

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



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Credit Statement(s)

AMA

The Mayo Clinic College of Medicine and Science designates this enduring material for a maximum of **.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

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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

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