

# 13<sup>th</sup> International Conference on Mental Health and Human Resilience

April 29-30, 2025

Webinar

## 35<sup>th</sup> International Congress on Vision Science and Eye

Kristen Vandenberg, J Psychiatry 2025, Volume 28

### AI for resilience: Combating nursing burnout and boosting well-being

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Through research and investigation, this presentation delves into artificial intelligence's (AI) revolutionary power in combating this timely topic. This presentation will present the use of AI to detect early symptoms of burnout among nursing staff, optimize workloads, and provide real-time support. In a review of existing applications of AI within healthcare, the talk will illustrate how genuine solutions driven by AI can prevent burnout from happening to individual staff – before it is too late -by reducing administrative burden, facilitating predictive analytics for staffing requirements and personalizing approaches in support mental health or other interventions. Case studies will illustrate the successful implementation of AI tools in healthcare settings with a demonstrable impact on nurse well-being and patient outcomes.

The presentation will also speak to the ethical implications and some challenges we might face when embedding AI in nursing workflow (such as continuous training and preservation of human-centered care). With AI by their side, healthcare providers can enable the transformation to a more sustainable and supportive career for nurses, so they have what it takes not only to manage but also to thrive in their jobs.

### Biography

Kristen Vandenberg earned her Bachelor of Science in Nursing from the University of Virginia and her Master of Science in Nursing Education from Mercer University. She furthered her education with a post-master's certification as a Family Nurse Practitioner (FNP) and Psychiatric Mental Health Nurse Practitioner (PMHNP), along with a Doctorate in Nursing Practice (DNP) from the University of Tennessee. Currently, Her serves as the Option Coordinator for the Psychiatric Mental Health Nurse Practitioner (PMHNP) program at the University of Colorado Colorado Springs. In addition, she runs her private practice, New Beginnings Mental Health, in Vail, Colorado, where she provides comprehensive care to patients of all ages.

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**Received:** August 26, 2024; **Accepted:** August 28, 2024; **Published:** May 23, 2025

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