



Nursing Alumni Spotlight

From Distress to Dialogue: Strengthening Nursing Culture and Resilience through Communication

September 25,
4-5 PM
[Join via Zoom!](#)



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UVA School of Nursing BSN 1997, MSN 2005

Janet Jumper, MSN, RN, ACNP-C, is an accomplished acute care nurse practitioner with over two decades of experience spanning critical care, military medicine, and advanced communication training. She served in both civilian and military healthcare systems, including leadership roles in ICU care, trauma, and aeroomedical transport. As a certified VitalTalk faculty member and founder of WellBeing Solutions, she now focuses on clinician communication, lifestyle medicine, and autoimmune health coaching. Janet

is an educator and speaker, known for her expertise in serious illness conversations, team resilience, and patient-centered care.

Upon completion of this session, participants should be able to:

- Define moral distress and describe how it manifests in ICU nursing roles
- -Identify at least two communication strategies that reduce moral distress and enhance interprofessional collaboration.
- -Demonstrate one skill for responding to emotion in clinical conversation using a simulated patient scenario.
- -Reflect on personal and unit-level stressors, and generate one actionable step to promote resilience.

UVA School of Nursing Alumni Spotlight Series Description:

Leadership in clinical practice, research and scholarship is critical to ongoing practice excellence, promotion of improved outcomes for patients, families, and communities, and the expansion of knowledge in health and health care delivery. The UVA School of Nursing Alumni Spotlight Series supports the development of the community of students, clinicians, scholars, and alumni by focusing on examples of practice excellence, leadership, and the latest research findings.

Target Audience: Nurses, Physicians, Students, and Researchers.

Desired Outcomes

Upon completion of this learning activity, participants should be able to:

- discuss examples of clinical excellence, evidence-based practice, and/or new scientific knowledge in the context of potential application to clinical practice, education, and future research.
- Apply presentation concepts to their own clinical practice, professional role, and plan for future scholarly development.

Credit Offered

- 1.0 AMA PRA Category 1 Credits™
- 1.0 Contact Hours

- 1.0 IPCE Credits
- 1.0 Hours of Participation

Disclosure of faculty financial affiliations

UVA Health Continuing Education as a Joint Accreditation Provider adheres to the ACCME Standards for Integrity and Independence in Accredited Continuing Education, released in December 2020, as well as Commonwealth of Virginia statutes, University of Virginia policies and procedures, and associated federal and private regulations and guidelines. As the accredited provider for this CE/IPCE activity, we are responsible for ensuring that healthcare professionals have access to professional development activities that are based on best practices and scientific integrity that ultimately supports the care of patients and the public.

All individuals involved in the development and delivery of content for an accredited CE/IPCE activity are expected to disclose relevant financial relationships with ineligible companies occurring within the past 24 months (such as grants or research support, employee, consultant, stockholder, member of speakers bureau, etc.). The University of Virginia School of Medicine and School of Nursing employ appropriate mechanisms to resolve potential conflicts of interest and ensure the educational design reflects content validity, scientific rigor and balance for participants. Questions about specific strategies can be directed to the University of Virginia School of Medicine and School of Nursing of the University of Virginia, Charlottesville, Virginia.

The faculty, staff, and planning committee engaged in the development of this CE/IPCE activity in the Joint Accreditation CE Office of the School of Medicine and School of Nursing have no financial affiliations to disclose.

Disclosure of discussion of non-FDA approved uses for pharmaceutical products and/or medical devices

As a Joint Accreditation provider, the University of Virginia School of Medicine and School of Nursing, requires that all faculty presenters identify and disclose any off-label or experimental uses for pharmaceutical and medical device products. It is recommended that each clinician fully review all the available data on new products or procedures prior to clinical use.

Full Disclosure Policy Affecting CE Activities:

As a joint accredited provider, the University of Virginia Office of CE (OCE) requires attested and signed global disclosure of the existence of all financial interests or relationships with commercial interest from any individual in a position to control the content of a CE activity sponsored by OCE.

Disclosure Summary: The following relationships have been reported for this activity:

Name	Role	Relationship	Company
Beth Quatrara, DNP, RN, CMSRN, ACNS-BC	Planning Committee Member	Speaker	Abbott Health & Nutrition Institute

No one else in a position to control the content of this educational activity has disclosed a relevant financial interest or relationship with any commercial interest.

All relevant financial affiliations have been mitigated to ensure independence and integrity in the educational content.

Accreditation & Designation Statements



In support of improving patient care, UVA Health Continuing Education 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.



This activity was planned by and for the healthcare team, and learners will receive **1.0** Interprofessional Continuing Education (IPCE) credits for learning and change.

UVA Health Continuing Education designates this live activity for a maximum of **1.0 AMA PRA Category 1 Credits.™** Physicians should claim only the credit commensurate with the extent of their participation in the activity.

UVA Health Continuing Education awards **1.0** contact hours to a nurse who participates in this educational activity and completes the post activity evaluation.

UVA Health Continuing Education, as an accredited provider, awards **1.0** hours of participation (consistent with the designated number of *AMA PRA Category 1 Credit(s)TM* or ANCC contact hours) to a participant who successfully completes this educational activity.

UVA Health Continuing Education maintains a record of participation for six (6) years.