MAHEC and SEAHEC take great pride in providing a wide variety of continuing educational topics that are presented in multiple formats, both live and on-line. Discover how this easy-to-use, cost effective, on-line, 12 month, Virtual Nursing Grand Rounds program can assist nurses in meeting their continuing nursing education requirements. Each month will focus on a specific “hot” topic within nursing that will equip both urban and rural nurses with up-to-date knowledge, resources and educational experiences to optimize their professional performance and practice. Attendees will have one month to complete each separate on-line continuing education offering and corresponding pre-test.

**Audience**
Nurses, LPNs, and advance practice RNs

### Module 1: Hepatitis C at 30,000 Feet

The on-line continuing education program for January will discuss the background, epidemiology, prevalence, risk factors, screening methods, diagnosis, complications, management and treatment options of Hepatitis C.

**Objectives**
Upon completion of this educational activity, the participant will be able to:
- Review the background, epidemiology and prevalence of Hepatitis C
- Discuss chronic Hepatitis C management, complications and treatment options

**Registration Fee**
$5 per 1-hour module

### Module 2: Heroin Use: Coming to Your Backyard Soon!

There’s an illegal drug making huge inroads in all socioeconomic groups. The drug is heroin: same old powerfully addictive opiate derivative, brand new pattern. Heroin use has increased across the U.S. among men and women, most age groups, and all income levels. This one hour on-line Virtual Nursing Grand Round will cover how some of the greatest increases are occurring in demographic groups with historically low rates of heroin use: women, the privately insured, and people with higher incomes.

**Objectives**
Upon completion of this educational activity, the participant will be able to:
- Discuss current drug use trends in North Carolina, especially heroin use
- Explore the overarching effects of substance abuse on the individual and the community

### Module 3: Letting Go of Stress: Strategies for Self-Care

When dealing with stress, trauma and crisis, it is crucial that you remember to care for yourself. Those who recover most quickly are those who take specific actions to manage their responses and feelings. This one hour on-line Virtual Grand Rounds will provide practical solutions of how self care can be embedded into your daily life and work environment.

**Objectives**
Upon completion of this educational activity, the participant will be able to:
- Identify three self-care strategies that individuals can utilize
- Apply strategies related to workplace self-care
May 1 - 29, 2016
Letting Go of Stress: Strategies for Self-Care

REGISTRATION

The registration fee of $5 per module includes administrative costs and educational materials.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Cancellations received at least two weeks in advance of the program date will receive a full refund unless otherwise noted. Cancellations received between two weeks and up to 48 hours prior to the program date will receive a 70% refund unless otherwise noted. No refunds will be given for cancellations received less than 48 hours prior to the program date. All cancellations must be made in writing (fax, mail, or email). Substitutes can be accommodated in advance of the program.

Virtual Nursing Grand Rounds 2016

Choose from monthly ONILE ONLY modules throughout the year!

☐ Updated contact info
Name

Credentials

Social Security #   XXX-XX-____   ____  ____  ____ (last 4 digits required)

Occupation

E-mail Address

Home Address

City_______ State_______ Zip_______

Home County

Home #_______ Work #_______

Employer

Department

Employer’s Address

City_______ State_______ Zip_______

Work County

Program announcements will be sent to your email unless you opt out from receiving emails from MAHEC. We never share our mailing lists.

☐ Please remove my name from the MAHEC mailing list.

January 4 - 27, 2016
Hepatitis C at 30,000 Feet

☐ # 16ne015a/48200

Hepatitis C at 30,000 Feet

☐ $5.00

February 1 - 26, 2016
Heroin Use: Coming to Your Backyard Soon!

☐ # 16ne015b/48201

Heroin Use: Coming to Your Backyard Soon!

☐ $5.00

March 1 -29, 2016
Letting Go of Stress: Strategies for Self-Care

☐ # 16ne015c/48202

Letting Go of Stress: Strategies for Self-Care

☐ $5.00

Full payment must accompany all registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

☐ Check is enclosed (Made payable to MAHEC)

☐ Credit card info provided

☐ Visa ☐ Mastercard ☐ Discover Card ☐ American Express

Account #__________ Exp_______/_______

Code on back of card

Name on Card

Signature

Send completed registration form to:
MAHEC Registration
121 Hendersonville Rd., Asheville, NC 28803
Fax to 828-257-4768