Women's Health Master Class - Musculoskeletal Syndrome of Menopause

10/18/2026 to 10/18/2029

Enduring Material

Purpose:

This series is designed to bring members of the members of the Obstetric and Gynecologic team together to learn with and from each other regarding topics that cover menopause, perimenopause, symptom management, diet and exercise, and considerations to provide holistic care for patients. This educational session provides healthcare professionals with an evidence-based review of Musculoskeletal Syndrome of Menopause (MSM), including its impact on bone, muscle, and joint health. Participants will explore best practices for assessment, interdisciplinary management, lifestyle interventions, and therapeutic options to optimize patient outcomes throughout the menopausal transition.

Objectives:

1 Describe the musculoskeletal symptoms of menopause
2 Discuss the various presentation of musculoskeletal issues of menopause
3 Discuss various therapeutic options for treatment of musculoskeletal issues in menopause
4 Discuss the importance of collaboration and teamwork in the management of peri-menopause and menopause symptoms.

Target Audience:

Physician, Nurse - RN, Nurse - Nurse Practitioner, Physician Assistant, Nurse -LPN/LVN

For successful completion:

- Watch podcast and video
- Complete pre and post-test
- Complete evaluation

Accreditation & Credit Designation:

Accreditation

JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, Avera 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.

Continuing Education Credit Designation(s)

IPCE CREDIT™

IPCE (Team-based): This activity was planned by and for the healthcare team, and learners will receive 1.00 IPCE credit(s) for learning and change.

Medicine CME: Avera designates this live activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CME FOR ABS CC Successful completion of this CME activity, which includes participation in the evaluation component, enables the learner to earn credit toward the CME of the American Board of Surgery's Continuous Certification program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABS credit.

Nurse CE: Avera designates this activity for a maximum of 1.00 ANCC contact hour(s). Nurses should claim only the credit commensurate with the extent of their participation in the activity.

REMINDER Attendance can be texted up to 24 hours after the activity

Avera

Additional Information:

Feedback person for this educational activity is:

Enduring Material available from 10/18/2026 to 10/18/2029

- This course content was reviewed on 10/13/2026

Disclosure Policy:

Due to the regulations required for CE credits, all conflicts of interest that persons in a position to control or influence the education must be fully disclosed to participants. In observance of this requirement, we are providing the following disclosure information: all relevant financial relationships disclosed below have been mitigated.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Kate Boos, MD, Physician	Content Expert - Committee Member	Nothing to disclose
Kelly Boyd, MSN	Lead Planner	Nothing to disclose
Jonathan Buchanan, MD	Faculty	Nothing to disclose
Kimberlee McKay, MD	Content Expert - Committee Member	Nothing to disclose
Lindsey Meyers, Administrator	Committee Planning Member, Moderator	Nothing to disclose
Susan Okoniewski-Philips, MD	Content Expert - Committee Member	Nothing to disclose
Juanita Ruiter	Committee Planning Member	Nothing to disclose
Catherine Schiltz, DO	Content Expert - Committee Member	Nothing to disclose
Annette Siewert, MD, FACOG	Content Expert - Committee Member, Faculty	Stocks or stock options, excluding diversified mutual funds-Cega
Staci Wietfeld, DPT, OCS, PRPC	Faculty	Nothing to disclose