Self-Care for Geriatric Nurses 2015 Ed.

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Overview
The purpose of this CNE activity is to increase the learner’s knowledge of self-care for geriatric nurses through a self-paced educational activity.

Target Audience
This activity has been designed to meet the educational needs of registered nurses who provide care to older adults.

Learning Objectives:
Following this education activity, the participant will be able to:
1. List five reasons why nurses fail to properly care for self.
2. Describe at least three characteristics of nurse healers.
3. List major categories of macronutrients and micronutrients.
4. Calculate target heart rate during exercise.
5. Describe the basic steps of meditation.
6. Describe the relationship of journaling and inner growth.

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.

Disclosures
The faculty/planners who reported the following financial relationships or relationships to products or devices they or their spouse/life partner have with commercial interests related to the content of this CNE activity: Deborah Shields, PhD, RN, CCRN, QTTT, AHN-BC, Linda Thomas, PhD, RN-BC, CCRN, CHTP/I, HTAP and Terri Roberts JD, RN reported no relevant financial relationships with any commercial entity related to this CNE 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 January 31, 2021

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