

IOWA

College of Nursing
Online Nurse Residency Program

CLINICIAN WELLBEING

STATEMENT OF PURPOSE

This course addresses the need to enhance the wellbeing and resilience of healthcare professionals. Drawing on evidence demonstrating the impact of wellbeing on patient care quality, healthcare equity, and workforce stability, this course aims to equip healthcare professionals with the psychological capital needed to navigate the challenges inherent in their profession. By investing in wellbeing, this course aims to promote a healthier, safer, and more sustainable healthcare system for patients and healthcare professionals.

TARGET AUDIENCE

This program is intended for all healthcare professionals.

DELIVERY

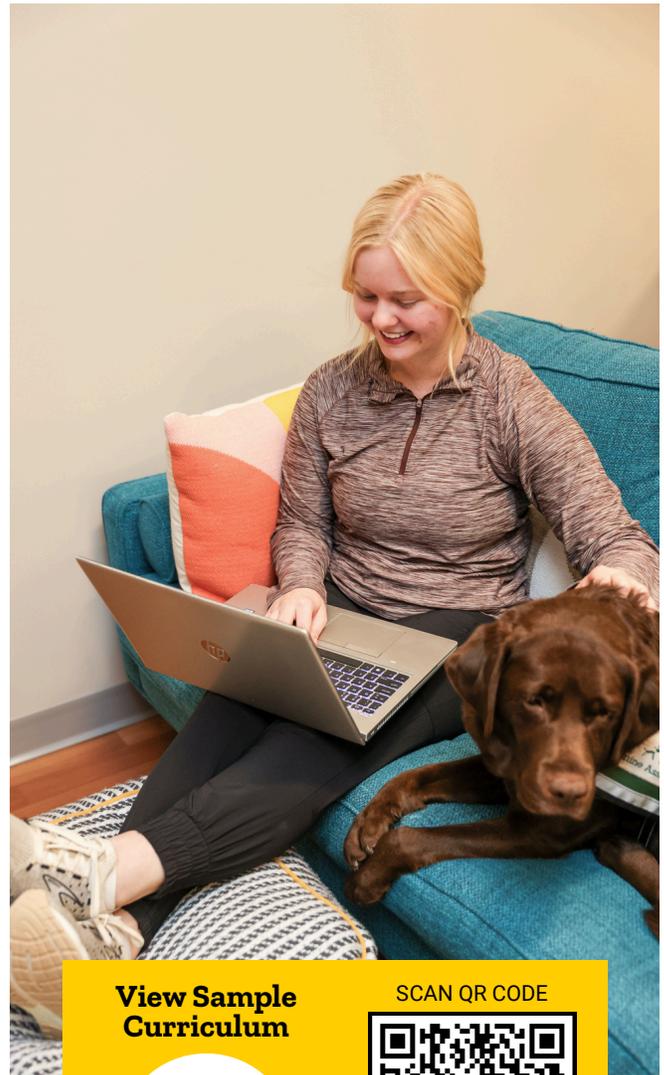
This program is available to healthcare facilities and individuals. It is delivered asynchronously via a combination of online learning modalities, including microlearning presentations, self-assessments, skills to practice, reflective questions, and discussion prompts.

NURSING CONTACT HOURS

The Iowa Online Nurse Residency Program (IONRP) has applied to the Wisconsin Nurses Association for accreditation as a provider of nursing continuing professional development. The Wisconsin Nurses Association is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

To receive contact hours for this activity (pending approval), participants must complete all self-paced online modules and submit all knowledge checks/quizzes.

IONRP has mitigated all relevant financial relationships for this activity. No planners, presenters, faculty, or speakers have relevant financial relationships to disclose. No commercial support was received for this activity.



View Sample Curriculum



SCAN QR CODE



ENROLLMENT

To enroll, contact the University of Iowa College of Nursing Online Nurse Residency Program by email: CON-IONRP@uiowa.edu.

FEES AND REFUNDS

Healthcare facilities, email: CON-IONRP@uiowa.edu for a price quote.

NO REFUNDS WILL BE MADE AFTER THE RESIDENT HAS STARTED THE PROGRAM.



OUTLINE & OBJECTIVES

Module 1: Introduction to Wellbeing

- Identify self-care strategies.
- Practice reflection as a learning tool & self-care strategy.
- Recognize the importance of taking steps to build resiliency.

Module 2: Self-Awareness and Self-Regulation

- Identify strategies for improving self-awareness.
- Explain approaches for self-regulating the autonomic nervous system.

Module 3: Connection, Self-Compassion, and Optimism

- Recognize tactics for cultivating connection in healthcare.
- Demonstrate strategies for cultivating self-compassion.
- Explain habits used to cultivate optimism and enhance resilience.

Module 4: Self-Appreciation, Engagement, and Meaning

- Identify personal strengths to promote wellbeing.
- Explore engagement as a tool for improving wellbeing.
- Explain the importance of finding meaning to cultivate personal wellbeing.

Module 5: Grit and Achievement

- Describe how to cultivate grit.
- Discuss the importance of celebrating achievement to improve wellbeing.



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Individuals with disabilities are encouraged to attend all University of Iowa-sponsored events. If you are a person with a disability who requires an accommodation in order to participate in this program, please contact IONRP in advance at CON-IONRP@uiowa.edu.

