

Continuing Education Information
IHS Division of Diabetes Treatment and Prevention
Diabetes in Indian Country Conference Recorded Sessions

Title: Descartes Was Wrong: How Does Psychological Stress Get Under the Skin?
Presenters: Jeffrey Proulx, PhD

Type of Activity: Enduring Event (Recorded Webinar)
Release Date: December 17, 2019
Expiration Date: August 7, 2022
Estimated Time to Complete Activity: 60 minutes
Live Session Originally Presented on: August 8, 2019

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

Description:

Native Americans have higher rates of contracting, experiencing complications from, and death due to diabetes. Psychological stress has been shown to exacerbate the effects of diabetes and how people respond to stressors in Native communities reflects underlying historical traumas as well as the effect of the immediate stressor. We will explore the development of stress and coping theories and how these theories help to explain health data, and will discuss the relationship between stress and physical health across the lifespan. Importantly, this talk is conceptualized from a holistic framework in which body and mind and environment are not separate variables, but intimately related to each other. We will look at the effects of psychological stress on brain, endocrine, immune, and cardiac health and will explore how the mind/body relationship can lead to uncontrolled physiologic and psychologic strain and how all of this affects diseases such as diabetes.

Approaches to healing in AI/AN communities need to take into account these considerations and this talk will provide discussion of efforts to develop interventions in Native communities. Information on how reliance on Native traditions and ceremony has provided an avenue to address long-term stress will be included. Outcomes from Dr. Proulx's current research in this area will be shared.

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

1. Describe how psychological stress is reflected in physiologic outcomes.
2. Reframe stress in Native communities as multidimensional .
3. Practice mindful techniques to reduce stress.

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.

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.

Credit Designation Statements.



Physicians

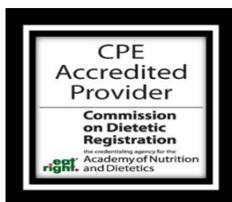
The IHS Clinical Support Center designates this enduring material for a maximum of 1 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses

This activity is designated 1.0 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 CPEU. Each attendee should only count the number of hours for each activity attended. The IHS NDTP number is NU006.



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.

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There is no commercial interest support for this educational activity.

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
Carmen Licavoli Hardin, MSH, APRN, BC	Nurse Planner, Deputy Director, DDTP
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