

Continuing Education Information

IHS Division of Diabetes Treatment and Prevention

Title: Exercise and Cardiometabolic Risk Reduction in Diabetes and Prediabetes

Presenter: Ralph LaForge, MSc

Type of Activity: Enduring Event (Web-based training)

Release Date: December 10, 2011

Expiration Date: December 9, 2012

Original Accreditation Date: December 10, 2010 through December 9, 2011

Target Audience: Health care providers, especially those working in Special Diabetes Programs for Indians (SDPI) grant programs.

Description: This on-line seminar will cover the latest guidelines for physical activity and cardiometabolic risk reduction in diabetes and prediabetes. The current recommendations for weight loss and managing diabetes and prediabetes will be also be discussed.

Objectives: As a result of completing this training, participants will be able to:

1. Incorporate information on the principle modes of exercise recommended for managing prediabetes and diabetes into clinical practice.
2. Integrate current physical activity guidelines and energy expenditure requirements for weight loss into clinical practice.
3. Differentiate the differences and similarities between the guidelines and energy expenditure required for diabetes risk reduction versus weight loss.
4. Incorporate at least three types of physical activity programs most appropriate for reducing cardiometabolic risk in patients with diabetes when counseling patients.
5. Give an example employment initiative service in creating, sustaining, and retaining a viable workforce of at least one change you will incorporate into your clinical or public health practice.

Note: Before you begin any of the web-based trainings, you can review the IHS Privacy Policy (http://www.ihs.gov/privacy_policy.asp). Also, you can review the Survey Monkey Privacy Policy for details on how user information submitted in the evaluation is protected. (<http://help.surveymonkey.com/app/srch/list/kw/privacy%20policy/sno/1/search/1/session/L3NpZC9XNno4bEJhaw%3D%3D>).

Requirements: You must have a computer with broadband Internet access. For the best experience viewing the videos, use Internet Explorer 7 or greater and Flash 8 player. Click on the "Flash" icon to install the player, if necessary. If you have any trouble viewing the video trainings, contact us at diabetesprogram@ihs.gov for alternate viewing options.

If you have trouble viewing this training on-line, check your system to make sure you have the appropriate hardware and software. If you need help or have any questions, please send an email to diabetesprogram@ihs.gov.

Continuing Professional Education (CE) Credit Information: To receive CE credit, you must view the entire training, watch the complete video and review the handout, successfully pass the quiz (score $\geq 80\%$), and complete an evaluation. You will be able to print a "Certificate of Continuing Education Credits" online following the training.

ACCREDITATION:



Continuing Medical Education Credit

The Indian Health Service (IHS) Clinical Support Center is accredited by the Accreditation Council for Continuing Medical Education to sponsor continuing medical education for physicians.

The IHS Clinical Support Center designates this enduring activity for a maximum of 1 *AMA PRA Category 1 Credit(s)*TM. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



Nurses Continuing Education Credit

The Indian Health Service Clinical Support Center is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

This activity has been designated 1 contact hour for nurses.



Registered Dietitian Continuing Education Credit

The Indian Health Service (IHS) Nutrition and Dietetics Training Program (NDTP) is accredited by the Commission on Dietetic Registration to sponsor continuing professional education for Registered Dietitians. This activity has been awarded 1 CEUs. Each attendee should only count the number of hours for each activity attended.



Dental Continuing Education Credit

The Indian Health Service (IHS) Division of Oral Health is an ADA CERP Recognized Provider.



The IHS Division of Oral Health designates this continuing dental education course for one (1) credit.

DANS Approval indicates that a continuing education course appears to meet certain specifications as described in the DANS Recertification Guidelines. DANS does not, however, endorse or recommend any particular continuing education course and is not responsible for the quality of any course content.

Accreditation applies solely to this educational activity and does not imply approval or endorsement of any commercial product, services or processes by the CSC, IHS, the federal government, or the accrediting bodies.

Disclosure Statements

As a provider accredited by ACCME, ANCC, and ACPE, the IHS Clinical Support Center must ensure balance, independence, objectivity, and scientific rigor in its educational activities. Course directors/coordinators, planning committee members, faculty, and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been put in place. Faculty will also disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of this information will be included in course materials so those participating in the activity may formulate their own judgments regarding the presentations. The course directors/coordinators, planning committee members, and faculty for this activity have completed the disclosure process and have indicated that they do not have any significant financial relationships or affiliations with any manufacturers or commercial products to disclose.

Sponsors and Partners of Program Planning and Evaluation Training

The planning and development included IHS Division of Diabetes Treatment and Planning and a team of individuals with expertise in relevant professions.

Name and Credentials	Present Position/Title
Lorraine Valdez, RN, BSN, MPA	Acting Director, IHS Division of Diabetes
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