



Claim CE credit by TEXTING the code after the activity.

What you need to do:
Ensure your mobile number is
linked to your profile.

A screenshot of the Advocate Health website's user interface. The top navigation bar includes the Advocate Health logo, a search bar with the text "Find a course...", and social media icons for Facebook, X, LinkedIn, and a share icon. Below the navigation bar is a menu with options: HOME, COURSES, GRAND ROUNDS/CASE CONFERENCES, RESOURCES, CE PRE PLANNING FORM, and CONTACT US. A dark blue banner labeled "My Account" is positioned below the menu. Underneath this banner, there are five menu items: "My Account", "My Pending Activities", "My Transcript", "Edit My Profile", and "Add/Edit Mobile Number". The "Add/Edit Mobile Number" item is highlighted with a red rectangular border. The Advocate Health logo is also present in the bottom right corner of the slide.

Welcome to the May 2026 Nursing Grand Rounds

Best Place to Care Starts With Us: Voice, Evidence, Empowerment

This is a Microsoft Teams Meeting with Contact Hours

- Focus is on the presenters with all participants muted
- Participants are encouraged to post questions/comments in the “Q&A” They will be addressed during the Q & A session at the end
- Details about evaluation and contact hours will be provided at the end
 - REMINDER – now a text code process – make sure your cell number is updated in the CE Learning platform in order to receive CEs
- Session is recorded and will be available as a digital self-learning module with continuing education credit on the CE Learning platform
- Please visit the Nursing Grand Rounds webpage for direct links.

Disclosure:

None of the planners or presenters for this educational activity have relevant financial relationships to disclose with ineligible companies

IPCE Designation and Accreditation



Accreditation Statement

In support of improving patient care, Advocate Health 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 Statement(s)

American Nurses Credentialing Center (ANCC)

Advocate Health designates this live activity for a maximum of 1.0 ANCC contact hours. Nurses should claim only the credit commensurate with the extent of their participation in the activity.

Learner Objectives

At the end of this session, learners should be able to:

1. Identify “Best Place to Care” as a priority initiative in the Advocate Health Nursing Strategic Plan.
2. Explain the evidence linking psychological safety to team performance and patient outcomes.
3. Apply five evidence-based well-being practices in any nursing environment.
4. Strategize ways to build personal resilience & strengthen peer support and learning across specialties.
5. Identify 1-2 key take aways.



May Campaign: “Bring a Friend”

- Invite teammate(s) to attend May Nursing Grand Rounds with you
- Participants will be entered into a prize drawing for each person they bring!
- Prize: \$25 AH GC





AUDIENCE POLL

Which division and care environment are you attending from?



Advocate Health Care



Atrium Health



Aurora Health Care



Wake Forest University
School of Medicine

Now part of  **ADVOCATE**HEALTH

“Best Place to Care” Starts With Us: Voice, Evidence, Empowerment

Kate Schmidt, MSP, BSN, RN, HNB-BC

Krystal Lott, DNP, MSN-NE, RN, CMSRN, NPD-BC

Caleb Barrett, BSN, RN

Merly Chirayil, DNP, RN, CPHQ

Monique Denysschen, DNP, APH, BSN, RN

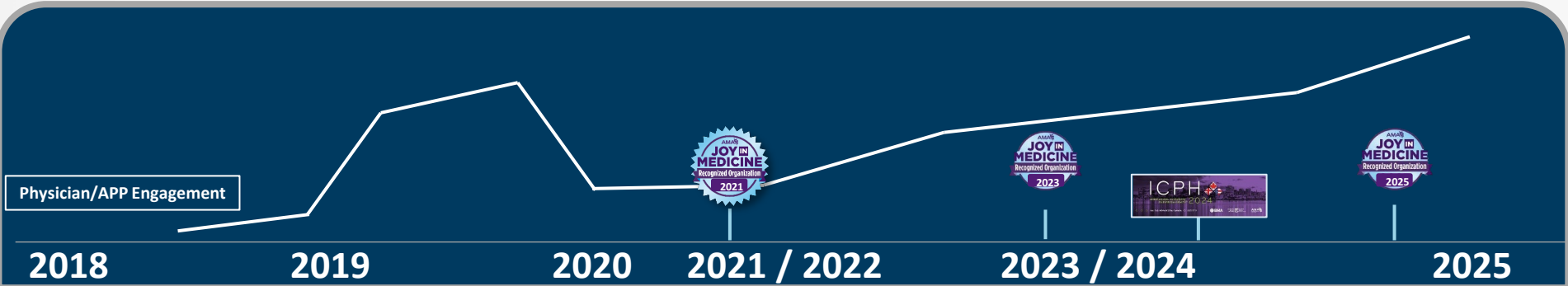
Ernst Robinson, MBA, BSN, RN

Nursing Grand Rounds 05.21.2026



Our Best Place to Care Journey

A graphical representation



Identified a need for focus on Phys/APPs:

- Low engagement scores
- Compensation changes
- Clinicians bogged down with the little things

BPTC committee and work, initiated

- Engagement soars
- Workstreams established

COVID Pandemic

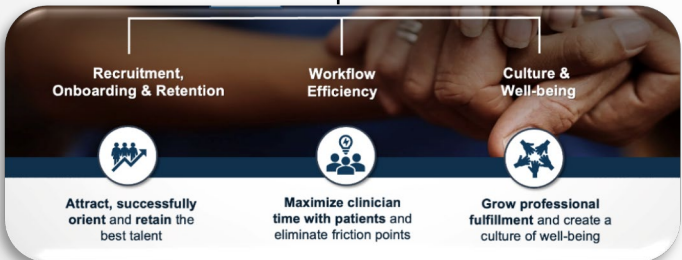
Pandemic response Staffing challenges Epic

Pandemic subsidies, challenges remain

Refocused energy on highest impact areas:

- Workflow/EHR efficiency with Microsoft Copilot ambient voice charting
- Workforce platform empowered by AI
- Workplace and Professional Support
- Well-being
- Duke Endowment Grant for virtual nursing
- Expanded Enterprise Strategy

- Aligning as an Enterprise by applying for Advocate Health Joy in Medicine Award in 2025
- External Recognition through ICPH, Becker's Article, AMA Podcast
- DAX Copilot expansion
- Define future state with nursing expansion
- Nursing expansion announced by CEO, Gene Woods





Enterprise Workstreams

Recruitment,
Onboarding &
Retention



Attract, successfully orient and retain the best talent

Workflow Efficiency
& Support



Maximize time with patients and eliminate friction points

Culture &
Well-being



Grow professional fulfillment and create a culture of well-being



BPTC
Workstreams

Recruitment, Onboarding & Retention



Attract, successfully orient and retain the best talent

Attract, successfully recruit the best talent

Improve the physician/APP/Nurse onboarding experience (*Offer Acceptance to Start Date*)

Enhance the physician/APP/Nurse orientation experience (*Day 1 to first 90 days*)

Improve physician/APP/Nurse retention (years 1-5)

Workflow Efficiency & Support



Maximize physician/APP/nurse time with patients and eliminate friction points

Optimize EHR:

Establish dashboard | Message Management
Improve workflows | Identify efficiencies

Enhance Supporting Technology:

Documentation | Chart Summarization
Virtual Acute Care | Enterprise Staff Scheduling | Clinical Decision Support

Clinical Support:

Team-based Care | Clinical Standardization Pathways | Nursing Informatics
Virtual assistance | Coding support

Culture & Well-being



Grow professional fulfillment and create a culture of well-being

Create a culture where everyone belongs, ideas are heard, and every voice on the team shapes our shared success.

Wellbeing: Foster a supportive culture, resources, and policies that promote clinicians' and nurses' physical, mental, spiritual, financial, and social wellbeing, empowering them to thrive.

Mitigate workplace violence and its impact on teammates ensuring safety, healing, and resilience for all

Recognize and appreciate clinicians and nurses locally and authentically, reinforcing their value and building community through shared purpose and relationships.

Mission

Areas
of Focus

Responsibilities and Influences for Sustainment

- Resources and connections to reach in and meet you where you are and when you need us
- Patterns of Behavior
- Structures and environment
- Mental Models and beliefs





Your Perspective Matters

The image shows a smartphone displaying a survey form. At the top is the Best Place to Care logo. Below it, the title "Best Place to Care Impact & Input" is displayed. The main text reads: "Our mission is to care for you while you care for patients. Thank you for taking a few minutes to share your thoughts surrounding BPTC's impact." A blue button labeled "Start now" is positioned below the text. At the bottom of the form, the Microsoft 365 logo is visible, followed by a disclaimer: "This content is created by the owner of the form. The data you submit will be sent to the form owner. Microsoft is not responsible for the privacy or security practices of its customers, including those of this form owner. Never give out your password."

Best Place to Care is devoted to hearing your voice and creating new, direct ways for physicians, APPs, and nurses to share ideas and stories about how BPTC is making an impact. Your insights help us understand how we're doing and drive meaningful change in how we care for you while you care for patients.



Scan the QR code:

- Share a story of how BPTC made an impact
- Ask our team question
- Submit feedback and ideas to help us grow

Three Years After COVID-19: Wellness Resource Use Among Nurses

“The need for emotional and psychological support remains significant, with ongoing stressors and notable psychological impacts among nurses.”



56% of nurses using
1+ wellness resources

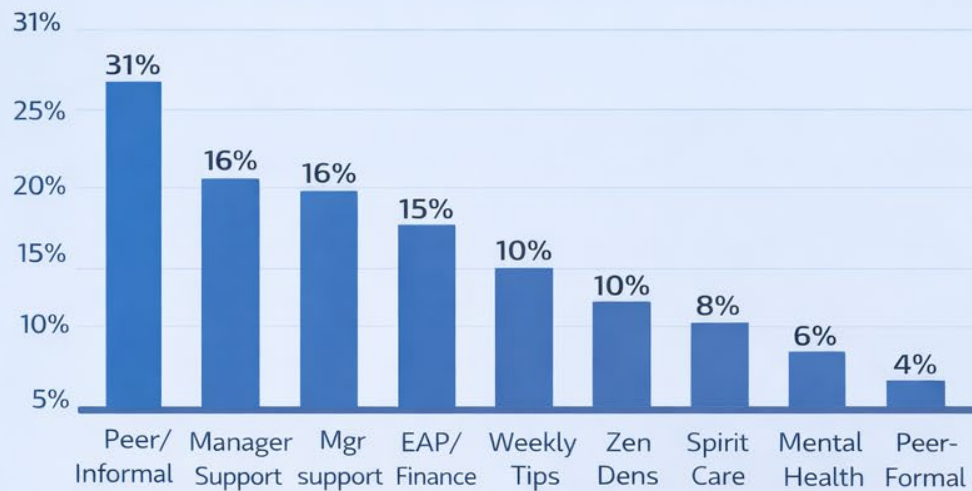
- ✓ Peer & Informal Support
- ✓ Manager Support
- ✓ Financial/EAP

35% of high
stress nurses
reported no
resource use

Dr. Vizgirda
and her team
conducted in
Spring of
2022 & 2023

38% of nurses
reporting
suicidal
thoughts
reported no
resource use

Top Wellness Resources Used by Nurses



Peers and clinical nurse managers were important support sources, emphasizing the role of informal, relationship-based support.

Together As One Peer Support Program

TOGETHER
AS **ONE**



Together As One Program Elements

Enterprise Peer Support Program



Together As One Training

2-hour Foundational Training for all teammates, nurses, physicians, APPs, and leaders

Offered 6-7x/month



Together As One Time

Connection to community

Virtual offering for Ambassadors who have completed training.

Weekly topic focused on additional practice of peer support skills.

Facilitated 2x/week; second offering recorded



Monthly Education Series

Virtual 1-hour skills/training presentations available to Ambassadors who have completed training.

Skills/topics developed to build confidence/ability of ambassadors.

Presented live and recorded for future viewing



Resources and Toolbox

SharePoint and Microsoft Teams page

Resources for connecting to support, coping skills, Together As One Program information

Recorded Education and TAO Time presentations, handouts, resources, and exercises.

Tips and tools to enhance resilience, well-being and for offering Peer Support for teammates.

Evidence-Based Practice



Benefits of Peer Support
Integration

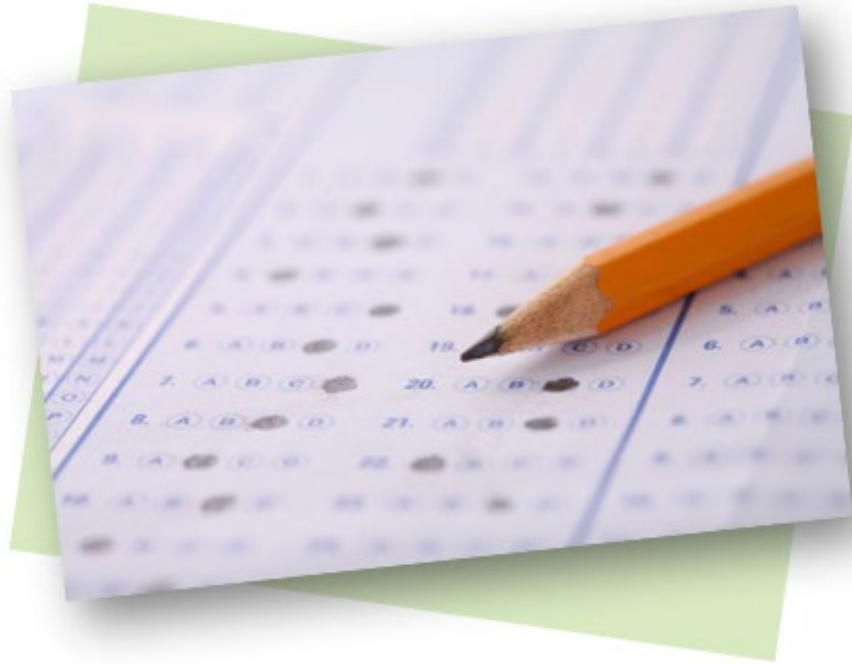
Decreases isolation

Reduces moral distress

Strengthens connection and
resilience

Litz et al., 2009,

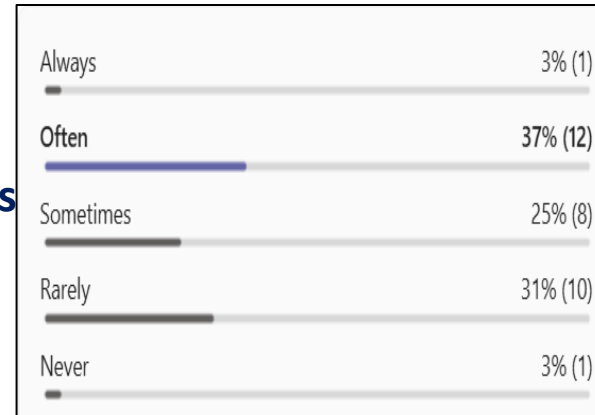
 **ADVOCATE**HEALTH



AUDIENCE POLL

After a difficult patient or situation, how often do you receive even a brief moment of peer support (e.g., a quick check-in, shared breath, or “you’re not alone”)?

- Always
- Often
- Sometimes
- Rarely
- Never



Evidence-Based Practice



Benefits of Capacity Check-Ins

Reduce burnout with simple routines

Redistribute workload effectively

Increase trust and encourage early help-seeking

Edmondson, 2018 NAM, 2019

Evidence-Based Practice

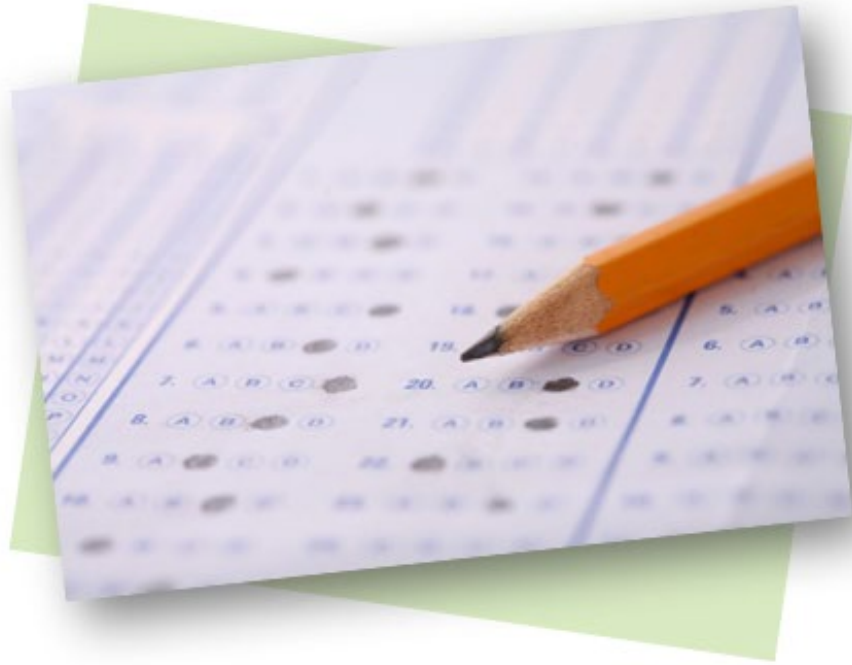
Renewal Practices

- Micro-breaks
- Grounding techniques
- Team recovery moments

Not self-care — system care



NAM, 2019 Porges, 2011



AUDIENCE POLL

How often do you take a 30–60 second reset (pause, breath, or moment) during your shift?

- Regularly (multiple times a shift)
- Occasionally
- Rarely
- Never

Regularly (multiple times a shift)	26% (9)
Occasionally	26% (9)
Rarely	41% (14)
Never	5% (2)

“Two Nurses, One Shift”

One nurse walks into her shift overwhelmed, dysregulated, and unsupported.



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)

Another enters the same shift with three things:

- psychological safety
- peer support
- a leader who does capacity check-ins



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#) NAM, 2019 Porges, 2011

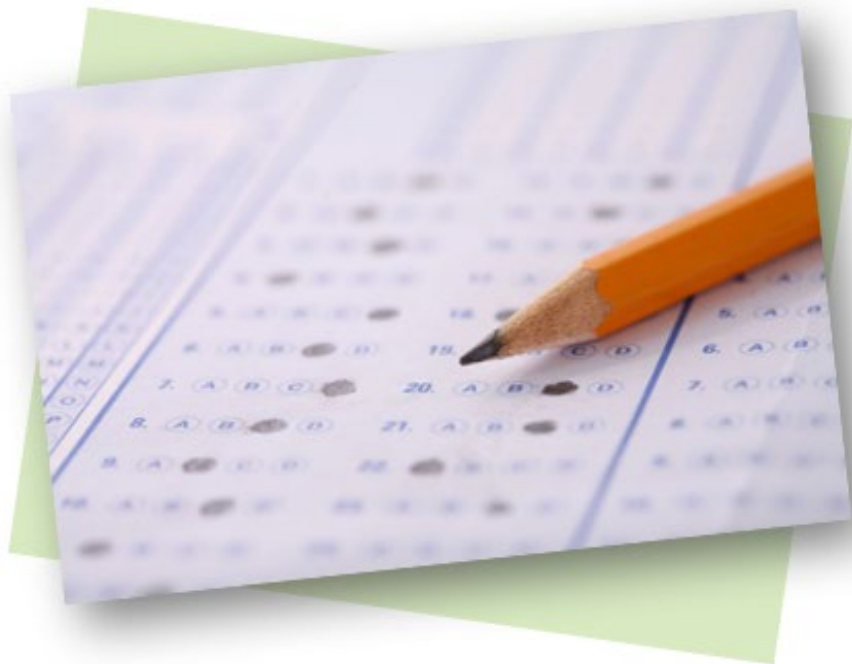
Panel Discussion

Caleb Barrett, BSN, RN

Merly Chirayil, DNP, RN, CPHQ

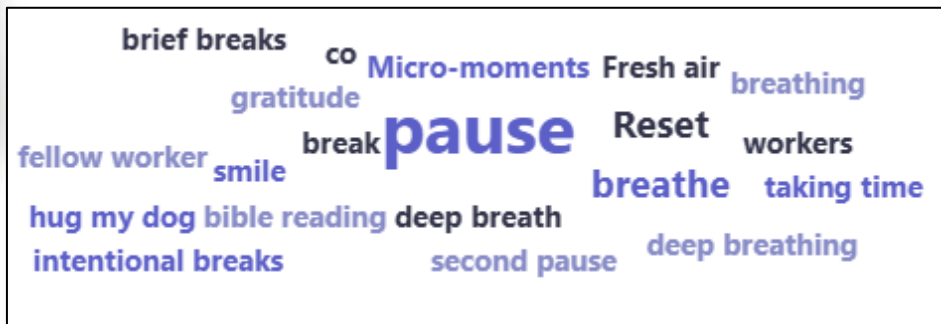
Monique Denysschen, DNP, APH, BSN, RN

Ernst Robinson, MBA, BSN, RN



AUDIENCE POLL

What strategy from today will you take back to work with you?



References

Berg, S. (2022). Tackling burnout, Atrium Health aims to be the “best place to care” [Interview with Rissmiller and Fox]. *American Medical Association*. <https://www.ama-assn.org/practice-management/physician-health/tackling-burnout-atrimumhealth-aims-be-best-place-care>

National Academies of Sciences, Engineering, and Medicine. (2019). Taking action against clinician burnout: A systems approach to professional well-being. The National Academies Press. <https://doi.org/10.17226/25521>

National Academy of Medicine. (2022). *National Plan for Health Workforce Well-Being*. The National Academies Press. <https://doi.org/10.17226/26744>

U.S. Department of Health and Human Services, Office of the Surgeon General. (2022). *The Surgeon General’s Framework for Workplace Mental Health & Well-Being*. <https://www.hhs.gov/surgeongeneral/reports-and-publications/workplace-well-being/index.html>

World Health Organization. (2022). *Guidelines on mental health at work*. Geneva: World Health Organization. <https://www.who.int/publications/i/item/9789240053052>





Claiming Credit

1. Text code **TUBFOR** to (414) 219-1219
2. You will also receive a reminder email within 24 hours with instructions on how to claim your credit
3. To fully claim credit, go to “MY ACTIVITIES/Pending Activities” tab to complete evaluation and/or assessment

Texting the code alone will not give your credit. You will need to go online.

Please direct any related IPCE questions to cme@aah.org

Nursing Grand Rounds

June 18th 2026

3-4 pm Central
4-5 pm Eastern

Sponsored by Enterprise NGR Committee & System Nursing Research

Virtual Simulation: Impacting Critical Thinking From a Distance

Presenters:

Stacy Seay Capel, MSN, RN, CHSE

Cherice Avila, MSN, RN, CHSE



Overview:

Simulation-based learning is an instructional, experiential strategy that uses simulated environments, models, or scenarios to replicate real-world experiences. It allows learners to practice skills and make decisions in a safe, controlled setting, often focusing on immersive interaction to improve competence and safety without risking real-world consequences. This program will feature virtual simulation, its benefits, and an interactive demonstration.

Scan here to register and receive an email with calendar invite **or** join day of



Registration on the CE Learning Platform: [CLICK HERE TO REGISTER](#)