

# 2023 Showcase of Tucson Nurses Conference & Healthy Fair

Friday, May 12  
Westin La Paloma  
Resort and Spa

Tucson  
NursesWeek  
+Foundation

Educational Conference & Gala Celebration

Tucson Nurses Week Foundation  
PO Box 65085  
Tucson, AZ 85728-508



As part of the celebration of Nurses Week, the **SHOWCASE** is a tribute to Southern Arizona nurses who respond daily to the health care needs of the community. The conference includes innovative practice ideas, projects, methods, and studies in use by Southern Arizona nurses striving to maintain optimal patient care and nursing professional standards.

## OBJECTIVES

Upon completion of this conference, the participant will be able to:

- Discuss innovative practice ideas
- Examine improvements in patient care
- Describe approaches to promote evidence based practice and research utilization
- Identify educational methods to enhance patient care
- Recognize issues in caring for diverse populations
- Discuss leadership issues

## CONTINUING EDUCATION

Continuing education hours are pending from the California Board of Nursing through Carondelet Health Network.

This program is free of commercial influence or industry support based on reports of planners and speakers.

Tucson  
NursesWeek  
+Foundation

Sharing, Caring and Celebrating Nursing  
Since 1995

# 2023 Tucson Fabulous 50 Nurses Gala

Saturday, May 13  
6 - 11 p.m.

No host bar reception 6 p.m. \* Dinner 7 p.m.

Westin La Paloma Resort and Spa  
3800 E Sunrise Dr, Tucson, Arizona

Special room rate of \$165 available. Resort fee is waived. Limited availability at special rate, reserve your room now.

Questions? Email  
[info@tucsonnursesweekfoundation.org](mailto:info@tucsonnursesweekfoundation.org)

Formal Dress Encouraged

# 2023 TUCSON NURSES WEEK CONFERENCE SCHEDULE

7:30 a.m.	Registration / Continental Breakfast and Poster Presentations open			
8 – 8:15 a.m.	Welcome and Introduction of Keynote Speaker			
8:15 – 9:45 a.m.	<b>Keynote:</b> Burning Brightly Without Burning Out <b>Presented by:</b> Kim Richards, RN, NC-BC			
9:45 – 10:15 a.m.	<b>Morning Break / Poster Presentations / Healthy Fair</b>			
10:15 – 11 a.m.	<b>Session A</b>	<b>Session B</b>	<b>Session C</b>	<b>Session D</b>
	Strengthening the Nursing Workforce Through Practice: Academic Collaborations in Nursing Education  <b>Cheryl LaCasse</b> PhD, RN, AOCNS  <b>Connie Miller</b> DNP, RN-OB, CNE	Importance of Oral Health in Preventive Care: An Embedded Dental Model  <b>Jennifer Biggs</b> RN, MS  <b>Oscar De La Torre Gonzalez</b> MPH  <b>Ruth Trujillo</b> RDH	Simple Soul Care: Practices that can be done at work to Enhance Your Well-being  <b>Nicole Vienneau</b> MSN, RN, NC, BC	C.O.M.F.O.R.T Promise: Essential Tools to Decrease Pain and Anxiety in Children During Procedures  <b>Celina Ruiz</b> RN, BSN
11:15 - Noon	<b>Session E</b>	<b>Session F</b>	<b>Session G</b>	<b>Session H</b>
	Ketamine Assisted Psychotherapy for Trauma Related Symptoms  <b>Janay Young</b> DNP, PMHNP, BC, FNP-C	Chronic Care Management in an Outpatient Healthcare Setting  <b>Katherine Maher</b> HCI, BSN, CEN  <b>MaryAnn Juarez</b> MSN, BSN, RN	Research versus Non-research: What Nurses Need to Know  <b>Jenice Guzman-Clark</b> PhD, GNP-BC, FAMIA, NP	Nurse Traumatization: Shoring up the Foundation for Self-Caring Practices  <b>Lorre Laws</b> PhD, RN
Noon – 1:15 p.m.	<b>Lunch / Raffle / Healthy Fair</b>			
1:15 - 2:15 p.m.	Beads of Courage Presentation / Activity Jean Gribbon, BS, RN, PhD			
2:15 - 2:45 p.m.	<b>Afternoon Break / Poster Presentation / Healthy Fair</b>			
2:45 – 3:30 p.m.	<b>Topic:</b> Making it Stick: How to FINALLY Get, Keep, and Love your Ideal Self-care Plan While Living a Super Busy Life <b>Presented by:</b> Marie Shanahan, MA, BSN, HN-BC, HSGAHN			
3:30 – 4 p.m.	<b>Topic:</b> Wrap up Session: Fueling Your Flame <b>Presented by:</b> Kim Richards, RN, NC-BC			
4 p.m.	<b>Closing / Raffle / CEUs</b>			

## CONFERENCE REGISTRATION

### Showcase of Tucson Nurses

**Deadline, May 4, 2023**

Online registration recommended:

[www.tucsonnursesweekfoundation.org](http://www.tucsonnursesweekfoundation.org)

Name \_\_\_\_\_

Email \_\_\_\_\_

Home phone \_\_\_\_\_

Facility \_\_\_\_\_

Conference \$90

First Speaker Presenter only Free

Nursing Students who are not yet RN's \$50

The registration fee is required to cover the cost of the conference. It includes tuition, Healthy Fair exhibits, breaks, lunch, and CE contact hours. Student registration discounts are funded by scholarships of the Foundation. Registration is transferable, but not refundable.

### Gala registration deadline

**May, 4, 2023**

Space is limited and seat assignments will be posted outside the ballroom the evening of the Gala. Include seating requests when sending payment. For information or questions contact [info@tucsonnursesweekfoundation.org](mailto:info@tucsonnursesweekfoundation.org) Please indicate the facility affiliation and/or person(s) you would like to be seated with

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Gala seats \$100 per seat

TOTAL ENCLOSED \$

### Make checks payable to:

Tucson Nurses Week Foundation  
 Send registration form and payment for the Conference and/or Gala seats to:  
 Tucson Nurses Week Foundation  
 PO Box 65085, Tucson, AZ 85728-5085