Nurse Leadership Conference
Celebrating Nurses: The Leaders of Care!

July 29th
OMEF Event Center | Portland, Oregon

Sponsored by: SAIF Corporation

Location:
OMEF Event Center
11740 SW 68th Parkway
Portland, OR 97223

When:
July 29th, 2015
9:00 am – 4:00 pm

CEUs: 5.75
OHCA programs are approved for Oregon and Washington Nursing Facility Administrators and Oregon Assisted Living/Residential Care Administrators. For other approvals, check with your certifying body.

Cost to Attend:
OHCA Members: $89/person
Non-Members: $189/person

Register Online Today!
www.ohca.com/events-education

For More Information:
Oregon Health Care Association
www.ohca.com
11740 SW 68th Parkway Suite 250
Portland, OR 97223
(503) 726-5260
mking@ohca.com

Table Top Exhibitors:
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Nurses are the backbone of the quality care provided to residents and clients across the care spectrum. From community-based care settings, to post-acute care, to nursing facilities, nurses hold an essential leadership role. Despite playing such a vital role in providing care, nurses don’t always receive the training necessary to be successful leaders for their team.

The 2015 Nurse Leadership Conference will focus on ways nurses can become strong leaders and, in turn, provide better quality care to their residents. This event will look at the science of caring for the elderly, the world of gerontological nursing, and the unique roles nurses fulfill in providing care for seniors. Please join the Oregon Health Care Association to advance your career, learn new tools and techniques, and become a leader in your community TODAY.

### Audience
- All geriatric nurses, including those who work in long-term care, post-acute, in-home care, home health care or community based care.
- Registered nurses (RNs)
- Licensed practical nurses (LPNs)
- Directors of nursing
- Health services directors
- Charge nurses
- Resident care managers

### Program Sessions & Objectives

#### Engaging Your Workforce to Improve Clinical Practice and Achieve Excellence

When striving to achieve excellence in providing care, your staff is your greatest asset and a critical component. This session will provide tools to establish a workforce environment that engages employees to improve the quality of the services they provide. This session will look at best practices to engage, manage and develop your team, as well as ways to build an effective, supportive work environment. Attendees will join dynamic exercises to analyze their current status in these areas and develop action plans for the future. Attendees will learn ways to balance their leadership, including strategies to offer staff support while motivating them to be fully engaged at work.

#### Staff Development for Nurse Leaders: Hiring, Firing and Discipline

Being a nurse includes a wide variety of demanding roles and responsibilities. Often, nurses are stretched to manage resident care and the clinical demands of their job, while still looking to balance leadership responsibilities and staff development. Join this session to learn strategies to manage staff workload, encourage top-notch caregiving, and simultaneously hold your team accountable. This session will also examine ways to handle staff who become disengaged or pose problems for your department.

#### Oregon State Board of Nursing Draft Division 45 Stakeholder Workgroup Update

Oregon’s Nurse Practice Act (NPA) serves to codify the licensees’ and certificate holder’s obligation to act in the best interest of society. One of the key divisions of the NPA is Chapter 851 Division 45 Standards and Scope of Practice for the Licensed Practical Nurse and Registered Nurse, which has been under revision through an open meeting Stakeholder Workgroup process since September 2014. This session presents an overview of the proposed rule amendments to date; amendments that could be presented to the Board early as September 17, 2015. This session will provide a guideline for how the changes will affect you in your long term care setting.

#### Stress Management: Humor, PRN

If you could find a drug that could help reduce stress, improve your mood and counteract loneliness - with no side effects and no co-pay, would you consider trying it? That drug is widely available, and it is called HUMOR. In this fun and interactive session, we’ll explore research related to humor, including the ways in which humor can benefit your emotional well-being. We’ll also look at the detrimental effects of failed humor, and how to avoid these pitfalls. Finally, attendees will leave with tools and inspiration they can use “as needed” to help make the tough days a little easier and the good days even better.

### About the Presenters

#### Mary Tellis Nayak, RN, MSN, MPH

**VP Quality Initiatives, National Research Corporation**

Mary has worked in most areas of care for the elderly; as a bedside caregiver in a hospital-based SNF, a manager of a home health agency, a DON in a freestanding nursing home, and the chief clinician in a large multifacility organization. She was the president/CEO of the American College of Health Care Administrators. Throughout her career, she has led quality improvement programs throughout long-term care. In leading JCAHO’s program for long-term care accreditation for ten years, she developed the first set of standards for dementia care units, subacute care and long-term care pharmacies. With her husband, Dr. V. Tellis-Nayak, Mary won the American Health Care Associations lifetime achievement award – Champion of Quality – in 2013.

#### Demi Haffenreffer, RN, MBA

**President, Haffenreffer & Associates**

Demi has made long-term care her profession since 1973, first as a Director of Nursing and for the last thirty-five years as a consultant. In 2011, Demi assisted the Colorado Foundation for Medical Care with a CMS grant to publish the Model Program for Quality Performance called “QAPI.” Demi is a facilitator for the Leadership Excellence Self-Assessment System and as a Master Examiner for AHCA’s Quality Award. She has taught workshops nationally and internationally on a variety of subjects pertinent to long-term care and has authored five policy and procedure manuals.

#### Gretchen Koch, MSN, RN

**Policy Analyst, Nursing Practice and Evaluation, Oregon State Board of Nursing**

Gretchen’s 28-year nursing career has focused on nursing policy and education. Gretchen is a former faculty member at Oregon Health & Sciences University School of Nursing and an Edmond J. Safra Visiting Nurse Faculty Scholar. She has practiced as a Community Nursing Coordinator and Policy Analyst with Oregon Department of Human Services Seniors and People with Disabilities, and practiced as a licensing specialist and staff development nurse with DHS Office of Developmental Disability Services.

#### Ann McQueen, PhD

**Operations and Policy Analyst, Advocacy and Development, Aging and People with Disabilities**

Ann has taught gerontology courses and presented at conferences, including the Gerontological Society of America (GSA) Annual Meeting, Pioneer Network Annual Conference, and Alzheimer’s Association National Caregiver Conference. She participated in the development of the State Plan for Alzheimer’s Disease in Oregon (SPADO) and currently serves on the SPADO Implementation Team.

#### Darcie Ryan, RN, MS

**Owner, Consulting Resources**

Darcie M. Ryan, RN, MS has over 35 years of experience in nursing and health care operations including administration, systems development, systems implementation, quality improvement, nurse delegation, memory care, and staff training. Darcie is approved to provide mandatory consultation in both Oregon and Washington. Darcie’s training and educational presentations are straight forward and build from the basic to the more complex.

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