

Learning Objectives

MedBridge

Taking Care of Yourself and Your Team

Cathleen Armato, RN, CHPN, CHC, CHPC

Course Objectives:

Upon completion of this course, learners will be able to:

- Discuss factors contributing to burnout and compassion fatigue and identify signs and symptoms
- Examine the role of self-care in preventing burnout and compassion fatigue
- Explore self-care activities to build resilience
- Identify ways to support team members