

20th Annual Omaha Women's Health & Wellness Conference
Extinguishing the Flames of Burnout and Stress to Achieve Life's Balance

Keynote Presenters:

Sasha Shillcutt, MD, MS

Julie Masters, PhD

JoAnn Eickhoff-Shemek, PhD

Cheryl Harriman

Fri., Oct. 6, 2017

8 a.m. to 4:30 p.m.

La Vista Conference Center

12520 Westport Parkway

La Vista, Neb.

8:00 AM Registration, Health Fair & Screenings

8:50 AM Welcome & Opening Session

**9:00 AM Breakfast Keynote:
Sasha Shillcutt, MD**

In Between Failure: Overcoming Adversities to Achieve Success

Sasha Shillcutt, MD will share her story of overcoming professional failure and the value of developing resilience. She will review specific characteristics that define resilience at the personal level and compare and contrast differences in those with high and low resilience. Dr. Shillcutt will provide hands on information on how to maintain enthusiasm despite professional setbacks and teach participants to foster resilience in both the individual and institutional level.

10:30 AM Refreshment Break, Health Fair & Screenings, Sponsor Exhibits

**11:00 AM General Session:
Julie Masters, PhD**

***Who Knew it was a Mrs. Smith's Pie? The Value of Communication
Amongst Family Members as Parents Age***

How often do we find ourselves asking, I wish I knew what my loved one wanted, but find the time has passed to ask the important questions? Life brings us opportunities to learn about our loved ones wants and dreams at various times, including the holidays and special occasions. Yet, how to begin the conversation

can be difficult. This session will provide tips for engaging family members in effective communication, including aging family members and their final wishes.

12:00 PM Lunch and Sponsor Exhibits

**12:30 PM Luncheon Keynote
JoAnn Eickhoff-Shemek, PhD**

Advancing Women's Health the Next 20 Years: Shifting the Emphasis to Wellness

This presentation will briefly summarize the many medical advances that have improved women's health over the past 20 years but will focus on the importance of shifting to a wellness paradigm the next 20 years and beyond. True "wellness" involves choosing a healthy, balanced lifestyle -- the most effective strategy to prevent chronic diseases. The dimensions of wellness will be discussed with an emphasis on regular physical activity and a global initiative called Exercise is Medicine ®.

1:30 – 2:30 PM Breakout Session (choose 1, 2, or 3)

1. ***Selecting a Personal Fitness Trainer or Wellness Coach: Important Factors to Consider***

**JoAnn Eickhoff-Shemek, PhD
University of Southern Florida, Dept of Educational & Psychological Studies**

Often people believe if they have a "certified" personal trainer or wellness coach, they have a qualified and competent professional. This is not necessarily true – consumers should consider many more factors and so should medical professionals when making patient referrals. This presentation will also provide information and resources on how to safely and effectively design your own physical activity program.

2. ***Addiction: Help is on the Horizon***

**Alëna A. Balasanova, M.D.
UNMC/Nebraska Medicine Department of Psychiatry**
What are addiction and substance use disorders and their relevance to today's healthcare landscape? This session will explore local and national trends in addictive disorders with a special focus on opioid use disorder and evidence-based treatments such as Medication-Assisted Treatment (MAT). There are reasons for optimism in our ability to effectively manage this chronic medical condition known as addiction.

3. ***Self Care is NOT Selfish: Creative Tools for Transforming Compassion Fatigue and Vicarious Trauma***

Kay Glidden, MS and Beth Reynolds, BS
Compassion Resiliency

You pay an emotional price for doing the work that you do. Some of us hear difficult stories daily and are frequently exposed to traumatic details from the individuals and staff we work with. We are not always able to help everyone who comes to us for help – the demands often outweigh what we can offer. Attendees will improve their understanding of compassion fatigue, vicarious trauma, burn out and moral distress and be provided with hands-on tools and resources for improving resiliency and self-care.

2:30 - 3:00 PM Refreshment Break and Sponsor Exhibits

3:00 – 4:00 PM Breakout Session (choose 4, 5, or 6)

4. ***Keep Calm and Carry On: Dealing with Difficult Patients and Families***

Susan Needham, RN, BSN
Nebraska Medicine Emergency Services

Working in healthcare provides many opportunities for encounters with patients, mostly very positive. This session will identify situations where patients and family members may become angry and manipulative, and discuss methods to diffuse these situations while maintaining personal safety.

5. ***Emotional Eating: How to Make Peace with Food & Feelings***

Kimberly Vacek, PhD
Nebraska Medicine Pain Management Program

Many people use food as a coping strategy in times of stress and struggle to develop a healthy relationship with food. We will discuss the difference between emotional and physical hunger, how to get in tune with your emotions and feed your feelings without food, and strategies for breaking the cycle of emotional eating.

6. ***Family Caregivers: Who We Are and How We Can Take Care of Ourselves While Caring for Others***

Rachele Sledge, MSW

A presentation to help define what a family caregiver is and how as caregivers to locate resources. No one can do this alone- so as we juggle the role of caregivers, we will also discuss how to try and care for ourselves in the midst of the stressors of caring for others.

4:10 PM Closing Session, Evaluations & Door Prizes

Cheryl Harriman, mother of Avery, 2x bone marrow transplant survivor

4:30 PM Adjourn