



## **VITAL: Relational Health – ACEs, Toxic Stress, and Relational Health**

Jointly provided by [Postgraduate Institute for Medicine](#) and  
[Center for Innovation and Resources, Inc.](#)

Release Date: November 5, 2021

Expiration Date: November 5, 2022

Estimated time to complete activity: 30 minutes

**Target Audience:** This activity is intended for all pediatric primary care providers and obstetricians.

**Educational Objectives:** After completing this activity, the participant should be better able to:

- Explain how adversity in childhood impacts cardiovascular disease outcomes, and neuroendocrine and immune functioning.
- Describe ways in which adversity in childhood can impact relational health.
- Apply “regulate, relate, reason” to your clinical practice.

**Faculty:**

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- Sarah Rock, JD
- RJ Gillespie, MD
- Susan Andrien, MFT

**Disclosure of Conflicts of Interest:**

Postgraduate Institute for Medicine (PIM) requires faculty, planners, and others in control of educational content to disclose all their financial relationships with ineligible companies. All identified conflicts of interest (COI) are thoroughly vetted and mitigated according to PIM policy. PIM is committed to providing its learners with high quality accredited continuing education activities and related materials that promote improvements or quality in healthcare and not a specific proprietary business interest of an ineligible company.

The PIM planners and others have nothing to disclose. The VITAL: Relational Health planners and others have nothing to disclose.

**Method of Participation and Request for Credit:**

In order to obtain your CME/CE certificate, please follow the steps below at the conclusion of the activity:

1. Go to [www.cmeuniversity.com](http://www.cmeuniversity.com)
2. Login or Create a New Account (will take less than 1 minute)

- a. If you receive a message when creating a new account that “the email you entered is already in use”, please click the [Forgot my Username or Password](#) link to have your Username and Password sent to you via email
- b. After logging in, you may be asked to verify/update your information; after doing so, click Save at the bottom of the page
3. Type in **16612** at the top of the page, “Find Post-Test/Evaluation by Course”, and click enter
4. Click on the activity title when it appears
5. Choose the type of credit you desire
6. Complete the online assessment
7. Receive an immediate CME/CE Certificate to download and/or print for your files

If you have questions regarding the certification of this activity, please contact PIM via email at [inquiries@pimed.com](mailto:inquiries@pimed.com).

### **Joint Accreditation Statement**



In support of improving patient care, this activity has been planned and implemented by the Postgraduate Institute for Medicine and Center for Innovation and Resources, Inc. Postgraduate Institute for Medicine 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 Designation**

#### **Physician Continuing Medical Education:**

The Postgraduate Institute for Medicine designates this enduring material for a maximum of 0.5 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

#### **Computer System Requirements:**

- PC and iOS devices

#### **Disclosure of Unlabeled Use:**

This educational activity may contain discussion of published and/or investigational uses of agents that are not indicated by the FDA. The planners of this activity do not recommend the use of any agent outside of the labeled indications. The opinions expressed in the educational activity are those of the faculty and do not necessarily represent the views of the planners. Please refer to the official prescribing information for each product for discussion of approved indications, contraindications, and warnings.

#### **Disclaimer:**

Participants have an implied responsibility to use the newly acquired information to enhance patient outcomes and their own professional development. The information presented in this activity is not meant to serve as a guideline for patient management. Any procedures, medications, or other courses of diagnosis or treatment discussed or

suggested in this activity should not be used by clinicians without evaluation of their patient's conditions and possible contraindications and/or dangers in use, review of any applicable manufacturer's product information, and comparison with recommendations of other authorities.