

Guidelines for Poster Presentation

- * Posters are invited relevant to the topic of the workshop. Poster size 3' x 2'. Entries could be as individual or in group of upto 3 delegates.
- * Each poster must include text in a large enough font (min 24, max 50 point font)
- * Lettering on illustrations should be large & legible.
- * Content should be displayed in logical sequence. Avoid over crowding figures & cramming too many numbers into tables.
- * Legends & titles should accompany all figures, tables & photographs, etc. in order to allow their immediate identification.

Registration Details

- Registration fee Rs. 500/-
- Lunch & Refreshments Rs.150/-
- Payment should be made through
DD in favour of
“Apollo School of Nursing”
Payable at Chennai.
- Last date for Registration on or before
31st July 2018

Organizing Committee

Mrs. C. Hemalatha

Principal,
Apollo School of Nursing (ASON)
& Organizing Faculty

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NATIONAL WORKSHOP ON NURSES' BURNOUT BUSTERS AN ASSIMILATED TEACHING APPROACH



Organized by

Apollo School of Nursing, Chennai
(Apollo Hospitals Educational Trust)

Date : 04 .08. 2018

Venue : Auditorium

Apollo School of Nursing-(AHET)
Vanagaram to Ambattur Main Road,
Ayanambakkam,
Chennai – 95.

**Tamil Nadu Nurses & Midwives
Council awarded 5 credit hours.**

About Us



Apollo as it stands today is the realization of the dreams of its dynamic Chairman **P a d m a v i b h u s h a n Dr.Prathap C. Reddy**, who established the first corporate hospital in India in the year 1983. Today Apollo

Hospitals Group comprises of a network of 64 Hospitals, owning 10,000 hospital beds over 80,000 employees making it the single largest health care provider in Asia. Apollo has 40 locations across India. The Apollo group has touched the lives of over 45 million patients from 121 countries. Apollo is Asia's trusted health care provider and have JCI (Joint Commission International) accreditation. The Govt of India declared Apollo Hospitals, Chennai as a "CENTRE OF EXCELLENCE".

Apollo School of Nursing, Chennai was established in the year 1992 which is approved by the Govt. of Tamil Nadu, INC & TNNMC.

The nurses are the pride of Apollo and their motto is **"Service with a Smile."** It is meticulously translated into action while serving the sick. Our school has secured National Awards and rendered distinguished services in the field of Health and Education.

Introduction

We are pleased to invite you for a workshop on **"NURSES' BURNOUT BUSTERS"** as assimilated teaching approach.

The term **Burnout** denotes a multi-dimensional construct comprising of depersonalization and diminished personal competence among the

health care professionals. The Burnout syndrome is slowly emerging as a poignant clinical syndrome among nurses.

Nurses' experiences of **Burnout Syndrome** are emotional exhaustion, depersonalization and reduced personal accomplishment which can directly affect the product of their work, meaning direct care of patients.

Nurses Burnout syndrome spreads its tentacles in physical and emotional exhaustion, burns the self esteem and tags with cynical evinces their maladaptive skills in the quality of the patient care.

General Objective

The workshop is aimed at hitting the Bull's Eye to check the presence of Burnout syndrome among nurses, evaluate professional achievements by measuring the occupational stressors and develop skills in preventing & handling the exhaustive stressors in order to promote the quality of patient care.

Specific Objectives

At the end of the session, the Nurse delegates

- will be well acquainted with the term Burnout and gain knowledge.
- will be able to check the presence of life stressors in work spot both in hospital and academic.
- will assess and evaluate the levels of Burnout syndrome with the sublime attitude and supreme skills.
- develop skill set needed for the nurses at workforce existing in their work environment and for the free lancers.

Mock Session

Soulful energizers like Yoga and Ethereal delicacies like Music, Dance and Laughter therapy.

Programme Schedule

Registration : 08.00 — 08.30am

Inaugural address : 08.30 — 09.00am

Mrs. C. Hemalatha

Principal – ASON

TIME	EVENT/ TOPIC	RESOURCE PERSON
9.00–10.00 am	Stress and its effects on health	Dr.Jothi Clara J.Micheal Nsg Supt, Kauvery Hospitals, Chennai
10.00–10.15 am	Tea Break	
10.15–11.15 am	Genesis of stress or Alpha and Omega of stress	Dr.C.Anbudorai, Psychiatrist Hindu Mission Hospital Chennai
11.15–12.15 pm	Stressors of Clinical and Pedagogical Nurse	Ms.Lydia Annie.J, DNS Apollo Specialty Hosptals, Teynampet,Chennai
12.15–01.00 pm	Stress Management among Nurses in Clinical and Academic area	Dr. Sisy Jose, Principal, CON, Kottayam Medical College Hospital, Kerala
01.00 – 01.30 pm	Lunch	
01.30 – 02.15 pm	Stress Management for Nurses off the field	Ms.Padmavathy. D Nurse In-Charge NIMHANS Centre for Well-being, Bangaluru, Karnataka
02.15 - 4.00 pm	Drill Station Yoga Breathing Exercises Laughing therapy	Mr.Sambath Sirippanandha Subramaniam, Yoga Therapist, Ambattur, Chennai
	Dancing and Music therapy	Apollo Nursing Team
4.00 - 4.30pm	Valedictory	
4.30 – 5.00pm	Tea & snacks	