

Compassionate Limit Setting

September 26, 2019

8:00 am-12:00 pm

Virginia Mason - Lindeman Pavilion

1201 Terry Ave, Seattle, WA - 1st Floor - Volney Auditorium

Course Description:

The focus of this workshop is to develop effective communication and coping strategies for navigating challenging patient encounters in the context of complex pain management. The course will also include exploration of the neurobiological changes that accompany chronic pain and chronic opioid therapy as well as background into cognitive distortions and identification of own personal triggers.

Course Objectives:

- Describe communication tools for responding effectively in conversations with patients about opioids.
- Identify cognitive distortions.
- Describe neurobiological changes that accompany chronic pain and chronic opioid therapy.
- Discover skills and approaches for common and more difficult encounters.
- Identify techniques to establish appropriate boundaries with patients through compassionate detachment and wise mind skills.

****This course is open to VM employees only****

Registration:

To register for this course please visit the Virginia Mason Cloud CME portal at: <https://virginiamason.cloud-cme.com/aph.aspx>. First time users, you will be prompted to create a profile. RNs: In order to receive CNE credit for this course you must click the box for "CNE Nursing" and provide your RN license number. Add your license number in the "Profile" section of "My CME".

Course Tuition:

Virginia Mason Employees Only: Free of charge*

**The development and design of this course was made possible through the funding of a grant from Cardinal Health Foundation Gen Rx.*

Virginia Mason is a provider of continuing education contact hours. Provider is approved by the California Board of Registered Nursing, Provider # CEP15905 for **3.75 Contact Hours**. RN contact hour certificates must be retained by the licensee/attendee for a period of 4 years after the course ends.

Disability Accommodations: Please notify the CNE Office in advance if you have physical limitations needing accommodation.

Cancellations: Please contact the CNE Office if you are unable to attend this event. **No Show = No Refund.**

Refund Policy: Full refund will be made to the registrant if written notice of cancellation is received at least 7 calendar days prior to the activity.