Thursday, November 1
Healthy Nurse – Nurse’s Role in Personal Health

7:00 – 8:00 am Registration, Continental Breakfast, Networking, Exhibit Hall Open

8:00 - 8:15 am Welcome and Nightingale Tribute Kathy Hager

8:15 -- 9:15 am Rekindle Your Passion and Vitality for Life: Create Your Optimal Health of Body, Mind and Spirit McDonald, Evans, Osborne

9:15 – 9:45 am Creating a Healthy Work Environment Karen Hill

9:45-10:15 am The Power of Stewardship Janie Heath

10:15 – 10:30 am Exhibition Hall Open

10:30am – 11:15 am Ignite Knowledge Sessions-1
❖ 10:30 am—10:45am Food Literacy Carol Gunderson
❖ 10:45 am—11:00am Appalachian Harvest Ramel Bradley
❖ 11:00 am—11:15am Wellness Resiliency Angela Shinabery

11:15 am—11:45 am Annual Meeting (1) Kathy Hager
❖ Roll Call
❖ Reading of Bylaws

11:45am- 12:30 Lunch- Exhibitor Hall-Open

o Student Nurse of the Year Award
o Citizen of the Year Award
o Nurse Researcher of the Year
o Nurse of the Year Award
o Membership Award
12:30 p.m.-1:00 pm | Personal Wellness Commitment | Kim Spahn

1:00 p.m.- 2:30 p.m |
- 1:00 – 1:30 pm | Healing Session -1
- 1:30 – 2:00 pm | Healing Session -2
- 2:00 – 2:30 pm | Healing Session -3

Healing Sessions - Exhibit Hall Open

Participants will have an opportunity to select one bodywork therapy session, Healing Touch, Reiki, Acupressure, Jin Shin Jyutsu or Reflexology. Participants will also select two of the following sessions- Feldenkrais, havening, emotional intelligence or massage. Registration will be required.

2:30 p.m. – 3:30 p.m |
- 2:30-2:45 pm | Lateral Violence | Amanda Murray
- 2:45-3:00 pm | Introduction to the Havening Techniques | Harry Pickens
- 3:00-3:15 pm | Modeling Resiliency at the Bedside with Yoga | Churchill, Bush, Sanders
- 3:15-3:30 pm | Emotional Intelligence 101 | Caroline Pike

Exhibit Hall Open

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4:00 – 5:00 p.m. |
- 4:00 p.m.—4:15 p.m. | Nurses Make Bad Patients | Rebecca Alexander
- 4:15 p.m.—4:30 p.m. | Balancing Lifestyle Finding Truth | Claudean Oakley
- 4:30 p.m.—4:45 p.m. | Childhood Obesity Epidemic Call to Action | Andrea Houser
- 4:45 p.m.—5:00 p.m. | Creating A Healthy Work Place | Keim/Chitwood

3:30 - 4:00

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5:00-5:15 p.m. | Wrap-up- transition to poster session | Kathy Hager

5:15- 6:00 p.m. | Visit Exhibition Hall

6:00 – 8:00 p.m. | Poster Session/ Wine and Cheese Reception/Silent Auction

sponsored by Bluegrass Navigators and Hosparus Health

6:30-6:45 p.m. | Scholarship Presentation | Heather Norris

Patient Deterioration Simulation and New RN Confidence

KBN Contact Hours: 8.4
KBN-1-0001-12-19-13

2018 KNA Annual Conference