Information for continuing education (CE) credit

# COVID-19 Pharmacy Practice Considerations Series – Meditation for Stress Resilience (and Medication Safety too!)

Activity date: May 7, 2020

Course director: Course director: Katrina Harper, PharmD, MBA, BCPS, BCSCP

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 evaluation form no later than June 21, 2020

Upon successful completion of the course requirements, you will be able to print your CE certificate and/or statement of credit for pharmacy education.

**Important note for pharmacists and pharmacy technicians**

All credit awarded to pharmacists must be via CPE Monitor; paper certificates are not valid for submission.  Pharmacists 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 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.

**Pharmacist learning objectives**

1. Explain the effects of stress on health, wellbeing and immunity
2. Review strategies for stress resilience, self-care, and wellbeing, particularly in the context of the global COVID-19 pandemic
3. Outline how meditation practices can improve stress resilience and wellbeing
4. Review the history of meditation and major types of meditation

**Pharmacy technician learning objectives**

1. Discuss the emerging science and health benefits behind meditation
2. Discuss the effects of stress and multitasking on accuracy and memory



**Joint Accreditation Statement:**

In support of improving patient care, 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:**

#### PHARMACY

Vizient, Inc. designates this activity for a maximum of 1.00 ACPE credit hours.

Universal Activity Number: JA0006103-0000-20-095-L04-P

Universal Activity Number: JA0006103-0000-20-095-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 speaker has completed a Disclosure of Relevant Financial Relationships form.

Relevant financial relationships: None of the planning committee or presenters have anything to disclose.

### Planning committee members

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### Presenters

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