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NURSING

Updates from the Experts: A SON Clinical Series

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Understanding the Emotional and Physical Stress from Caregiving

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Date: Thursday, September 11th

Time: 4-5 PM

Join via Zoom: [Click here for the Zoom link.](#)

One out of every five people in the United States is a family caregiver, providing functional, financial, and emotional support to persons with chronic illnesses. The stress of providing care is persistently linked to both poor emotional and physical health. We will discuss how emotional stress impacts physical health and how caregiver health can be maintained.

Learning Objectives for This Session:

At the end of the session, the learner will:

1. Describe physiologic stress pathways involved in increasing risk for immune dysfunction.
2. Identify poor physiologic health outcomes reported in family caregivers.
3. Explain the impact of psychoeducational interventions on caregiver health.

Target Audience: nurses, physician assistants, physicians, students, and researchers.

Clinical Updates from the Experts Series Description:

Through participation in the Updates from the Experts series, clinicians will increase knowledge of available research evidence to optimize patient outcomes, describe strategies for translating current evidence to practice settings, and identify gaps in the current clinical knowledge base that, through new research, could be addressed to improve population health.

Credit Offered

- 1.0 AAPA Category 1 CME Credits
- 1.0 AMA PRA Category 1 Credits™
- 1.0 Contact Hours
- 1.0 IPCE Credits
- 1.0 Hours of Participation

Disclosure of faculty financial affiliations

The University of Virginia School of Medicine and School of Nursing as a Joint Accreditation Provider adhere to the ACCME Standards for Integrity and Independence in Accredited Continuing Education, released in December 2020, as well as Commonwealth of Virginia statutes, University of Virginia policies and procedures, and associated federal and private regulations and guidelines. As the accredited provider for this CE/IPCE activity, we are responsible for ensuring that healthcare professionals have access to professional development activities that are based on best practices and scientific integrity that ultimately supports the care of patients and the public.

All individuals involved in the development and delivery of content for an accredited CE/IPCE activity are expected to disclose relevant financial relationships with ineligible companies occurring within the past 24 months (such as grants or research support, employee, consultant, stockholder, member of speakers bureau, etc.). The University of Virginia School of Medicine and School of Nursing employ appropriate mechanisms to resolve potential conflicts of interest and ensure the educational design reflects content validity, scientific rigor and balance for participants. Questions about specific strategies can be directed to the University of Virginia School of Medicine and School of Nursing of the University of Virginia, Charlottesville, Virginia.

The faculty, staff, and planning committee engaged in the development of this CE/IPCE activity in the Joint Accreditation CE Office of the School of Medicine and School of Nursing have no financial affiliations to disclose.

Disclosure of discussion of non-FDA approved uses for pharmaceutical products and/or medical devices

As a Joint Accreditation provider, the University of Virginia School of Medicine and School of Nursing, requires that all faculty presenters identify and disclose any off-label or experimental uses for pharmaceutical and medical device products. It is recommended that each clinician fully review all the available data on new products or procedures prior to clinical use.

Disclosures:

No one in a position to control the content of this educational activity has disclosed a relevant financial interest or relationship with any commercial interest.

Accreditation & Designation Statements



In support of improving patient care, The University of Virginia School of Medicine and School of Nursing 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.



This activity was planned by and for the healthcare team, and learners will receive **1.0** Interprofessional Continuing Education (IPCE) credits for learning and change.



The University of Virginia School of Medicine and School of Nursing has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for **1.0** AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

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The University of Virginia School of Medicine and School of Nursing awards **1.0** contact hours to a nurse who participates in this educational activity and completes the post activity evaluation.

The University of Virginia School of Medicine and School of Nursing, as an accredited provider, awards **1.0** hours of participation (consistent with the designated number of *AMA PRA Category 1 Credit(s)™* or ANCC contact hours) to a participant who successfully completes this educational activity.

The University of Virginia School of Medicine and School of Nursing maintains a record of participation for six (6) years.

Questions? Contact sonce@virginia.edu.