



North Carolina Oncology Management Society
Winter Conference

Resilience in Oncology

Monday – December 2, 2024

- 3:00 PM – 5:00 PM **Registration & Exhibit Set-Up**
- 6:30 PM – 8:30 PM **Reception ~ *Meet & Greet our Sponsors & Exhibitors!***

Tuesday – December 3, 2024

- 7:00 AM **Registration & Breakfast ~ *Visit Sponsors & Exhibitors!***
- 8:00 AM – 8:45 AM **Welcome and Opening Remarks**
Kandis Hill, Clinical Manager, RN, Physicians East and NCOMS PRESIDENT
- 8:45 AM – 10:15 AM **Stress Resilience for High Performers: Accelerate Recovery, Increase Energy, and Maximize Brain Health**
Dr. Susan Biali Haas, Expert in Burnout Prevention, Stress Management, and Resilience/Mental Health Advocate

We have entered a new era in the science of human performance. Breakthroughs in neuroscience, physiology, epigenetics, and psychology highlight the importance of a deeper understanding of the phenomenon of stress. Yes, stress can be toxic, but it's also a powerful source of change, innovation, achievement, and human thriving. Dr. Susan will share the latest evidence-based insights with your group, woven into inspiring stories that illustrate the applied power of new tools, skills and strategies.

Takeaways:

- How to leverage the positive power of stress and minimize the impact of toxic stress
- Strategies for cellular recovery and deep rest within a busy life
- How to shift your mindset around stress and anxiety to enhance performance and improve outcomes
- The simple daily choices that can increase or decrease brain health
- Essential practices to optimize executive function, creativity, and decision making
- A brain-training technique to help you overcome and succeed at your biggest challenges
- Strategies to create lifelong, enduring cognitive performance

- 10:15 AM – 11:00 AM **Break ~ *Visit Sponsors & Exhibitors***
- 11:00 AM – 12:00 PM **From D.C. to North Carolina: Federal Oncology Policy in 2024 and What's Ahead in 2025**
Ted Okon, Executive Director, Community Oncology Alliance (COA)

Attendees at the meeting will be able to

1. Understand, discuss, and educate on federal oncology policy changes in 2024
2. Analyze the trends in oncology policy going forward in 2025 and beyond



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12:00 Noon – 1:00 PM **Lunch ~ Visit Sponsors & Exhibitors**

1:00 PM – 2:30 PM **Recognizing & Destigmatizing Mental Illness in Health Care Workers via Mind Math: A Complex Equation**
Krystal Pendergraft-Horne, DNP, RN, FNP-C, Clinical Instructor
Mental Health First Aid Instructor, UNC School of Nursing

Objectives for this talk are as follows:

1. Increase Awareness: Raise awareness about the prevalence of mental illness among healthcare workers.
2. Peer Support and Open Conversations: Highlight the importance of acknowledging mental health issues. Foster peer support and camaraderie among healthcare workers. Work towards destigmatizing mental health discussions.
3. Understanding Challenges: Explore unique stressors and challenges faced by healthcare workers.
4. Identify Factors: Identify organizational and systemic factors affecting mental well-being.
5. Self-Care and Professional Help: Provide strategies and resources for prioritizing self-care. Emphasize seeking professional help when needed.
6. Mind Math Activity: Engage participants in Mind Math for cognitive well-being.
7. Support Networks and Boundaries: Encourage the development of support networks. Discuss strategies for creating a healthy work-life balance.
8. Interactive Discussions and Resources: Facilitate interactive discussions on experiences and coping mechanisms. Equip participants with tools and information for support.
9. Proactive Measures: Encourage proactive measures in managing stress and preventing burnout.
10. Action Plan: Develop an action plan for incorporating mental health practices.

2:30 pm – 3:00 pm **Break ~ Visit Sponsors & Exhibitors**

3:00 pm – 4:00 pm **NCOMS Member Business Meeting**

- Corporate Sponsor 5-Minute Updates
- NCOMS Business Meeting

4:00 pm **Adjourn ~ dinner on your own**



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Wednesday – December 4, 2024

7:00 am – 8:00 am **Breakfast ~ Visit Exhibitors**

8:00 am – 10:30 am **Productive Persistence: Why Giving Up is Better than Grit**
Courtney Clark, Resilience and ReVisionary Thinking
Four-Time World Trade Center-related Cancer Survivor

“If at first, you don’t succeed, try try again...” is a lie. Sometimes persistence pays off but often it’s just wasted effort. So how do you know when to **persevere** and when to **pivot**? In her motivational and practical keynote, resilience researcher Courtney Clark shares the surprising reasons why our cultural emphasis on “grit” makes us less adaptable and what we can do about it.

To achieve your goals no matter what, Courtney will teach your team “Productive Persistence.” It’s a proven form of resilience that prevents burnout, fosters flexibility, and increases the chances of success. The result? You’ll leave knowing exactly what you need to give up in order to change course faster, spend more time on the right path, and achieve exactly what you want.

At the end of this session, participants will be able to...

- Recognize why “persistence” and “resilience” create hidden barriers to achievement
- Identify the difference between a goal and a plan—and which ones to give up to focus on the ones that really matter
- Move on from change, uncertainty, and disappointment faster
- Apply a simple framework to evaluate competing needs and decide which to prioritize so, the most important things get done

10:30 am – 11:00 am **Break ~ Visit Sponsors & Exhibitors; Check Out**

11:00 am – 12:30 **Preparing for Oncology Reimbursement Changes for 2025!**
Michelle Weiss, CHONC, Weiss Oncology Consulting

Learning objectives are as follows:

- Comprehend 2025 Medicare Final Rule changes impacting reimbursement for private oncology practices and outpatient hospital settings.
- Compare and contrast the nuances between Medicare and private payer reimbursement changes for oncology services in 2025 Analyze the impact of reimbursement changes.
- Explore strategies for adapting and optimizing oncology practices to align with the new reimbursement landscape.

12:30 PM **NCOMS MEMBERS *only* – LUNCH and Time to Network**

Grand Prize Give-A-Way & Door Prize Drawings

You must be present to win!

1:30 pm *Adjourn ~ Drive Safely*

CEU INFORMATION

- This program has been submitted for approval to AAPC.
- This activity has been approved by the North Carolina Nurses Association for TBD CEU’s (for **ENTIRE PROGRAM**). The North Carolina Nurses Association is an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.