

Psychiatric Nursing 2004
Enhancing the Quality of Life for Persons With Persistent Mental Illness
April 19 - 21, 2004
Tropicana Resort and Casino, Las Vegas, Nevada

The Institute of Continuing Education for Nurses
1975 Zonal Avenue, KAM 317
Los Angeles, CA 90033-1039

Address Service Requested

Non-Profit Organization
U.S. Postage
PAID
University of Southern
California

Psychiatric Nursing 2004
ENHANCING THE QUALITY OF LIFE
FOR PERSONS WITH PERSISTENT
MENTAL ILLNESS

April 19 - 21, 2004
Tropicana Resort and Casino, Las Vegas, Nevada

Presented by
THE INSTITUTE OF CONTINUING EDUCATION FOR NURSES
Department of Nursing - Los Angeles County+USC Medical Center
and
Keck School of Medicine - Office of Continuing Medical Education of the University of Southern California

Hotel Reservation Deadline: March 29, 2004

Dear Colleague:

2004

Come join your colleagues to hear outstanding faculty who are experts in their respective fields discuss "Enhancing the Quality of Life in Persons With Persistent Mental Illness."

With atypical antipsychotics assisting so many of our clients with longer periods of stability, we can now begin to focus on quality of life issues for our clients and their families.

Register now and join us April 19-21, 2004 for another exceptional educational event.

- ◆ learn from an outstanding expert faculty;
- ◆ take home new and applicable clinical skills and interventions to share with your clients and fellow team members;
- ◆ select from eight workshops to best meet your learning needs and have the opportunity for interchange with the faculty;
- ◆ enjoy a room rate of \$59 for conscientious spending and;
- ◆ have time for fun and play in adult wonderland of Las Vegas.

We always enjoy seeing many of you year after year!

Hope to see you this Spring.

Sheila K. Byrne, MN, MA, RN, CS
Program Consultant

Day I, April 19, 2004

7:00 am **Check-in and On-site Registration**

8:00 **Welcome and Introduction**
Sheila K. Byrne, MN, MA, RN, CS

8:10 **Keynote**
Enhancing the Quality of Life in Persons With Persistent Mental Illness

- clients and families
- current research
- client and family experiences
- traditional and innovative approaches

Carol Picard, PhD, MS, RN

9:10 **Break**

9:25 **Sleep and Psychiatric Illness: The Biological Relationship of Sleep to Psychiatric Illness**

- differences in sleep between men and women
- the impact of select psychiatric medications on sleep disruption
- enhanced symptom management with behavioral and pharmacologic approaches

Geoffrey McEnany, PhD, RN

10:35 **Optimizing Health in Individuals with Severe and Persistent Mental Illness (SPMI)**

- beyond symptom management toward recovery, reintegration and wellness
- treating mental and physical health
- identifying clients at higher risk of obesity and its physical complications
- psychoeducation and the management of psychotropic associated weight gain as best practices to promote wellness

Elizabeth Vreeland, MSN, APRN, NP-C, BC

11:35 **Luncheon with Colleagues.**

1:00 pm **Workshops I-IV**

I. New Knowledge/New Drugs, Part I

- new information related to the biology of psychosis
 - information related to psychosis across diagnostic categories
 - applied information to cognition problems in psychiatric disorders
 - new strategies for symptom management
- Geoffrey McEnany, PhD, RN

II. Psychoeducation as an Avenue to Quality of Life

- educating patients and families
 - key strategies to compensate for patient deficits in cognition
 - attention on learning
 - the nurse as "clinician-educator"
 - psychoeducational resources
- Elizabeth Vreeland, MSN, APRN, NP-C, BC

III. Psychiatric Legal Nurse Consulting

- becoming a Psychiatric Nurse Consultant
 - how the work is done
 - skills, knowledge and abilities required
 - the scope of practice
 - three types of cases seen by the consultant
- Jane Ryan, MN, RN, BC, CNA

Objectives

Upon completion of this 18 hour seminar, you will be able to:

- ◆ discuss the impact of persistent mental illness on the quality of life for clients and their families
- ◆ list new drugs and their relationship to: the biology of psychosis and psychosis across diagnostic categories
- ◆ discuss the application of new psychopharmacologic knowledge for managing cognition problems in psychiatric disorders and for symptom management
- ◆ relate novel pharmacologic approaches to psychosis by the assessment of pharmacologic medical effectiveness, proper assessment of drug side-effects, and incorporating new information into teaching strategies
- ◆ enhance sleep by understanding sleep disruption by select psychotropic drugs and utilize behavioral and pharmacologic approaches
- ◆ identify clients at risk for psychotropic associated weight gain and diabetes and its implications
- ◆ list the best practice steps in preventing reversing and managing psychotropic associated weight gain and its complications
- ◆ state the key strategies in designing psychoeducation to compensate for client deficits and optimize learning
- ◆ outline the unique clinical characteristics and treatment needs of clients with mental illness and psychopathic and antisocial traits
- ◆ state the effective strategies for managing violence, cold threats, malingering and boundary testing behaviors
- ◆ discuss current standards and interpretations of the requirements for the use of restraints and seclusion, relate them to the client's quality of life and outline a variety of alternative interventions
- ◆ describe the role of the psychiatric nurse consultant with reference to: becoming a consultant, understanding the skill set required, how the work is done, the scope of practice and cases seen by the consultant

April 19, 2004, continued

IV. Using Restraint With Seclusion and Restraint

- historical perspective
- the latest standards and interpretation
- caring and the use of restraints
- ethical dilemmas
- alternative interventions
- case discussions and more decision making with restraint use

Elissa Brown, MSN, APRN, BC, CNA

2:30 pm **Break**

2:45 **Workshops I-IV Repeated**

4:15 **Adjourn**

Day II, April 20, 2004

8:00 am **Family Perspectives on Quality of Life Issues**

- impact of persistent mental illness on the family
- strategies that improve the quality of life for families
- making a difference - how nurses can help
- current goals of the National Alliance for the Mentally Ill (NAMI)

Rita Murray

9:00 **Break**

9:15 **Caring for Patients with Mental Illness and Psychopathic and Antisocial Traits: Treatment Challenges and Implications**

- demographics, epidemiology and treatment settings
- unique clinical characteristics and treatment needs
- unique nursing competencies required to effectively care for this population

Colleen Carney Love, DNSc, RN, FAAN

10:15 **Integrating Mental Health, Substance Abuse and Trauma Services for Women**

- incidence of co-occurring disorders with trauma
- clinical examples with etiology and symptoms
- providing trauma treatment to improve health and the quality of life in three areas

Elke Rechberger, PhD

11:15 **Lunch - on your own**

1:00 pm **Workshops V-VIII**

V. Managing Violence, Cold Threats, Malingering and Boundary Testing Behavior

- components of an effective relationship security program
- clinical implications of the construct of psychopathy
- effective strategies for managing a cold threat
- identifying and managing malingering behavior
- "therapeutic rules" and implications for chronic and anti-social boundary testing behavior

Colleen Carney Love, DNSc, RN, FAAN

VI. Implementing "Seeking Safety" Groups to Improve Therapeutic Outcomes

- treating the source instead of the symptom
- treating PTSD and substance abuse
- replacing maladaptive behaviors with healthy coping and self-nurturing skills

Elke Rechberger, PhD

April 20, 2004, continued

VII. New Knowledge/New Drugs, Part II: Novel Approaches to Psychosis: Assessment Skills and Teaching Strategies

- assessment of medical effectiveness
- new medication information to properly assess for side effects
- incorporating new information into teaching strategies

Geoffrey McEnany, PhD, RN

VIII. Preventing, Reversing and Managing Psychotropic Associated Weight Gain and its Complications

- obesity is a global epidemic
- individuals with schizophrenia and bipolar disorder are at high risk
- psychoeducation and behavioral interventions
- case study and resources

Elizabeth Vreeland, MSN, APRN, NP-C, BC

2:30 pm **Break**

2:45 **Workshops V-VIII Repeated**

4:15 **Adjourn**

Day III, April 21, 2004

A Morning with Carol Picard, RN, PhD

8:00 am **Energizing Clinical Practice: Keeping the Passion in Compassion**

- compassion: an essential component of practice
- examining the sources of inspiration and professional practice
- creating mindfulness and centeredness

9:10 **Break**

9:30 **Ways of Seeing: Lessons From Leonardo**

- reflecting on your personal story
- writing reflection and sharing

11:30 **Inside Your Own Skin: Sensory and Movement Exercises**

- sharing movement expressions: small group work
- exercises in "making way"
- summary and dialogue

11:45 **Closing Remarks**

12 noon **Adjournment**

FACULTY

Elissa Brown, MSN, APRN, BC, CNA
Clinical Nurse Specialist, Psychiatry/Mental Health
VA Greater Los Angeles Health Care System
Sepulveda Division
Sepulveda, California

Colleen Carney Love, DNSc, RN, FAAN
Clinical Administrator
Coalinga State Hospital
Coalinga, California
Chair, American Psychiatric Nurses Association
Counsel on Forensic Psychiatric Nursing

Geoffrey McEnany, PhD, RN
Associate Professor in Graduate Nursing
Massachusetts General Hospital
Institute of Health Professions
Clinical Specialist
Harvard Vanguard Medical Associates
Boston, Massachusetts

Nancy W. Miller, MSN, RN, CCRN, CNA
Provider Administrator
Institute of Continuing Education for Nurses
LAC+USC Medical Center
Los Angeles, California

Rita Murray
Family Educator
National Alliance for the Mentally Ill (NAMI)
Whittier, California

Carol Picard, PhD, MS, RN
Professor
University of Massachusetts
College of Health Professions
Boston, Massachusetts

Elke Rechberger, PhD
Director
Systems Change Center and the STAR Project
PROTOTYPES
Culver City, California

Jane Ryan, MN, RN, BC, CNA
Past President, American Psychiatric Nurses
Association
Nurse Consultant, U.S. Justice Department
Las Vegas, Nevada

Betty Vreeland, MSN, APRN, NP-C, BC
University of Medicine and Dentistry of New
Jersey (UMDNJ)
Program Manager, Center for Excellence in
Psychiatry
UMDNJ University Behavioral Health Care
Clinical Assistant Professor of Nursing
UMDNJ School of Nursing
Clinical Instructor
UMDNJ Robert Wood Johnson Medical School
Departments of Psychiatry and Family Medicine
Piscataway, New Jersey

PLANNING COMMITTEE

Sheila K. Byrne, MN, MA, RN, CS
Program Consultant
Acute Care Psychiatric Nursing, La Frontera, Inc.
Tucson, Arizona

Elissa Brown, MSN, APRN, BC, CNA
Clinical Nurse Specialist, Psychiatry/Mental Health
VA Greater Los Angeles Health Care System
Sepulveda Division
Sepulveda, California

Kathleen McQuade, MA, RN, CS
Service Planning, Area Four Program Administration
Los Angeles County Department of Mental Health
Los Angeles, California

Jane Ryan, MN, RN, BC, CNA
Past President, American Psychiatric Nurses Association
Nurse Consultant, U.S. Justice Department
Las Vegas, Nevada

Jessie A. Tait, MS, RN
Division Chief, Program Development
Planning, Quality and Outcome Bureau
Los Angeles County Department of Mental Health
Los Angeles, California

HOTEL RESERVATION

USC Psychiatric Nursing
April 19-21, 2004

SUSCPN4

Reservations received after 3/29/04 will be accepted on a space-available basis only.

Name _____

Company _____

Address _____

City _____ State _____ Zip _____

Sharing room with: _____ No. of persons _____

Signature _____ Phone # _____

Arrival date _____ Departure date _____

Room: non-smoking smoking king double/double

Hotel check-in is 3:00 p.m. and Check-out is 11:00 a.m.

Credit card name and # _____

Name as it appears on card _____

Expiration date _____

Room rates: \$59.00 single/double (Sunday-Thursday)

\$119.00 single/double (Friday-Saturday)

Plus 9% Clark County Room Tax

Please return this reservation request to:

Tropicana Resort and Casino Room Reservations Department

P.O. Box 97777

Las Vegas, Nevada 89195-7777

800/634-4000 or 702/739-2469 (fax)

HOTEL INFORMATION

Tropicana Resort and Casino
3801 Las Vegas Blvd. South
Las Vegas, Nevada 89109
(800) 634-4000

A block of rooms has been guaranteed for this seminar. **Reservations received after March 29, 2004 will be confirmed on space-available basis.** Be certain to specify *USC PSYCHIATRIC NURSING SEMINAR* when registering in order to receive the convention rates.

Please mail hotel reservation form with one night's room deposit or credit card information.

The TROPICANA RESORT AND CASINO can only confirm your reservation request when accompanied by one night's deposit (room rate, plus 9% Clark County Room Tax). This deposit may be made by check, money order or by major credit card. If paying by check or money order, please include the arrival date on the face of the check. Refunds will be made when cancellations are received no less than two (2) days (48 hours) prior to your scheduled arrival date and a cancellation number obtained. First night's room deposit will automatically be posted to credit card upon receipt.

Rates: Guest rooms-\$59.00 single/double (Sunday-Thursday); \$119.00 single/double, (Friday-Saturday). Rates subject to 9% Clark County Room Tax. **Check-in time:** 3:00 p.m.; **check-out time:** 11:00 a.m.

WHAT YOUR COLLEAGUES SAY . . .

"This was my first time here and I am sorry I missed all the previous years. Speakers were dynamic. Thanks for a great learning experience."

Lois Brautigam, Nurse Manager

Temple University Hospital, Philadelphia, PA

Look forward to returning next year. Speakers were nationally recognized and published researchers. Facilities are very nice. Weather great and the best quality of conference is wealth of knowledge everyone brings from all over the country."

Marcia Patton, RN

Arkansas Army National Guard, Jonesboro, AR

"Great experience. Speakers were excellent and informative - wide range of topics. Covered pertinent issues. Rooms were perfect - seating comfortable with tables in all classes."

Rosalind Cohen, Lead RN

Sharp Mesa Vista Hospital, San Diego, CA

"I have thoroughly enjoyed this conference for the seventh time. This year, I attended with my daughter, a new psychiatric nurse. We had a great time and can take a lot of learned information back to our workplace to share. We will return next year, for sure!!"

Debbie Jo Watkins, RN III, Nursing Supervisor

Coho Mental Health Institute at Pueblo, Pueblo, CO

"This has been the best psychiatric seminar I've ever attended!"

Ruben Dator, RNC

Pacifica Hospital of the Valley, Sun Valley, CA

"This was a great experience. I'm going to plan on attending every year."

Susan R. Wetzel, RN, C

UNI, Salt Lake City, UT

