

Carolina Blue Ridge Chapter

Carolina Blue Ridge chapter of ONS: 13th Annual Fall Retreat: "The Nurse as an Instrument of Healing"

Project Goal/Target audience:

Participants will define integrative and holistic healthcare, and describe how it can be used at home and in the workplace to enhance patient and self care; list reasons why self-care and self-healing are prerequisites for creating a healing environment; and describe and use several holistic nursing techniques to promote relaxation, diminish pain, and anxiety, and increase feelings of empowerment. Our target audience is oncology professionals.

Project Overview:

Our oncology nursing retreat will take place at a beautiful high mountain retreat center. The educational sessions are geared toward education related to individual renewal and retention in oncology nursing careers. Our faculty this year is three certified holistic nurses. They will provide an overview of integrative and holistic healthcare and sessions focusing on aromatherapy and healing touch. We are applying for 5.0 contact hours from ONS.

Having the retreat last from Friday evening to Sunday morning allows time for networking, relaxation, entertainment, and group exercise, as well as the educational component. We will have a storyteller entertain us Saturday evening, two yoga sessions, and massage therapists available.

Attendees come from throughout our state and surrounding states. Many attendees come year after year.

Expected Outcomes:

Based on the response from last year's retreat, we expect to have 80 oncology nurses attend the retreat. We hope that they will go home with a sense of renewal and feeling that they have been empowered by the knowledge and experiences of the weekend. The evaluation form will be a tool used to evaluate our success and if the goals were met.