



# Sharp HealthCare

## Protecting the Mental Health of Sharp HealthCare Physicians (Online)

**Authors:** *Alisha Carpenter, PhD, Director Clinical Programming, Sharp Mesa Vista Hospital and Fadi Nicolas, MD, Chief Medical Officer, Sharp Mesa Vista Hospital*

**Released:** June 6, 2021

**Expires:** June 6, 2024

**Educational Objectives:** Following this activity, participants should be able to:

1. Explain the impact of the pandemic and other global stressors on the mental health of the Sharp HealthCare workforce.
2. Recognize the stigma associated with acknowledging and seeking support for mental health.
3. Discuss the importance of "Check" to increase awareness of where you and your team fall on the mental health continuum.
4. Utilize the appropriate Stress First Aid tools to promote wellness.
5. Locate the Sharp HealthCare wellness resources available to you and your team.

**Registration** is complimentary. No pre-registration is required.

**Commercial Support:** None

1. Visit, <https://sharp.cloud-cme.com/course/courseoverview?P=0&EID=15004> \*\*. If you are not already logged into the CME Portal, it will prompt you to **sign in** first.
2. Select **Content**.
3. Select **Launch Website** to progress through the modules.
4. After you complete the module, **return to the CME Portal**.
5. Complete **Posttest**. Select **Show Results** (upper right) to proceed directly to the evaluation.
6. Complete **Evaluation**. **This is required** to earn credit and received certificate. Do not skip. If you miss evaluation visit **MyCME > Certificates & Evaluation > Complete Evaluation**
7. **Certificate** is **emailed to you automatically**, forward to relevant administrator as needed.

**Need help?** Please call the **CME Department** at **858-499-4560** or email [cme@sharp.com](mailto:cme@sharp.com)

**Total completion time:** 150 minutes

**Target audience:** All Sharp-affiliated physicians



**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 live activity for a maximum of 2.5 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.