CNE Course Info – Beginnings

**Holistic Modalities and Self-Care: Hope for the Prevention and Recovery of Professional Burnout**

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**Overview**

The purpose of this activity is to enable the learner to examine theoretical perspectives, research, and the role of relationships pertaining to professional burnout then consider the preventative and recuperative role of including holistic modalities in one’s self care practice.

**Learning Objectives:**

Following this education activity, the participant will be able to:

1. Consider two theoretical nursing perspectives related to burnout.
2. Explore nursing research on the use of holistic modalities for self-care and burnout prevention.
3. Discuss how holistic modalities may help nurses manage stress and prevent them from leaving the profession of nursing.

**Contact Hour(s) 1.0**

**Requirements for Successful Completion**

*Requirements for successful completion* includes; read the entire article, 70% or better score on posttest, completion of online evaluation form.

**Conflict of Interest**

The planners and faculty have declared no conflicts of interest related to this activity.

**Commercial Support**

There is no commercial support or sponsorship for this activity

**Expiration Date of Contact Hours**

Posttest must be completed on or before July 31, 2018

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