Information for continuing education (CE) credit

(for nurses, physicians, pharmacists, pharmacy technicians)

# Stress First Aid for Champions

Activity date: March 2, 2021

Course director: Katie Davis, MS-HSM, BSN, RN

Vizient is committed to complying with the criteria set forth by the accrediting agencies in order to provide this quality course. To receive credit for educational activities, you must successfully complete all course requirements.

**Requirements**

1. Attend the course in its entirety
2. After the course, you will receive an email with instructions and an access code that you will need to obtain your CE credit
3. **Complete the process no later than Friday, April 16, 2021.**

Upon successful completion of the course requirements, you will be able to print your CE certificate.

**Important note for pharmacists and pharmacy technicians**

All credit awarded to pharmacists/pharmacy technicians must be via CPE Monitor; paper certificates are not valid for submission.  Pharmacists/pharmacy technicians will be able to print individual statements of credit and their transcripts from their NABP e-profile created at [www.mycpemonitor.net](http://www.mycpemonitor.net) or [www.nabp.net](http://www.nabp.net).

1. Please provide an accurate **NABP ID number** and **date of birth** (**mm/dd** – do not include birth year)
2. Vizient will upload your **NABP ID number** and **date of birth** into CPE Monitor within 24 hours after the completion of all steps required to receive credit.

If your **NABP ID number** and/or **date of birth** are returned as invalid after the upload, Vizient will make one attempt to contact you for corrections within a 45-day window. After the 45-day window expires, Vizient will not accept the information, and Vizient will not be able to process your CE credit.

**Learning objectives**

1. Recognize common stress reactions and risk factors for those in high risk jobs
2. Explain the core components of the SFA model.
3. Identify possible SFA actions for engaging in self-care and coworker support.
4. Apply core SFA implementation training tips and strategies to engage healthcare workers in self-care and coworker support.



**Joint Accreditation Statement:**

In support of improving patient care, this activity has been planned and implemented by Vizient, Inc. and RAND Corporation. Vizient, Inc. 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.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Designation Statements:**

#### NURSING

This activity is designated for 2.00 contact hours.

Vizient, Inc. is approved by the California Board of Registered Nursing, Provider Number CEP12580, for 2.40 contact hours.

### PHYSICIAN

Vizient, Inc. designates this live activity for a maximum of 2.00 *AMA PRA Category 1 Credit(s) ™.*Physicians should claim only the credit commensurate with the extent of their participation in the activity.

#### PHARMACY

Vizient, Inc. designates this activity for a maximum of 2.00 ACPE credit hours.

Universal Activity Number: JA0006103-9999-21-109-L04-P

Universal Activity Number: JA0006103-9999-21-109-L04-T

### CEU

Vizient, Inc. will award CEUs to each participant who successfully completes this program. The CEU is a nationally recognized unit of measure for continuing education and training programs that meet certain criteria (1 contact hour = 0.1 CEU).

**CONFLICT OF INTEREST/CONTENT VALIDATION POLICY:**

As an accredited provider of continuing medical education/continuing education Vizient is dedicated to ensuring balance, independence, objectivity, and scientific rigor in all of its CME/CE activities. Vizient requires all potential faculty and program planners, in advance, to disclose financial relationships with relevant commercial interests. Vizient uses that information to determine whether prospective contributors have potential conflicts of interest. If significant relationships are disclosed, Vizient assesses how those potential conflicts of interest may affect CME/CE content. Vizient requires that all conflicts of interest be resolved prior to participation in the activity. Vizient is committed to resolving potential conflicts of interest, although if contributors have significant relationships that cannot be reconciled, Vizient reserves the right to prohibit participation. Faculty presenters are also expected to disclose any discussion of (1) off-label or investigational uses of FDA approved commercial products or devices or (2) products or devices not yet approved in the United States.

### DISCLOSURE STATEMENTS:

### Current accrediting agency guidelines and Vizient policy state that participants in educational activities should be made aware of any affiliation or financial interest that may affect the presentation and if there will be any discussion of unapproved or investigative use of commercial products/devices. Each planning committee member, reviewer and presenter has completed a Disclosure of Relevant Financial Relationships form.

Relevant financial relationships: Planning committee members and presenters have nothing to disclose.

### Planning committee members

**Patricia Watson, PhD**

Psychologist

National Center for PTSD

**William Nash, MD**

Psychiatrist

Greater Los Angeles VA Healthcare System

**Paula Schnurr, PhD**

Psychologist

National Center for PTSD

**Carrie Farmer, PhD**

Policy Researcher

RAND

**Lisa Meredith, PhD**

Psychologist

RAND

**Lulu Dong, PhD**

Psychologist

RAND

**Courtney Gidengil, MD**

Physician

RAND

**Katie Davis, MS-HSM, BSN, RN (Nurse Planner)**

Clinical Workforce Intelligence Director

Vizient

**Mischa Wilson, MSW**

Social Worker

Greater Los Angeles VA Healthcare System

### Course reviewers

**Katie Davis, MS-HSM, BSN, RN**

Clinical Workforce Intelligence Director

Vizient

### Presenter

**Patricia Watson, PhD**

Psychologist

National Center for PTSD