

Chronic Pain: The Whole Person Approach

Presented by: Kristen Jost, MD

PURPOSE: Upon completion of this activity, the learner will possess broader knowledge base applicable to the day to day care of a patient in the inpatient and outpatient setting, specifically regarding management of pain from a holistic perspective.

OBJECTIVES:

At the conclusion, participants should be able to:

1. Identify alternative pain management interventions, including, but not limited to, acupuncture, yoga, tai chi, massage, chiropractic care, biofeedback, and meditation.
2. Recognize the importance of psychology evaluation in the treatment of chronic pain.
3. Review dietary modifications and nutritional supplementations when treating patients with chronic pain.
4. Encourage patients to take a more active role in their own pain management.

In order for you to successfully complete this activity and receive **1.0 CNE and/or CME**, you must:

- a. Register for the online activity
- b. View the attached video
- c. Complete the evaluation

Feedback Person for this education activity are listed below. If you have questions please contact them.

- a. Name & Email: Liz Lapp; elizabeth.lapp@avera.org

There is no conflict of interest related to this activity identified by planners, content specialists or feedback persons.

The expiration date for credit hours for this activity is **08/31/2020**.

CME:

Avera is accredited by the Accreditation Council for Continuing Medical Education to provide continuing education for physicians. Avera designates this educational activity for a maximum of **1.0** AMA PRA Category 1 Credit. Physicians should only claim credit commensurate with the extent of their participation in the activity.

CNE:

Avera is an Approved Provider of continuing nursing education by the Alabama State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. A total of **1.0** contact hours can be received upon completion of this activity.

Continuing Education credits have been approved for this event. Due to the regulations required for CE credits all conflict of interest that the presenter(s) or planning committee members have needs to be fully disclosed to participants. In observance to this requirement we are informing you that all planners and faculty has provided disclosure statement that he/she has no conflict of interest to disclose.