

SGH Patient Safety Summit Series Mindfulness (Online)

This module addresses the application of mindfulness strategies to stress management for health care professionals. This activity is for physicians, nurses, pharmacists and other health care providers interested in learning more about mindfulness practices.

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Educational Objectives:

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

- Review the concept and practice of mindfulness and its benefits based on the latest scientific research
- Apply basic strategies for reducing stress and calming the mind, including debriefing, mindfulness practice, and related self-care skills

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 "**Mindfulness**"
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: 45 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 .75 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.