Continuing education (CE) information for credit

**Sleep Talking for One Hour: Melatonin and Sleep-aids**

Activity date: March 3, 2023

Course director: Tyler Achuff, PharmD

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

**Requirements**

1. Attend the activity in its entirety.
2. Complete the evaluation by April 16, 2023. You will receive a separate follow-up email with the link to the evaluation and the instructions on how to obtain CE credit.

Upon successful completion of the activity requirements, you will be able to print your CE certificate (with the exception of pharmacists and pharmacy technicians.)

**Important note for pharmacists and pharmacy technicians**

All credit awarded to pharmacists and pharmacy technicians must be via CPE Monitor; paper certificates and e-certificates are not valid for licensure/certification submission. Pharmacists and 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.

**Pharmacists learning objectives**

At the conclusion of this activity, pharmacists should be able to:

1. Recognize why sleep is important and why it is a major issue within the inpatient setting
2. Discuss the primary literature supporting or refuting the use of melatonin to treat acute insomnia within the hospital
3. Assess the place in therapy for melatonin and different sleep-aids used within the hospital
4. Explain the safety of melatonin in specific patient populations.

**Pharmacy technician learning objectives**

At the conclusion of this activity, pharmacy technicians should be able to:

1. Identify which medications could potentially be used as sleep-aids.

**Joint Accreditation Statement:**

In support of improving patient care, this activity has been planned and implemented by Vizient, Inc. and ChristianaCare. 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 Statement(s):**

#### PHARMACY

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

UAN JA0006103-9999-23-019-L01-P

UAN JA0006103-9999-23-019-L01-T

### OTHER

Vizient, Inc. will award all other healthcare professionals who successfully complete the activity a Certificate of Participation indicating the maximum credits available. Various state license boards and credentialing bodies accept certificates of participation from accredited CE activities to meet CE requirements for license renewals and re-certification. It is the responsibility of the participant to contact their state licensing board and/or certifying body for verification on credit eligibility reciprocity.

**Identification, Mitigation, and Disclosure of Relevant Financial Relationships**

As an accredited provider of continuing education**,** Vizient, Inc. is dedicated to ensuring this activity presents learners with only accurate, balanced, scientifically justified recommendations, and is free from promotion, marketing, and commercial bias. In accordance with The Standards for Integrity and Independence in Accredited Continuing Education, all planners, faculty, and others in control of the educational content have disclosed the absence or existence of all financial relationships (of any dollar amount) with ineligible companies within the past 24 months.

It is Vizient’s policy that owners and employees of ineligible companies, and any individuals who refuse to disclose the absence or existence of financial relationships with any ineligible companies are disqualified from participating as planners or faculty.

**Disclosure of Financial Relationships:**

**Absence of Relevant Financial Relationships**

Vizient, Inc., Jointly Accredited for Interprofessional Continuing Education, defines companies to be ineligible as those whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

An individual is considered to have a relevant financial relationship if the educational content an individual can control is related to the business lines or products of the ineligible company.

No one in a position to control the content of this educational activity have relevant financial relationships with ineligible companies.

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### Statement of content validity

Vizient, Inc. educational activities are intended to assist healthcare teams advance their professional responsibilities in accordance with the definition of continuing education. It is the policy of Vizient, Inc. to review and ensure that all content and recommendations for patient care within accredited CE is evidenced-based, based on current science and clinical reasoning while ensuring the content is fair and balanced. All recommendations must conform to the generally accepted standards of experimental design, data collection, analysis, and interpretation. Vizient, Inc. does not permit accredited continuing education if it advocates for unscientific approaches to diagnosis or therapy, or if the education promotes recommendations, treatment, or manners of practicing healthcare that are determined to have risks or dangers that outweigh the benefits or are known to be ineffective in the treatment of patients.

**FDA off-label/unapproved usage**

Faculty/Presenters are required to identify any new and evolving topics for which there is a lower/absence of evidence base. This is to ensure that our content does not advocate for, or promote, practices that are not, or not yet adequately based on current science, evidence, and clinical reasoning. Faculty/Presenters are required to disclose any discussion of (1) off-label/unapproved or investigational uses of FDA approved commercial products or devices and/or (2) products or devices not yet approved in the United States.

Usage Disclosure: “**Off-label/unapproved drug uses or products are mentioned within this activity.**”

Evidence-based Content: **“Low/absence of evidence-based topics are mentioned within this activity”**

**Disclaimer:** The education provided through this activity is for continuing education purposes only. The views and opinions expressed in this activity are those of the faculty/presenters and do not necessarily reflect the views of Vizient, Inc.