

## ***Building Wellness Cultures and Systems to Improve Population Health Outcomes***

*presented by*

***Bernadette M. Melnyk,  
PhD, APRN-CNP, FAANP, FNAP, FAAN***

Bernadette Melnyk is Vice President for Health Promotion, University Chief Wellness Officer (the first at an institution of higher learning), the Helene Fuld Health Trust Professor for Evidence-based Practice and Dean of the College of Nursing at The Ohio State University, professor of pediatrics and psychiatry at OSU's College of Medicine, and Executive Director of The Helene Fuld Health Trust National Institute for Evidence-based Practice in Nursing & Healthcare. She is a pediatric and psychiatric mental health NP, and is a globally recognized expert in EBP, intervention research, child & adolescent mental health, and health & wellness. Dr. Melnyk's funding record includes over 33 million dollars from federal agencies as PI. She is co-editor of seven books that focus on evidence-based practice, intervention research and evidence-based quality improvement, leadership, innovation and entrepreneurship, and mental health screening, assessment and evidence-based intervention, of which three of these books received the American Journal of Nursing Book of the Year Awards, as well as over 470 publications. Dr. Melnyk is an elected fellow of the National Academy of Medicine, the American Academy of Nursing, the National Academies of Practice, and the American Association of Nurse Practitioners. She is a member of the NAM Action Collaborative for Clinician Well-being, the NASEM Promoting Emotional Well-Being and Resilience Expert Panel and is an elected executive board member of the National Forum for Heart Disease & Stroke Prevention.

**Thursday, 5/12/2022, 12:00 PM**

<https://hartfordhealthcare.zoom.us/j/96022832448>

Learning Objectives: As a result of participating in this Live Activity, participants should be able to:

1. Discuss the importance of self-care and healthy lifestyles for clinician leaders
2. Describe the current state of health and well-being in nurses across the U.S.
3. Review the impact of clinician well-being on the delivery of patient care
4. Identify evidence-based strategies in building and sustaining cultures of well-being

**Accreditation Statement:** In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

**Credit Designation Statements:** Hartford Healthcare designates this Live Activity for 1.25 *AMA PRA Category 1 Credit(s)*<sup>™</sup>.

- **Physicians:** Physicians should only claim credit commensurate with their participation. Hartford Healthcare designates this Live Activity for 1.25 *AMA PRA Category 1 Credit*<sup>™</sup>.
- **Nurses:** This activity is approved for 1.25 ANCC contact hours.
- **Social Work:** As a Jointly Accredited Organization, Hartford HealthCare is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Hartford HealthCare maintains responsibility for this course. Social workers completing this course receive 1.25 other continuing education credits.
- **Other Learners:** All other learners will receive a Certificate of Participation. Consult your professional licensing board regarding the applicability and acceptance of certificates of participation for educational activities certified for *AMA PRA Category 1 Credit*<sup>™</sup> from organizations accredited by Joint Accreditation for Interprofessional Continuing Education.

**Financial Disclosures:**

- Nothing to disclose: Cynthia Belonick (Sponsor); Ellen Blair (Nurse Planner); Michael Dewberry (Course Director); Bernadette Melnyk (Speaker); Bharat Narapany (Program Director); Erica Iyamu-Osagie (Social Work Planner); Paula Rego (Activity Coordinator); Javeed Sukhara (Co-Director);