CNE Course Info – Beginnings

*Healing, Wholeness, and Connection through Prayer: A Guide for Nurses &
Sleep and Immune Function: Nurse Self-Care and Teaching Sleep Hygiene*

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Overview
The purposes of these articles are to expose the nurse to a multifaceted approach to the meaning of prayer and the relationship between sleep and the immune function.

Learning Objectives:
Following this education activity, the participant will be able to:
1. Identify multiple purposes for the use of prayer
2. Discuss how the nurse can use prayer with patients
3. Explore the meaning of prayer for self and patients
4. Recognize the correlation between sleep and the immune function
5. Describe practices for better sleep hygiene

Contact Hour(s) 1.9

Requirements for Successful Completion
*Requirements for successful completion* includes: read the entire article, score 70% or better on the posttest, complete the 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 January 31, 2020

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