

**PSNA ANNUAL SUMMIT**

# **REIGNITE**

**SEPTEMBER 8, 2023 | LANCASTER MARRIOTT AT PENN SQUARE**

**Contact Hours**

**Networking**

**Engaging Presentations**

**Pre-Summit Mixer**

**Learn More**



**Register Now**

*Exhibit and Sponsorship Opportunities Available*

# OVERVIEW

Nurse burnout is rampant. Increased administrative burden, demanding productivity metrics, and work-life imbalance were prevalent before COVID, but working the front lines during the pandemic and the significant hardships and exposure to anxiety-provoking circumstances accelerated the many negative repercussions of inadequate support and decreased morale.

This year's Summit aims to reignite attendees' passion for nursing. Speakers will discuss protecting your well-being, keeping and spreading a positive mindset, advocating for the nursing industry, and what the future of nursing looks like. Attendees can receive up to 6.75 contact hours\*.

## Cost:

**PSNA Member \$225.00**

**Non-Member \$300.00\***

**Non-Licensed Student \$100.00\***

*\*Group discount available for 5 or more registrants*

**REGISTER  
NOW**



# SCHEDULE

**7:30 AM Registration and Breakfast**

**8:20 AM Welcome Announcements**

**8:30 AM Nurse Well-Being: Hope, Help, and Healthy Nurse, Healthy Nation**

Holly Carpenter, BSN, RN

**9:15 AM The Association Between Employee Engagement and Patient Satisfaction**

Dr. Denise Morian, DNP, MSN, RN, NE-BC

**10:15 AM Break | Exhibitors | Posters**

**11:00 AM Role of Nursing in Psychedelic Therapy**

Dr. Stephanie Van Hope, DNP, RN, NC-BC

**12:00 PM Lunch | Exhibitors | Posters**

**12:45 PM Leading at Every Level: Authentic Leadership Skills to Create Outcomes**

Greta Rosler, MSN, RN, NEA-BC, CPXP

**2:15 PM Break | Exhibitors | Posters**

**3:00 PM Reigniting Nursing through Planetary Health**

Cara Cook, MS, RN, AHN-BC

**3:45 PM Prizes and Closing**

**4:00 PM PSNA Annual Business Meeting**

*Open to PSNA Members only*

# PRESENTATIONS

## NURSE WELL-BEING: HOPE, HELP, AND HEALTHY NURSE, HEALTHY NATION

During this session, we will compare the state of nurse health before and during the pandemic. We will then examine actions, as well as free programs and resources, that nurses and their employers can access for nurse well-being.

### Holly Carpenter, BSN, RN

Holly Carpenter, BSN, RN, is a senior policy advisor for the American Nurses Association's (ANA) Nursing Practice & Work Environment Department. Her portfolio at ANA includes developing resources, policies, and educational programs on nurse health, safety, and wellness, including the Healthy Nurse, Healthy Nation™ program, nurse suicide prevention, immunizations, climate change, and other occupational health and work environment issues. She is the ANA nursing practice staff lead for the Nurses Obesity Network. Prior to ANA, she was employed at the Maryland Nurses Association and the State of Maryland's Department of Health and Mental Hygiene. A registered nurse, Holly graduated from Salisbury University with a bachelor of science degree in nursing.



## THE ASSOCIATION BETWEEN EMPLOYEE ENGAGEMENT AND PATIENT SATISFACTION

This presentation will evaluate our current healthcare environment, especially post-pandemic; consider what changes have evolved (in staffing, relationships, care, etc.). Review the attributes of engagement, consider examples, engaged versus unengaged staff/performance, and the impact on patient care and patient satisfaction. Explore strategies to improve employee engagement, both personal and professional, and challenge/celebrate nursing as we rebuild our profession, relationships, and trust with each other, our patients, and our art of caring.

### Denise Morian, DNP, MSN, RN, NE-BC

Dr. Denise Morian, DNP, MSN, RN, NE-BC, is the Director of Meadville Medical Center's Organizational Development Department. Denise holds a Doctorate of Nursing Practice degree from Duquesne University, is currently Nurse Executive-Board Certified, and has 40 years of broad clinical and management experience. Denise exemplifies a servant leadership model fostering an atmosphere of inquiry in search of system-wide opportunities for improvement on the journey to excellence; a passionate patient and nurse advocate.

Summit attendees can receive up to 6.75 contact hours\*

*\*Pennsylvania State Nurses Association is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.*

# ROLE OF NURSING IN PSYCHEDELIC THERAPY

Indigenous wisdom traditions have long used sacred medicines in the context of cultural traditions for the purposes of spiritual communion and individual and community healing. Western medicine is currently experiencing a revival of clinical research and public enthusiasm for psychedelic medicine after a 40 year prohibition period. Psilocybin, MDMA, and ketamine have been recognized as breakthrough therapies for conditions such as treatment resistant depression and PTSD, in the context of thoughtful, relationship-based, ethical care. Nurses have an important role to play in participating in and shaping the developing field of psychedelic therapy through practice, education, advocacy, and interdisciplinary collaboration.



## Dr. Stephanie Van Hope, DNP, RN, NC-BC

Dr. Stephanie Van Hope, DNP, RN, has practiced nursing since 2011 in the areas of oncology, hospice, health coaching, and education. She received a Doctor of Nursing Practice degree in 2019 in the specialty of Integrative Health and Healing from the University of Minnesota. In 2012 she served as a study therapist for the NYU Psilocybin Cancer Anxiety Trial, supporting patients through their psilocybin experiences to address their existential anxiety. She currently serves as a learning facilitator for Synthesis Institute's Psychedelic Practitioner Training Program and founded and teaches an online course for nurses, Nursing & Sacred Medicine: Introduction to Psychedelic Therapy. Stephanie is a Nursing Professional Development Practitioner for Garnet Health in the Catskills region of New York, where she lives with her husband and one-year-old son in an intentional community in which she studies and practices earth based wisdom traditions.

# PSNA'S 120TH ANNIVERSARY CELEBRATION

**When** Thursday, September 7,  
5:00 - 7:00 PM

**Where** Southern Market (*a short walk from the Marriott*)

**What** Appetizers, drinks and networking to celebrate PSNA's 120th Anniversary

**Cost** Included with Summit registration for PSNA members, \$15.00 for Non-Members, \$10 for Students

Sign up when  
registering  
for Summit!



## LEADING AT EVERY LEVEL: AUTHENTIC LEADERSHIP SKILLS TO CREATE OUTCOMES

Authentic leadership traits and style have been associated with improved work environments for nurses and improved outcomes for patients, though many nurses and leaders don't understand what this should look like in practice. This presentation will provide an overview of what authentic leadership actually means, why it matters, and an interactive segment to demonstrate what it should look like in practice for bedside nurses through senior nurse leaders.

### **Greta Rosler, MSN, RN, NEA-BC, CPXP**

Greta is a highly experienced registered nurse and healthcare leader passionate about patient experience and authentic leadership. With 15 years of experience at Geisinger Health System, she later joined the Academy of Communication in Healthcare (ACH), promoting evidence-based communication skills within organizations for significant improvements.

In 2017, she founded Radius Leaders, supporting nurse leaders in developing experience competencies and best practices for teams and patients. Greta's expertise includes Nurse Leader Rounding and its impact on patient experience and staff engagement.

She collaborates with healthcare institutions, organizations, and nurse leadership programs, offering workshops, strategic support, and coaching. Greta is also involved in research and has co-authored studies on nursing professionalism, communication skill training, and emerging nurse leader programs.

Outside of work, Greta values her role as a partner to her husband of almost 20 years and a parent to her three sons. Her vision is to ensure compassionate and competent nurse leadership for exceptional healthcare experiences for both those working and healing.



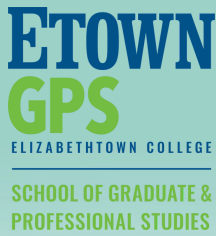
## REIGNITING NURSING THROUGH PLANETARY HEALTH

Throughout the pandemic, nurses faced increased care work with limited resources and addressed structural inequities without adequate support, leading to stress and burnout. Extreme weather events added to their responsibilities, impacting patient health and nursing staffing. A framework called planetary health, linking human-caused disruptions to public and environmental health, can aid nurses in patient care and self-care. The American Nurses Association prioritizes climate change as a public health crisis. Nurses, at the intersection of human life and health with the world, can promote this framework to involve policymakers and create healthier communities with an equity lens. This presentation will explore actionable steps for nurses to advocate for healthier communities in their personal and professional lives.

### **Cara Cook, MS, RN, AHN-BC**

Cara Cook, MS, RN, AHN-BC (she, her) is the Director of Programs for the Alliance of Nurses for Healthy Environments. Her work focuses on elevating climate and health as a national priority by engaging nursing organizations and individual nurses in advocacy, education, and practice change. Prior to joining ANHE, Cara was a Local Care Coordinator with Healthways-Sharecare, Inc., coordinating care for high-risk patients in partnership with their primary care physicians as part of an insurance-based Patient-Centered Medical Home program. She has experience in critical care nursing, working in both medical and trauma intensive care. Cara has a Master's in Community/Public Health Nursing from the University of Maryland.

# THANK YOU TO OUR SUMMIT



## SPONSORS



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## EXHIBITORS



Interested in sponsoring or exhibiting  
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# **DATES TO REMEMBER**

**August 14**

Last Day to Book Discounted Room Rate

**August 24**

Exhibit/Sponsorship Registration Closes

**August 31**

Summit Registration Closes

**September 7**

120th Anniversary Mixer

**September 8**

Annual Summit

**Discounted  
Room Rate at  
Lancaster  
Marriott**



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**WE LOOK FORWARD  
TO SEEING YOU AT  
PSNA'S ANNUAL  
SUMMIT!**

