

YOU'RE INVITED TO A **ZOOM WEBINAR**



**RURAL NURSES
NEW ZEALAND**
Nga nahi tuawhenua o Aotearoa

ENHANCING PERSONAL RESILIENCE TO DECREASE COMPASSION FATIGUE & POTENTIAL BURN OUT WEBINAR

**WEDNESDAY
8TH APRIL
7PM - 8PM**



DR MICHAL BOYD RN, NP, ND, FAANP, FCNA(NZ)
Nurse Practitioner and Associate Professor

Dr Michal Boyd is an Associate Professor with the School of Nursing and the Department of Geriatric Medicine at the University of Auckland, New Zealand. She practices as a nurse practitioner in long term care, and is co-director of Equinox Health Ltd. Her main research and practice interests are the proactive assessment and care coordination for frail older adults and advanced nursing practice. Dr Boyd is currently national clinical lead for the New Zealand Health Quality and Safety Commission Aged Residential Care workstream. She is also a member of the Te Arai Palliative Care and End of Life Research group and involved in researching new models of primary healthcare for older people.

HER TOPIC WILL INCLUDE:

We live in challenging times, especially for those that work in healthcare. The demands we face can result in exhaustion and overwhelm that can eventually lead to compassion fatigue and may end in burn-out. The first step in developing increased resilience is to recognise the signs and symptoms of compassion fatigue and burnout and to prioritise interventions.

- The difference between compassion fatigue and burn out.
- Tools to recognise personal risk factors for compassion fatigue and burn out
- Discuss ways to increase resilience to decrease the risk of compassion fatigue and burnout

REGISTRATIONS REQUIRED

Please use the following link: <https://tinyurl.com/DrMichalBoyd>