Nursing leaders today face the challenges of accountable healthcare and the need to improve patient outcomes. You may be required to balance the expectations of targets and goals while still motivating and leading others. It is difficult to achieve results when facing increased patient acuity, staffing issues, and growing accountability. Do you feel like you are expected to do more with less and yet do it better? In this session, you'll discover how to prevent burnout by developing leadership survival skills.

**Target Audience:** Registered Nurses, Leadership

**Level of Content:** Intermediate

**Coordinator/Speaker:**
Thelma Baker, RN, MSN, OCN®
Cancer Navigator, Renown Regional Medical Center
Reno, NV
Thelbaker@msn.com

**Full Disclosure:**
Nothing to Disclose

**Speaker:**
Angela Adjetey-Appiah, MSN, MPH, MA, RN, FAACM
Director of Nursing, Oncology Service Line
NewYork-Presbyterian Hospital/Weill Cornell Medical Center
The University Hospital of Columbia and Cornell
New York, NY
ana9099@nyp.org

**Full Disclosure:**
Nothing to Disclose

**Objectives:**
At the end of this session, participants will be able to:
1. Identify barriers to job satisfaction and answer the question, "Why are we in survival mode?"
2. Describe burnout signs and symptoms.
3. Discuss effective leadership.
4. Distinguish leadership and survival skills content.