



Facility Speaker Bios, Disclosures & CE Details

Continuing Education/Continuing Medical Education (CE/CME) Activity

Preventing and Limiting Secondary Stress in Medicine, Nursing and Pastoral Care

ACTIVITY SNAPSHOT	
Activity Type:	Live/Enduring Activity
Release Date:	February 2, 2021
Expiration Date:	February 2, 2022
Continuing Education Credits:	1.0 CME/CE for Physicians (ACCME) 1.0 CME/CE for Physician Assistants (AAPA) 1.0 CPE for Pharmacists (ACPE + NABP) 1.0 CNE for Nurses (ANCC) 1.0 ASWB for Social Workers (ASWB)
Estimated Duration:	1 hour (Per Activity)
Content Last Reviewed:	January 29, 2021

Presentation Purpose: Physicians, nurses, and allied health professionals working in today's health care settings must be prepared to offer support in dangerous times despite staffing shortages, financial pressures, and complex legal requirements. This guide provides critical information about the dangers of compassion fatigue/burnout and vicarious post-traumatic stress disorder in health care settings and how to assess the personal impact. It also includes ways to strengthen one's inner life by cultivating spiritual wisdom and how to develop a personal self-care protocol.

Learning Objectives: Upon completion of this activity participants should be able to:

- Recognize sources of secondary stress
- Understand the unique dangers that exists within health care ministry, particularly during a pandemic
- Verbalize how to maximize a person's resiliency range and maintain a healthy sense of perspective

Speaker(s) Bio:



Robert J. Wicks, Psy.D.

For over 35 years, Dr. Robert Wicks, has been called upon to speak calm into chaos by individuals and groups experiencing great stress, anxiety and confusion. Dr. Wicks received his doctorate in Psychology (Psy.D.) from Hahnemann Medical College and Hospital, is Professor Emeritus at Loyola University Maryland, and has taught in universities and professional schools of psychology, medicine, nursing, theology, education, business, and social work. In 2003 he was the Commencement Speaker for Wright State School of Medicine in Dayton, Ohio and in 2005 he was both Visiting Scholar and the Commencement Speaker at Stritch School of Medicine in Chicago. He was also Commencement Speaker at and the recipient of honorary doctorates from Georgian Court, Caldwell, and Marywood Universities.

Over the past several years he has spoken on his major areas of expertise—resilience, self-care, and the prevention of secondary stress (the pressures encountered in reaching out to others)—on Capitol Hill to Members of Congress and their Chiefs of Staff, at Johns Hopkins School of Medicine, the U.S. Air Force Academy, the Mayo Clinic, the North American Aerospace Defense Command, the Defense Intelligence Agency, as well as at Harvard's Children's Hospital and Harvard Divinity School, Yale School of Nursing, Princeton Theological Seminary, and to members of the NATO Intelligence Fusion Center in England. He has also spoken at the Boston Public Library's commemoration of the Boston Marathon bombing, addressed 10,000 educators in the Air Canada Arena in Toronto, was the opening keynote speaker to 1,500 physicians for the American Medical Directors Association, spoken at the FBI and New York City Police Academies, led a course on resilience in Beirut for relief workers from Aleppo, Syria and addressed care givers in 20 different countries including: China, Vietnam, India, Thailand, Haiti, Northern Ireland, Hungary, Guatemala, Malta, New Zealand, Australia, France, England, and South Africa.

In 1994, he was responsible for the psychological debriefing of NGOs/relief workers evacuated from Rwanda during their genocide. In 1993, and again in 2001, he worked in Cambodia with professionals from the English-speaking community who were present to help the Khmer people rebuild their nation following years of terror and torture. In 2006, he also delivered presentations on self-care at the National Naval Medical Center in Bethesda Maryland and Walter Reed Army Hospital to those health care professionals responsible for Iraq and Afghan war veterans. More recently he addressed U.S. Army health care professionals returning from Africa where they were assisting during the Ebola crisis.

Dr. Wicks has published over 50 books for both professionals and the general public including the bestselling *Riding the Dragon*. Among his latest books from Oxford University Press for the general public are: *The Tao of Ordinariness*; *Perspective: The Calm within the Storm* and *Bounce: Living the Resilient Life*. His books for professionals include: *Overcoming Secondary Stress in Medical and Nursing Practice*; *The Resilient Clinician* and *The Inner Life of the Counselor*. He is also Senior Co-Author of *A Primer on Posttraumatic Growth* and Co-Editor of *Clinician's Guide to Self-Renewal*. In 2006, Dr. Wicks received the first annual Alumni Award for Excellence in Professional Psychology from Widener University and is also the recipient of the Humanitarian of the Year Award from the American Counseling Association's Division on Spirituality, Ethics and Religious Values in Counseling.

Disclosures:

Faculty: Robert J. Wicks, Psy.D..

* Has no relevant financial relationships with ACCME-defined commercial interests

* Will not be discussing the off-label or investigational use of products

Course Chair reviewed and found no Conflict of Interest

All Ascension planners and reviewers have no relevant financial relationships with ACCME-defined commercial interests.

TARGET AUDIENCE: This activity is designed for the interdisciplinary audience including physicians, nursing, pharmacy, PA & Social Worker

DISCLOSURE OF RELATIONSHIPS/CONTENT VALIDITY: It is the policy of Ascension to adhere to Joint Accreditation Criteria, Policies, and Standards for Commercial Support and content validation in order to ensure fair balance, independence, objectivity, and scientific rigor in all its sponsored activities. All speakers, Course Directors, Co-Course Directors, planners, reviewers, and staff members participating in sponsored activities are expected to disclose relevant financial relationships pertaining to their contribution to the activity. Relationship information is analyzed to determine whether conflicts of interest exist. All conflicts of interest are resolved prior to participation in the planning or implementation of this activity. Presenters and authors are also expected to disclose any discussion of (1) off-label or investigational uses of FDA approved commercial products or devices or (2) products or devices not yet approved in the United States.

Ascension CE/CME activities are intended to be evidence-based and free of commercial bias. If you have any concerns, please call the Ascension CE/CME Department at 205-838-3225 to anonymously express them.

Commercial Interest: *No commercial interest was received for this ICPE activity*



Faculty/Course Director/Planners:

All Ascension planners and reviewers have no relevant financial relationships with ACCME defined commercial interest.

Ascension has selected all faculty participating in this activity. It is the policy of Ascension that all CME/CE planning committees, faculty, authors, editors, and staff disclose relationships with commercial interests upon nomination or invitation of participation. Disclosure documents are reviewed for potential conflicts of interest and if relevant, they are resolved prior to confirmation of participation. Only those participants who have no conflict of interest or who agreed to an identified resolution process prior to their participation were involved in this activity.

Conflict of Interest: In accordance with the ACCME Standards for Commercial Support, it is the policy of Ascension/St. Vincent's Health to ensure balance, independence, objectivity and scientific rigor in all CE/CME activities. Full disclosure of conflicts and conflict resolution will be made in writing via handout materials or syllabus.

Credit Designation:



JOINTLY ACCREDITED PROVIDER*
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, Ascension/St. Vincent's Health is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



This activity was planned by and for the healthcare team, and learners will receive 1.0 IPCE credits for learning and change.



FOR PHYSICIANS:

The Ascension/St. Vincent's Health designates this Live Activity for a maximum of 1.0 credits *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



FOR NURSING:

This activity is awarded 6.0 contact hours. (based on 60 minutes per contact hour)



FOR PHYSICIAN ASSISTANTS:

Ascension/St. Vincent's Health has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 6.0 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.



FOR PHARMACY:

This knowledge-based activity qualifies for 1.0 contact hours of continuing pharmacy education credit. Pharmacy CE credits will be submitted electronically to the NABP upon successful completion of the activity.



FOR SOCIAL WORKERS:

As a Jointly Accredited Organization, Ascension/St. Vincent's Health is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Ascension/St. Vincent's Health maintains responsibility for this course. Social workers completing this course receive 1.0 continuing education credits.

Obtaining CE Credit:

1. Review the live/enduring activity
2. Complete the activity in its entirety
3. Complete the electronic activity evaluation
4. Certificate of completion will be sent 10 days after each activity viewed. CME, PA NP credits will receive a transcript; CE, Social Work, Allied Health credits will receive a CE certificate electronically to be downloaded to individual boards by the participant and ACPE Pharmacy CE credits will be submitted electronically to the NABP upon successful completion of the activity.