

Avera vCNE Ambulatory Care Series - Cultivating a Healthy Microbiome for Optimal Wellness

** An e-learning course available on the Avera portal **

Program Goal: The vCNE Series is specially designed to update health care team working in acute and ambulatory care settings on hot topics, evidence based practice and Avera's current strategic initiatives. The microbiome is an important part of Avera's Integrative medicine team's focus on overall health and wellness, and helping patients to achieve the health outcomes they are seeking. This session will give an overview in gut health, the microbiome, and tactics for helping to increase individual awareness in this area to impact overall health.

Nursing Objectives

- 1 Recognize the need to incorporate new knowledge of changes in practice into their daily care models.
- 2 Understand how to define the microbiome.
- 3 Understand microbiome benefits to the body.
- 4 Understand how to optimize the microbiome.

Outcome: 80% of the healthcare team will pass a posttest to show increased knowledge of cultivating a healthy microbiome with a score of 80% or greater.

Target Audience: Professions – Nurse - RN, Medical Assistants, Nurse -LPN/LVN

Completion Requirements

- View the education
- Complete the post-test
- Complete the evaluation

Nurses (NCPD)

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.

Additional Information

Feedback person for this educational activity is: averacontinuingeducation@avera.org

Enduring material available from 08/23/2021 to 12/31/2022

This course content was reviewed on 08/23/2021

Disclosure Policy

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 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	Name of commercial interest/Nature of relationship
Kelly Boyd, MSN, Nurse	Committee Planning Member	Nothing to disclose
Vonda Reed, BS	Committee Planning Member	Nothing to disclose
Amy Skoglund, RN, BSN	Content Expert - Committee Member, Nurse Planner	Nothing to disclose
Dawn Flickema, MD	Faculty	Nothing to disclose
Robyn Ewalt, BA	Lead Planner	Nothing to disclose

