PROVIDER (HCP) RECERTIFICATION **FREE BLS!**

The Advanced Cardiovascular Life Support (ACLS) Provider Course is designed for healthcare providers who either direct or participate in the resuscitation of a patient, whether in or out of the hospital. The goal of the ACLS Provider Course is to improve the quality of care provided to the adult victim of a cardiac arrest or other cardiopulmonary emergency. BLS Healthcare Provider (HCP) and a current ACLS certification or the ACLS Prep course is a prerequisite.

ACLS Bonus Package

FEE: \$465.00
CREDIT: 24.0 BRN CE Hrs.

First time for ACLS? This three-day bonus package is for health-care providers who have not had ACLS before and/or have no EKG interpretation skills. It includes:

- Day 1: One day course of **Basic** EKG Interpretation Skills for ACLS, September 11, 2009
- Day 2: ACLS Prep Course, September 17, 2009
- Day 3: ACLS Provider Course with BLS Recertification, September 25, 2009. Includes new 2006 AHA Advanced Cardiac Life Support Provider Manual and ECC Handbook.

This package provides the most comprehensive theoretical knowledge and skill development components! Save \$50 off the individual course fees!

\$75.00 cancellation fee

Prerequisites

Prerequisite for BLS-HCP Recertification Course: Current BLS-HCP card. Enclose copies of both sides of your BLS-HCP card.

Prerequisite for ACLS Prep of ACLS Certification Course: ACLS Prep class (see above) or previous ACLS certification and basic EKG interpretation skills. You must enclose a current copy of both sides of AHA BLS Healthcare Provider card with your registration.

Prerequisite for ACLS Recertification Course: Current ACLS & BLS-HCP card(s). Enclose copies of both sides of BLS-HCP and ACLS card(s) with your registration.

If you would like more detailed information about these courses, please call or visit our website: www.cecenter.stanfordhospital.com.

Life Support Training Center – Frequently Asked Questions

QUESTION	ANSWER
What is the cost of the BLS Class?	\$75.00 for the class, \$15.00 for 2006 BLS Student Manual; \$90.00 for class and manual
What is the cost of the ACLS Class?	\$245.00 includes all pre-class material; New AHA 2006 ACLS Student Manuals required
What is the cost of the ACLS Bonus Classes?	\$465.00 includes all pre-class material; New AHA 2006 ACLS Student Manuals required
What classes are included in the ACLS Bonus Package?	Basic EKG Interpretation Skills; ACLS Prep Course with Handbook and ACLS Student Manual; ACLS Provider Course
Can you bill me for the class?	No! You must pay first with Credit Card, Check, or Cash. Check – payable to: Stanford Hospital and Clinics or SHC Employees: Fax a Completed & Signed Educational Assistance form to 650.725.9937
What time is the BLS Class?	7:45 am Registration; 8:00 am – 2:00 pm (no CEU's awarded)
What time is the ACLS Class?	7:45 am Registration; 8:00am – 4:30 pm (CEU's awarded)
Where are the Life Support Training Center classes held?	All classes are held at the SHC's Center for Education: 1451 S. California Avenue, Suite 300 Palo Alto, CA 94304
How do I register for the class?	Download a Registration Form from our website – www.cecenter.stanfordhospital.com Fax the completed form to 650.725.9937
Is the class full?	Check our website – updated weekly: www.cecenter.stanfordhospital.com
Do you offer BLS with ACLS classes?	Yes. Only for BLS Recertification during the ACLS Recertification classes (no extra charge)
What if I have never taken ACLS?	You must take the ACLS Prep Course prior to the ACLS Certification Course and have basic EKG interpretation skills
What is the BLS On-Line Certification Class?	Go to www.Americanheart.org and search "BLS On Line Test" for further information
Do you offer BLS Skills Checks?	Yes. You must have your AHA On-Line Completion Certification to be eligible for the skills check
What is the cost for BLS skills check?	\$75.00 - Call for an appointment
Do you offer PALS or NRPS?	No, call Lucile Packard Children's Hospital at 650.497.8933
Do you offer ATLS?	No, call our Trauma Department at 650.723.7570
For Stanford Employees Only:	
How do I sign up for BLS/Annual Review?	Your Patient Care Manager or Assistant Patient Care Manager will assign this class for you on HealthStream
How do I get an Educational Assistance (Transfer of Funds) form for my manager to sign?	Download an Educational Assistance form from our website: www.cecenter.stanfordhospital.com Fax the completed form to 650.725.9937
How do I get onto HealthStream from home to do my required modules?	Use the correct HealthStream URL: www.healthstream.com/hlc/stanford
Who can I call for further information?	Teresa Garcia at 650.725.9938 or Vickey Weir at 650.725.4611

Registration Form for Non-Stanford Employees

TO REGISTER, CALL 650.723.6366, press option 2 (TTY 650.723.5136) (CREDIT CARD) OR MAIL THE REGISTRATION FORM BELOW OR FAX YOUR REGISTRATIONS TO 650.725.9937.

NAME (print clearly) _____ EMPLOYER _____

HOME ADDRESS _____ RN LICENSE _____

CITY _____ STATE/ZIP _____ CREDIT CARD # _____

HOME PHONE _____ EXPIRATION DATE _____ CHECK ENCLOSED

EMAIL ADDRESS _____

I HAVE REVIEWED THE CANCELLATION POLICY _____ (initial)

PLEASE REGISTER ME FOR THE FOLLOWING PROGRAMS

(Note: We reserve the right to make program changes. You must attend the entire course to receive CE credit. If you have special requirements needing accommodation, please notify us in advance. We do not have accommodations for children. Stanford Hospital and Clinics is a nonsmoking facility.)

DATE	TITLE OF COURSE	FEE CALCULATION
_____	1 _____	\$ _____
_____	2 _____	\$ _____
_____	3 _____	\$ _____
Applicable Stanford Advantage Club Discount (does not include Life Support Classes):		\$ _____
HOME STUDY: TITLE: _____ (no discount on Home Studies)		\$ _____
TOTAL AMOUNT DUE		\$ _____

JOIN THE STANFORD ADVANTAGE CLUB AND SAVE \$\$\$ ON CE

Three ways to save:

- 1) Register for two or more courses at the same time and receive \$10.00 each off the second and subsequent course registration fees. (Homestudies, computer classes and Life Support courses excluded.)
- 2) Upon completion of 30 CE hours of Center for Education programs within the last two years (homestudies and life support not applicable), send us copies of your certificates and you'll receive a \$100.00 coupon to use toward any of our unrestricted courses.
- 3) Tell a colleague who has never attended our courses about our Center. The first time he or she registers for a course *, you will receive a \$10.00 coupon to use toward any of our unrestricted courses.

* Have first-time attendee enclose your name and address with their registration form so we can send you a \$10.00 discount coupon.

PAYMENT INFORMATION

Please make checks payable to Stanford Hospital and Clinics and mail with your application to: The Center for Education, 300 Pasteur Drive, MC 5534, Stanford, CA 94305-5534. In the event an emergency makes a program educator unavailable and a qualified substitute cannot be found, we will reschedule you into a future program or issue a full refund. California Board of Registered Nursing, CEP12165

CANCELLATION POLICY

Refund of registration MINUS \$35.00 processing fee if cancellation received at least 10 days prior to course.

NO refund for cancellations received 1 to 6 days prior to course.*

NO refund or course transfer for cancellations received on day of course.

*Transfer to another course within 12 months is permitted one time only. A \$35 processing fee applies.



Registration Form for Stanford Employees Only



EDUCATIONAL ASSISTANCE *Transfer of Funds for Internal Courses*



Step 1 – Employee, please download (print) and complete (PRIOR to class):

Name: _____ Employee # (from timecard): _____ Home #: _____

Home Mailing Address: _____
Street City Zip

Department: _____ Job Title: _____ Work #: _____

Are you (Circle all that apply)? SHC / LPCH Full-Time/Part-Time ___% CRONA Relief C or D SEIU

License #: _____

Course Name: _____ Start Date: _____ Completion Date: _____

Registration Fee: \$ _____ Other Fees (Specify): \$ _____ TOTAL Requested: \$ _____

I understand it is my responsibility to pay for the course if I have no remaining educational assistance funds for the fiscal year.

Employee Signature: _____ Date: _____

Step 2 – Employee, please have your Department Manager complete (PRIOR to class):

Employee has completed the trial period? Yes/No

Scheduled hours per pay period: _____ Cost Center #: _____

Fiscal Year 200_____ Fiscal Year Limit: \$ _____ Fiscal Year Used to Date: \$ _____

Is this request is for?

Transfer of Educational Assistance Funds

Transfer from employee educational assistance account. Amount: \$ _____

Transfer of Department Funds (For mandatory courses)

Transfer from cost center #: _____ Amount: \$ _____

Department Manager Signature

Printed Name

Date

Step 3 – Employee: Please fax completed form to the following PRIOR TO CLASS:

INTERNAL class sponsored by SHC Center for Education and Professional Development: 650-725-9937.

INTERNAL class sponsored by LPCH Center for Nursing Excellence: 650-498-2651.

INTERNAL class sponsored by other departments: fax number indicated on the registration form.

Department Manager Signature

Printed Name

Date





Center for Nursing Research & Innovation Research Days 2009

In collaboration with:

- ★ El Camino Hospital
- ★ Kaiser Permanente –Northern CA
- ★ Laguna Honda Hospital
- ★ Mills Peninsula Health Services
- ★ Santa Clara Valley Medical Center
- ★ San Jose State University – School of Nursing
- ★ UCSF Children's Hospital
- ★ UCSF Medical Center
- ★ VA Palo Alto Health Care System
- ★ John Muir Medical Center – Concord & Walnut Creek campuses
- ★ Kaiser-San Francisco
- ★ Lucile Packard Children's Hospital
- ★ Oregon Health & Science University, Hospitals & Clinics
- ★ San Francisco General Hospital
- ★ Stanford Hospital and Clinics
- ★ UCSF School of Nursing
- ★ VA Medical Center, San Francisco

South San Francisco Conference Center ♦ 255 Airport Blvd., South San Francisco

DAY 1

Research Role Development Workshops Day

Date: Thursday, October 29, 2009

Time: 8:00 a.m. to 4:00 pm

Credits: 2 CE Hrs per session

Back by popular demand – Evidence-based Practice Research Role Development Workshops: these workshops will provide the novice investigator with basic information necessary to develop, fund, conduct, analyze, present and publish an evidence based quality improvement or research project. Some of the planned workshop topics include:

- Your First Research Project
- Principles of Measurement – Measurement Sources & Characteristics of Good Measurement
- Understanding Research Results
- Excel for Absolute Beginners
- Clinical Research Design Basics – Fitting the Method to the Question
- Primer on Qualitative Methods
- Using Simulation Training in Research
- Information Literacy
- Building Capacity for Research and EBP in Hospitals – a Model
- Synthesizing the Evidence and Identifying Best Practice
- The Art & Science of Engaging Peers in Unit-based Research, EBP and QI Projects
- Implementation Science – Sustaining and Spreading Good Innovation
- Lessons Learned: Publishing in a Peer Reviewed Journal for the FIRST Time
- Grantsmanship and Proposal Writing for Beginners
- Launching and Leading Journal Clubs
- Disseminating the Good News: Creating Abstracts, Posters and Publications

DAY 2

11th Annual Research in Action Day- Podiums & Posters

Date: Friday, October 30, 2009

Time: 8:00 a.m. to 4:00 pm

Credits: 5 CE Hrs full day only

Keynote: Julia Aucoin, DNS, RN, BC,
Chief Knowledge Officer, Practical Success

“Generating Research, Changing Practice, Accountability for Quality”

- Hear colleagues present results of research efforts and creative projects that are improving patient care.
- Participate in exciting poster session presentations and discover clinical innovations that work!
- Network with colleagues in informal discussions over a casual lunch.
- Enrich your ability to transform your good ideas into projects that make a difference.

Registration Fees:

Research Role Development Workshops Day-
Center Partners -LPCH, Stanford, UCSF = \$75 each
All other sponsoring hospitals (see above) = \$95 each
Non-Sponsor fee = \$140 each

Research in Action Day – Podiums & Posters

Presenters (podium) = No charge
Presenters (poster)= \$40
All sponsoring hospitals (see above) = \$100 each
Non-Sponsor fee = \$150 each

Two Day Registration

Two day fee sponsors= \$150
Two day fee non-sponsors= \$250

All Discounts end October 23rd

To register or for more information call or email:

Donna Frantz 650-723-7062, dfrantz@stanfordmed.org



Stanford University Medical Center

Center for Education and Professional Development

300 Pasteur Drive, MC 5534

Stanford, CA 94305-5534



THANK YOU TO THOSE WHO SUPPORTED STANFORD
UNIVERSITY SCHOOL OF NURSING OVER THE YEARS, AND
WHO NOW SUPPORT NURSING CONTINUING EDUCATION.