



Defense Health Agency, J-7, Continuing Education Program Office

Clinical Communities Speaker Series

Health Innovations and Promising Practices

Light's Effects on Human Health, Alertness, and Sleep

Internet Live Activity, July 23, 2020

Continuing Education (CE)/Continuing Medical Education (CME) Information

This CE/CME activity is accredited by the DHA, J-7, Continuing Education Program Office (CEPO). This activity provides continuing education for physicians, nurses, physician assistants, pharmacists, pharmacy technicians, optometrists, social workers, psychologists, dentists, dental hygienists, dental technicians, occupational therapists, counselors, kinesiotherapists, and healthcare executives. A certificate of attendance is available for other attendees.

Light's Effects on Human Health, Alertness, and Sleep (1.00 clock hour)

1315-1415 (ET)

Learning Objectives:

1. Explain basic concepts of light's effects on the circadian system and human health.
2. Comprehend and implement lighting strategies for promoting alertness without adversely affecting the circadian system.
3. Recognize and implement lighting strategies for promoting sleep and general well-being.

Faculty:

Mariana G. Figueiro, Ph.D., F.I.E.S. Presenter has no financial or non-financial relationships to disclose.

Disclosures:

DHA J-7 staff, Planning Committee Members and reviewers have no financial or non-financial interest to disclose. All faculty members have no financial or non-financial interest to disclose.

Interprofessional Continuing Education (IPCE)



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

This activity was planned by and for the healthcare team, and learners can receive up to 1.00 Interprofessional Continuing Education (IPCE) credit for learning and change. In support of improving patient care, this activity has been planned and implemented by DHA, J-7, CEPO. DHA, J-7, CEPO is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), the American Nurses Credentialing Center (ANCC), the American Academy of Physician Assistants (AAPA), the Association of Regulatory Boards of Optometry's Council on Optometric Practitioner Education (ARBO/COPE), the Association of Social Work Boards (ASWB), the American Psychological Association (APA), and the American Dental Association's Continuing Education Recognition Program (ADA CERP) to provide continuing education for the health care team.

Physicians (ACCME)



DHA, J-7, CEPO is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. DHA, J-7, CEPO designated this internet live activity for a maximum of 1.00 *AMA PRA Category 1 Credit*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses (ANCC)

DHA, J-7, CEPO is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. DHA, J-7, CEPO designated this internet live Continuing Nursing Education activity for a maximum of 1.00 ANCC contact hour. Nurses should only claim credit commensurate with the extent of their participation in the activity.

Pharmacists (ACPE)



UAN JA4008136-0000-20-112-L05-P

No valid paper/electronic statement of credit will be offered. DHA, J-7, CEPO is accredited by the American Council for Pharmacy Education (ACPE) to provide continuing education for Pharmacists. This knowledge based activity will provide a maximum of 1.00 contact hour of pharmacy continuing education credit. Participant CE records will be electronically communicated to CPE Monitor. There is no cost to participate in this activity.

Pharmacy Technicians (ACPE)



UAN JA4008136-0000-20-112-L05-T

No valid paper/electronic statement of credit will be offered. DHA, J-7, CEPO is accredited by the American Council for Pharmacy Education (ACPE) to provide continuing education for Pharmacy Technicians. This knowledge based activity will provide a maximum of 1.00 contact hour of pharmacy continuing education credit. Participant CE records will be electronically communicated to CPE Monitor. There is no cost to participate in this activity.

Physician Assistants (AAPA)



DHA, J-7, CEPO has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 1.00 hour of AAPA Category 1 CME credits. Physician assistants should only claim credit commensurate with the extent of their participation.

Optometrists (ARBO/COPE)

This activity has been approved by ARBO/COPE. The Defense Health Agency, J-7, Continuing Education Program Office designated this activity for a maximum of 1.00 credit hour. Optometrists should only claim credit commensurate with the extent of their participation in the activity.

COPE Course ID #: 119875 COPE Activity/Event #: 68664-PB

Social Workers (ASWB)



As a Jointly Accredited Organization, DHA, J-7, CEPO is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. DHA, J-7, CEPO maintains responsibility for this course. Social workers completing this course receive a maximum of 1.00 ASWB continuing education credit.

Psychologists (APA)



Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs. DHA, J-7, CEPO designated this activity for a maximum of 1.00 CE credit. The instructional level of this activity is intermediate. There is no cost to participate.

Dentists (ADA CERP)



DHA, J-7, CEPO is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education (CDE). ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. DHA, J-7, CEPO designates this activity for 1.00 continuing education credit.

ACCME Non-Physician CME Credit

DHA, J-7, CEPO is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education. ACCME Non-Physician CME Credit providers will be provided a certificate of participation for educational activities certified for *AMA PRA Category 1 Credit™*. ACCME Non-Physician CME Credit providers may receive a maximum of 1.00 hour for completing this live internet activity.

Occupational Therapists (AOTA)



The Defense Health Agency, J-7, Continuing Education Program Office is an American Occupational Therapy Association (AOTA) Approved Provider of continuing education. This activity was planned by and for the health care team, and learners will receive 0.1 AOTA CEU. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

Healthcare Executives (ACHE)

DHA, J-7, CEPO is authorized to award a maximum of 1.00 hour of pre-approved American College of Healthcare Executives (ACHE) Qualified Education credit for this program toward advancement, or recertification in the American College of Healthcare Executives. Participants in this program who wish to have the continuing education hours applied toward ACHE Qualified Education credit must self-report their participation. To self-report, participants must log into their MyACHE account and select ACHE Qualified Education Credit

Kinesiotherapists (COPSKT)

Provider# is 072320



This continuing education activity has been accredited by The Council on Professional Standards for Kinesiotherapy (COPSKT) to include 1.00 contact hour/0.1 CEU. DHA, J-7, CEPO accredits enterprise-wide continuing education activities for military and civilian health care professionals. These courses are critical to DHA's goal of providing the best possible quality care to active duty service members, veterans, and their families.

National Board of Certified Counselors (NBCC)



NBCC ACEP No. 6955

DHA, J-7, CEPO has been approved by NBCC as an Approved Continuing Education Provider, **ACEP No. 6955**. Programs that do not qualify for NBCC credit are clearly identified. DHA, J-7, CEPO is solely responsible for all aspects of the programs.

Other Professionals

All other health care professionals completing this continuing education activity will be issued a Certificate of Attendance indicating participation and the number of hours of continuing education credit. This may be used for submission to licensing boards for satisfaction of CE/CME requirements.

Commercial Support:

No commercial support was provided for this activity.

Participation Costs:

There is no cost to participate in this activity.

CE/CME Inquiries:

For all CE/CME related inquiries, please contact dha.ncr.j7.mbx.continuing-education-office@mail.mil.

How to Obtain CE/CME Credit:

To receive CE/CME credit, you must complete the program posttest(s) and evaluation(s) before collecting your certificate(s). The posttests and evaluations will be available through August 6, 2020 at 2359 ET at the following URL:

www.dhaj7-cepo.com