



North Carolina Oncology Management Society

## CARING FOR THE HEALTHCARE-GIVER

*Registration ~ Sammons Front Desk*      *Speaker Sessions ~ Heritage A*  
*Breakfast, Lunch, Breaks & Exhibitors ~ Heritage B&C*

### **Monday – December 9, 2019**

3:00 PM – 5:00 PM      **Registration & Exhibit Set-Up**

6:30 PM – 9:00 PM      **Reception ~ Join us in the SEELY PAVILION**

### **Tuesday – December 10, 2019**

7:00 AM      **Registration ~**

7:00 AM – 8:00 AM      **Breakfast ~ Meet and Greet Exhibitors**

8:00 AM – 8:30 AM      **Welcome and Opening Remarks**  
**Kandis Hill, RN, QMS Clinical Nurse Manager, Physicians East, NCOMS President**

8:30 AM – 10:00 AM.      **Maintaining Motivation and Momentum**  
**Jason Horay, Manager, Health Strategy and Well-Being, Curi, a Medical Mutual Company**

- Taking care of ourselves as the health care giver
  - Impact of Stress and Burnout
  - What's the Problem?
  - Key Drivers of Burnout
  - Why should we care?
- Story Telling (highlighting 2-3 practice success stories and real-life examples)
  - Who are YOU?
  - Who am I?
  - We all have a story
- Self-reflection group activity
- Take away - what's next? Practical lessons to bring back to the practice.

10:00 AM – 11:00 AM      **Break ~ Visit Exhibitors**

11:00 AM – 12:00 AM      **Early Detection**  
**Ashley Idiáquez Kinnaird, MSN, RN, ANP-C, Physicians East Outpatient Gastroenterology Clinic**  
**CRC Screening**

1. Understand factors affecting the probability of a polyp becoming cancerous to include histologic features, size, and appearance.
2. Be able to distinguish between the variety of colon screening tests and whether they can detect both polyps and cancerous lesions.
3. Know how to identify if you are at higher risk for or considered to be linked to CRC.
4. Understand how ACS guidelines for CRC screening are stratified according to a person's risk for the disease.



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*Winter Agenda Continued, Page Two*

**Cervical Cancer Screening**

- Describe updated US Preventive Services Task Force (USPSTF) recommendations for cervical cancer screening for high-risk human papillomavirus (hrHPV) testing alone or co-testing with cervical cytology, compared with cytology alone.

**Additional screening recommendation to consider according to age**

12:00 Noon – 1:00 AM **Lunch ~ Visit Exhibitors**

1:00 PM – 2:00 PM **Remembering Why We Do What We Do**  
**Terri Cooper, M.Div., CT**

*Objectives:*

- Participants will be able to identify two mindfulness techniques that rekindle passion for their oncology role.
- Participants will be able to list three resources for support and renewal within their oncology practice.

2:00 PM – 3:00 PM **What's Nutrition Got To Do With It?**  
**Jeffrey Whitridge, MS, RDN, CSO, LDN**

*Objectives:*

- Review ambulatory oncology nutrition screening tools for use.
- Review the ambulatory oncology nutrition care process model.
- Review access to nutrition care in outpatient cancer centers.

3:00 pm – 3:30 pm **Break ~ Visit Exhibitors**

3:30 pm – 5:00 pm **NCOMS Member Business Meeting**  
***ONLY NCOMS MEMBERS PLEASE – Remain in Heritage A***  
**3:30 - 4:00 - Updates from Pharma – (pre-selected and scheduled)**  
**4:00 - 5:00 - NCOMS Business Meeting and YOGA “Relaxation” Session, presented by Carol Kammer, CEO, Carolina Oncology Specialists, NCOMS Member and Yogi**

5:00 pm **Adjourn ~**

**Wednesday – December 11, 2019**

7:00 am – 8:00 am **Breakfast ~ Visit Exhibitors**

8:00 am – 9:00 am **Cannabis, Cannabinoids, and the Endocannabinoid System**  
**Mike Sims, Gangatrepneur**

The endocannabinoid system is a biological system composed of endocannabinoids, which are endogenous lipid-based retrograde neurotransmitters that bind to cannabinoid receptors, and cannabinoid receptor proteins that are expressed throughout the vertebrate central nervous system and peripheral nervous system

- What is CBD
- How and why do cannabis and CBD react with our bodies.
- Current industry standards, findings, and practices.



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- 9:00 am – 10:00 am**    **Self Care and Essential Oils**  
**Karen Grant, Owner, The Unseen Hand Massage & Bodywork Therapy**  
*Objectives include*
- What is an essential oil and why are they effective?
  - Three ways to use essential oils
  - Why purity matters and safety tips
  - How you can incorporate essential oils into your self-care routine
- 10:00 am – 11:00 am**    **Break ~ Visit Exhibitors and Check Out**
- 11:00 am – 12:30 pm**    **Managing Distress and Cultivating Resilience in the Oncology Clinic**  
Richard P. McQuellon, Ph.D.
- Define Distress and its measurement
  - Illustrate economical methods for assessing distress and referring
  - Discuss the nature of the high stress environment - when both HCP and patients/families are on edge
  - Illustrate methods for addressing distress, yours and theirs
  - Tending to the “distressed managers” – How does that work?
- 12:30 pm – 1:00 pm**    **NCOMS MEMBERS only - BOX LUNCHES and Time to Network**
- 1:00 pm**    **Grand Prize Give-A-Way & Door Prize Drawings**  
*You must be present to win!*
- Adjourn ~ Drive Safely*

#### **CEU INFORMATION**

- *This program is awaiting approval by AAPC for learning CEUs..*
- *This activity has been submitted to the North Carolina Nurses Association for approval of contact hours. The North Carolina Nurses Association is an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.*