

**THURSDAY, JUNE 18, 2020**  
**10:00AM-2:30PM**



THE AMERICAN PSYCHIATRIC NURSES ASSOCIATION AND APNA KENTUCKY  
CHAPTER ARE JOINTLY PRESENTING THE 2020 ANNUAL CONFERENCE

# Compassionate Nursing Starts With Me: Self Care for the Psychiatric Nurse

**Keynote Presenter: Dallas Ducar**



MSN, PMHNP-BC, RN, CNL,  
NREMT-B  
Director of Mental Health  
Services at the MGH  
Transgender Health Program

Dallas Ducar is a researcher, contemplative, and nurse practitioner. Dallas now serves as Clinical Lead for Mental Health Services at the MGH Transgender Health Program. Inspired by others, Dallas' main research interests include ethics, contemplative sciences, trauma, and resilience

## Details

This conference will be hosted online on the Zoom teleconference platform

## Registration Fees

APNA Member: \$30  
Non APNA Member \$40  
Student Non-APNA Member: \$10  
Student APNA Member: Free

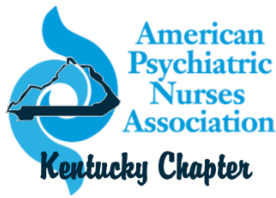
## Registration

Register online at:  
<https://www.apna.org/APNAKY>  
[REGISTER](#)

**Presentation Title: Are We Killing  
Compassion? Lessons from a Village**

*Up to 4 total contact hours NCPD (1 hour of pharm) are available for nurses. Participants must attend the entire conference and complete the conference evaluations in order to obtain CNE.*

The American Psychiatric Nurses Association is accredited with distinction as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.



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## DETAILS

Conference Description: Nurses and advanced practice providers will gain increased knowledge about self-care in the clinical setting including opportunities for self-enhancement and treatments for management of poor sleep, stress, and burn out.

Learning Outcome: Participants will be able to verbalize risk factors for burn out in the mental health profession, and ways in which to establish work/life balance for better self-care.

## CONFERENCE AGENDA

10:00am-10:10am	<b>Introduction &amp; Welcoming address</b> Rebecca Reichert, Current APNA KY President  <i>Introduction of next speaker</i>
10:10am-11:40am	<b>Conference Keynote:</b> Are we Killing Compassion? Lessons from a Village Dallas Ducar, MSN, PMHNP-BC, RN, CNL, NREMT-B Director of Mental Health Services, Massachusetts General Hospital Transgender Health Program  <i>Introduction of next speaker</i>
11:45am-12:30am	Nurses at Risk: Nurse Suicide and Self-Care Amanda Lykins, DNP, RN-BC Clinical Nurse Specialist, Behavioral Health, UK HealthCare  <i>Introduction of next speaker</i>

12:35am-1:20pm	“Get your Body Movin” Psychiatric Nurse Fatigue and Exercise Jessica Mamula, PMHNP-BC  <i>Introduction of next speaker</i>
1:35pm-2:25am	Cannabidiol (CBD): What’s All the Hype about Hemp? Aimee Adam, Pharm. D.
2:25pm-02:30pm	<b>Conclusion</b> Rebecca Reichert, Current APNA KY President

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