

Continuing Education Information
IHS Division of Diabetes Treatment and Prevention
Advancements in Diabetes Recorded Sessions

Title: Exercise Science Update: The Gym Inside Your Door

Presenter: Ralph La Forge, MSc, FNLA

Clinical Exercise Physiologist

Clinical Lipid Specialist

Duke University Endocrine Division

Type of Activity: Enduring Event (Recorded Webinar)

Release Date: October 5, 2022

Expiration Date: September 20, 2025

Estimated Time to Complete Activity: 60 minutes

Live Session Originally Presented on: September 21, 2022

Information about the webinar presentation:

This presentation will provide an update of select diabetes exercise science research and their impact on physical activity and health outcomes. Additionally, several practical physical activity strategies ready to implement will be presented, such as the Gym Inside Your Door, that is now used in primary and secondary prevention programs.

Training Objectives and Outcomes: As a result of completing this training, the healthcare team will be able to:

1. Identify the highlights of recent exercise science research.
2. Discuss the physiology supporting “Just Move.”
3. Examine the utility of applying features of the Gym Inside Your Door programming for American Indians and Alaska Natives

Requirements: If you plan to join the webinar session, you must have a computer with broadband Internet access. For the best experience viewing the videos, use Microsoft Edge or Google Chrome. 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.

Note: Before you begin the training, you may review the IHS Privacy Policy at the following link: (<https://www.ihs.gov/privacypolicy/>). You may also review the Survey Monkey Privacy Policy for details on how user information submitted in the evaluation is protected.

<http://www.surveymonkey.com/mp/policy/privacy-policy/>

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, or the live course, you are not eligible for CME/CE credit. If you complete the course more than once, you may obtain a certificate of completion.

Accreditation:



In support of improving patient care, IHS Clinical Support Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



This activity was planned by and for the healthcare team, and learners will receive 1.0 Interprofessional Continuing Education (IPCE) credits for learning and change.

Credit Designation Statements

For this activity, credit is designated for:

Physicians

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

Pharmacists

This activity provides 1.0 hour of Knowledge-based continuing pharmacy education credit. Universal Activity Number: JA4008177-0000-22-053-H04-P

Credit will be uploaded to the NABP CPE Monitor within 30 days after the activity completion. It is the responsibility of the pharmacist to provide the correct information (NABP ID and DOB (MMDD) in order to receive credit.

Nurses

This activity is designated 1.0 contact hour for nurses.

Registered Dietitian Continuing Education Credit

Effective June 1, 2024, this session will no longer be eligible for CPEU credit for dietetic professionals.

Disclosure Statement: As a jointly accredited provider of continuing education, the IHS Clinical Support Center must ensure balance, independence, objectivity, and scientific rigor in its educational activities. Course directors/coordinators, planning committee members, faculty, reviewers and all others who are in a position to control the content of this educational activity are required to disclose the existence of all financial relationships with ineligible companies within the prior 24 months. 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. All those who are in a position to control the content of this educational activity have completed the disclosure process and have indicated that they do not have any relevant financial relationships or affiliations with any manufacturers or commercial products to disclose.

There is no commercial interest support for this educational activity.

Planners

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

Name and Credentials	Present Position/Title
Jana Towne, RN, BSN, MHA	Nurse Planner, Nurse Consultant, DDTP
Lani Desaulniers, MD	Clinical Consultant, Physician Educator, DDTP
Kibbe Brown, MS, RDN	Nutrition Consultant, DDTP
Jan Frederick, MS, RDN	Clinical Training Coordinator, Nutritionist, DDTP
Whitney Chancellor, PharmD, BCPS	Assistant Chief Pharmacist, GIMC, Planner
Wendy Castle, MPH, RD, LD, CDC	Clinical Training Coordinator, Planner, DDTP