

# DISTINGUISHED SCIENTISTS LECTURE SERIES

03.04.25

PATRICIA CRAIN

**Stress Management for Nurses:**

***Author of *Nursing Dream Turned Nightmare****





## PATRICIA CRAIN

### Stress Management for Nurses: Author of *Nursing Dream Turned Nightmare*

Join us for an eye-opening talk by Patricia B. Crain, MSN BSN RN, a registered nurse with 24 years of experience working in acute care hospitals. She will discuss the stressors of working during the COVID pandemic in an urban ICU, and how she battles stress in nursing in the post-pandemic era. Her presentation will include useful tools for future nurses and medical professionals to help battle stress,

bullies, and hard days. Sponsored by the SMC Associates.

**Tue, March 4 | 2 p.m. | Free**

**SMC Bundy Campus, Room 123**

3171 S. Bundy Drive, Los Angeles

♿ If you need an accommodation due to a disability, please contact the Center for Students with Disabilities at [dsps@smc.edu](mailto:dsps@smc.edu) or 310-434-4265, at least 5 business days in advance.

The Santa Monica College Associates is a community-based support group that brings outstanding speakers, performers, and special events to SMC to enhance student excellence. Associates members receive invitations to special receptions and advance notices of lectures. Annual Associates memberships are entirely tax-deductible. Call 310-434-4100 or visit [smc.edu/associates](http://smc.edu/associates) for more information.



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