



155 Grand Avenue, Suite 100  
Oakland CA 94612



# STRESS ON THE JOB

## A Closer Look at Root Causes, Impacts, and Solutions

### 2019 — NATIONAL

MAY 21 — KANSAS CITY, MO

JUNE 3 — EL PASO, TX

JUNE 6 — SILVER SPRING, MD

JUNE 7 — SILVER SPRING, MD

JUNE 17 — CHICAGO, IL

JULY 9 — CORPUS CHRISTI, TX

JULY 10 — LAS VEGAS, NV

JULY 23 — NEW YORK, NY

JULY 25 — FT. LAUDERDALE, FL

JULY 26 — ST. PETERSBURG, FL

FOR DIRECT-CARE AND STAFF RNs — Provided by California Nurses Association. Provider approved by the California Board of Registered Nursing, Provider Number CEP754 for 4 contact hours.



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## COURSE DESCRIPTION

Workplace stress is a serious concern for nurses, with impactful consequences for individual nurses' health as well as patient care, burnout, and turnover. Usually stress is talked about as an individual problem. Solutions proffered by employers generally focus on self-care and stress relief, "I have to make the situation work", and individual therapy/mental health treatment, "There must be something wrong with me".

Registered nurses are responsible for and accountable to practicing safely, competently, ethically, and compassionately in accordance with their scope of practice. This class will look at how workplace stress can be a barrier to that responsibility. We will look closely at the fundamental sources of physical, mental, and moral stress in nursing — including understaffing and under-resourcing, amongst others. In looking at the bigger picture of workplace stress, we will identify effective solutions to nurses' workplace stress.

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## COURSE OBJECTIVES

Upon completion of this program, participants will be able to:

1. Articulate root causes of nurses' work-related stress.
2. Describe how a stressful workplace affects patient outcomes.
3. Discuss the relation between stress and organizational constraints.

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## GENERAL INFORMATION

NNOC/NNU reserves the right to substitute qualified faculty for those listed. Continental breakfast and lunch will be served.

Absolutely no recording or videotaping of courses allowed. Attendees must remain for the full class to receive CE credit (4 CEHs).

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## REGISTRATION & FEE INFORMATION

Register early as space may be limited and preregistration is required. Please register no later than one week before the class. Registrants should arrive 15 minutes prior to class and sign-in.

CE courses are free to National Nurses Organizing Committee/ National Nurses United members and student nurses. For direct-care and staff RNs. Participants will be notified by U.S. mail and by email if a course is cancelled.

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## 2019 NATIONAL DATES, TIMES, & LOCATIONS

### May 21, — Kansas City, MO

8:00 am - 12:00 pm and 5:00 - 9:00 pm

Hampton Inn & Suites Kansas City Country Club Plaza  
4600 Summit Street, Kansas City MO 64112

### June 3, 8:00 am - 12:00 pm — El Paso, TX

NNOC Office

310 North Mesa Street, Suite 615, El Paso TX 79901

### June 6, 5:00 - 9:00 pm — Silver Spring, MD

June 7, 10:00 am - 2:00 pm — Silver Spring, MD

NNU Headquarters

8455 Colesville Road, Suite 1100, Silver Spring MD 20910

### June 17, 10:00 am - 2:00 pm — Chicago, IL

Crowne Plaza Chicago Metro

733 W Madison Street, Chicago IL 60661

### July 9, 10:00 am - 2:00 pm — Corpus Christi, TX

NNOC Gulf Coast Office

321 Texan Trail, Suite 230, Corpus Christi TX 78411

### July 10, 8:30 am - 12:30 pm — Las Vegas, NV

Green Valley Ranch

2300 Paseo Verde Parkway, Henderson NV 89052

### July 23, 10:00 am - 2:00 pm — New York, NY

New York Marriott Marquis

1535 Broadway, New York NY 10036

### July 25, 8:00 am - 12:00 pm — Fort Lauderdale, FL

Four Points by Sheraton Fort Lauderdale Airport/Cruise Port  
1800 S Federal Highway, Fort Lauderdale FL 33316

### July 26, 8:00 am - 12:00 pm — St. Petersburg, FL

Hilton St. Petersburg Carillon Park

950 Lake Carillon Drive, St. Petersburg FL 33716

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## INSTRUCTOR

Jane Thomason

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## REGISTRATION FORM

*A completed form is necessary to insure registration. Please print legibly.*

Name: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Day Phone/Voicemail: (\_\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

Name of Employer/Facility: \_\_\_\_\_

Job Classification: \_\_\_\_\_

RN License #: \_\_\_\_\_

*For processing CE certificate only.*

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- July 9 — Corpus Christi, TX
- July 10 — Las Vegas, NV
- July 23 — New York, NY
- July 25 — Ft. Lauderdale, FL
- July 26 — St. Petersburg, FL

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## MAIL, FAX, OR ONLINE REGISTRATION

### Mail:

NNOC/NNU

Attn: Nursing Practice/CE

155 Grand Avenue

Oakland CA 94612

### Fax:

510-663-2761

### Online:

[www.nationalnursesunited.org/ce](http://www.nationalnursesunited.org/ce)