Avera Sports Medicine Educational Updates 2021 - June 23 2021--Nutrition for the Injured Athlete presented by Anna Heronimus (Jun 23 2021)

Speaker(s):

6/23/2021 12:00:00 PM to 6/23/2021 1:00:00 PM -- Virtual (WebEx or Zoom)

**Purpose:** This series is designed to provide evidence based monthly educational opportunities to sports medicine health care professionals.

**Objectives:**
1 Define the role of the health care provider within the multidisciplinary sports medicine team as it relates to the educational topic.

1 Recognize the specific nutrient needs pertaining to optimal healing of an injured athlete.

2 Understand the current research regarding dietary interventions for athletic injuries including trauma, soft tissue, and concussion/TBI.

3 Recognize and relate the role of sports RD within the sports medicine team when considering appropriate nutrition related interventions for the prevention and/or treatment of various athletic injuries.

**Outcome:**

**Target Audience:** Physician, Nurse, Athletic Trainer

**For successful completion:**

* To record attendance and obtain CE credit, you must have an Avera CE Portal Profile. [For directions, click here.](https://avera.cloud-cme.com/default.aspx)
* You must bring your mobile phone: Attendance will be recorded via text message.
* To receive a CE certificate, you must log in to your Avera CE Portal Profile after the educational activity and complete the evaluation.

Avera is accredited by the Accreditation Council for Continuing Medical Educationto provide continuing education for physicians. Avera designates this educational activity for a maximum of 1.00 AMA PRA Category 1 CreditTM per session. Physicians should only claim credit commensurate with the extent of their participation in the activity.

*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 Avera and . Avera is accredited by the ACCME to provide continuing medical education for physicians. Avera designates this educational activity for a maximum of 1.00 AMA PRA Category 1 Credits(s)TM. Physicians should claim only the credit commensurate with the extent of their participation in the activity education.*

Avera is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. A total 1.00 contact hours can be received upon completion of this activity.

*This activity has been planned and implemented in accordance with the accreditation requirements and through the joint providership of Avera and . Avera is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. A total of 1.00 contact hours can be received upon completion of this education activity. Attendance at the entire educational activity is required to receive contact hours.*

Avera Health Provider #1029 is an approved provider of continuing education by the South Dakota Board of Social Work Examiners. Social Workers will receive 1.00 continuing education clock hours for participating in this course.

Avera is an approved provider of continuing education for South Dakota through the South Dakota Board of Nursing Facility Administrators. This educational activity is approved for 1.00 hours for nursing facility administrators.

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

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| **Name of individual** | **Individual's role in activity** | **Name of commercial interest/Nature of relationship** |
| Anna Heronimus, RD | Faculty | Nothing to disclose - 02/04/2021 |
| Dustin Gebur, MSEd, ATC | Lead Planner | Nothing to disclose - 01/12/2021 |
| Katherine J Cedeño Torres, BSN | Nurse Planner | Nothing to disclose - 03/22/2021 |

