



STANFORD
HOSPITAL & CLINICS

Stanford University Medical Center

Center for Education and
Professional Development

Winter 2010

NEW COURSES! • MAKING THE MOST OF YOUR COMMUNITY SERVICE • JUST IMAGINE! GUIDED IMAGERY: A TOOL FOR RELAXATION AND STRESS REDUCTION • THE LAST ADVENTURE IN LIFE: BRINGING DEATH BACK TO LIFE • STRESS LESS: COPING WITH CHAOS AT WORK • GUT INSIGHT: PROBIOTICS AND PREBIOTICS FOR DIGESTIVE HEALTH • THE SERIOUS SIDE OF SEPSIS: A THREE PROGRAM SERIES • VICTORS WITHOUT VICTIMS: MANAGING CONFLICT AND DIFFICULT PEOPLE FOR A POSITIVE OUTCOME • ADVANCEMENTS IN TRAUMA NURSING: SESSION ONE • FROM FRUSTRATION TO SUCCESS: APPROACHES TO CHEMICAL DEPENDENCY THAT WORK!



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*Coffee and tea provided in the morning.
Lunch included in most of our courses.*

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Cover photo by Steve Gladfelter.

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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Vickey Weir, RN, MPA, Education Specialist

FROM THE DESK OF SUZANNE TAYLOR, RN, MS, MANAGER

Start the New Year with Education!

I am pleased to start 2010 with many new and exciting programs. Look for these new programs as you review the winter/spring catalog:

- Advancement in Trauma Nursing: Session One
- Just Imagine! Guided Imagery
- From Frustration to Success: Approaches to Chemical Dependency that Work!
- Stress Less: Coping with Chaos at Work
- Victors without Victims: Managing Conflict and Difficult People for a Positive Outcome

Six Dinner Programs!

These are becoming a favorite venue for many of you. From a new series on Sepsis, to Gut Insight and The Last Adventure of Life, don't miss Dinner and CEs at our Center.



STANFORD
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Bringing Back Your Favorites

Because of many requests and long waiting lists, sign up early for these popular programs:

- Cardiac Medications
- CCRN Review
- PCCN Review
- Aging Adults and Key Geriatric Health Factors
- Understanding Health Effects of Abuse

For all the winter/spring 2010 program details and registration information, please visit us at www.cecenter.stanfordhospital.com

January 2010

Continuing Education Courses

ONS Chemotherapy and Biotherapy Course

Date: Thursday, January 7 and Thursday, January 14, 2010
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

Essentials in ECG Rhythms

Date: Thursday, January 21, 2010
Time: 8:30 a.m. – 4:30 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 one-day workshop is designed for the RN currently working in a monitored unit. Upon completion, the student will have a working knowledge of the heart and the conduction system. The nurse will recognize rhythms seen on monitored units, calculate heart rate, place electrodes for monitoring, and identify appropriate drug interventions.

Program Highlights:

- Identify components and function of the conduction system
- Calculate heart rate using two consecutive R- waves
- Identify electrode placement for three and five lead systems
- Articulate the criteria and recognize essential arrhythmias
- Discuss appropriate pharmacologic interventions

Faculty:

JOAN MERSCH, RN, MS, CNA, is currently working as adjunct faculty for the University of San Francisco. In the past Joan was the Patient Care Manger for the Coronary Care and Cardiac Surveillance Units at Stanford Hospital and Clinics. Joan has taught specialized cardiology programs throughout the Bay Area.

Trauma Nursing Core Course

Date: Wednesday, January 27 and Thursday, January 28, 2010
Time: 8:00 a.m. – 4:00 p.m.
Fee: \$350.00 (lunch included)
Location: 1451 S. California Avenue, Palo Alto, CA 94304
Credits: BRN 13.83 CE Hrs. (ENA Provider)

The Emergency Nurses Association's Trauma Nursing Core Course (TNCC) is a two-day course that is designed to provide core level trauma knowledge and psychomotor skills associated with the delivery of professional nursing care to the trauma patient. Content is presented through lectures and skills stations. Upon successful completion of the course (written and skills exams), each participant will be provided a verification card. The verification is valid for a period of four years. A total of 13.83 CEUs will be awarded regardless of testing performance.

Topics Include:

- Trauma Nursing Core Course and Trauma Nursing
- Initial Assessment
- Airway and Ventilation
- Shock
- Brain and Cranial Trauma
- Ocular, Maxillofacial, Neck Trauma
- Thoracic Trauma
- Abdominal Trauma
- Spinal Cord and Vertebral Column Trauma
- Musculoskeletal Trauma
- Surface and Burn Trauma
- Special Populations: Pregnant, Pediatric, Older Adult Trauma
- Disaster Management
- Psychosocial Aspects of Trauma
- Transition of Care for the Trauma Patient

Skills Stations:

- Airway and Ventilation
- Spinal Protection, Helmet Removal and Splinting
- Trauma Nursing Process

Course Coordinator:

MICHELLE WOODFALL, RN, MS, CEN, CCRN

Faculty from Stanford Hospital and Clinics

CCRN Review

Date: Day One: Tuesday, February 2, 2010
 Day Two: Tuesday, February 9, 2010
 Day Three: Tuesday, February 16, 2010

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, PHD(C), CNS, CCRN, CNRN, Critical Care Clinical Nurse Specialist, Medical/Surgical Trauma ICU

Making the Most of Your Community Service: Foundations for Community Engagement

Date: Wednesday, February 3, 2010

Time: 8:30 a.m. – 4:00 p.m.

Fee: \$30.00 (lunch included)

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

Credits: BRN 6.0 CE Hrs.



Research increasingly points to economic, social and environmental influences on poor health. These factors disproportionately affect ethnic minority and other underserved communities, resulting in health disparities in our local communities. In order to address these factors and improve population health, nurses and other providers must have the skills to engage effectively with communities. This training provides the background, knowledge and skills necessary to engage effectively and ethically with communities, and offers participants options and resources for pursuing meaningful community engagement.

Program Highlights:

- Who are the medically underserved and how are their health needs met?
- How do social and economic factors impact health?
- How can each of us contribute to improving the health of local communities?

Faculty and staff from the Office of Community Health, Stanford University School of Medicine:

ANN BANCHOFF, MSW, MPH, Program Director

EVELYN HO, MPH, Program Manager

RHONDA MCCLINTON-BROWN, MPH, Executive Director

MARILYN WINKLEBY, PHD, MPH, Faculty Advisor

Dinner and CE's

The Serious Side of Sepsis: A Three-Program Series

Each year, sepsis strikes an estimated 750,000 people in the U.S. alone. The rate of severe sepsis is expected to rise to 1,000,000 cases per year by 2010 as the population ages. Sepsis is the 10th most common cause of death and is the leading cause of death for critically ill patients in the U.S. In addition to unacceptably high mortality, sepsis is also very costly to treat. Sepsis is the body's response to infection, which, in more severe forms, can lead to potentially deadly systemic blood vessel inflammation and clotting, organ shutdown and cardiovascular system failure.

Don't miss these exciting new dinner programs on this important topic. You may attend one, two or all three.

SEPSIS: IT IS COMMON, DEADLY AND COSTLY!


 NEW

Date: Thursday, February 4, 2010
Time: 5:30 p.m. – 8:00 p.m.
Fee: \$100.00 (dinner included)
Location: 1451 S. California Ave., Palo Alto, CA 94304
Credits: BRN 2.5 CE Hrs.

Increase knowledge of epidemiology of sepsis syndromes. Differentiate between the different forms of sepsis syndromes. What are the rates of occurrence here at Stanford Hospital and Clinics (SHC), at our state level, and nationally? Why does it account for annual costs of \$16.7 billion?

Program Highlights:

- Differentiate between sepsis, severe sepsis, and septic shock
- Learn about the success in identification and treatment of sepsis
- Learn how we are doing and what we are doing at SHC in regards to sepsis care

SEPSIS: WHAT DOES THE EVIDENCE TELL US?


 NEW

Date: Wednesday, March 3, 2010
Time: 5:30 p.m. – 8:00 p.m.
Fee: \$100.00 (dinner included)
Location: 1451 S. California Ave., Palo Alto, CA 94304
Credits: BRN 2.5 CE Hrs.

Presentation of the latest, cutting edge evidence regarding Sepsis (Surviving Sepsis Campaign, PIRO - European model for early identification) Literature review/ journal club style format.

Program Highlights:

- You hear the evidence and decide. Is your everyday practice using the best practice?
- Recognize how implementation of “bundles” holds the potential to standardize care and achieve desirable outcomes.

TAKE THE SHOCK OUT OF SEPSIS: WHAT IS THE NURSES' ROLE IN SEPSIS?


 NEW

Date: Thursday, April 15, 2010
Time: 5:30 p.m. – 8:00 p.m.
Fee: \$100.00 (dinner included)
Location: 1451 S. California Ave., Palo Alto, CA 94304
Credits: BRN 2.5 CE Hrs.

The nurse's role in early goal-directed therapy, early detection and screening and management of sepsis in all clinical areas will be discussed. Case-study examples will help lead interactive, participatory exercises.

Program Highlights:

- Correctly identify early and know the right action to take first
- Learn about early detection tools and Sepsis management bundles
- Discuss rationale for treatments such as:
 - Fluid management
 - When to use pressors
 - Corticosteroid administration, Glucose control
 - Lung protective strategies related to ventilator management
 - Early goal directed therapy
- Learn how to use the key clinical indicators of severe sepsis
- Identify signs and symptoms of SIRS
- Discuss assessment findings correlated with patients who are at increased risk for sepsis
- Identify signs and symptoms of tissue hypoxia
- Identify signs and symptoms of organ dysfunction
- Understand the use of lactate as a screening tool

Faculty from Stanford Hospital and Clinics:

EILEEN PUMMER, RN, MSN, CPHQ, has many years of experience in critical care nursing specializing in cardiovascular and neurotrauma. She has been in Quality Management and Patient Safety for the past 7 years. She currently is Quality Manager in the Quality and Patient Safety Department at Stanford Hospital and Clinics and leads TEAM SEPSIS, an organizational-wide performance improvement initiative.

Victors without Victims: Managing Conflict and Difficult People for a Positive Outcome

Date: Friday, February 5, 2010
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.



You may call them “inhuman resources”. They are difficult people. Dealing with them is a challenge and often leads to feelings of hopelessness and frustration. Conflict is inevitable. Anger, blame, grudges are not. Conflict is normal and occurs in every arena of life. We can't avoid conflict, but the way we deal with it will determine whether it is a destructive or constructive force. Guidelines and techniques for opening the lines of communication, boosting morale and fostering teamwork in conflict situations will be offered. This presentation will identify tactics for disarming games and contentious tactics including manipulation, blame, sabotage and bullying will be emphasized.

Program Highlights:

- What is conflict and why does it feel so bad?
- Power as the center of conflict
- Nip it in the bud: How to recognize and resolve potential conflict before it escalates
- How to make your adversary your ally
- Avoiding conflict can make you sick!
- Aiding and abetting: contributing to the success of the difficult person
- Assertive persistence: disarming games
- Nice people make me nervous: what's really behind that smile
- How to take care of yourself when dealing with difficult people

Faculty:

AUDREY NELSON, PHD, is an internationally recognized communication consultant and trainer for Fortune 50 and 500 companies. Her contact with business organizations spans 30 years in 48 states, Australia, Canada and Great Britain. She is also a published author. Prentice Hall released her book, *You Don't Say: Navigating Nonverbal Communication Between the Sexes*, in March 2004.

Basic PICC/VAD Nursing Management

Date: Monday, February 8, 2010
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.

Peripherally inserted central catheters and other vascular access devices (VADs) are being placed for all types of intermediate length and long-term IV therapy. The successful delivery of that IV therapy depends upon the nurse understanding how to use and care for them, as well as how to problem-solve catheter-related complications. This course is designed to meet the learning and skill needs for nurses providing IV therapy for patients with PIC catheters or any other VADs in all practice settings: in-patient, out-patient, and home care.

Note: This is NOT a PICC insertion class, but provides the necessary background information regarding venous anatomy, VAD maintenance care and complication management, and PICC removal for nurses who intend to take a PICC insertion course. This class is REQUIRED for any nurses intending to take a PICC INSERTION COURSE by this instructor.

Program Highlights:

CVCs, types of PIC Catheters and mid-lines, limitations and advantages, IV therapy considerations, damage to peripheral veins, VAD dressing management, the latest information on skin antiseptics, assessment and management of catheter complications, catheter obstruction, de clotting techniques and successful use of t-PA, and removal of PIC Catheters.

Faculty from Stanford Hospital and Clinics:

NADINE NAKAZAWA, RN, BS, OCN, PICC Team Member, President-Elect of the Association for Vascular Access

Cardiac Medications and How They Work

Date: Thursday, February 11, 2010
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 Hrs.

Does it seem as if every patient you care for has some cardiac medication in their profile? How do ACEI and ARBs differ with respect to side effects and use?

Using case studies the presenters will paint a picture of how and why it is important to administer cardiac medications. Nursing issues will be addressed including the mandatory requirements for the various cardiac drugs and how they apply to providing safe effective care for your patients.

This course is designed to help the nurse understand the differences between the classes of drugs and how individual drugs are used for select cardiac diseases. The program will be a thorough review of cardiac medications and their effect on patients.

Program Highlights

- Anticoagulant Therapy
- Antiarrhythmics
- Calcium Channel & Beta blocker
- ACEI and ARBs
- Vasoactive and Inotropic agents
- Case Studies
- Nursing Issues with administering various cardiac drugs

Faculty:

ANNETTE HAYNES, RN, MS, CCRN, Cardiology Clinical Nurse Specialist, Stanford Hospital and Clinics

KELLY MATSUDA, PHARM.D, Pharmacist, Stanford Hospital and Clinics

JOAN MERSCH, RN, MS, Consultant

JULIE SHINN, RN, MA, CCRN, FAAN, Cardiovascular Clinical Nurse Specialist, Stanford Hospital and Clinics

PAUL WANG MD, Stanford Arrhythmia Department, Professor of Medicine, Stanford Hospital and Clinics

Trauma Nursing Series



ADVANCEMENTS IN TRAUMA NURSING: SESSION ONE

Date: Thursday, February 18, 2010
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 Hrs.

Advancements in Trauma Nursing is a detailed presentation of evidence-based, current trends in Trauma Care from time of injury through re-integration into society. This one-day course covers a multidisciplinary approach to trauma care in a trauma system. Dynamic presenters will cover topics that include Evolution of Trauma, Mechanism of Injury, Shock, Traumatic Brain Injuries, Abdominal Injuries, and Pediatric Trauma.

This interactive trauma course is intended to stimulate your critical thinking skills and inspire you to practice what is learned. This is Session One of a three session series. Session Two will be presented in the Fall, 2010, followed by Session Three in the Winter 2011.

Program Highlights:

- Epidemiology of trauma and its impact on trauma systems
- Injury patterns and how knowledge of the mechanism of injury impacts patient outcomes
- Phases of shock, including compensatory changes and prioritization of treatment options
- Current strategies for the management of Traumatic Brain Injuries
- Assessment priorities and interventions for patients with maxillofacial and ocular injuries
- Appropriate assessment strategies and interventions for the patient with abdominal trauma throughout the continuum of care
- Unique assessment and management strategies in caring for the critically injured child

Course Coordinator:

WENDY HUMS, BSN, RN, has over 25 years experience in the care of the trauma patient and is an experienced Trauma Program Manager in both Level I and Level II Trauma Centers. She has published several trauma-related articles and is currently a section editor for the *Journal of Trauma Nursing*. She is national faculty for the American Trauma Society's Trauma Program Manager course and is a nationally recognized speaker on trauma.

Faculty:

Esteemed faculty: Stanford's Trauma Surgeons, Trauma Nurses and Specialists

For registration information call 650.723.6366, press option 2

PCCN Review Course

Date: Thursday, February 25 and Friday, February 26, 2010
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 2010 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.

Being Generationally Savvy: Working Effectively with Colleagues of All Generations

Date: Tuesday, March 2, 2010
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.

Have you noticed your younger colleagues feel and look and act differently than senior colleagues you know? Are you hearing of communication challenges between colleagues of different ages? Are you becoming aware more employees want a life-work balance vs. a work-life balance? Generational factors might be coming into play.

In this interactive, insightful and often humorous one-day course, participants will learn:

- Who are these four generations in our hospitals and clinics?
- What are each generation's strengths and desires?
- What structures and communication protocols should we design to work well with all generations?
- What knowledge do we need to help motivate and retain employees and help every generation thrive?

This program is designed for all healthcare professionals interested in working more effectively across the generations. Come away with tools, resources and information on this increasingly intriguing topic.

Program Highlights:

- Develop a better understanding of each generation's motivations and needs in the workplace
- Discover tools and structures that will translate into better more effective collaboration for generationally diverse teams
- Become more skilled at creating a climate of inclusion for all generations
- Enhance your language skills to communicate effectively with different generations

Faculty:

JENNIFER ABRAMS has been an educational consultant, a high school teacher, and a professional developer. She trains, coaches and supports teachers, supervisors and administrators in schools and universities across the country, working with them on effective instruction, supportive learning environments, supervision and evaluation, having hard conversations, generational savvy and leadership development.

Just Imagine! Guided Imagery: A Tool for Relaxation and Stress Reduction

Date: Friday, March 12, 2010
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.



We all have the innate ability to use our imagination and to daydream. This is the basis of Imagery. When we find ourselves reminiscing over a happy occasion, a vacation, we are removing ourselves from our current time and situation to be in a more desirable place. Now imagine using this simple ability, in a focused way, to help your patients deal with the stresses of an illness. Perhaps your patient is anxious at the prospect of an IV start or stressed at the prospect of a procedure such as bone marrow biopsy or MRI. Imagine being able to help relieve that anxiety or stress with a simple, short intervention.

Guided imagery is not difficult to learn or do. This course will teach you the basic techniques of guided imagery. We will apply our new skills in ways that will assist both our patients and ourselves. You will have plenty of time to experience your new skill both as a provider and recipient of Imagery. We will explore and experience techniques that use Imagery to reduce our own stress and to enhance our own sense of well being.

Program Highlights

- Learn basic Imagery techniques
- Scope of practice
- Determining who is a candidate for imagery
- Quick bedside interventions
- How to use imagery for self care

Faculty:

MAGGIE CLARK, RN, certified in Integrative Imagery, Massage, Reiki, Healing Touch, and Shiatsu, has worked at Stanford in BMT/Hematology for over ten years, currently working in the Cancer Center. She has worked to incorporate holistic nursing into her practice.

TINA JOLLYSCHMIDT RN, BSN, certified in Integrative Imagery, Reiki, Healing Touch, Massage, Shiatsu, Esalen Massage, and Trigger point therapy, has worked as an oncology nurse for 28 years. She has worked at Stanford in BMT/hematology for 14 years, and currently works in the Cancer Center.

Dinner and CE's

The Last Adventure in Life: Bringing Death Back to Life

Date: Thursday, March 18, 2010
Time: 5:30 p.m. – 8:00 p.m.
Fee: \$100.00 (dinner included)
Location: 1451 S. California Ave. Palo Alto, CA 94304
Credits: 2.5 BRN Hr.
 2.5 BBS Hrs.



In this engaging seminar you will hear inspirational stories, anecdotes, and gleanings from a spiritual and bereavement counselor's many years of experience with hospice. In these times when it feels like we're moving through major transitions of one kind or another, we can learn a great deal from what death teaches us. We will reflect together on how we might better prepare for death as we explore different cultures and traditions and how they approach death and grief as well.

In this course you will also learn some simple "tricks" for relaxation and healing from some of the many and varied complementary and integrative modalities. If you can relax enough, you can maneuver through any change, even the biggest change of your life!

Program Highlights

- Learn ways that grief can be used as a transformative experience in our lives
- Identify and apply tools that provide comfort and relaxation, using body-mind-spirit healing modalities/practices
- Strengthen awareness of our spirituality and empower one another to become more powerful "spiritual health" providers
- Find new opportunities to create more self-care in your life

Faculty:

THE REV. MARIA "DANCING HEART" HOAGLUND has been doing a form of spiritual work for most of her life, with the foundation of a cross-cultural perspective because of her birth and upbringing in Japan. She attended Pacific School of Religion after graduating from Yale College. She later received her Masters of Divinity from Chicago Theological Seminary. For ten years, Maria served as a parish minister with the U.C.C. Church; she then transitioned into hospice ministry twelve years ago. In 2005, she self-published her first book, *The Last Adventure of Life: Sacred Resources for Transition*, 2nd edition published in 2008 by Findhorn Press and the 3rd edition published in 2009 by Finch Publishing. Through her work and interests, Maria has become knowledgeable in many of the integrative, complementary healing and spiritual practices, which she incorporates in her work. She is recognized as a broad-based spiritual counselor, bridging traditional religion with the new spirituality being birthed around the world.

From Frustration to Success: Approaches to Chemical Dependency that Work!

Date: Friday, March 19, 2010
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.



All healthcare professionals face the challenge of intervening with patients who have chemical dependence-related medical problems. How do we meet the challenge of providing effective interventions and treatment? How can we address the pre-judgment and frustration that often arise when working with chemically-dependent patients? The answer lies in understanding the biological, social and psychological factors that drive chemical dependence. By using Motivational Interviewing and Stages of Change, healthcare professionals can successfully intervene and facilitate lasting change.

Program Highlights:

- What's your attitude? Destigmatizing chemical dependence
- Understanding the biological foundation of chemical dependence
- Mastering the basics of chemical dependence assessment
- Is it intoxication, overdose, or withdrawal?
- Use of an Alcohol Withdrawal Scale for safe management of alcohol withdrawal
- How to establish a therapeutic alliance
- Incorporating Motivational Interviewing and Stages of Change into your daily practice

Faculty:

ANN BISPO, MSN, RN, CNS, has been practicing psychiatric-mental health nursing for more than 25 years in a variety of settings including adult, child, adolescent units, psychiatric emergency, chemical dependency, and perinatal substance abuse. She is currently practicing as a Clinical Nurse Specialist at Community Hospital of the Monterey Peninsula as a Chemical Dependence/Detox Liaison Nurse. She also has a private nurse psychotherapy practice and is the current president of the American Psychiatric Nurses Association, California chapter. Ann has lectured on alcohol dependence and safe management of withdrawal as well as Motivational Interviewing at a number of national and state conferences including the American Psychiatric Nurses Association. She was the recipient of the National APNA award for Excellence in practice APRN-PMH in 2006.

Dinner and CE's

Gut Insight: Probiotics and Prebiotics for Digestive Health

Date: Thursday, March 25, 2010
Time: 5:30 p.m. – 8:00 p.m.
Fee: \$100.00 (dinner included)
Location: 1451 S. California Ave. Palo Alto, CA 94304
Credits: 2.5 BRN Hours



Digestive health is a wellness issue that affects everyone. Participants will learn about the emerging science of probiotics and prebiotics and how to advise on achieving digestive health and wellness. Now that more and more products are entering the American market, patients, clients, and consumers are desperate to know what works and what doesn't. People are placing greater emphasis on maintaining their health through healthy food choices, rather than face exorbitant medical care costs. They want to know what is scientifically valid, safe and effective to put in their bodies. Hear the answers in this exciting new program as the speaker shares her knowledge in a simple, useful format.

Program Highlights:

- Unraveling the mysterious science of probiotics and how they function in the gut
- Simple guidelines for evaluating foods with probiotics
- How prebiotics act as the booster substance for probiotics
- Familiar and exotic sources of prebiotic foods and where to find them
- Why symbiotic and other functional foods are proliferating in the marketplace
- Food Safety Issues, bacteria -- out with the bad in with the good.

Faculty:

JO ANN TATUM HATTNER, MPH, RD, explores beyond traditional boundaries to bring solidly based but innovative solutions to the people she counsels in her nutrition practice in San Francisco. She received an undergraduate Bachelor of Science Degree from the University of Idaho, a graduate degree from the University of California at Berkeley in Public Health, and her Registered Dietitian credentials. She has more than 25 years' experience practicing nutrition at Stanford Medical Center and Packard Children's Hospital where she specialized in pediatric nutrition and gastroenterology. Ms. Hattner continues to apply her academic skills at Stanford University School of Medicine, where she teaches medical students with an on-line nutrition course. She is a regular guest speaker at national professional meetings of dietitians, nurses, physician assistants, and other professionals.

Navigating Aging Adults and Understanding Key Geriatric Health Factors: A Comprehensive Overview

Date: Wednesday, April 21, 2010
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.
 ANCC 6.25 CE Hrs.

The demographic curve strongly suggests that medical practice in the future will entail a great deal of geriatrics and support for aging adults. Research on aging and the aging process leads the way to a greater understanding of all age-related diseases. It has the potential to improve public health to a far greater extent than science that examines only one disease at a time. Research on aging also provides the hope and the promise for everyone to live healthier, longer lives less susceptible to disease and disability.

Program Highlights:

- Learn about the common obstacles older adults face in the hospital, an effective continuum of care model and dementia management.
- Learn about the common risks and lifestyle management for older adults
- Comprehend correlations related to longer hospital stays, critical care concerns and post operative delirium
- Review differences between delirium and dementia and review early interventions in managing delirium in the elderly
- Hear about the successful Geriatric Health Care Program at Stanford Hospital and Clinics

Faculty from Stanford Hospital and Clinics:

BENNY GAVI, MD, MTS, Director, Hospitalist Program, Clinical Assistant, Professor of Medicine, Division of General Internal Medicine

RITA GHATAK, PHD, Director, Aging Adult Services at Stanford, Geriatric Health Services

YUSRA HUSSAIN, MD, Geriatrician, Division of General Internal Medicine, Medical Director, Aging Adult Services

KATHLEEN TURNER-HUBBARD, MS, ANP-BC, Geriatric Nurse Practitioner, Aging Adult Services

Dinner and CE's

Stress Less: Coping with Chaos at Work

Date: Thursday, April 22, 2010
Time: 5:30 p.m. – 8:00 p.m.
Fee: \$100.00 (dinner included)
Location: 1451 S. California Ave. Palo Alto, CA 94304
Credits: 2.5 BRN Hr.
 2.5 BBS Hrs.



Stress is an inevitable part of life, especially in the healthcare environment. Being aware of what stresses you out, embracing it as an opportunity for positive change, and taming your reactions to stress will help improve performance and problem-solving at work. Through group and individual exercises and discussion, you will increase your awareness of what stresses you out, learn about the impact of that stress, and develop strategies to control its effects.

Program Highlights

- Increase awareness of how stress affects your body and mind and your current coping strategies
- Learn simple practices that can be integrated into the workplace to clear the mind and relax the body for improved decision-making and performance
- Hear about supportive activities to relieve daily stress
- Discover new ways to de-stress the work environment
- Hone your intuition skills for on-the-spot problem solving for personal and professional needs
- Develop a plan for tackling stress during break-time, regular activities and time away from work

Handouts will be provided that include tips, exercises and resources you can share with your patients and family.

Faculty:

ELLEN DINUCCI, MA, is a trainer and coach using alternative and traditional tools to help clients spot and remove blocks to personal and professional success. In addition, she teaches “Nourishing the Mind Body Connection” at Alta Bates Summit Medical Center in Oakland and “Finding Your Inner Wise Guide” at national and local conferences. Ellen also serves as a Cancer Clinical Trials Recruitment Specialist at the Stanford Cancer Center. She holds an MA in Clinical Holistic Health Education and is trained in health coaching, personal training, mindfulness-based stress reduction, relaxation techniques, guided imagery, movement awareness, intuition, Reiki and healing touch.

Transforming Stress into the Power to Change Performance:

IMPROVE CARE TO YOUR PATIENTS, IMPROVE WORK RELATIONSHIPS

Date: Friday, April 23, 2010
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.

Now you can learn powerful tools and techniques shown to reduce the negative impact of stress while improving personal and organizational effectiveness, adaptability, productivity, and morale.

Don't miss this exciting and motivating one-day program presented by Lee Lipsenthal, MD.

Recent research by cardiologists and neuroscientists has shown that there is a profound relationship between the heart and brain function, cardiovascular health and stress. Specifically, they have shown that intentionally changing the quality of the signals the heart sends to the brain enables individuals to see rapid and significant improvements in mental clarity, cardiovascular flexibility, hormonal balance and immune function

Program Highlights:

- Heart/Brain Interaction
- Learn how the heart and brain communicate. Discover why the best stress buster is the one that changes the quality of this communication.
- Stress breaking tools and techniques
- Learn how to stop the negative impact stress has on your body and mind, on demand, 24/7.
- New Ways to Listen and Respond

Faculty:

LEE LIPSENTHAL, MD, is a board-certified internist with postgraduate training in cholesterol disorders and served as the Medical Director of the Preventive Medicine Research Institute in Sausalito, CA for ten years. His research area is heart disease prevention. Dr. Lipsenthal is the founder and CEO of Finding Balance, a company dedicated to improving the health and well-being of nurses, physicians, and medical systems.

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Dinner and CE's

Understanding Health Effects of Abuse, and Getting Help for Your Abused Patients: Children, Adults and Elders

Date: Thursday, April 29, 2010
Time: 5:30 p.m. – 8:00 p.m.
Fee: \$100.00 (dinner included)
Location: 1451 S. California Ave., Palo Alto, CA 94304
Credits: BRN 2.5 CE Hrs.
 BBS 2.5 CE Hrs.

Don't Miss this Repeat Program. Comments from August '09 evaluations:

"Outstanding" "Recommend offering this program every few months" "All employees should attend"

Abuse is an all too common problem for patients in all age and demographic groups, and its effects may impact health and wellbeing for a lifetime. Up to 25% of female and 10% of male children are sexually abused; at least one in four women will find themselves in an abusive relationship; and up to 10% of elders are abused and neglected.

In this evening dinner program, you will hear about the health effects of abuse throughout the life cycle. Learn how to recognize and report abuse by knowing what to look for and how to ask questions. The presentation will include a review of reporting requirements and documentation and the resources available to you as a healthcare provider.

Program Highlights:

- Impact of child abuse on brain function and wellbeing
- Mental and physical health effects of abuse and neglect, including cardiovascular disease and cancer
- Recognizing subtle signs and symptoms of abuse
- Recognizing Post Traumatic Stress Disorder in the clinical setting
- Knowing how to ask, and when and how to report abuse
- Resources for you and your patients

Faculty:

HARISE STEIN, MD is a board certified OB/GYN and Adjunct Clinical Assistant Professor at Stanford Medical Center. She serves as Chair of the Medical Subcommittee of the Santa Clara County Domestic Violence Council, and is founder and Co-Chair of the Stanford Medical Center Family Abuse Prevention Council. Recently she is primary author of a review chapter on abuse and violence against women for the American College of Obstetrics and Gynecology.

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.

HOME STUDIES

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

Visit our website at www.cecenter.stanfordhospital.com

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
Jan 12	ACLS Prep	\$170.00*	8:00 am - 4:30 pm	8.0
Jan 14	Basic Life Support Provider/Recertification	\$75.00	8:00 am - 2:30 pm	None
Jan 21	Essentials in ECG Rhythms	\$159.00	8:30 am - 4:00 pm	7.5
Jan 26	ACLS Certification/Recertification Course	\$245.00*	8:00 am - 4:30 pm	8.0
Feb 17	ACLS Certification/Recertification Course	\$245.00*	8:00 am - 4:30 pm	8.0
Feb 24	Basic Life Support Provider/Recertification	\$75.00	8:00 am - 2:30 pm	None
Mar 16	ACLS Certification/Recertification Course	\$245.00*	8:00 am - 4:30 pm	8.0
Mar 23	Basic Life Support Provider/Recertification	\$75.00	8:00 am - 2:30 pm	None
Apr 20	ACLS Certification/Recertification Course	\$245.00*	8:00 am - 4:30 pm	8.0
Apr 29	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.

ESSENTIALS IN ECG RHYTHMS (PART OF ACLS BONUS PACKAGE)

This one-day workshop is designed for the RN currently working in a monitored unit. Upon completion, the student will have a working knowledge of the heart and the conduction system. The nurse will recognize rhythms seen on monitored units, calculate heart rate, place electrodes for monitoring, and identify appropriate drug interventions. (See page 2 for more description.)

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 (\$75.00 cancellation fee)
CREDIT: 23.5 BRN CE Hrs.

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

- Day 1: ACLS Prep Course, January 12, 2010
- Day 2: Essentials in ECG Rhythms, January 21, 2010
- Day 3: ACLS Provider Course with BLS Recertification, January 26, 2010. 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 \$109.00 off the individual course fees

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
What is the cost of the ACLS Bonus Package?	\$465.00 includes all pre-class material
Can you bill me for the class?	No! You must pay first with Credit Card, Check, or Cash. Check made payable to: Stanford Hospital and Clinics, or SHC Employees: Fax a Completed and 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

21st Annual Trauma Symposium From the Scene to Survival

May 20 and 21, 2010

PRESENTED BY STANFORD HOSPITAL AND CLINICS' TRAUMA SERVICES
AND STANFORD LIFE FLIGHT

Trauma is eclectic and involves many specialties and specialists. Don't miss this exciting one and a half-day program to hear about trauma at the scene, patient scenarios, and the latest on treatment techniques from the pre-hospital setting through the continuum of care. Expert speakers on Trauma and Pre Hospital will share their expertise on 'hot' topics and case studies.

Some of the Hot Topics Covered are:

- When You Can't Stop the Bleeding
- Traumatic Brain Surgery
- Abdominal Disasters
- Pediatric Trauma
- Weapons of Mass Destruction
- Survivor Panel
- Hands-on with Advanced Airway Devices

Who Should Attend?

- Emergency, flight, critical care, peri-operative, med/surg and pediatric nurses
- Pre-Hospital personnel

Location

Bay Area location to be determined

Time

Thursday, May 20, 2010 – 8:00 am to 4:30 pm

Friday, May 21, 2010 – 8:00 am to 12:00 pm

BRN and Category I EMT-P and EMT-I contact hours will be offered



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.

