



**Department of Veterans Affairs, Employee Education System**

and

**Office of Patient Centered Care & Cultural Transformation**

Present(s)

**Whole Health for Pain and Suffering: Self Care**

**Program Start:** June 1, 2018 **Program End:** March 8, 2021

**Place**

VHA TRAIN Online

**Purpose Statement**

This web based Whole Health education program is designed to support any VA clinician who works with patients who experience pain. Participants will learn about evidence-informed, safe, and effective non-pharmaceutical approaches to pain care. The program is built around patient vignettes and explores the role of self-care approaches, such as nutrition, physical activity, sleep, and interpersonal relationships. Particular emphasis is given to mind-body approaches and ways to cultivate mindful awareness. Participants will learn about research related to a broad range of complementary and integrative health approaches, including acupuncture, dietary supplements, and manual therapies. Throughout this video series, clinician self-care, burnout prevention, and enhancing resilience are also emphasized. The videos consist of didactic classroom teaching as well as faculty interview focusing on the each subject area. Each video is accredited separately. The videos in the series include: Chronic Pain, Headache, Mind-Body Skills I, Mind-Body Skills II, Self-Care, Osteoarthritis, and Neck and Back Pain.

**Target Audience**

Physicians, Nurses, Pharmacists, Dietitians, Certified Counselors, Psychologists, and Social Workers.

**Outcome/Objectives**

At the conclusion of this educational program, learners will be able to:

1. list at least three strategies to promote self-management of chronic pain with Veterans;
2. describe at least three aspects of effective communication about a chronic pain condition;
3. list at least three ways to promote self-efficacy in Veterans in chronic pain;
4. define burnout and some of the common causes as a practitioner in healthcare; and
5. explain the mechanisms of the Body Scan to reduce stress and tension.

## Registration/Participation in the Activity Procedure

1. Length of course: 1 hour
2. Review EES Program Brochure
3. Attend and participate in 100% of program activity
4. Complete Post Test Exam at a minimum passing score of 80%
5. Complete Program Evaluation **no later than** 30 days after completing the training.

## Accreditation/Approval

The accreditation organizations for this course are listed below.

### *Accreditation Council for Continuing Medical Education (ACCME)*



The VA Employee Education System is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

### *American Nurses Credentialing Center (ANCC)*

VHA Employee Education System is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

**Note:** *ANCC continuing nursing education contact hours are not accepted by the California Board of Registered Nursing (CA BRN) toward license renewal for CA-licensed registered nurses (RNs) and advanced practice nurses (APNs), unless the CA-licensed nurse-participants are physically outside of the state of CA when they start and complete activities sponsored by an ANCC accredited provider of continuing education for nurses.*

### *National Board for Certified Counselors (NBCC)*



The Veterans Affairs Employee Education System is an NBCC-Approved Continuing Education Provider (ACEP™) Provider #5927 and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program.

## Designation of Continuing Education

### *Accreditation Council for Continuing Medical Education (ACCME)*



The VA Employee Education System designates this enduring material for a maximum of 1 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only credit commensurate with the extent of their participation in the activity.

This course provides *Category 1 AMA Physicians Recognition Award*™ CME credit (ACCME) for physicians. **ACCME – NP (or ACCME-Non-Physician)** may be used to provide attendees other than MDs, DOs a certificate that documents their attendance, and indicates that the accredited provider offered *Category 1 AMA Physicians Recognition Award*™ CME credit for the course or activity. ACCME – Non-Physician

refers to nurses, physician assistants, and healthcare professionals other than physicians.

### ***Accreditation Council for Pharmacy Education (ACPE)***



The VA Employee Education System is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education Program 0610-0000-18-125-H01-P. This program is accredited for 1 contact hour(s). The Employee Education System maintains responsibility for the program. Continuing Pharmacy Education (CPE) credits will be awarded to participants and accreditation records will be on file at the Employee Education System. In order to receive continuing pharmacy education credit, participants must attend 100% of the program and complete an evaluation form. CPE will be reported directly to participants' NABP e-Profiles and State Boards.

### ***American Nurses Credentialing Center (ANCC)***

VHA Employee Education System designates this educational activity for 1 contact hours in continuing nursing education.

**Note:** ANCC continuing nursing education contact hours are not accepted by the California Board of Registered Nursing (CA BRN) toward license renewal for CA-licensed registered nurses (RNs) and advanced practice nurses (APNs), unless the CA-licensed nurse-participants are physically outside of the state of CA when they start and complete activities sponsored by an ANCC accredited provider of continuing education for nurses.

### ***American Psychological Association (APA)***



The VA Employee Education System (EES) is approved by the American Psychological Association to sponsor continuing education for psychologists. The Employee Education System maintains responsibility for this program and its content.

This activity is approved for 1 hour(s) of continuing education credit.

### ***Association of Social Work Boards (ASWB)***

The VA Employee Education System, Provider Number 1040, is approved as a provider for continuing education by the Association of Social Work Boards, 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. <http://www.aswb.org> ASWB Approval Period: 4/7/16 - 4/6/19. Social workers should contact their regulatory board to determine course approval.

Social workers will receive 1 continuing education clock hours in participating in this course. The targeted practice level of this course is intermediate and advanced practice social workers.

*Due to recently enacted legislation, NJ licensed social workers continuing education licensure requirements have changed. This course is considered 'in-service' by the NJ State Board of Social Work Examiners. To meet continuing education licensure requirements, NJ licensed social workers may claim one credit of continuing education for each credit earned; up to half of the required continuing education credits may be claimed via participation in in-service activities. Please contact your state licensing*

board (website: <http://www.state.nj.us/lps/ca/social/>, phone: 973-504-6495) for additional information.

### ***New York State Education Department (NYSED) Social Work Board***

The Department of Veterans Affairs, Employee Education System SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0065.

Social workers will receive 1 continuing education clock hours for participating in this course.

### ***Commission on Dietetic Registration (CDR)***



The Department of Veterans Affairs Employee Education System, provider number VA003, is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR), from June 1, 2017 to May 31, 2018.

Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 1 continuing professional education units (CPEUs) for completion of these educational program/materials.

This educational activity is designated CPEU Level 2 as defined by CDR.

### ***National Board for Certified Counselors (NBCC)***



The Veterans Affairs Employee Education System is an NBCC-Approved Continuing Education Provider (ACEPTM) and designates this approved activity for 1 clock hour(s).

### **Statement of Participation**

A certificate of completion will be awarded to participants and accreditation records will be on file at the Employee Education System. In order to receive a certificate of completion from EES, you must register in the VHA TRAIN, attend 100% of the program and complete the evaluation as directed in VHA TRAIN, and then: go into your TRAIN account Dashboard, and select "My Certificates" tab to print the accredited certificate.

### **Report of Training**

It is the program participant's responsibility to ensure that this training is documented in the appropriate location according to his/her locally prescribed process.

### **Program Schedule**

Minutes	Content	Faculty	Exam
60 minutes	Self Care	Shilagh Mirgain	Yes

## Faculty and Planning Committee Listing

\* Denote planning committee member

+ Denotes faculty

<p>*Lynn Carlson, MEd Project Manager Employee Education System Crystal City, VA</p>	<p>*Janet Carter, PharmD Field Implementation-Based Team Partner Office of Patient Centered Care &amp; Cultural Transformation Redding, CA Planning Member for ACPE</p>
<p>*Nancy K. Donovan, MSW, LCSW Management Analyst Office of Patient Centered Care &amp; Cultural Transformation Minneapolis, MN Planning Member for ASWB Planning Member for NYSED Planning Member for NBCC</p>	<p>*Tracy Gaudet, MD OPCC&amp;CT Director Department of Veterans Health Affairs, VA Central Office, 10NE Washington, DC Planning Member for ACCME</p>
<p>*Kelly Howard, MA Health Systems Specialist/Education Program Manager Office of Patient Centered Care &amp; Cultural Transformation Richmond, VA</p>	<p>*Russell Lemmon, DO Assistant Professor University of Wisconsin Department of Family Medicine and Community Health Madison, WI</p>
<p>*Theresa Liao, MD Staff Physician Office of Patient Centered Care &amp; Cultural Transformation Clinical Champion VA New Jersey Healthcare System East Orange VA Medical Center East Orange, NJ</p>	<p>*Gail Meissen, B.S.R.D. Dietitian, Field Implementation Team Partner Department of Veterans Affairs Milwaukee, WI Planning Member for CDR</p>
<p>*+Shilagh Mirgain, PhD Senior Psychologist and Clinical Assistant Professor University of Wisconsin Department of Orthopedics and Rehabilitation Madison, WI</p>	<p>*Jennifer H. Patterson, PhD Psychologist, Senior Health Systems Specialist Office of Patient Centered Care &amp; Cultural Transformation Reno, NV Planning Member for APA</p>
<p>*Adam Rindfleisch, MD, MPhil PIRE Consultant, WH CTC Faculty Associate Professor University of Wisconsin School of Medicine and Public Health UW Health Arboretum Clinic Madison, WI</p>	<p>*Lisa Witmer, RN, BSN, MSN, MBA, CMSRN Patient Centered Care/Magnet Coordinator Department of Veterans Affairs Kansas City, MO Planning Member for ANCC</p>

**EES Program Staff**

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**Deadline Date**

This program will no longer be authorized for continuing education credit after: March 21, 2021.

**Cancellation Policy**

Those individuals who have been accepted to attend and need to cancel: log into your TRAIN account, select “My Learning” tab, select the registered title and withdraw from the program.

**Accessibility Statement: (Reasonable Accommodation)**

The U.S. Department of Veterans Affairs (Employee Education System) is committed to providing equal access to this meeting (or event) for all participants. If you need alternative formats or services because of a disability, please contact [vhatrain@va.gov](mailto:vhatrain@va.gov) with your request.

**Disclosure Statement**

The VA Employee Education System (EES) must ensure balance, independence, objectivity, and scientific rigor in all of its individually sponsored or jointly EES sponsored educational activities. All prospective faculty and planning committee members participating in an EES activity must disclose any relevant financial interest or other relationship with: (a) the manufacturer(s) of any commercial product(s) and / or provider(s) of commercial services discussed in an educational presentation, and (b) any commercial supporters of the activity. Relevant financial interest or other relationship includes, but is not limited to, such things as personal receipt of grants or research support, employee or consultant status, stockholder, member of speakers’ bureau, within the prior 12 months. EES is responsible for collecting such information from prospective planners and faculty, evaluating the disclosed information to determine if a conflict of interest is present and, if a conflict of interest is present, to resolve such conflict. Information regarding such disclosures and the resolution of the conflicts for planners and faculty shall be provided to activity participants. When an unlabeled use of a commercial product or an investigational use not yet approved by the FDA for any purpose is discussed during an educational activity, EES shall require the speaker to disclose that the product is not labeled for the use under discussion or that the product is still investigational.

The faculty and planning committee members reported that they had no relevant financial relationships with commercial entities in any amount that occurred within the past 12 months that create a conflict of interest.



This activity includes no discussion of uses of FDA regulated drugs or medical devices which are experimental or off-label.

\* The ACCME defines “relevant financial relationships” as financial relationships in any amount occurring within the past 12 months that creates a conflict of interest.