Objectives

At the completion of this program, the participants will be able to:

1. Demonstrate simple, self-care methods rooted in yoga and meditation to help relieve stress.
2. Enumerate the current patterns in anxiety, depression and suicide and be able to assist individuals experiencing anxiety, depression and suicidal ideology/intent.
3. Discuss improvement to increase palatability of food and enhance dietary experience.
4. Describe the significance of medication-assisted treatment for Opioid-use disorders and understand the neurobiology of addiction.
5. State the impact of workplace violence and identify strategies for resolution and management.
6. Identify and manage typical and atypical presentation of stress and burnout and understand the role of psychopharmacology in stress reduction.

Contact Hours: 6.4

- The planners and speakers have declared that they have nothing to disclose.
- There is no commercial support for this activity.
- Accredited status does not imply endorsement by the Institute of Nursing, NJSNA, or ANCC of any commercial products or services.

Philippine Nurses Association of New Jersey, Inc. is an approved provider of continuing nursing education by the New Jersey State Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission On Accreditation.

Provider Number P182-9/16-19

October 13, 2018
Saturday,
7:30am – 3:30pm

Kessler Auditorium
Kessler Institute for Rehabilitation
1199 Pleasant Valley Way,
West Orange, NJ 07052
Program Schedule

7:30-7:45am: Registration and Continental Breakfast
7:45-7:50am: Welcome
Arlin Fidellaga RN
RVP North: PNANJ 2018-2020
7:50-8:00am: ANCC disclosures
Self Evaluation
8:00-8:00am: Dr. Benjamin Evans, DD,DNP,RN,APN
(Keynote Speaker)
Anxiety, Depression and Suicide – An Update
9:00-10:00am: Mary Finckenor, RD, CDE, BC-ADM, CSSD
Registered Dietitian
Cardiac and Diabetes Educator
Atlantic Health System
10:00-10:15am: Mary Finckenor, RD, CDE, BC-ADM, CSSD
Psychology of Eating
11:15-12:15pm: Erin Zerbo, MD
Asst. Professor of Psychiatry
Rutgers, NJMS
12:15-1:15pm: Lunch
1:15-2:15pm: Teresita Medina, MAS, BSN, RN-BC
Workplace Violence: It’s Not Part of the Job
2:15-3:15pm: Robert Winston, MSW, LCSW
Everyday Stress Management – Understanding Stress and Reduction Techniques
3:15-3:30pm: Post Test and Evaluations
Closing Remarks
Dr. Rosemarie Rosales, DNP, MPA, RN, CCRN, CPHQ
President: PNANJ 2018-2020

Course Faculty

Benjamin Evans, DD,DNP,RN,APN
Assistant Professor
School of Nursing – Felician University

Mary Finckenor, RD, CDE, BC-ADM, CSSD
Registered Dietitian
Cardiac and Diabetes Educator
Atlantic Health System

Erin Zerbo, MD
Asst. Professor of Psychiatry
Rutgers, NJMS

Robert Winston, MSW, LCSW
Associate Vice President
Behavioral Department
Jersey City Medical Center

Teresita Medina, MAS, BSN, RN-BC
Assistant Vice President
Behavioral Health Services
Clara Maass Medical Center

Stacy Rosales, BS, CHHC, E-RYT 200, YACEP
Studio Manager & Yoga Instructor
(Indigo Yoga Studios)
Faculty at New Jersey Yoga Teacher Training
Owner & Founder of Balance + Live

Education Planning Committee:
Rino Alcantara MSN, RN
Desiree Besana, BSN, RN
Florissa Biscocho, BSN, RN
Arlin Fidellaga, BSN, RN, CNOR, CMH
Amelia Parilla, BSN, RN
Nellie Sun, MSN, RN, CEN
Rosemarie Rosales, DNP, MPA, RN
CCRN, CPHQ

Registration Form

Name: ____________________
Address: ____________________
City:__________ State/Zip________
Phone: ____________________
E-Mail: ____________________

PNANJ Membership Fees:
$75.00 per year □ New □ Renewal
$140.00 per 2 yrs. □ New □ Renewal

Registration Fee:
On or before October 8, 2018
Member Non-member Student LPN
$50.00 $70.00 $25.00 $60.00
Other Health Care Providers: $60.00

On Site Registration: the same rate apply; however, lunch NOT guaranteed:

Payment:
Registrations must be accompanied with a check payable to PNANJ – Hudson Subchapter

Please mail completed form and payment to:
Rino Alcantara
376 Virginia Ave.,
Jersey City NJ 07304

CANCELLATION POLICY
No telephone cancellation will be accepted. The registration fee, less $25.00 administrative fee will be returned for written cancellation received before October 8, 2018. No refunds will be granted after this date. Substitution is permitted with written consent from the registrant.