

SGH Patient Safety Summit Series, Caring for the Caregiver

This activity addresses why medical professionals are particularly at-risk for stress related physical and mental health conditions, examines stress types, and when help may be needed.

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Educational Objectives:

Following the completion of this activity, participants should be able to:

- Discuss why medical professionals are particularly at-risk for stress related physical and mental health condition
- List three common types of stressors experienced by medical professionals
- Recognize signs of stress and when I may need additional help

Cost: Complimentary

Commercial Support: None

To Earn Credit:

1. Go to: www.sharp.com/cmeportal and log in to the **CME Portal**
2. Select **Online Courses** from top menu
3. As needed use search box, entering "**caregiver**"
4. Complete the pretest
5. Review the content
6. Complete the posttest – Must score 80% to earn credit
7. Complete the activity evaluation – Must be completed to earn credit

Anticipated Total time: 60 minutes



Accreditation: Sharp HealthCare is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

CME Credit: Sharp HealthCare designates this enduring material for a maximum of 1.0 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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Cultural & Linguistic Competency: This activity is in compliance with California Assembly Bill 1195 which requires that all CME activities comprising a patient care element include curriculum addressing the topic of cultural and linguistic competency. The intent of this bill is to ensure that health care professionals are able to meet the cultural and linguistic concerns of a diverse patient population through effective and appropriate professional development. Cultural and linguistic competency was incorporated into the planning of this activity.