

SCHEDULE

BEGINNING AT 8:30 AM – FINE ARTS CENTER ATRIUM

Same day registration will take place throughout the day.

Pre-registered participants: Please check-in upon arrival.

8:30 AM – POSTER DISPLAYS & VENDORS OPEN – FINE ARTS CENTER LOBBY

9:30 - 10:30 AM – BREAKOUT SESSIONS

- Professional Coaching as a Wellness Strategy for Healthcare Professionals
Jeannette Spilde, MD, Certified Physician Development Coach
- COVID-19 in Long Term Care: The Lived Experience and Lessons Learned
Elizabeth Cogbill, MD
- Research Corner
Facilitated by Mary Ellen Stolder, PhD, RN, ANP-BC
- Cultivating Personal Well-being
Silvana Richardson, PhD, RN, AHN-BC

10:30 AM – POSTER PRESENTATIONS – FINE ARTS CENTER LOBBY

11:00 AM - 12:15 PM – LUNCH ON YOUR OWN

Food available for purchase (information available the day of the event)

12:15 - 1:30 PM – FINE ARTS MAIN THEATRE

Welcome - 12:15 PM

Sara Cook, PhD, Vice President for Academic Affairs, Viterbo University

Kerri Busteed, PhD, RN, President, Sigma Theta Tau International – Pi Phi Chapter

Presentation of Dahlberg Scholar Award

Stephen Shapiro, MD, FACS, Gundersen Health System

KEYNOTE ADDRESS - 12:30 PM

Sherry Chesak, PhD, RN, 2022 Dahlberg Scholar

A Mindful Approach to Preventing and Managing Compassion Fatigue

1:30 – POSTER PRESENTATIONS – FINE ARTS CENTER LOBBY

2:00 - 3:00 PM – BREAKOUT SESSIONS

- Promoting Resilience Among Nurses and Nurse Leaders: Outcomes of Individual and Team Based Interventions
Sherry Chesak, PhD, RN
- Professional Coaching and Strategies for Healthcare Professionals
Jeannette Spilde, MD, Certified Physician Development Coach
- COVID-19 in Long Term Care: The Lived Experience and Lessons Learned
Elizabeth Cogbill, MD
- Research Corner
Facilitated by Mary Ellen Stolder, PhD, RN, ANP-BC

3:00 PM – POSTER DISPLAY CLOSING – FINE ARTS CENTER LOBBY

21st ANNUAL

NURSING RESEARCH ON THE GREEN PRESENTS:

Nursing in a Pandemic:
*Purpose, Passion, and
Promoting Self-care*

THURSDAY, APRIL 28, 2022 | 8:30 AM to 3:00 PM

THE FINE ARTS CENTER, VITERBO UNIVERSITY, LA CROSSE, WISCONSIN

JOINTLY PROVIDED BY:

Franciscan Sisters of Perpetual Adoration
Gundersen Health System
Gundersen Medical Foundation
Health Research Consultants Midwest
LHI – part of OptumServe
Mayo Clinic Health System – Franciscan Healthcare
Sigma Theta Tau International – Kappa Mu Chapter
Sigma Theta Tau International – Pi Phi Chapter
Tomah Health
Viterbo University School of Nursing
Western Technical College
Western Technical College Foundation
Winona State University

A community event to celebrate and recognize “Excellence in Nursing”

NURSING RESEARCH ON THE GREEN is a forum for recognizing nursing scholarship and sharing research and clinical practice innovations. It is designed for nurses working in any setting, as well as student nurses.

PURPOSE

To promote utilization of evidence-based practice and research through the dissemination of research findings and sharing of innovative ideas.

CONTACT HOURS AVAILABLE

This activity has been submitted to WNA CEAP for approval to award contact hours. Wisconsin Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

REGISTRATION

There is no fee for this event.
Pre-registration is suggested due to limited seating in breakout sessions.

For more information about the event or to pre-register, please visit nrotg.org.
For registration, scroll down and click on the 'Register Here' button.
Pre-registration deadline is Monday, April 25, 2022.

CONFERENCE LOCATION

Fine Arts Center, Viterbo University, 929 Jackson Street, La Crosse, WI

PARKING

In addition to street parking, limited parking is available in the Fine Arts Center parking lot, as well as in Mayo Clinic Health System Parking Lot at the corner of 10th and Jackson streets.

*“Love and compassion are necessities, not luxuries.
Without them humanity cannot survive”
The Dalai Lama*

KEYNOTE ADDRESS

A MINDFUL APPROACH TO PREVENTING AND MANAGING COMPASSION FATIGUE

Individuals who attend to the suffering of those that they care for are at significant risk for experiencing compassion fatigue which can lead to high levels of stress and burnout. A key protective factor for compassion fatigue is the practice of self-compassion exercises which research has demonstrated can serve as antidotes to secondary trauma and burnout. This presentation outlines the three components of self-compassion practices, describes research outcomes related to the practices, and provides evidence-based techniques for incorporating self-compassion in one’s everyday life.

ABOUT THE SPEAKER

Sherry Chesak, PhD, RN, is a Nurse Scientist in the Department of Nursing and Division of Nursing Research and an Equity, Inclusion and Diversity Scientist at Mayo Clinic in Rochester, Minnesota. Her program of research is centered on care for the caregiver. She aims to promote resilience in both professional and family caregivers of patients with complex health needs by assisting them in managing their stress and promoting their ability to provide optimal, compassionate care. She received a master’s degree in Nursing Education from Winona State University and a PhD in Nursing from the University of Wisconsin – Milwaukee. She has completed multiple trainings which have prepared her to teach meditation and other mindfulness-based stress management and resiliency principles. She is certified by the Global Resilience and Inner Transformation Institute as a Resilience Trainer.



Sherry Chesak,
PhD, RN

The Dahlberg Scholar is supported by Gundersen Medical Foundation’s Philip J. Dahlberg, M.D. Nursing Lectureship Fund.

RESEARCH PARTNERS PLANNING COMMITTEE

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| Cynthia Cassellius, MSN, RN | Emily Newbury, BSN, RN |
| Kerri Busteed, PhD, RN | Ann Falkenberg Olson, PhD, FNP-BC, FAANP |
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| Karen Hayter, PhD, RN | Jessica Peterson, PhD, CRNA |
| Sara Laker, PhD, RN | Michele Merten, DNP, ANP-B |
| Amy Hendrickson, BSN, RN | Mary Ellen Stolder, PhD, RN, ANP-BC |
| Teresa Hollnagel, MSN, RN | Maryann Abendroth, PhD, RN |
| Lee Her Lee, DNP, AGPCNP-BC | Savannah Sly |
| Lauren Ihrke | |