



AANA
WELLNESS
Ambassador Network

Resident Wellness Ambassador Micro-credential Curriculum Outline





1. Title and Overview

- + **Title:** [Resident Wellness Ambassador Micro-credential](#)
- + **Overview:** This program is designed by CRNA subject matter experts for residents committed to promoting holistic well-being within their personal communities and the anesthesia profession. It equips participants with essential knowledge and skills across several key subject areas to become effective ambassadors for wellness.

2. Objectives and Learning Outcomes

- + **Broad Objectives:**
 - Empower residents to advocate for wellness in healthcare settings.
 - Provide comprehensive education on critical wellness topics including,
 - » Substance Use Disorders
 - » Suicide Awareness and Prevention
 - » Second Victim Phenomenon
 - » Emotional Intelligence
 - » Stigma Reduction
 - » Critical Communication Skills
 - » The Pillars of Health and Wellness
- + **Specific Learning Outcomes:**
 - Understand the complexities of substance use disorders (SUD) and implement prevention and intervention strategies.
 - Recognize signs of suicidal ideation and apply effective intervention techniques.
 - Identify and support colleagues experiencing the Second Victim Phenomenon.
 - Develop emotional intelligence to enhance communication and foster supportive environments.
 - Implement strategies to reduce stigma associated with mental health and substance use.
 - Enhance critical communication skills for sensitive situations.
 - Integrate the pillars of health and wellness into daily practice.

3. Target Audience

- + **All Residents in the field of nurse anesthesiology.**

4. Content Structure

+ Modules:

1. Support and Resources for Managing the Impaired Provider

- These courses equip you with tools to manage impaired healthcare providers, whether they're colleagues or yourself. It draws from real experiences and stresses the challenges in addressing substance use and mental health issues in healthcare. Stigma often deters seeking help, but early intervention and reporting are crucial. Shifting towards a culture of open communication and support can encourage professionals to seek assistance without fear, ultimately fostering a proactive approach to tackling these issues within the healthcare system.
- Learning Outcome(s):
 - » Identify the barriers that healthcare professionals face when seeking help for mental health or substance use disorders, including societal stigma, professional obligations, and fear of punitive responses.
 - » Recognize the importance of early intervention and reporting in cases of suspected impairment among healthcare providers, understanding the appropriate steps to take and the resources available for support.
 - » Understand the significance of self-advocacy in healthcare settings, including knowing institutional policies, seeking help when needed, and promoting a culture of wellness and support among colleagues.

2. Local, State, and National Well-being Resources

- Dive into a dynamic 30-minute interactive module designed for CRNAs and Residents. This course empowers learners to identify and access critical well-being resources at local, state, and national levels, tailored specifically to the unique risks and challenges faced in the CRNA profession.
- In this module, you will:
 - » Explore a variety of situations and associated risks that underscore the importance of well-being resources.
 - » Gain practical skills in locating and effectively disseminating these resources to your community.
 - » Engage in an interactive quiz that reinforces your learning and tests your knowledge throughout the course.
- Learning Outcome(s):
 - » Identify local, state, and national well-being resources available to CRNAs and Residents.

3. The Pillars of Health and Wellness

- Explore the essential components of holistic wellness in this 60-minute course. This course introduces you to the interconnected realms of physical, emotional, social, and spiritual well-being, providing practical strategies to integrate these

principles into your daily life.

- Learning Outcome(s):
 - » Identify the pillars of health and wellness that contribute to overall well-being.
 - » Understand the significance of a balanced approach to wellness and how it impacts your life.

4. Listening-focused Communication Strategies

- Enhance your communication skills with this 30-minute course. This training is designed to help you navigate challenging conversations with confidence, fostering open dialogue and mutual understanding in both professional and personal contexts.
- Learning Outcome(s):
 - » Implement listen-focused communication strategies that promote empathy and clarity.
 - » Develop the ability to approach sensitive topics with care, enhancing relationships and collaboration in the workplace and beyond.

5. The Effects of Stigma and Shame for Anesthesia Providers

- Join us for an enlightening 30-minute course focused on strategies to combat stigma associated with mental health and substance use. This course empowers anesthesia providers to create a supportive environment that encourages individuals to seek help and access necessary resources.
- Learning Outcome(s):
 - » Gain a comprehensive understanding of how stigma and shame impact anesthesia providers in relation to mental health and substance use disorder.
 - » Learn practical strategies to reduce stigma, fostering an open and supportive dialogue around mental health and substance use issues.

6. Second Victim Syndrome

- This 60-minute course is designed to delve into the emotional and psychological impacts faced by healthcare providers involved in challenging situations. This course offers valuable insights on how to provide support and cultivate resilience among colleagues during and after adverse events.
- Learning Outcome(s):
 - » Understand effective support mechanisms that can help healthcare professionals cope with the aftermath of adverse events.

7. Suicidality and Suicide Prevention

- This vital 60-minute course is aimed at equipping you with the knowledge and skills to recognize the signs of suicidal thoughts and behaviors. This presentation covers effective intervention techniques and resources available for supporting individuals in crisis.
- Learning Outcome(s):

- » Gain a comprehensive understanding of suicidality, including its causes and contributing factors.
- » Identify preventative methods and strategies to help mitigate the risk of suicide and provide crucial support to those in need.

8. Emotional Intelligence

- This 30-minute course is designed to help you develop essential skills in recognizing and managing emotions—both your own and those of others. This interactive module focuses on enhancing communication, building rapport, and fostering a supportive environment in personal and professional settings.
- Learning Outcome(s):
 - » Demonstrate effective strategies to improve your emotional intelligence and apply these skills in various interactions.

5. Activities and Methods

+ Instructional Strategies:

- Interactive learning modules
- Case studies
- Practical applications

6. Resources and Materials

+ Required Resources:

- Access to the AANA online learning platform – [Education Edge \(ce.aana.com\)](https://ce.aana.com)
- Supplementary reading materials provided within each module

+ Optional Resources:

- Additional articles and multimedia resources for deeper exploration provided in learning modules

7. Schedule and Time Allocation

+ Total Duration: Self-paced; estimated completion time is approximately 7.5 hours.

+ Module Breakdown:

- Each module is designed to be completed in approximately 0.5 to 2.5 hours.

8. Implementation and Logistics

+ Delivery Mode:

- Online, self-paced learning modules.

+ Setup Instructions:

- Participants will receive access instructions upon enrollment.

Upon completion, participants will join AANA's Wellness Ambassador Network, becoming champions for wellness in healthcare.