

Wellness and Chemical Dependency in the Nurse Anesthesia Profession Curriculum

Module Titles and Learner Outcomes

MODULE TITLES

Module 1: Health and Wellness: The Role and Responsibility of the Anesthesia Professional

Module 2: Stress: Understanding Causes and Consequences

Module 3: Stressors Encountered in the Healthcare System and How to Cope More Effectively

Module 4: Risk & Exposure: The Signs, Symptoms, Pathophysiology and Co-morbidities of Substance Abuse

Module 5: Management of Chemical Dependency & Addiction (Intervention, Treatment/Rehabilitation, Recovery, Re-entry: Return to Practice, and Avoiding Relapse)

Module 6: Understanding the Environment for Successful Building and Sustaining of a Personal Wellness Plan

LEARNER OUTCOMES

Module 1: Health and Wellness: The Role and Responsibility of the Anesthesia Professional

1. Discuss the concepts of personal and professional wellness.
2. Describe elements of a balanced life, including interaction of mind, body, and spirit.
3. Describe four influences on wellness.
4. Define responsibilities associated with self-care.
5. Review challenges to work-life balance unique to anesthesia professionals.

Module 2: Stress: Understanding Causes and Consequences

1. Define what stress is and what stressors are.
2. Discuss the four different types of stress.
3. Identify within yourself what behavioral, physical and psychological symptoms you may display.
4. Discuss the difference between positive and negative stressors.
5. Describe how stress can lead to physical illness.
6. Understand the importance of margin.
7. Identify personal mechanisms for managing and decreasing stress.
8. Identify how you can become more resilient.

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Module 3: Stressors Encountered in the Healthcare System and How to Cope More Effectively

1. Discuss the workplace, school and personal pressures of the healthcare and anesthesia environment that threaten provider wellness.
2. Discuss the relationship between perceived occupational stress and professional satisfaction in the nurse anesthesia community
3. Compare and contrast the sources and levels of stress between nurse anesthesia students, clinicians, educators, and managers.
4. Describe methods and strategies for reducing stress and developing coping strategies leading to healthcare provider satisfaction.
5. Discuss maladaptive coping behaviors to include; anger, alcohol and substance misuse, and violence.
6. Discuss the history of substance misuse in nursing and anesthesia practitioners.
7. Identify and discuss factors that increase the vulnerability of anesthesia providers' to emotional illness, suicide, and chemical dependency, and the response of the profession to that recognition.
8. Discuss the relationship between stress, burnout, exhaustion of coping strategies and the risk of chemical dependency.

Module 4: Risk & Exposure: The Signs, Symptoms, Pathophysiology and Co-morbidities

1. Analyze, compare and contrast the various components of risk for chemical dependency to include genetic influences, heritability, culture, environmental & social elements.
2. Compare and contrast your personal beliefs and views of addiction with the disease model of addiction.
3. Define addiction as a disease as well as the signs, symptoms, and time course of chemical dependency
4. Discuss the incidence and distribution of mental illness in the general population, and within the community of healthcare providers.
5. Discuss the irreversible physiologic and anatomic alterations in brain function and structure that occur during addiction.
6. Discuss the personal, professional ,psychological, social and legal consequence of behaviors that occur during chemical dependency
7. Identify personal chemical dependency risk factors, including personal and family history, environmental, and social factors.

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Module 5: Management of Chemical Dependency & Addiction (Intervention, Treatment/Rehabilitation, Recovery, Re-entry: Return to Practice, and Avoiding Relapse)

1. Describe strategies for intervention
2. Discuss therapies for treatment of addiction
3. Identify successful recovery with and without medications
4. Recognize variables, limitations and barriers to recovery and re-entry

Module 6: Understanding the Environment for Successful Building and Sustaining of a Personal Wellness Plan

1. Describe a strategy to analyze characteristics of the environment for stressors that leads individuals to remain or withdraw from those environments
2. Devise a plan for implementing positive workplace change that can manage stress, promote, support, and sustain wellness
3. Using various tools for assessing wellness identify and discuss personal attributes, experiences, and vulnerabilities that could threaten your personal wellness.
4. Discuss positive adaptive coping strategies and behaviors that can have a role in ameliorating the effects of stress through the use of self-help groups, resources and support systems that strengthen and promote your wellness
5. Devise a personal plan to achieve a rebalance of a life which is “out of balance.”