

Stress, Anxiety, Perfectionism, Burnout, and Substance Use: How Oral Health Professionals Can Mitigate Impairment and Enhance Wellness to Promote Clinical Excellence!

Friday, February 16, 2024

Registration and Light Breakfast: 8:00am Program: 8:30am – 11:45am

Location: McKimmon Conference and Training Center, Raleigh, NC

(Inclement Weather Date: Friday, March 1, 2024)

WAKE AHEC
PART OF NC AHEC

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Event #72423ks

Program Description: In this educational activity, participants will examine and discuss how the effects of stress, anxiety, burnout, perfectionism, and substance use can have on mental health, well-being, and oral health practices. Special emphasis will be placed on ways and ideas that can help those in attendance develop and maintain mental health and well-being in and outside of the practice. This three-hour educational activity meets the NC Board of Dental Examiner's biannual requirement of continuing education on substance abuse and mental health for dentists and dental hygienists, as well as the annual safe opioid prescribing continuing education requirement for dentists.

Location

McKimmon Conference and Training Center
1101 Gorman Street
Raleigh, NC 276

Directions and parking information will be emailed with your confirmation letter.

Target Audience

Dentists, Dental Hygienists, Dental Assistants and other interested oral health professionals

Objectives

At the conclusion of this educational activity, participants should be able to:

1. Recognize signs and symptoms of associated mental health disorders (stress, anxiety, perfectionism, and burnout) that may affect our well-being and dental practices.
2. Identify steps and techniques that can mitigate unnecessary stressors in our practice along with maintaining clinical excellence and sound patient care.
3. Develop a plan to alleviate the six main stressors associated in the dental workplace that may lead to burnout and unwanted substance use.
4. Recognize the role that perfection may play in our lives and develop ways to manage it in a constructive and productive manner.
5. Cite safe opioid prescribing practices.

Speaker

Bill Claytor, Jr., DDS, MAGD

Executive Director
NC Caring Dental Professionals
Shelby, NC

REGISTER ONLINE TODAY!

WWW.WAKEAHEC.ORG

Questions? Contact Kimberly Spencer at kispencer@wakeahec.org or 919-350-0480.

Credit

ADA CERP® Continuing Education
Recognition Program

ADA CERP: The North Carolina Area Health Education Centers are an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. Concerns or complaints about a CE provider may be directed to the provider or to the Commission for Continuing Education Provider Recognition at ADA.org/CERP.

The North Carolina Area Health Education Center designates this activity for up to 3.0 hours of continuing education credits.

Wake AHEC CEU: Wake AHEC will provide 0.3 CEU to participants upon completion of this activity.

A participant must attend 100% of the program to receive credit. Partial credit will not be awarded.

Contact Hours: Wake AHEC will provide 3.0 Contact Hours to participants.

Registration Fee

Dentists Early Fee - \$90; after February 2, 2024 - \$115.

Dental Staff Early Fee \$75; after February 2, 2024 - \$100

Vouchers will be accepted.

- Fee will include light breakfast, online handouts and verification of attendance.
- Visit www.wakeahec.org for our ADA Statement and call 919-350-8547 for Inclement Weather updates.
- To assure quality programming and safety for all participants, babies and children may not attend this program.
- Attendance at this activity grants permission for Wake AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify an AHEC staff member if you have concerns.

Cancellations and Refunds

Registrants cancelling between February 2 and February 13, 2024, will incur a 30% cancellation fee. No refunds or credits will be given for cancellations received after February 13, 2024. Substitutes are encouraged.