



## PORTS OF CALL

### Fort Lauderdale, Florida

Fort Lauderdale lies along the Atlantic Ocean at the mouth of the New River, 25 miles north of Miami. Its warm tropical weather attracts many people throughout the year. For sun-worshippers, the city has six miles of beaches. There are also many recreational waterways with extensive boating facilities, access to every conceivable watersport, a variety of fascinating museums and trendy restaurants, and an array of entertainment venues.



### Nassau, Bahamas

For a city now known for its warming sun and balmy breezes, Nassau has a tumultuous past. First settled by the English, the area was contested by England, France and Spain. For many years, Nassau was a home base for notorious pirates, and it was burned to the ground by the Spanish three different times. Since 1740, however, visitors from all over the world in search of both relaxation and adventure have made Nassau their favorite destination.



### Charlotte Amalie, St. Thomas

St. Thomas is known as an idyllic vacation spot today, but its history is not so peaceful. In the 18th century, the island was at the center of a bustling pirate culture, as swashbuckling pirates such as Blackbeard and Drake traded stolen wares in the port of Charlotte Amalie. This world-renowned Caribbean island is home to amazing beaches, gorgeous sea and landscapes and unbelievable duty-free shopping.



### Philipsburg, St. Maarten

When the Spanish closed their colonial fort on St. Maarten in 1648, a few Dutch and French soldiers hid on the island and decided to share it. Soon after, the Netherlands and France signed a formal agreement to split St. Maarten in half, as it is today. Philipsburg displays its Dutch heritage in its architecture and landscaping. The island offers endless stretches of beach, beautiful landscapes and great shopping.



Cruise with the New York State Nurses Association for the

## 15th Annual Seminar at Sea

**Violence in the Workplace:  
It's not "just part of the job!"**



**February 25-March 3, 2012  
Aboard the Royal Caribbean Oasis of the Seas  
Cruising the exotic Eastern Caribbean**

New York State  
**NURSES**  
ASSOCIATION

# Join us for our 15th Anniversary Cruise!

## Violence in the Workplace: It's not "just part of the job!"

### PURPOSE

Workplace violence comes in many forms. Nurses are faced with intimidation, bullying, physical violence and other destructive actions from patients and families and even other nurses. Healthcare professionals often experience difficulties working together to manage and eradicate these destructive behaviors. This seminar will explore the dynamics and the effects of this behavior, as well as strategies to overcome violence in the workplace. Participants will be given the opportunity to identify these key factors and begin to incorporate them into their day-to-day practice.

### OBJECTIVES

1. Describe the impact and mitigation strategies of workplace bullying as it applies to the healthcare setting.
2. Identify pre-disposing factors which contribute to the potential for violence.
3. Examine the impact of lateral violence.
4. Identify four initial steps to diffuse and de-escalate potential violence.
5. Evaluate how a facility's bio-psycho-social risk assessment can be used as a basis to decrease violence in the facility.
6. Relate the components of a zero tolerance policy to the healthcare setting.
7. List five dysfunctions of a team.
8. Describe four attributes of a cohesive team.
9. Prioritize the practices of a health and safety committee charged with overseeing a healthy work environment.
10. Discuss the components of a legally compliant Workplace Violence Prevention Program.
11. Adapt the principles of workplace violence prevention strategies to your healthcare setting.

*Declaration of vested interest: None.*

*NYSNA wishes to disclose that no commercial support was received.*

*The New York State Nurses Association is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.*

### BIOGRAPHICAL INFORMATION

**Thomas J. Lowe, RN, MPH, COHN-S, COHST**

As the health and safety representative for the New York State Nurses Association, Mr. Lowe is involved at the state and national levels in addressing pertinent aspects of health and safety as it applies to nurses. He is an active member of the Hudson Valley Association of Occupational Health Nurses, New York State Association of Occupational Health Nurses, and NY-4 Disaster Medical Assistance Team under the Department of Health and Human Services. Mr. Lowe consults and lectures extensively on the subjects of health and safety in the workplace.



### REGISTRATION

Note: Registration for Seminar at Sea is booked through Continuing Education, Inc. Please contact them directly at **1-800-422-0711** or register online at:

**<http://www.continuingeducation.net/coursedescription.php?topic=NYNurses>**

Each attendee must register, either by phone or online, whether you are participating in the seminar or attending as a guest. Your name must be entered as it appears on your passport. A passport is required to sail.

### FEES\*

The following fees are price per person, based on double occupancy and includes cabin, port charges, taxes, meals, seminar, and class materials.

### Cabin choices (price per person, double occupancy):

Inside standard stateroom.....\$1275  
 Ocean view stateroom .....\$1475  
 Ocean view with balcony .....\$1675

All monies are due as scheduled to ensure your cabin reservations. **A \$250 deposit, per person, is required with registration. Final payment is due no later than December 9, 2011.** \*Continuing Education, Inc. will accept monthly payments.

*Guests:* Guests receive complimentary attendance at all on-board events and cocktail receptions. Guests are excluded from seminar classes. If you are attending as a guest of a seminar participant, deduct \$150 from the total.

Due to the special programming offered for Seminar at Sea, the prices listed in this brochure are not subject to any additional discounts or promotions that may be offered by the cruise line.

*The cruise line may implement a fuel surcharge, depending on the price of oil. Any such fuel surcharge will be added to the costs of each cruise registrant.*

### AIRFARE, HOTEL AND TRAVEL INSURANCE INFORMATION

Discounted airfare and hotel accommodation rates are available through Continuing Education, Inc. Please let a representative know which of the following discounts you are interested in when you register for the cruise:

**Airfare** A limited number of airline seats are available for a round-trip, direct flight departing from LaGuardia to Fort Lauderdale at \$283.23 per person, due at time of booking. **This benefit is available until October 31, 2011.**

**Hotel** A limited number of hotel rooms are available prior to and after the cruise at a discounted rate of \$129 for a king bedded suite and \$149 for a 2-queen bedded suite. The hotel is also offering a hot breakfast buffet for an additional \$8. These prices do not include sales tax, room tax, or gratuity. The hotel offers a complimentary Ft. Lauderdale Airport and Port Everglades Shuttle. **This benefit is available until January 7, 2012.**

**Travel insurance** If you would like to take advantage of travel insurance, please let the representative know and they will handle the arrangements for you. The travel insurance fee is based on each individual person. Please wait until final payment to purchase travel insurance to avoid loss of premium.

### CLASS AGENDA

*Content is delivered using lecture, slides, discussion, and independent study.*

<b>Feb. 25</b> 7-8 p.m.	Welcome, Introductions, & Assignments
<b>Feb. 26</b> Independent Study	Violence in Healthcare Settings
<b>Feb. 27</b> 9-11:30 a.m.	The Bullies Among Us
12:30-2:30 p.m.	Nurse to Nurse on a Cohesive Team
<b>Feb. 28</b> Independent Study	Guidelines for Preventing Workplace Violence for Health Care & Social Service Workers – OSHA publication
<b>Feb. 29</b> Independent Study	Workplace Violence Prevention Guidelines – NYS publication
<b>March 1</b> 9 a.m.-12:30 p.m.	Strategies for the Prevention of Violence Against our Nurses
1:30-4 p.m.	Strategies continued
<b>March 2</b> 8:30-9:30 a.m.	R.I.P. – Putting an End to Violence
9:30-10:45 a.m.	The Real Dysfunctions of a Team
11 a.m.-12:15 p.m.	Out of Chaos
1:30-2:30 p.m.	Lateral Violence
7-8:30 p.m.	Wrap-Up, Raffle Drawing, Farewell Reception

*A total of twenty-five (25) contact hours are available for this seminar. In order to receive the full number of contact hours, participants are required to fully attend all seminar classes, complete all independent studies and complete an evaluation. Fifteen (15) hours will be awarded for full attendance in class; ten (10) hours can be achieved through independent study.*

### CRUISE ITINERARY

DATE	PORT OF CALL	ARRIVE	DEPART
Sat., Feb. 25	Ft. Lauderdale, FL		5:00 pm
Sun., Feb. 26	Nassau, Bahamas	7:00 am	2:00 pm
Mon., Feb. 27	Day at Sea		
Tue., Feb. 28	Charlotte Amalie, St. Thomas	9:00 am	6:00 pm
Wed., Feb. 29	Philipsburg, St. Maarten	7:00 am	5:00 pm
Thurs., Mar. 1	Day at Sea		
Fri., Mar. 2	Day at Sea		
Sat., Mar. 3	Ft. Lauderdale, FL	7:00 am	

