

New York State Southern Tier Chapter

Winter Week-end Retreat 2010: Chapter Consort

Project Goal/Target audience: All members of the Chapter

Project Overview:

Each year for approx. the past 8 years we hold a winter week-end retreat at a regional bed & breakfast. It is held on a Friday evening and Saturday morning, usually during February. We offer both education and rejuvenating activities. Members can choose to attend either the Friday or Saturday educational session or stay overnight and attend the entire offering. CEU's are offered. Past topics include CINV, peripheral neuropathy, depression, pain management, mucositis and others. We charge tuition from each attendee and try to keep the costs reasonable and affordable for our members. Tuition covers the cost of the site, the food and beverages, as well as ceu application fees.

This year a few of our members attended Congress and brought back rave reviews of sessions regarding healing the caregiver within and lateral violence in nursing. We would like to have these two topics presented as the focus of our 2010 retreat. The program committee has received commitments from Jean Kozachuk and Lisa Schulmeister, who will each present a portion of the program.

Expected Outcomes:

We are hopeful that those who attend this event will learn about lateral violence in nursing, what it is, how to avoid participating in actions which are hurtful or harmful to other nurses, as well as how to deal with issues that arise at work in a healthy and upright manner. The portion on healing the caregiver within will allow participants the permission to care for themselves and see that it is not selfish to do so, emphasizing that caring for yourself allows one to better care for their patients and families.