

NIH Clinical Center Grand Rounds November 6, 2019

Lipsett Amphitheater 12-1pm

National Institutes of Health Measure of Healing Experience in All Life Stressors

NIH-HEALS

Ann Berger, MSN, MD

Senior Research Clinician and Chief, Pain and Palliative Care, CC

A Short Course of Mindfulness During Work Hours Can Reduce Employee Stress

Rezvan Ameli, PhD

NIMH Representative to the Pain and Palliative Care Service

Hopkins Cloud CME Code: 24508

To get CME credit for attendance, text code to Hopkins Cloud

CME (443) 541-5052

CME activity code is valid 8 hours after the lecture

1 AMA PRA Category credit is offered for this activity

Important Note: You have set up your Hopkins Cloud CME profile before you are able to text the code

To set up your Hopkins CloudCME profile:

- Register at <https://hopkinscme.cloud-cme.com/aph.aspx>
- Next text your email address to (443) 541-5052 to pair your mobile phone with your Hopkins CloudCME profile
- After attendance, you text the CME code to (443) 541-5052 to receive CME credit. Once the text message is sent, your account is updated to reflect the CME credit earned.

Have questions?

Rita Stevens

CME Administrator

Email: rita.stevens@nih.gov

Phone: 301.435.6618

NIH Clinical Center Grand Rounds November 6, 2019

The NIH Clinical Center Grand Rounds is a Continuing Medical Education (CME) activity offered by the NIH Clinical Center Office of Clinical Research Training and Medical Education (OCRTME) with the Johns Hopkins School of Medicine as the CME provider.

Accreditation Statement

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Johns Hopkins University School of Medicine and the National Institutes of Health. The Johns Hopkins University School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Credit Designation Statement

The Johns Hopkins University School of Medicine designates this Regularly Scheduled Series (RSS) CME Activity for 1 credit per session for a maximum of *42 AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Policy on Speaker and Provider Disclosure

It is the policy of The Johns Hopkins University School of Medicine and the NIH that the speaker and provider disclose real or apparent conflicts of interest relating to the topics of this educational activity, and also disclose discussions of unlabeled/unapproved uses of drugs or devices during their presentation(s). The Johns Hopkins University School of Medicine Office of Continuing Medical Education has established policies in place that will identify and resolve all conflicts of interest prior to this educational activity. Detailed disclosure will be made in the activity materials.

Speakers Name and Lecture Titles

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Relationship(s): NONE

Off-Label Product Discussion

No off label products will be discussed.

Evaluation form NIH Clinical Center Grand Rounds November 6, 2019

For CME CREDIT TEXT CODE 24508 TO (443) 541-5052

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Speaker: Ann Berger, MSN, MD & Rezvan Ameli, PhD

Objectives:

1. Define mindfulness and its mechanism of action
2. Mindfulness in organizational settings
3. Preliminary data on effectiveness and feasibility of a short mindfulness program at the NIH clinical Center

Please rate the attainment of objectives:

1. Define options and alternatives that will guide clinical practice:
1-Not at all 2-Very little 3-Moderately 4-Considerably 5-Completely
2. Evaluate practical information about clinical research principles based on state-of-the-art information about scientific discovery and clinical advances:
1-Not at all 2-Very little 3-Moderately 4-Considerably 5-Completely
3. Analyze information and opportunities to increase and improve collaboration between investigators:
1-Not at all 2-Very little 3-Moderately 4-Considerably 5-Completely

Please rate the overall effectiveness of the lecture(s):

4. The overall quality of the presentation(s) was:
1-Poor 2-Fair 3-Good 4- Very Good 5- Outstanding
 5. How useful do you think the information that was presented is:
1-Not very useful 2-Somewhat useful 3-Moderately useful 4-Very useful 5-Extremely useful
 6. To what extent did participation in this activity enhance your professional effectiveness:
1-Not at all 2-Slightly 3-Moderately 4-Greatly 5-Extremely
 7. Will you change your practice in any way as a result of attending this activity:
1-Not at all 2-Slightly 3-Moderately 4-Greatly 5-Extremely
- What comments or suggestions do you have for the presenter(s):

 - What suggestions do you have for future topics or speakers for Clinical Center Grand Rounds:

 - Do you have any additional comments or suggestions to enhance the effectiveness of Clinical Center Grand Rounds:

Please return completed evaluation at the CME Coordinator table at the Lipsett entrance or email to rita.stevens@nih.gov . This form is optional and not required to receive CME credit. We greatly appreciate your feedback.