



- Where To Get Started With Mindfulness in Medicine
- Release date: July 2, 2019
Expiration date: July 2, 2021
- Estimated time to complete activity: 1 hour
- To contact the accredited provider, please visit www.pimed.com.
- Jointly provided by Postgraduate Institute for Medicine and The Awake Network, LLC

Front Matter of the Offering

Target Audience

Physicians, Registered Nurses, Psychologists and other healthcare providers.

Educational Objectives

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

- Implement the 3 components of sustainable on-the-job mindfulness and its essential factors for a successful medical practice
- Make your workplace more supportive for yourself, your colleagues, and your patients by implementing mindfulness
- Establish a foundation of your values to stay on target with what's important in your medical practice

Faculty

- Ronald Epstein, MD- [Physician, Author, Attending: Medicine, Mindfulness and Humanity](#)
- Mark Bertin, MD- [Developmental pediatrician and author of How Children Thrive, Mindful Parenting for ADHD](#)

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, LLC. 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 1 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Continuing Nursing Education

The maximum number of hours awarded for this Continuing Nursing Education activity is 1 contact hour.

Continuing Psychologist Education



AMERICAN
PSYCHOLOGICAL
ASSOCIATION

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.

This program offers 1 continuing education credit for psychologists.

Continuing Social Worker 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 maintains responsibility for this course. Social workers completing this course receive 1 clinical continuing education credit.

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.

Faculty

The faculty members have nothing to disclose.

Planners and Managers

The PIM planners and managers have nothing to disclose. The Awake Network, LLC planners and managers have nothing to disclose.

Method of Participation and Request for Credit

There are no fees for participating and receiving CME/CE credit for this activity. During the period July 2, 2019 through July 2, 2021, participants must read the learning objectives and faculty disclosures and study the educational activity.

If you wish to receive acknowledgment for completing this activity, please complete the post-test and evaluation on www.cmeuniversity.com. On the navigation menu, click on “Find Post-test/Evaluation by Course” and search by course ID 14568. Upon registering and successfully completing the post-test with a score of 67% or better and the activity evaluation, your certificate will be made available immediately.

Media

Internet

Computer System Requirements

Basic internet access required to stream or download video and audio files.

Disclosure of Unlabeled Use

This educational activity may contain discussion of published and/or investigational uses of agents that are not indicated by the FDA. The planners of this activity do not recommend the use of any agent outside of the labeled indications. The opinions expressed in the educational activity are those of the faculty and do not necessarily represent the views of the planners. Please refer to the official prescribing information for each product for discussion of approved indications, contraindications, and warnings.

Disclaimer

Participants have an implied responsibility to use the newly acquired information to enhance patient outcomes and their own professional development. The information presented in this activity is not meant to serve as a guideline for patient management. Any procedures, medications, or other courses of diagnosis or treatment discussed or suggested in this activity should not be used by clinicians without evaluation of their patient's conditions and possible contraindications and/or dangers in use, review of any applicable manufacturer's product information, and comparison with recommendations of other authorities.