



Personal Wellness: Using Lifestyle Medicine for Burnout Prevention and Health Promotion

Presented by

Jenna Unke, Master Medical Science

Thursday, 1/12/2023 3:00:00 PM - 1/12/2023 4:00:00 PM

Virtual

Target Audience:

Specialties: General Oncology
Professions: RN/APRN, Other

Description:

This course is planned to enhance nurses' knowledge regarding personal wellness including understanding burnout, pillars of lifestyle medicine, and healthy lifestyle habits using wellness resources available to employees and patients. At the conclusion of this activity, participants will articulate the benefits of personal wellness and wellness resources available to patients and employees. To receive 1.0 contact hours for this activity, the participant must: Create Profile and Register for activity in the Professional Education Portal PEP@MDAnderson Pair Mobile Number to Account by calling 844-912-1333 and Texting Activity ID provided by Facilitator. Complete a participant evaluation in PEP, under the MyCE tab, within 7 consecutive days of the learning activity where you will also have immediate access to your Certificate.

Nursing Objectives:

1 At the conclusion of this activity, participants will articulate the benefits of personal wellness and wellness resources available to patients and employees.

Accreditation:

The University of Texas MD Anderson Cancer Center is accredited with distinction as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

Credit Designation:

The University of Texas MD Anderson Cancer Center designates this live activity will award 1.00 Nursing Continuing Professional Development (NCPD) credits

Commercial Support:

No commercial support has been received for this activity.

The University of Texas MD Anderson Cancer Center adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a CE activity, including faculty, planners, reviewers or others are required to disclose all financial relationships with ineligible entities (commercial interests). All relevant conflicts of interest have been mitigated prior to the commencement of the activity.

Faculty & Planner Disclosure:

Name of individual	Individual's role in activity	Name of Ineligible Company(s) / Nature of Relationship(s)
Jenna Unke, Master Medical Science	Faculty	Nothing to disclose - 12/09/2022
Cori Kopecky, MSN, Nursing Education	Nurse Planner	Nothing to disclose - 10/17/2022
Nancy Lewallen, BSN	Other Planning Committee Member	Nothing to disclose - 12/12/2022
Kinjal Patel, MSN	Other Planning Committee Member	Nothing to disclose - 09/29/2022