

SHANNON NEWMAN DELEGATE REPORT

Who knew that Chicago in 2019 would be our last National Convention where we went in person? This year we were finally able to go back to normal and attend the National Convention in Scottsdale, Arizona.

I had family attend this year, so we decided to drive from Virginia to Arizona. I would not recommend driving 30 hours in 2 days. Although, we saw some of our beautiful country, it was a long drive. Once arriving, it was hot, but beautiful. I think the temperature was 113 on Tuesday.

Monday started with our educational sessions. The Keynote speaker was David Dexter. His presentation was on his experiences as a leader to become a successful CEO. He provided types on how to make a successful business.

Next the breakout sessions began I had a difficult time deciding in 2 different sessions. I decided to attend the session on Burnout: What it is, How to Identify, How to Avoid it and How to Prevent It? Covid has brought more burnout in healthcare professionals. It is common in healthcare workers. Anna Jannak presented burnout as exhaustion with feelings of loss identity and worthlessness. A few symptoms of prolonged stress include GI issues, sleep problems, muscle stress, headaches, HTN, heart disease and anxiety. I have a few of these symptoms. She presented 6 factors that cause burnout and a few of them include workload or overload and control.

Workload or overload involves too little time to complete tasks. Another reason is too little time to recover between crises which contributes to exhaustion. My staffing has been bad for the last 4 months so I can relate to this concept.

Two types of control are personal and workplace. This involves multiple authorities with conflicting agendas. Personal signs include poor physical health, poor mental health, poor job satisfaction, compassion fatigue and ineffective coping. Workplace signs include burnout is contagious, errors in patient care and increased turnover.

Additional symptoms of burnout include unhappiness, low energy, chronic fatigue, headache, poor sleep, rise in inflammation biomarkers, GI disorders, muscle tension and more susceptible to cold/flu.

She recommended to meet your basic needs such as eating a high-quality nutritious meal, drink plenty of fluids and get plenty of sleep. Take breaks and do something unrelated to your job, talk to a friend who doesn't work in healthcare, relax to music, get a massage, or read a good fiction book for pleasure. I enjoyed this session.

Monday night was our Welcome party. Three hours filled with good food, dancing and spending time with our family and friends. Tuesday was another day of educational sessions

with our award banquet that night. The food was delicious, and Virginia was awarded several times. Wednesday, we meet the candidates running for the National Board and attended our district meeting. Thursday, we attended town hall meeting and our annual business meeting. Thursday night was the last social event until next year at Norfolk, Virginia. Friday, it was time to drive home after spending a week with friends and family. I hope to see everyone in Norfolk next year.

Respectfully submitted,

Shannon H. Newman, MT, RN-BSN