

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

Title: Mindful Exercise in Health and Disease: The Practice (Part 2)

Presented by:

Ralph La Forge, MSc, FNLA

Hill Group Contractor, DDPT

Duke University Endocrine Division

University of North Carolina Chapel Hill Program on Integrative Medicine

Type of Activity: Enduring Event (Recorded Webinar)

Release Date: December 28, 2023

Expiration Date: December 27, 2026

Estimated Time to Complete Activity: 60 minutes

Live Session Originally Presented on: December 20, 2023

Target Audience: Physicians, Nurses, Dentists, Pharmacists, Dietitians and other Healthcare Professionals working in Clinic and Community Health Settings

Information about the webinar presentation:

This presentation is part two of a two-webinar series that will explore mindful exercise practices in the primary and secondary prevention of chronic health conditions including cardiometabolic disease.

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

1. Examine appropriate clinical applications of hatha yoga, qigong, and several contemporary forms of mindful exercise and mindful therapies.
2. Explore mindful exercise practice guidelines for a variety of levels of fitness, chronic conditions, and ages, including cardiometabolic disease and type 2 diabetes.
3. Incorporate mindful exercises into personal and professional health practices.

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) credit 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: JA4008177-0000-23-085-H99-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.



Completion of this RD/DTR profession-specific or IPCE activity awards CPEUs (One IPCE credit = One CPEU).

If the activity is dietetics-related but not targeted to RDs or DTRs, CPEUs may be claimed which are commensurate with participation in contact hours (One 60 minute hour = 1 CPEU).

RD's and DTRs are to select activity type 102 in their Activity Log. Sphere and Competency selection is at the learner's discretion.

Dental Continuing Education Credit:

To obtain dental continuing education credit please email IHSCDECoordinator@ihs.gov.

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
Dorinda Wiley-Bradley, RN, BSN, MHA	Nurse Planner, Nurse Consultant, DDTP
Richard Arakaki, MD	Clinical Consultant, Physician Educator, DDTP
Kibbe Brown, MS, RDN	Nutrition Consultant, DDTP
MaryJo Zunic, PharmD, PhC, CDCES	Chief Pharmacist, Planner
Wendy Castle, MPH, RD, LD, CDC	Clinical Training Coordinator, Planner, DDTP
Sarah Murray, MPH, PMP	Reviewer