



- 2020 Mindful Healthcare Summit
- Release Date: October 1, 2020
- Expiration Date: October 1, 2021
- Jointly provided by Postgraduate Institute for Medicine and The Awake Network

### **Target Audience**

This activity is intended for physicians, physician assistants, registered nurses, psychologists, and social workers engaged in the care of patients.

### **Educational Objectives**

*After completing this activity, the participant should be better able to:*

#### *Activity 1 - Mindfulness for Provider Well-Being*

- Explain and articulate the implications of mindfulness and self-compassion practices for care providers and their patients based on current research
- Choose appropriate mindfulness techniques to transition, self-regulate, and focus in high stress environments
- Create space for self-care in order to prevent burnout and better serve patients
- Describe how to manage difficult emotions and situations without becoming overwhelmed through use of self-compassion practices.

#### *Activity 2 - Compassionate Patient Care*

- Explain and articulate the implications of compassion for themselves as well as patient outcomes based on current research
- Listen to and communicate more attentively and effectively with patients
- Describe the neurobiology and physiology of compassion
- Practice culturally sensitive care

#### *Activity 3 - Mindful Teams & Systems*

- Create mindful teams and compassionate culture within the healthcare system
- Listen and communicate more attentively to co-workers and patients
- Describe racial healthcare disparities and react to these challenges
- Create systems for compassionate care to prevent burnout and better serve patients

### **Faculty**

[See all faculty information here.](#)

## **Joint Accreditation Statement**



JOINTLY ACCREDITED PROVIDER™  
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by the Postgraduate Institute for Medicine and The Awake Network. Postgraduate Institute for Medicine 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.

### **Physician Continuing Medical Education**

The Postgraduate Institute for Medicine designates this enduring material for a maximum of 15 *AMA PRA Category 1 Credits*™. The total number of credits is still to be confirmed based on the final hours of video provided. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### **Continuing Physician Assistant Education**



Postgraduate Institute for Medicine has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 15 AAPA Category 1 CME credits. The total number of credits is still to be confirmed based on the final hours of video provided. Approval is valid until October 1, 2021. PAs should only claim credit commensurate with the extent of their participation.

### **Continuing Nursing Education**

The maximum number of hours awarded for this Continuing Nursing Education activity is 15 contact hours. The total number of credits is still to be confirmed based on the final hours of video provided.

### **Continuing Psychologist Education**

Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

*Credit Designation*

This program offers 15 continuing education credits for psychologists. The total number of credits is still to be confirmed based on the final hours of video provided.

### **Continuing Social Work Education**



As a Jointly Accredited Organization, Postgraduate Institute for Medicine is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Postgraduate Institute for Medicine maintain responsibility for this course. Social workers completing this course receive 15 clinical continuing education credits. The total number of credits is still to be confirmed based on the final hours of video provided.

**Activity 1:** 9 credits

**Activity 2:** 3 credits

**Activity 3:** 3 credits

### **Disclosure of Conflicts of Interest**

Postgraduate Institute for Medicine (PIM) requires instructors, planners, managers, and other individuals who are in a position to control the content of this activity to disclose any real or apparent conflict of interest (COI) they may have as related to the content of this activity. All identified COI are thoroughly vetted and resolved according to PIM policy. PIM is committed to providing its learners with high quality activities and related materials that promote improvements or quality in healthcare and not a specific proprietary business interest of a commercial interest.

### **Fee Information**

There are no additional fees for participating and receiving CME/CE credit for the above activities. During the period October 1, 2020 through October 1, 2021, participants must read the learning objectives and study the educational material, then self-report activities completed.