

## Promotional: Caregiver Stress

\*\*You **MUST** print this for Continuing Education purposes and keep with your certificate of completion.

### **Requirements:**

For successful completion of this educational activity and receipt of 1.0 contact hour(s), the learner must:

1. Participate in 60 minutes of continuous learning.
2. Complete a quiz with a minimum score of 85%.
3. Complete an evaluation form.

### **Educational activity description:**

Stress is not necessarily negative or to be avoided. This educational activity explores identification of stress along with practical strategies that healthcare workers can practice self-care to avoid burnout.

### **Target audience:**

The target audience for this educational activity is all staff across healthcare settings. This is an advanced level educational activity. Information is geared to practitioners with a comprehensive understanding of the subject matter based on current theories and standards of practice as well as current literature and research. The focus is on recent advances and trends, and/or research applications

### **Purpose:**

The purpose of this educational activity is to enable the learner to identify signs of stress and strategies for managing.

### **Learning outcome:**

At the completion of this educational activity, the learner will be able to demonstrate knowledge about needs of the caregiver by passing a quiz with 85% or greater accuracy.

### **Learning objectives:**

At the completion of this educational activity, the learner will be able to:

1. Predict three (3) ways a healthcare worker will be impacted by stress.
2. Detect three (3) ways healthcare organizations contribute to stress in the workplace.
3. Select the merits of three (3) things that can be done in the healthcare setting to promote reduction of workplace stress for staff.

### **Author:**

Don Gordon, BS, MDiv, DMin

Don is the founder and CEO of Christians Caring for Creation, Inc. and currently serves as Adjunct Professor of Religion at Lenoir-Rhyne University. Prior to that he served for 35 years in pastoral ministry in Virginia and North Carolina. He earned a Doctor of Ministry degree from Columbia Theological Seminary (PCUSA), a M.Div. from Southeastern Baptist Theological Seminary, and a B.S. degree in Mathematics from Campbell University. He has recently served on the Board of Trustees for Campbell University in North Carolina and the Board of Directors for The Baptist Center for Ethics in Nashville, Tennessee. Don has spent many hours offering spiritual care in hospitals, hospice care facilities, nursing homes and assisted living facilities with many people he knew well or not at all, including his mother who lived for five years in such an environment.

**Planning committee:**

Judy Hoff, RN, BSN, MA, PhD  
Linda Shubert, MSN, RN  
Don Gordon, BS, MDiv, DMin

**ANCC continuing professional development information:**

Healthcare Academy is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

**ANCC disclosure and program information:**

Participants will be required to complete the entire educational activity, quiz, and evaluation form. There will be no endorsements of products or off-label use.

Disclosures for planning committee Judy Hoff, RN, BSN, MA, PhD, Lois Platt, MSN, RN and Don Gordon, BS, MDiv, DMin have no relevant relationships and no conflicts of interest.

**EXPIRATION:** The expiration date for this educational activity is August 31, 2028. No contact hours will be awarded to participants who fail to submit evaluation forms. Please contact Healthcare Academy with questions.

**California Department of Public Health:**

This course is approved by the CDPH. Provider ID (NAC#): 7045