Mayo Clinic COVID-19: Expert Insights and Strategies Online CME
Balancing the Needs of Family, Work & Well-Being
(Recorded 10/2020)

Activity Description
This course reviews common life stressors associated with the COVID-19 Pandemic. With a focus on four areas including parenting, relationships, work & well-being; practical strategies and tips for how to manage and sustain a healthy sense of self are reviewed.

Target Audience
Healthcare workers of all specialties who are being impacted by COVID-19, including physicians, research scientists, physician assistants, nurse practitioners, nurses, and anyone with a particular interest in prevention, treatment, and patient care.

Learning Objectives
After completing this module, participants should be able to:

1. Recognize potential stressors in your life compounded by the pandemic
2. Identify strategies and tips to aid in managing life stressors in four areas including: Parenting, Relationships, Work Life, and Well-being
3. Begin to implement strategies/tips into SMART goals for yourself

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Accreditation Statement
In support of improving patient care, Mayo Clinic College of Medicine and Science 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.

Credit Statement(s)
AMA
The Mayo Clinic College of Medicine and Science designates this enduring material for a maximum of 0.50 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosure Summary
As a provider accredited by Joint Accreditation Interprofessional Continuing Education, Mayo Clinic College of Medicine and Science must ensure balance, independence, objectivity and scientific rigor in its educational activities. Course Director(s), Planning Committee Members, Faculty, and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been put in place. Faculty also will disclose any off label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of these relevant financial relationships will be
published in activity materials so those participants in the activity may formulate their own judgments regarding the presentation.

*Financial relationship(s):*
None

*No Financial relationship(s):*
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*Reference to off-label usage(s) of pharmaceuticals or instruments in their presentation:*
None

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**Prerequisites for Participation**
There are no prerequisites needed prior to participating in this education activity.

**How to Obtain Credit**
Complete the quiz and submit for credit.

**Method of Participation**
Participation in this activity consists of reviewing the online course and completing the post-test.

**Release and Expiration Dates**
- **Release Date:** Oct 12, 2020
- **Expiration Date:** July 14, 2023

**Acknowledgement of Commercial Support**
This educational activity is supported in part by an independent medical education grant from Pfizer Inc. and is in accordance with ACCME guidelines.

**Faculty and Course Director Listing and Credentials**
- **Course Director**
  Devyani Lal, M.D.

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