



6th EMSSA International Conference

hosted by Emergency Medicine Society of South Africa & Emergency Care Society of South Africa

NURSING WORKSHOP

PROGRAMME



Time	Topic	Speaker
12:30-13:00	Registration	
13:00-13:45	Staying alive An interactive dialogue about the need for self-care, what it is, what the evidence suggests and what “real-world” practice tells us. With this will come an introduction to the work of the Compassionate Care Initiative (CCI).	Tim Cunningham
13:45-14:15	How we do it Part I: Group practice Participants will work in dyads or triads in writing and communication exercises to explore what their own self-care practices/experiences may be.	Hannah Crosby Tim Cunningham
14:15-14:45	How we do it Part II: Individual practice Guided self-care practices based on the work of the Compassionate Care Initiative and discussion.	Hannah Crosby Tim Cunningham
14:45-15:30	Tea (with an opening practice that will extend into a 30-minute break)	Hannah Crosby
15:30-16:15	Power and pitfalls of reflection: Making a plan and putting it to practice This dialogue will introduce a practice called “The Medical Pause” created by emergency nurse and CCI member, Jon Bartels. It will share its risks and benefits. As this session concludes, participants will be offered ideas on how to develop or build upon a self-care plan.	Tim Cunningham
16:15-17:00	Implementing change: How do you bring these practices to your organization? This final panel presentation will provide an opportunity for Q&A in addition to allowing room for discussion on how to implement various practices within an organization. What change have we seen at the CCI? What change might be expected? How might we measure it?	Tim Cunningham Hannah Crosby