

# 2019 Odyssey Conference

**Educating the Acute & Critical Care Nurse**

Tuesday, March 12, 2019 | 8 am - 4:30 pm

## **The Westin Richmond Hotel**

6631 West Broad Street  
Richmond, VA 23230  
(800) 937-8461

Featuring:

**Lisa Riggs, MSN, APRN-BC, CCRN-K**

AACN President 2018-2019



*Jointly provided by Education & Professional Development at VCU Health  
and the Greater Richmond Area Chapter of AACN*



# 2019 Odyssey Conference Information

## Overview

The Odyssey Conference is designed to meet the learning needs of nurses involved in the care of acute and critically ill patients. Sessions will include: Use of research and evidence-based practice to develop nursing knowledge; palliative care; managing the stroke patient; effective interprofessional communication; mindfulness and self-care; management of the thoracic surgery patient; end-of-life care; bariatrics.

## Learning Outcomes

- Begin to use best evidence to change practice.
- Use effective communication with interprofessional team members.
- Understand how to care for thoracic surgery patients.
- Understand how to identify and manage patients with stroke.
- Develop a basic understanding of how to communicate with deaf patients.
- Begin to use mindfulness as a self-care method.
- Understand how to care physically and psychologically for the bariatric patient.
- Consider the role of the doula in supporting death.

## Call for Poster Abstracts

We are accepting applications for poster sessions to the 2019 Odyssey Conference! Poster abstract content must support interprofessional health topics in research, evidence-based practice, leadership, ethics, public policy and advanced practice. Deadline for receipt of Poster Session Application and Abstract is **February 19, 2019**. Any questions, please contact us at [paul.swadley@vcuhealth.org](mailto:paul.swadley@vcuhealth.org).

## Continuing Education

**Nursing:** Up to **5.5** Contact Hours will be provided for full attendance at this conference, including interaction with poster presenters.

VCU Health is an approved provider of continuing nursing education by the Virginia Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

## Registration Information

The registration fee speaker handouts, continuing education credit, continental breakfast, break refreshments, and luncheon. Minimum and maximum numbers for attendance at this conference have been established, and we reserve the right to substitute speakers/topics, or cancel if necessary. Register early. Walk-in registration fees are **\$150**.

## Cancellation Policy

Full refund, minus \$25 processing fee for written cancellations postmarked by **March 1, 2019**. No refunds will be given for cancellations postmarked after this date.

## Parking

There is complimentary parking at the Westin Richmond Hotel. Further information will be included with your confirmation letter.

## Accommodations

Arrangements have been made with the Westin Richmond Hotel to block overnight rooms for those attending the Odyssey Conference. Participants may make their reservations by calling (888) 627-7786 and reference the "**Virginia Commonwealth University Health System Authority**" block to receive the discounted rate of \$145/night for a Standard King room. Deadline for receiving the guest room block is **Tuesday, February 19, 2019**. This rate may not be available after this date.

## Americans with Disabilities Act

VCU Health System is an equal opportunity/affirmative action institution and does not discriminate on the basis of race, color, religion, sex, sexual orientation, gender identity, age, national origin, disability, genetic information, military status, or any other characteristic protected by applicable federal or state law. If special accommodation is needed, please contact us at (804) 828-0418. Every attempt will be made to facilitate your participation in this conference.

## Got Questions?

**Email:** [paul.swadley@vcuhealth.org](mailto:paul.swadley@vcuhealth.org)

**Phone:** 804.828.0418

# Agenda & Speakers

<b>8:00 am</b>	<b>Welcome and Opening Remarks</b>	
<b>8:15 am</b>	<b>Keynote Address:</b> Our Voice, Our Strength <i>Lisa Riggs, MSN, APRN-BC, CCRN-K</i>	(b) The "Self" Centered Nurse: How to Practice Mindfulness in Nursing <i>Marica Moore, MN, RN</i>
<b>9:15 am</b>	<b>Break with Exhibitors &amp; Poster Presenters</b>	(c) Thoracic Surgery in Central Virginia: What We All Need to Know and What We'd Like to Know <i>Robert Ferguson, MD</i>
<b>9:30 am</b>	General Session: Poster Presenters	
<b>10:30 am</b>	<b>Break with Exhibitors &amp; Poster Presenters</b>	
<b>11:00 am</b>	<b>BREAKOUT SESSION 1</b>	<b>1:45 pm</b> <b>Break with Exhibitors &amp; Poster Presenters</b>
	(a) Nursing Knowledge: Research, EBP, & PI <i>Lisa Riggs, MSN, APRN-BC, CCRN-K</i>	<b>2:00 pm</b> <b>BREAKOUT SESSION 3</b>
	(b) Palliative Care: What is It and How Can It Help My Patients? <i>Amy Foster, MS, AGACNP-BC, RN</i>	(a) Supportive Communication when Discussing Sensitive Matters in the Medical Setting <i>Leah Baldwin, LCSW, CSAC</i>
	(c) Traumatic Brain Injury and the Neurological Patient: Treatment Parameters and Assessment <i>Charles Miller, MD</i>	(b) Our Voice, Our Strength: Living Intentionally, Dying Wisely <i>Shelby Kirillin, BSN, RN</i>
<b>12:00 pm</b>	<b>Lunch with Exhibitors &amp; Poster Presenters</b>	(c) Self-care and Wellness: It's Easier Than You Think <i>Jo Lynne Robins, PhD, RN</i>
<b>1:00 pm</b>	<b>BREAKOUT SESSION 2</b>	<b>2:45 pm</b> <b>Break</b>
	(a) Welcome to My World <i>Gary Talley, MEd, MS</i>	<b>3:00 pm</b> An Overview of Bariatric Surgery: Where are We in 2019? <i>Stacy Gittler, PAC</i>
		<b>4:00 pm</b> <b>Closing Remarks</b>

## Keynote Presenter



**Lisa Riggs, MSN, APRN-BC, CCRN-K**, serves a one-year term as president of the American Association of Critical-Care Nurses (AACN) board of directors from July 1, 2018, through June 30, 2019. Ms. Riggs is director of regulatory readiness at Saint Luke's Health System, Kansas City, Missouri. She was previously a cardiovascular clinical nurse specialist at Shawnee Mission Medical Center, Overland Park, Kansas. Riggs also served as director of quality and patient safety at Saint Luke's (2013-2015), program director of cardiovascular quality (2008-2013), clinical director of patient care services (2008-2010) and a clinical nurse and clinical nurse specialist (1997-2008). Ms. Riggs is also a member of the American College of Cardiology.

## Presenters

**Leah Baldwin, LCSW, CSAC**, Outpatient Behavioral Health Program Manager, HCA Parham Doctors' Hospital

**Robert T. Ferguson, MD**, Assistant Professor, Department of Surgery, Division of Cardiothoracic Surgery, VCU School of Medicine

**Amy L. Foster, MSN, AGACNP-BC, RN**, Palliative Care Medicine, HCA Johnston-Willis Medical Center

**Stacy Gittler, PAC**, Surgical PA, General and Bariatric Surgery, Bon Secours St. Mary's Hospital

**Shelby Kirillin, BSN, RN**, Founder and President, A Peaceful Passing, LLC; Trainer, International End of Life

Doula Association; Neuroscience ICU, VCU Health

**Charles Miller, MD**, Neurological Surgery Division, HCA CJW Medical Centers

**Marica Moore, MN, RN**, Nursing Professional Development Generalist, Hunter Holmes McGuire VA Medical Center

**Jo Lynne Robins, PhD, RN, ANP-BC, AHN-C, FAANP**, Associate Professor, VCU School of Nursing

**Gary W. Talley, MEd, MS**, Outreach and Community Services Program Manager, Virginia Department for the Deaf & Hard of Hearing

# Registration Form

2019 Odyssey Conference | Tuesday, March 12, 2019  
Registration Deadline: **Friday, March 1, 2019**

## Registrant Name(s)

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### Name 1 and Credentials

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Email Address                      Phone Number

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Employer (Unit Name for VCU Health Employees)

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### Name 2 and Credentials

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Email Address                      Phone Number

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Employer (Unit Name for VCU Health Employees)

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### Name 3 and Credentials

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Email Address                      Phone Number

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Employer (Unit Name for VCU Health Employees)

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### Name 4 and Credentials

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Email Address                      Phone Number

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Employer (Unit Name for VCU Health Employees)

## Got Questions?

- For questions regarding the **conference**, contact: [paul.swadley@vcuhealth.org](mailto:paul.swadley@vcuhealth.org)  
Phone: (804) 828-0418
- For questions regarding **registration** or the **website**, contact: [wendi.martin@vcuhealth.org](mailto:wendi.martin@vcuhealth.org)  
Phone: (804) 628-6077

## Registration & Fee Payment Options:

**Rates:** Registration Fee

VCU/GRAC/AACN Region 4 Members **\$125**

Non-VCU/GRAC/Region 4 Colleagues **\$135**

Conference Day Walk-in Fee - **\$150**

### Option 1

#### Online Registration

- (a) Click on: <https://tinyurl.com/Odyssey2019>
- (b) Set-up online User ID and password (non-VCU)

### Option 2

#### Mail-in Registration and Check Payment

##### Option:

Personal Check

Employer Check

*Payable to: UHS-PEP*

UHS-PEP

Box 980048

Richmond, VA 23298-0048

### Option 3

#### Call in Credit Card Payment to:

UHS-PEP

Telephone: (804) 828-3640

