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**Epicare Associates, Inc.** provides outsourced training to healthcare organizations and corporations specializing in clinical and staff development programs. Epicare utilizes clinical experts for all of their programs.

All programs are updated to meet the latest regulations for training by OSHA, TJC and applicable State Agencies

**INQUIRIES:**

Epicare Associates, Inc.  
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**Privacy Statement**

*Epicare Associates, Inc.* reserves the right to make changes in speakers, and/or schedules. We are not responsible for problems stemming from registrants' organization's hardware or telecommunications services. Recording of conferences and webinars is strictly prohibited. If any meeting is cancelled, for any reason, including acts of God, strikes, etc., the liabilities of *Epicare Associates, Inc.* is limited to a full refund of tuition and fees only.

**Cancellation Policy**

Epicare reserves the right to cancel any program, at any time. If a class is cancelled due to insufficient enrollment or unforeseen circumstances, a full refund will be provided.

***For participant cancellations:***

- » You may send a substitute; however, you must call or email and give Epicare that person's name ahead of time.
- » Cancellations permitted up to 14 calendar days prior to the event, full registration refund less \$25.00 administrative charge.
- » Cancellations up to 7 calendar days, 50% refund.
- » No refunds will be issued 7 calendar days prior to the event.

**Certificates**

Your fee includes a contact hour certificate. Replacements are \$5.00 each.



***Presents***

**Survival Skills  
for Nurses**

***Offering to  
Organizations for  
On-Site Training of  
their Employees***

Our Programs include orientations, cross training and continuing education.

## Purpose

This program will assist the staff RN in examining personal habits of time management, prioritization of nursing care, communication skills, delegation and stress management and conflict management and present strategies for managing in an efficient and professional manner.

## Behavioral Objectives:

At the completion of this course the participant will be able to:

1. Differentiate between their productive and non-productive time management strategies.
2. Identify for self-care activities when working shifts.
3. Assess their ability to listen, as part of successful communication.
4. Evaluate their skill as a team member.
5. Utilize the "Decision Grid for Delegation".
6. Explore their role as a delegator.
7. Identify their typical response to conflict situations.
8. Explore new and creative ways to manage stress.
9. Assess areas of professional and personal stress.
10. Develop a personal action plan for improving personal well-being.

## Agenda

7:30 – 8:00	Registration/Breakfast
8:00 – 8:30	Challenges of Today's Nurse
8:30 – 9:30	Time Management: <ol style="list-style-type: none"><li>1. Personal Perspective of Time</li><li>2. Myths</li><li>3. Time Wasters</li><li>4. Procrastination</li><li>5. Managing Time</li></ol>
9:30 – 9:45	Break
9:45 – 12:00	Communication: <ol style="list-style-type: none"><li>1. Shift Assignments</li><li>2. Roles and Responsibilities</li><li>3. Communication that Builds Teams</li></ol>
12:00 – 1:00	Lunch
1:00 – 2:30	Delegation: <ol style="list-style-type: none"><li>1. Definitions</li><li>2. Delegation Decision Making</li><li>3. The Five Rights of Delegation</li><li>4. Decision Grid</li><li>5. Barriers to Delegation</li><li>6. Successful Strategies</li><li>7. Follow-up</li></ol>
2:30 – 2:45	Break
2:45 – 3:30	Managing Job Stress: <ol style="list-style-type: none"><li>1. Causes</li><li>2. Ten Steps for Managing Job Stress</li></ol>
3:30 – 4:00	Summary Personal Plan Development

## Faculty

### **SALLY ANN CORBO, Ed.S., APN-BC, NEA-BC**

Sally is the President of Epicare Associates, Inc. a consulting firm specializing in outsourced training for healthcare organizations. She has an extensive teaching background and was previously the Director, Nursing Education at The New York Hospital-Cornell Medical Center.

She also served as clinical faculty for The Joint Commission and adjunct faculty at Seton Hall University. Additionally, she has published numerous journal articles and maintains a private practice as a psychiatric advanced practice nurse. She is certified by the American Nurses Association as a Clinical Specialist in Adult Psychiatric and Mental Health Nursing and Nursing Administration Advanced.

### **MARIANNE H. SIEWERS, MS, APRN, BC**

Marianne Howard Siewers has a diverse background in psychiatric and mental health nursing. She serves as the Vice President, Clinical Programs for Epicare Associates, Inc. She worked at Coney Island Hospital in Brooklyn, New York for twenty five years in a variety of roles including Director of Behavioral Health Nursing. She is also an adjunct counselor at Kingsborough Community College and has served as faculty for the Borough of Manhattan Community College. She maintains a private practice as a certified Clinical Nurse Specialist in Adult Psychiatric and Mental Health.

## Testimonials

*"I learned many new skills. It helped me analyze my time and improve my time management at work and at home."*

*"Very good speaker with good sense of humor and very knowledgeable."*

*"Excellent course. Great tips for communicating and dealing with conflicts and stress management."*



For more information contact:  
Email: [info@epicare.com](mailto:info@epicare.com)

**Epicare Associates, Inc.** is an approved provider of continuing nursing education by the NJSNA, accredited approver, by the American Nurses Credentialing Center's Commission on Accreditation.

Provider Number P195 5/07-10  
6.5 contact hours is awarded for this one day course.