

# Program description and objectives

PNAMDC presents its 4th Fall conference on C.A.R.E.: A Journey to Personal and Professional Transformation. This full-day conference will feature a variety of topics focused on commitment, awareness, respect, and engagement, such as:

- Nurses caring for themselves and others
- Promoting a positive work environment that empowers and engages staff
- Contributing to optimal organizational, community, and global outcomes
- Transforming the health of the nation by supporting nurses in taking positive action towards their own health
- Understanding the emerging trends in the clinical care of patients with Parkinson's disease and organ donation.

**At the end of the conference, participants will be able to:**

- Identify ways to build up personal resilience
- Participate in promoting a positive work environment
- Demonstrate and apply self-care and self-compassion in daily life activities
- Describe emerging trends in pharmacological therapy, surgical and future care in Parkinson's disease
- Describe Nurses vital role as patient advocates and support in the complex process of organ donation
- Describe "The Healthy Nurse, Healthy Nation" Grand Challenge as a social platform to promote the health of the nation
- Increase awareness of the common challenges in surgical missions and develop the spirit of medical mission volunteerism

## AGENDA

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| <b>7:00 - 8:00</b>    | <b>Registration and Continental Breakfast</b>   |
| <b>8:00 - 8:05</b>    | <b>Welcome</b><br>Speaker: Myrna Joy Arellano, BSN, RN, President, PNAMDC   |
| <b>8:05 - 9:05</b>    | <b>"Building Resilience In a Rapidly Changing Healthcare Environment"</b><br>Speaker: Barbara Jacobs, MSN, RN-BC, CCRN-K, NEA-BC, CNO, Anne Arundel Medical Center  |
| <b>9:10 - 10:10</b>   | <b>"Employee Engagement: Key to Sustaining Excellence"</b><br>Speaker: Christine Pabico, PhD(c), RN, NE-BC, Director, Pathway Program American Nurses Credentialing Center  |
| <b>10:10-10:25</b>    | <b>AM Break/Exhibit Hall</b>  |
| <b>10:25 - 11:25</b>  | <b>"Self Care: Cliche' or When Rubber Meets the Road"</b><br>Speaker: Harpreet Gujral, MSN, RN, FNP-BC, Director Integrative Health, Sibley Memorial Hospital   |
| <b>11:25 - 12:15</b>  | <b>"Organ Donation: How Nurses Play A Critically Important Role in This Life Saving Process"</b><br>Speaker: Lesley Compagnone, Director of Community Affairs, Washington Regional Transplant Consortium (WRTC)                                   |
| <b>12:15 - 1:00pm</b> | <b>LUNCH/Exhibit Hall</b>   |
| <b>1:00 - 2:00</b>    | <b>"Healthy Nurse, Healthy Nation: An Overview"</b><br>Speaker: Holly Carpenter, BSN, RN, ANA Senior Policy Advisor   |
| <b>2:00 - 3:00</b>    | <b>"Emerging Trends in Parkinson's Disease and Its Treatment"</b><br>Speaker: Yasar Torres-Yaghi, MD, Director Parkinsonism and Dementia Clinic, Assistant Professor of Neurology, Movement Disorder Dept. Medstar Georgetown University Hospital |
| <b>3:00 - 3:15</b>    | <b>PM Break/Exhibit Hall</b>  |
| <b>3:15 - 4:15</b>    | <b>"Lessons Learned in 20 Years of Medical Surgical Missions"</b><br>Speaker: Domingo Alvear, MD, FACS, FICS, Chairman and Founder, World Surgical Foundation   |
| <b>4:15 - 4:30</b>    | <b>Awards, Silent Auction</b>   |

To obtain the contact hours associated with this course, the healthcare professional must be registered, attend the seminar, and complete the program evaluation form at the end of the conference.

## ABOUT PNAMDC

PNAMDC is a professional organization of Filipino-American Nurses in the Metropolitan, D.C., (PNAMDC) with goals to uphold the positive image and welfare of its constituent members, promote professional excellence, and contribute to significant outcomes to healthcare and society.

## EDUCATIONAL COMMITTEE

- President: Joy Arellano, BSN, RN
- Chair: Lourdes Careaga, MSN, RN, CMSRN, NE-BC
- Co-Chair: Aida Imperio, BSN, RN
- Outreach: Violeta Imperio, BSN, RN
- Social Media/Marketing: Carol Robles, BSN, RN  
Leonora Mendoza, BSN, RN
- Silent Auction Chair: Elsa Aquino, BSN, RN

These topics and speakers have been carefully selected to address the aspects of what PNAMDC hopes to empower each of the participants in their unique personal and professional journey towards their own transformation.