

“Zooming into the Head” – One Night, TWO Lectures

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Offering Free, VIRTUAL Education via Zoom
January 14th, 2020 7:30 – 9:30 PM
Saunders Medical Center, Wahoo, Nebraska.

Objectives:

- Describe the specific health hazards for health professionals and other individuals involved in shift work
- Describe the biology of sleep and waking
- Evaluate the benefits and drawbacks of different methods that can be used to stay awake during night shifts
- Analyze the effect of light, temperature, food, medications, and technology on sleep
- Utilize environmental modification and mental techniques to achieve effective sleep

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- Describe the normal anatomy of the skull including the pathophysiology of a traumatic head injury
 - Analyze signs and symptoms of a head injury to manage likely pathophysiologies



Continuing Education:

- Up to 2.0 ANCC contact hours
- 2 hours of Nebraska DHHS-approved EMS Continuing Education

Registration:

- Pre-Registration required for access to the Zoom link.
- Contact Curtis Olson, Staff Nurse, Saunders Medical Center to register or for any questions.

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Wahoo

Ambulance &

Hospital

Operational

Orientation

Collaborative

Learning

And

Simulation

Seminars

The UNMC Accreditation statement:

The University of Nebraska Medical Center College of Nursing Continuing Nursing Education is accredited with distinction as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

This activity is provided for up to 2.0 contact hours under ANCC criteria.