DESCRIPTION

SMILE: Sharing Mercy, Integrity and Love to Everyone.

Come and join us in the beautiful mountains of Western North Carolina at this year’s Annual CNA Conference at MAHEC. It is fitting that the conference will take place on September 10th—the national day to swap ideas. We have assembled an enthusiastic team to provide you with new ideas that you will be able to swap or share with your co-workers and organizations.

The conference will provide content that enables each participant to enhance every aspect of their individual “smile.” The faculty is made up of professional leaders that have been recognized as content experts on the topics they will present. Each speaker will share different aspects of mercy, integrity, and love related to self-care, patient and/or client care strategies that can benefit your professional practice. The conference also includes several dynamic, hands-on simulation stations that will give each participant tools for today and tomorrow’s healthcare.

Certified Nursing Assistants are an integral part of the healthcare team and the reason that so many of our residents, patients and co-workers are able to find their smile. It is the intent of this conference to provide education, recognition and professional development to Certified Nursing Assistants in all care settings.

AUDIENCE

Our target audience includes CNAs, RNs, LPNs, Nursing Home Administrators, and all other interested individuals.

OBJECTIVES

Upon completion of this activity, participants will be able to:

• Identify important techniques the CNA can use to provide self care while providing high quality care to patients and residents
• Review how building better teams can enhance the work environment
• Discuss how to build a supportive community around neighbors affected by the opioid crisis
• Identify how trauma stress reactions can affect our lives and better understand commons responses to trauma/stress
• Demonstrate various clinical situations within a high fidelity simulation center

CREDITS

Nursing Home Administrator: Application has been applied to the North Carolina Board of Examiners for 6.0 hours of Nursing Home Administrators’ credit.

CEUs: MAHEC designates this continuing education activity as meeting the criteria for 0.6 CEUs as established by the National Task Force on the Continuing Education Unit. You must attend the entire workshop to receive CEUs.

LOCATION

MAHEC Mary C. Nesbitt Biltmore Campus
121 Hendersonville Rd, Asheville NC 28803

DATE

Monday, September 10, 2018

REGISTRATION

PROGRAM

7:30 am–7:55 am (light breakfast provided)
8:00 am–4:00 pm (lunch provided)

EARLY REGISTRATION FEES THRU SEPTEMBER 3, 2018

PROGRAM FEE

$40.00

GROUPS OF FIVE OR MORE FROM SAME AGENCY

$35.00 per person

(must register and pay at the same time)

CNAs w/ POSTER PRESENTATION

FREE (must register and contact Ronnie Metcalf in order to attend; see below)

POSTER PRESENTATIONS

If you are a CNA interested in submitting a poster presentation, please contact Ronnie Metcalf, EdD, RN-BC, ONC at 828-257-4478 or via email at ronnie.metcalf@mahec.net no later than August 24, 2018.

POSTER PRESENTATION GUIDELINES

MEMORYCARE

Invites Nominations of Certified Nursing Assistants for the 2017-2018 Georgia Crump Certified Nursing Assistant Recognition Award

In October 2003, MemoryCare established the Georgia Crump CNA Recognition Award to honor nursing assistants for the heroic work they do every day. Consisting of a monetary award and a plaque, the presentation and recognition of the awardee will take place at the MAHEC WNC Nursing Assistant Conference on September 10, 2018.

Nominations must be received by August 3, 2018.

Click here for the nomination form and instructions.
**PROGRAM AGENDA**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:30–7:55</td>
<td>Registration, Poster Presentation, Vendors and Light Breakfast (provided)</td>
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<tr>
<td>7:55–8:00</td>
<td>Welcome</td>
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<td>— Ronnie Metcalf, EdD, RN-BC, ONC</td>
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<td>8:00–9:00</td>
<td>Keynote Address: “Self Care for the Caregiver”</td>
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<td>— James Sacco, MSW, LCSW</td>
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<td>9:00–10:00</td>
<td>“Trauma Informed Care”</td>
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<td>— Simona Mortensen, MSN, RN, PCCN, HN-BC</td>
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<td>10:00–10:30</td>
<td>Break with Vendors</td>
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<td>10:30–11:30</td>
<td>Straight Talk</td>
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<td>— Kitty Hancock, MSN, RN</td>
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<td>11:30–12:30</td>
<td>Lunch (provided), Vendor Demonstrations and Poster Presentations</td>
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<tr>
<td>12:30–1:30</td>
<td>The Opioid Epidemic</td>
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<td>— Blake Fagan, MD</td>
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<td>1:30–1:45</td>
<td>Break</td>
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<td>1:45–3:45</td>
<td>Simulation Center</td>
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<td>— Elaine Alexander, RN, MSN, RNC-OB</td>
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<td>3:45–4:00</td>
<td>Georgia Crump Award</td>
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<td>— Peggy Noel, MD</td>
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<td>4:00</td>
<td>Evaluations and Adjourn</td>
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**PLANNING COMMITTEE**

Ronnie Metcalf, EdD, RN-BC, ONC | MAHEC
Lisa James | MAHEC
Rachael Swann, BSN, RN | Mission Health
Leigh Ann Highsmith, MSN, RN | Charles George VAMC
Roger Edmonds, CNA | SanStone Health & Rehabilitation
Elaine Alexander, RN, MSN, RNC-OB | MAHEC

**DIRECTIONS**

MAHEC Mary C. Nesbitt Biltmore Campus
121 Hendersonville Road, Asheville, NC 28803

From I-40 E: Take Exit 50 and turn left onto Hendersonville Road. From I-40 W: Take Exit 50B and merge onto Hendersonville Road. At the first light, turn left into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

From 19-23 (I-26): Take 240 East to Exit 5B (Charlotte Street). Exit right onto Charlotte Street. At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light, turn right into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

**FACULTY**

James Sacco, MSW, LCSW, is a consultant and trainer based in Atlanta, Georgia. He provides training and consultation to a broad range of public health, governmental, and community-based organizations. Since 2004, his practice has significantly reflected his commitment to disseminating skills of Motivational Interviewing. He is a member of the Motivational Interviewing Network of Trainers (MINT). He has provided direct substance abuse services, managed substance use/ HIV training programs, and currently works with SAMHSA grantees providing a range of training and technical assistance. His ongoing clients include the World Health Organization, U.S. Centers for Disease Control and Prevention, Duke University, Emory University, and state and local health departments across the country. He has trained some 50,000 health care workers since 1986.

Simona Mortensen, MSN, RN, PCCN, HN-BC, is a Nurse Educator for Cardiac Progressive Care at Mission Hospital. She began her career as a RN at Mission in 2008, which was built upon three years of experience as a CNA. Within her career Simona has worked at the bedside as a primary RN, held leadership roles on her unit, worked within Patient Education, and has over 5 years of experience as an Integrative Nurse. Simona’s focus during her Masters Education was centered on how to promote the concepts of resiliency, mindfulness and self-care to patients and health care workers.

Kitty Hancock, MSN, RN, is a Registered nurse who has worked in the nursing education field for over thirty years. She received her Master’s in Nursing in 1992 and has worked as a Nursing Instructor for the Veterans’ Administration for the past fifteen years.

Blake Fagan, MD, completed his undergraduate education at the University of Missouri–Columbia and medical school at Vanderbilt University SOM in 1998. He finished his family medicine residency at MAHEC in Asheville, NC in 2001 and has been a faculty member at MAHEC since then. During that time, he has been the co-clinical director, assistant residency director and the residency director. Currently, he is the Chief Education Officer at MAHEC.

Elaine Alexander, RN, MSN, RNC-OB, has filled the role of Nurse Continuing Education Planner at MAHEC since October of 2014. Her BSN and MSN–Clinical Nurse Specialist are both from Grand Canyon University in Phoenix, AZ. She received her certification in Inpatient Obstetrics in 2011. Recently, she transitioned into the role of Director for MAHEC’s 15,000 sq. foot Simulation Center. Elaine and her staff plan and implement educational programs for medical students, residents, nurses, CNAs, and community members.

**REGISTRATION**

Early registration deadline: September 3, 2018
Poster presentation submission deadline: August 24, 2018

Fees are $40.00, $35.00 per person for groups of five or more from the same agency (must register/pay at the same time), or FREE for CNAs with poster presentation (must register and contact Ronnie Metcalf in order to attend; see page 1). These fees include administrative costs, educational materials, breakfast, and lunch. If registration is received after the deadline, the total fee will be the registration fee + $15.00.

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.

MAHEC assumes permission to use audio, video and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.
Updated contact information.

NAME _______________________________________

CREDENTIALS ________________________________

SOCIAL SECURITY # XXX-XX- ___ ___ ___ (last 4 digits required)

OCCUPATION ________________________________

EMAIL 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 MAHEC emails. We never share our mailing lists.

☐ Please remove my name from the MAHEC mailing list.

MEAL PREFERENCE ☐ Vegetarian ☐ Gluten-free ☐ Vegan

PROGRAM FEE ☐ $40.00 ☐ $55.00 (after 9/3/18)

GROUPS OF FIVE OR MORE FROM SAME AGENCY ☐ $35.00 ☐ $50.00 (after 9/3/18)

(COUST register and pay at the same time)

CNA w/ POSTER PRESENTATION ☐ FREE (must register and contact Ronnie Metcalf in order to attend; see page 1)

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

☐ Check is enclosed ☐ Credit card information provided

☐ Visa ☐ MasterCard ☐ Discover Card ☐ American Express

ACCOUNT # _________________________________

EXP _____ / _____ CODE ON BACK OF CARD _______ (3 digits)

NAME ON CARD ________________________________

Send completed registration form to: #19NE003/56371

MAHEC Registration
121 Hendersonville Road, Asheville, NC 28803

Fax: 828-257-4768