

## **Continuing Education Information**

### **IHS Division of Diabetes Treatment and Prevention**

**Title:** Exercise and Physical Activity for Diabetes and Prediabetes

**Presenter:** Ralph LaForge, MSc

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

**Original Accreditation Period:** January 7, 2013 - January 6, 2014

**Release Date:** January 7, 2014

**Expiration Date:** January 6, 2016

**Target Audience:** Indian Health Service, Tribal and Urban (ITU) health care providers in clinical and community health settings.

#### **Activity Overview:**

This training will review scientific evidence related to the latest ACSM/ADA guidelines for physical activity for all age groups. Recommendations for exercise as they relate to weight loss and managing diabetes and prediabetes will be also be presented.

#### **Training Objectives:**

1. Review recent clinical exercise research trials on prediabetes and diabetes and incorporate into practice their application to designing individual exercise programs.
2. Incorporate into practice principle modes and amounts of exercise recommended for managing prediabetes and diabetes.
3. Describe the most current physical activity guidelines and energy expenditure requirements for weight loss.
4. Differentiate the differences and similarities between the guidelines for children and adults.
5. Discuss practical strategies for getting patients to move.
6. Identify one change you can make in 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](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](mailto: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](mailto: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.

Individuals taking this course for the first time are eligible for CME/CE credit. If you previously completed this course, you are not eligible for CME/CE credit. If you complete the course more than once, you may obtain a certificate of completion.

## 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, with the following exception: Mr. LaForge informs us that he is on the speakers' bureau for Astra Zeneca Pharmaceuticals. His presentation was reviewed by the IHS Clinical Support Center, and no conflict of interest was found.

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 2 CPEUs. The IHS NDTP number is NU006. Each attendee should only count the number of hours for each activity attended.

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.

## 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 2 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. 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 2.0 contact hours for nurses.



**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 2 hours of credit for two hours of participation. Each attendee should claim only those hours of credit actually spent in the educational activity.

**Sponsors and Planners**

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
Ann Bullock, MD	Acting Director, Physician, Clinical Consultant, IHS Division of Diabetes IHS Family Medicine Chief Clinical Consultant,
Carmen Licavoli, MSN, APRN, BC	Deputy Director, IHS Division of Diabetes
S. Lorraine Valdez, RN, MPA	Nurse Consultant, IHS Division of Diabetes – Nurse Planner/Educator
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