A small yellow flower with four petals and green leaves is growing out of a crack in dry, cracked earth. The background is a close-up of the cracked soil, with a bright yellow light source at the top, creating a warm, golden glow.

Institute for Spirituality and Health
29th Annual Nursing Conference
Friday, October 15, 2021

HEALING FROM WITHIN
Addressing Brokenness Within and
Beyond the Nursing Profession

Funded in part by John P. McGovern Foundation.

HEALING FROM WITHIN: Addressing Brokenness Within and Beyond the Nursing Profession

COLLABORATORS

CHI Baylor St. Luke's Medical Center	Latarsha S. Cheatham, DNP, RN-BC, FNP-BC
Houston Methodist Hospital	Jay Hooker, MSN, RN, CCNS, NE-BC
MD Anderson Cancer Center	Valerie Counts, MSN, RN CNL Doyle M. Bosque, RN, BSN
Institute for Spirituality and Health	John K. Graham, MD, DMin Kelly Brassil, PhD, RN, AOCNS, ACNS-BC, CNL
Memorial Hermann	Brent Peery, DMin, BCC Jessica Oliveira, MSN, RN-BC, CPN Jody Collins, MSN, RN
Prairie View A&M University	Forrest Dent Smith, PhD
Texas Children's Hospital	Joy Hesselgrave, RN, MSN, CPON Nikashia Franklin, MSN, RN, NEA-BC
Texas Woman's University Nelda C. Stark College of Nursing	Judith McFarlane, Dr. P.H., M.N.
UTHealth Cizik School of Nursing	Vaunette Fay, PhD, RN, FNP, GNP-BC
UTMB Health School of Nursing	Bonnie K. Webster, MS, RN, BC
Community Representative	Patricia Hercules, BSN, MS, RN-BNC
Lone Star College Montgomery	Patricia Schwartz, PhD, RN CPNP Linda Vogel, MS, BSN



The Institute for Spirituality and Health has affirmed the values of faith, spirituality and compassion for the benefit of patients, families and healthcare providers for over 60 years.

AGENDA

Zoom Meeting 11 AM – 3 PM

11:00 AM – 11:05 AM

Conference Welcome

John K. Graham, MD, DMin, President and CEO,
Institute for Spirituality and Health

11:05 AM – 11:10 AM — **Review of Program and CE Instructions**

11:10 AM – 11:15 AM

Introduction of Keynote Speaker

Kelly J. Brassil, PhD, RN, FAAN, Chair Planning Committee

11:15 AM – 12:00 PM

KEYNOTE

The Role of Moral Resilience in Healing the Nursing Workforce

Cynda Rushton, PhD, MSN, RN, FAAN, Johns Hopkins University School of Nursing

12:00 PM – 12:45 PM

A Road Map to Wholeness: Healing Relationships in Our Communities

Timiya Nolan, PhD, RN, The Ohio State University

Rachel Hirschey, PhD, RN, The University of North Carolina Chapel Hill

12:45 PM – 1:00 PM — **Break**

1:00 PM – 1:45 PM

True Compassion Does Not Fatigue

Amy Greene, DMin, MDiv, The Cleveland Clinic

1:45 PM – 2:30 PM

Small Group Sessions

Healing Circles

2:30 PM – 2:45 PM — **Emma Josephine Loeffelholz McMorris Awards**

2:45 PM – 2:50 PM — **Conference Summary**

2:50 PM – 2:55 PM

Blessing of Hands

Gale Kennebrew, DMin, BCC, ACPE, University of Texas MD Anderson Cancer Center

2:55 PM – 3:00 PM — **Evaluation and Adjourment**

FEATURED SPEAKERS

CYNDA RUSHTON, PhD, RN, MSN, FAAN

KEYNOTE: The Role of Moral Resilience in Healing the Nursing Workforce

Objectives

- Define Moral Resilience
- Discuss the role of moral resilience in addressing workplace related suffering
- Identify ways in which moral resilience is promoted in the workplace

Dr. Cynda Hylton Rushton is the Anne and George L. Bunting Professor of Clinical Ethics at the Johns Hopkins Berman Institute of Bioethics and the School of Nursing, and co-chairs the Johns Hopkins Hospital's Ethics Committee and Consultation Service. In 2016, she co-lead a national collaborative State of the Science Initiative: Transforming Moral Distress into Moral Resilience in Nursing and co-chaired the American Nurses Association professional issues panel that created A Call to Action: Exploring Moral Resilience Toward a Culture of Ethical Practice. She was a member of the National Academies of Medicine, Science and Engineering Committee that produced the report: Taking Action Against Clinician Burnout: A Systems Approach to Professional Well-being. She is a member of the American Nurses Association Center for Ethics & Human Rights Ethics Advisory Board and American Nurses Foundation Well-Being Initiative Advisory Board. She is the editor and author of *Moral Resilience: Transforming Moral Suffering in Healthcare*. Dr. Rushton is a Hastings Center Fellow and Chair of the Hastings Center Fellows Council and a Fellow of the American Academy of Nursing.



RACHEL HIRSCHHEY, PhD, RN

TIMIYA NOLAN, PhD, RN

A Road Map to Wholeness: Healing Relationships in Our Communities

Objectives:

- Discuss the important role of recognizing the diversity of our communities
- Discuss the role of disparities in health outcomes
- Explore opportunities for nurses to engage within and beyond their professional and personal communities to foster healing

Rachel Hirschhey, is an assistant professor in the school of nursing at the University of North Carolina, Chapel Hill and associate member of the UNC Lineberger Comprehensive Cancer Center. Her research focuses on designing and testing physical activity interventions to improve cancer



outcomes and eliminate cancer disparities. Priorities in Dr. Hirschhey's work include: (1) co-creating interventions with key stakeholders; (2) guiding interventions with dual process behavior theories; (3) creating interventions to be scalable and sustainable in oncology practice; and (4) tailoring interventions for groups who are disproportionately impacted by cancer. Dr. Hirschhey serves on the Oncology Nursing Society Triangle Chapter Board as co-chair of leadership and mentorship. She is passionate about working with oncology nurses and students to implement evidence-based practice changes and increase equity in nursing education, practice and research.

Dr. Timiya S. Nolan is an Assistant Professor at The Ohio State University College of Nursing and Nurse Scientist at the Arthur G. James Cancer Hospital and Richard J. Solove Research Institute. Nolan studies issues in self-management and prevention of chronic conditions (i.e., breast cancer and cardiovascular disease). Her community-based research program is looking at ways to improve quality of life and health among individuals from underrepresented, underserved populations through the development, implementation and dissemination of targeted interventions. Nolan's work has been supported by the National Cancer Institute, American Cancer Society, Susan G. Komen and others. She earned a BSN, MSN and PhD at the University of Alabama at Birmingham School of Nursing, and completed postdoctoral training at The Ohio State University College of Nursing.

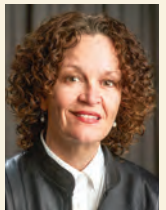
AMY GREENE, DMin, MDiv

True Compassion Does Not Fatigue

Objectives:

- Define the difference between self-compassion and self-care
- Discuss the role of cognitively based compassion training
- Identify practices for fostering self-compassion in the clinical and community setting

Rev. Dr. Amy Greene is Director of the Center for Spiritual Care and Healing Services at the Cleveland Clinic. She is Clinical Assistant Professor of Spirituality and Medicine at Case Western Reserve University School of Medicine. She holds the Master of Divinity from Union Theological Seminary in New York City and a Doctor of Ministry from Ecumenical Theological Seminary in Detroit. She is a nationally certified teacher of Cognitively-Based Compassion Training through Emory University.





Emma Josephine Loeffelholz McMorris RN Spirituality Award



Registration for the 29th ANNUAL NURSING CONFERENCE

LOCATION: ZOOM

FRIDAY, OCTOBER 15, 2021 11:00 AM – 3:00 PM

**To register online, please visit
www.spiritualityandhealth.org/nursingconference**

CRITERIA

- SPIRITUALITY** Demonstrates an awareness of the value of spirituality in healthcare.
- COMPASSION** Demonstrates empathy with regard to all levels of diversity in others.
- COMMUNICATION** Demonstrates the ability to communicate the value of respecting the spiritual beliefs and practices of others.
- COMMITMENT** Devotes self to the caring of body, mind and spirit.

Emma Josephine Loeffelholz McMorris lived a vibrant life for 35 years, but the advances in early detection of breast cancer were not available in 1958 when she passed away one month after diagnosis.

As a young woman, Emma was a bright scholar, a tennis player and loved the Opera, performing in her high school Operetta in 1938. She was a 1943 graduate of the school of nursing at St. Anthony’s Hospital, Oklahoma City, Oklahoma and served as a member of the Oklahoma Nurses Association and a member of the Beta Sigma Phi Sorority. With the call for nurses during World War II, Emma willingly contributed her skills by joining and serving as an Ensign in the Navy Nurses Corps in the Naval Hospital at San Diego, California from November, 1944 to January, 1946. It was there, while caring for the wounded soldiers, she met Marine Sgt. Sheridan Andrew McMorris, who she married. Emma and Sheridan settled in Boulder, Colorado and she was active in the Altar Society and the Christian Family movement of their church, Sacred Heart of Jesus.

To their six children and the many other lives she touched, Emma’s legacy is effervescence for

life in tandem with a deep devotion for religion, spiritual care and caring for others. Emma’s love for God and nursing are intertwined in her daughter, AnneMarie McMorris Wallace’s memories. She recalled her mother being the first person to lift her up as a child and pray with her while placing bandages on her tricycle-torn elbows and knees! AnneMarie says, “My mother’s presence was one of amazing, gentle grace that filled my soul and created lasting sacred moments that began a life-long yearning for God.”

Ms. Wallace believes her mother would want to honor the profession of nursing as it so often is the gentle listening ear that patients turn to as they cope with the processes of illness and healing—processes that frequently draw upon the spiritual longings of the soul.

Awareness and valuing the spiritual side of a patient’s journey will allow nurses to hear expressions of spiritual longings and make referrals for spiritual care, thereby providing more holistic caring moments for patient and healthcare professional alike.

Congratulations to the nominees and finalists and blessings upon each of you in your nursing careers.

Chaplain AnneMarie Wallace, MDiv

To register by check, please fill out the following information.

PLEASE PRINT

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL _____ PHONE _____

SPECIALTY _____

Cutout registration form with name, address, email, phone, specialty

Make payments to:

Institute for Spirituality and Health (ISH): 8100 Greenbriar, Suite 300, Houston, Texas 77054

FEE: \$35.00 per person • \$25.00 per student/retiree

Fee includes registration for the virtual conference and CE’s
If you have any questions, please contact ISH at programs@ish-tmc.org

**This activity provides 3.0 contact hours of nursing
continuing professional development.**

Cizik School of Nursing at UHealth is accredited as a provider
of nursing continuing professional development by the
American Nurses Credentialing Center’s Commission on Accreditation.

The Institute for Spirituality and Health does not discriminate on the basis of race, color, national origin, sex, religion, disability or age in admissions to our programs, activities or employment.