

## Calendar of Events

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March 3, 2021

### **Strategies to Reduce Cognitive Overload and Improve Nurse Well-being and Patient Safety**

[https://us02web.zoom.us/meeting/register/tZUrduyuqD4iHNDIv9o4rZ3TLbCwThoyQtsX](https://us02web.zoom.us/j/84451200000)

07:00 AM - 08:00 AM PST

Admin at NWONL,

admin@nwonl.org

#### *Overview/Description:*

*A combination of stress, fatigue, incessant alerts and alarms, multiple demands, and shifting priorities can all lead to cognitive overload among nurses, which can lead to mistakes. It is critical for nurse leaders to find solutions that simplify clinical workflows and make the lives of nurses and other team members easier and safer. Doing so will help increase their well-being and will improve patient care, safety and experience. In this session, Dr. Rhonda Collins will discuss how cognitive load becomes overload and how to identify the signs, behaviors and risks. She also will outline a strategy to mitigate administrative and cognitive burdens and explain how to offload nurses' needs to retrieve, retain, and record information, making it easier to do their jobs more efficiently and effectively.*

#### *Objectives*

- *Provide Overview of Cognitive Overload*
- *Discuss the 8 Core cognitive human capacities to understand their risks and potential resolutions*
- *Understand the Impact of Cognitive Overload on Nurse Well-being*
- *Understand the Impact of Cognitive Overload on Patient Safety*
- *Provide Examples of Complex Workflows that Can Cause Cognitive Overload*
- *Outline Solutions and Recommendations to Reduce Cognitive Overload*
- *Facilitate a Live Q&A Session with Webinar Participants*

#### *Presenter:*

*Rhonda Collins, DNP, RN, FAAN. VP & CNO of Vocera*

*Register Here!*

March 12, 2021

**Portland & Vancouver Council**

01:30 PM - 03:30 PM PST

admin@nwonl.org

*NWONL Portland & Vancouver Council*

*March 12th. 1:30 - 3:30 PM PST*

*Time, Agenda, Presenter(s) and CE forthcoming.*

*Open to Members and non-members who have interest.*

*Councils are a primary method for Nursing Leaders to connect, share ideas and concerns and conduct work sessions on both challenges and opportunities presented by the Leaders. We also celebrate our wins, and support each other when its tough. You will come away at a minimum with a better understanding of what is happening in their area healthcare community.*

*The Portland & Vancouver Council Chairs are Distinguished Healthcare Leaders Desi McCue and Roxanne Barra.*

*Contact Desi or Roxanne to be added to their email distribution list for meeting invitation:*

*Roxanne.Barra@providence.org*

*mccude@ohsu.edu*

*For any other any questions contact us at: admin@nwonl.org*

March 17, 2021

**NWONL CNO & Dean Rounding**

07:00 AM - 08:00 AM PST

Cindi Warburton,

admin@nwonl.org

*Please join us Wednesday morning, March 17th from 7am-8am. Nurse Leaders from OR and WA gather for Rounding on current issues.*

*Kindly email admin@nwonl.org to be added to the distribution/meeting list.*

April 21, 2021

**NWONL CNO & Dean Rounding**

07:00 AM - 08:00 AM PST

Cindi Warburton,  
admin@nwonl.org

*Please join us Wednesday morning, April 21st from 7am - 8am. Nurse Leaders from OR and WA gather for Rounding on current issues.*

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April 26, 2021

**Virtual Live Event - Round 1 - Featuring Moe Carrick**

12:00 PM - 02:30 PM PST

*Join us in our first of three Virtual Live Events for 2021.*

*Moe Carrick has been (resoundingly) called back by the Membership to facilitate a workshop on developing personal and teams to "regaining our strength" as we emerge from the Pandemic and define our leader roles going forward. This is beyond inspirational, it is an educational and actionable work session. You will absolutely come away with capabilities you did not have prior to working with Moe and your Leader Peers. We are thankful she is our continued Trusted Partner and are truly excited to have her back at NWONL in 2021.*

*Attendees can apply for 2CE from the event.*

*Members have priority pricing and attendance: \$150.00*

*Non-members are always welcome: \$210 (we encourage joining and taking advantage of Member benefits, pricing and monthly CE)*

*Register Now*

May 19, 2021

**NWONL CNO & Dean Rounding**

07:00 AM - 08:00 AM PST

Cindi Warburton,  
admin@nwonl.org

*Please join us Wednesday morning, May 19th from 7am - 8am. Nurse Leaders from OR and WA gather for Rounding on current issues.*

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June 16, 2021

**NWONL CNO & Dean Rounding**

07:00 AM - 08:00 AM PST

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admin@nwonl.org

*Please join us Wednesday morning, June 16th from 7am - 8am. Nurse Leaders from OR and WA gather for Rounding on current issues.*

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June 18, 2021

**Portland & Vancouver Council**

01:30 PM - 03:30 PM PST

admin@nwonl.org

*NWONL Portland & Vancouver Council*

*June 18th. 1:30 - 3:30 PM PST*

*Time, Agenda, Presenter(s) and CE forthcoming.*

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mccude@ohsu.edu*

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August 18, 2021

**NWONL CNO & Dean Rounding**

07:00 AM - 08:00 AM PST

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admin@nwonl.org

*Please join us Wednesday morning, August 18th from 7am - 8am. Nurse Leaders from OR and WA gather for Rounding on current issues.*

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September 15, 2021

**NWONL CNO & Dean Rounding**

07:00 AM - 08:00 AM PST

Cindi Warburton,  
admin@nwonl.org

*Please join us Wednesday morning, September 15th from 7am - 8am. Nurse Leaders from OR and WA gather for Rounding on current issues.*

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September 17, 2021

**Portland & Vancouver Council**

01:30 PM - 03:30 PM PST

admin@nwonl.org

*NWONL Portland & Vancouver Council*

*September 17th. 1:30 - 3:30 PM PST*

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*mccude@ohsu.edu*

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October 20, 2021

**NWONL CNO & Dean Rounding**

07:00 AM - 08:00 AM PST

Cindi Warburton,  
admin@nwonl.org

*Please join us Wednesday morning, October 20th from 7am - 8am. Nurse Leaders from OR and WA gather for Rounding on current issues.*

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November 17, 2021

**NWONL CNO & Dean Rounding**

07:00 AM - 08:00 AM PST

Cindi Warburton,  
admin@nwonl.org

*Please join us Wednesday morning, November 17th from 7am - 8am. Nurse Leaders from OR and WA gather for Rounding on current issues.*

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December 10, 2021

**Portland & Vancouver Council**

01:30 PM - 03:30 PM PST

admin@nwonl.org

*NWONL Portland & Vancouver Council*

*December 10th. 1:30 - 3:30 PM PST*

*Time, Agenda, Presenter(s) and CE forthcoming.*

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*mccude@ohsu.edu*

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December 15, 2021

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admin@nwonl.org

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Coming Soon

**Complexity Leadership in a Changing Healthcare Landscape**

admin@nwonl.org

*Join us for a Nurse Leader CE event!*

*Topic: Complexity Leadership in a Changing Healthcare Landscape (1st in Series)*

*Limited Enrollment.*

*NWONL Members have first priority and CE is included in membership.  
Non-members can join space permitting, \$40 for CE*

*Presenter:*

*Cindi M. Warburton, DNP | ARNP*

*ARNP Fellowship Program Manager, Providence Health & Services  
Executive Director, Northwest Association of Nurse Leaders*