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| **The Art & Science of Thriving**  Wednesday, March 27, 2019  Interprofessional Education & Research Center  VA Building 60 – Johnson City, TN | | |
| **Wednesday, March 27, 2019** | | |
| **11:45 AM – 11:55 PM** | **Registration** | |
| **11:55 AM – 12:00 PM** | **Welcome and Introductions** | **Learning Objectives:**  *As a result of participating in this activity, the attendee will be able to…* |
| **12:00 PM – 1:00 PM** | **The Art and Science of Thriving**  Nicholas E. Hagemeier, PharmD, PhD  *Associate Professor, Gatton College of Pharmacy, East Tennessee State University* | * Explain the concept of wellbeing and factors that influence it * Describe downstream consequences of burnout and distress * Analyze personal wellbeing across multiple domains * Evaluate the extent to which wellbeing is supported across organization levels * Describe interventions that could be implemented to foster a culture of wellbeing |
| **1:00 PM** | **Closing Remarks** |  |



**The Art & Science of Thriving**

March 27, 2019

Interprofessional Education & Research Center

VA Building 60 – Johnson City, TN

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| **Activity Directors** | | John B. Schweitzer, MD | |
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| **Target Audience** | | Resident preceptors and faculty in the areas of pharmacy, medicine, and nursing, physical therapy | |
| **Overall Conference Objectives** | | As a result of attending this activity, the participant will be able to:   * Explain the concept of wellbeing and factors that influence it * Describe downstream consequences of burnout and distress * Analyze personal wellbeing across multiple domains * Evaluate the extent to which wellbeing is supported across organization levels * Describe interventions that could be implemented to foster a culture of wellbeing | |
| **Disclosure Information and Potential Conflicts of Interest** | East Tennessee State University’s Quillen College of Medicine, Office of Continuing Medical Education (OCME) holds the standard that its continuing medical education programs should be free of commercial bias and conflict of interest. It is the policy of the OCME that each presenter and planning committee member of any CME activity must disclose any financial interest/arrangement or affiliation with commercial organizations whose products or services are being discussed in a presentation. All commercial support of an educational activity must also be disclosed to the conference attendees. | |
| **Participants with No Potential Conflicts of Interest** | Each of the following individuals have completed a disclosure form indicating that neither they nor their spouse/family have a financial interest/arrangement or affiliation that could be perceived as a real or apparent conflict of interest related to the content or supporters involved with this activity: | |

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|  | | **Planning Committee**  Patty Harnois-Church, MSN  Elizabeth Wolf, MBA, CPPS, CPHRM | |  |
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|  | | **Speakers**  Nicholas E. Hagemeier, PharmD, PhD | |  |
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| **Participants with Potential Conflicts of Interest** | | Each of the following speakers and/or planning committee members have completed a disclosure form indicating that either they or their spouse/partner have a financial interest/arrangement of affiliation that could be perceived as a real or apparent conflict of interest related to the content of supporters involved with this activity. All presentations have been peer reviewed, any potential conflicts of interest resolved, and each presentation has been found to be balanced, evidence-based, and free of commercial bias. | |  |
| **Activity Director** | | | **Disclosures** |  |
| John B. Schweitzer, MD  Jeff Gray, PharmD, CDE | | * Pfizer - Stockholder * Pfizer – Stockholder * Walgreens – Stockholder |  |
| **Commercial Support Disclosure** | | It is the policy of the Office of Continuing Medical Education at Quillen College of Medicine, East Tennessee State University to disclose all commercial supporters of this educational activity from which educational grants were received. This activity has received NO commercial support via educational grants.  The mission of the Office of Continuing Medical Education at the Quillen College of Medicine is to provide lifelong learning opportunities that meet the needs of faculty, community physicians and other health professionals. In addition, the Office of CME is committed to excellence and dedicated to the improvement of health care in Northeast Tennessee and the surrounding Appalachian Region. | | |
| **Handouts** | | If the author has given permission for us to share his/her presentation(s) it will be posted online and will be available for download and viewing at: https://www.etsu.edu/com/cme/thriving\_2019.php | | |
| **Claiming Credit** | | **CREDIT MUST BE CLAIMED WITHIN 30 DAYS FROM THE CONCLUSION OF ANY EVENT.** To receive the appropriate credit for participating in this event, learners will need to complete the online evaluation. | | |

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| **Transcripts of CME Credit** | By completing the evaluation and posttest in the HighMarks system this activity will be added to your TRANSCRIPT, which is maintained in the ETSU Office of CME. You may print your transcript online from your HighMarks account. Check with the Registration Desk for information on how to access and print your transcript, or call our office at 423-439-8027 with questions. |  |

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| **Conference Planner**  **Accreditation** | Elizabeth Wolf, MBA, CPPS, CPHRM, CHCP Educational Planner Office of Continuing Medical Education Quillen College of Medicine East Tennessee State University 423-439-8088  [wolfes1@etsu.edu](mailto:dougherty@etsu.edu)  If you have questions, concerns, or comments about this activity, please contact:  John Schweitzer, MD  Interim Director, Office of Continuing Medical Education 423-439-8081  [cmeadean@etsu.edu](mailto:cmeadean@etsu.edu) |
|  | ACCME LOGO  **ACCME Accreditation:**  The Quillen College of Medicine, East Tennessee State University, is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.  T:\CME\CME Shared\LOGO, FORMS & BANNERS\New Logos\quillen\COM logo.jpg  **CME Credit:** Quillen College of Medicine, East Tennessee State University designates this live activity for a maximum of 1.0 *AMA PRA Category 1 CreditsTM.* Physicians should only claim credit commensurate with the extent of their participation in the activity.    Pharmacists will have access to 1.0 ACPE Credits accredited by The Tennessee Pharmacists Consortium for Education (TPCE). TPCE is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education.  To receive ACPE Credit, visit the Tennessee Pharmacists Consortium for Education website at [www.Tpce.learningexpressce.com](http://www.Tpce.learningexpressce.com)  **UNIVERSAL ACTIVITY NUMBER (UAN): 0575-0000-19-050-L04-P**  A completion code will be provided to pharmacists at the conclusion of this event. There will be 60 days after the date of this program to complete the evaluation and receive credit.  ETSU is an AA/EEO employer. ETSU -292-17 .026M  Nursing Logo  **CNE Credit:** Up to 1.0 continuing nursing education hours have been approved for this conference. East Tennessee State University College of Nursing is an approved provider of continuing nursing education by the Tennessee Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. If you would like to claim Nursing Contact Hours, please contact etsucne@etsu.edu.  East Tennessee State University College of Nursing implements a $15 certificate fee per conference. This fee covers the following: cost for being a provider of nursing contact hours, supplies, and nursing coordinator's time for completing necessary paperwork for each conference. If you would like to claim Nursing Contact Hours, please click here. Questions? Contact etsucne@etsu.edu.: Click here to enter description text. |
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