



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

### **Winn ACH Grand Rounds: Low Energy Availability: Insights for Healthcare Professionals**

**Live Course, March 21, 2025, Fort Stewart, GA.**

#### **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 nurses, dietetic professionals, athletic trainers and physical therapists. A certificate of attendance is available for other attendees. A certificate of attendance is available for other attendees.

#### **Winn ACH Grand Rounds: Low Energy Availability: Insights for Healthcare Professionals (1.00 clock hours)**

**0730-0830 (ET)**

##### **Learning Objectives:**

1. Define and identify a low energy availability.
2. Review specific risk factors associated with not meeting energy demands in individuals, soldiers, and athletes.
3. Identify physiological and psychological effects of low energy availability.
4. Discuss and identify medical treatment strategies to improve/prevent low energy availability.

##### **Faculty:**

**2LT Mitchell Orem, R.D.** Presenter has no financial or non-financial relationships to disclose.

##### **Disclosures:**

DHA J-7 staff, Planning Committee Members and content 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)**



In support of improving patient care, the DHA, J-7, CEPO 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 health care team. This activity was planned by and for the health care team, and learners will receive 1.00 Interprofessional Continuing Education (IPCE) credit for learning and change.

#### **Nurses (ANCC)**

The DHA, J-7, CEPO is accredited by the Joint Accreditation/ Interprofessional Continuing Education (IPCE) to provide this Continuing Nursing Education live course for a maximum of 1.00 ANCC contact hour. Nurses should only claim credit commensurate with the extent of their participation in the activity.

#### **Athletic Trainers (BOC)**



The DHA, J-7, CEPO (BOC AP #: P12034) is approved by the Board of Certification, Inc., to provide continuing education to Athletic Trainers (ATs). This program is eligible for a maximum of 1.0 Category A hour/Continuing Education Units (CEUs). ATs should claim only those hours actually spent in the educational program.

## Registered Dietitians and Dietetic Technicians, Registered (CDR)



Completion of this RD/DTR profession-specific or IPCE activity awards CPEUs (One IPCE credit = One CPEU).

If the activity is dietetics-related but not targeted to RDs or DTRs, CPEUs may be claimed which are commensurate with participation in contact hours (One 60 minute hour = 1 CPEU).

RD's and DTRs are to select activity type 102 in their Activity Log. Sphere and Competency selection is at the learner's discretion.

The DHA, J-7, CEPO is a Continuing Professional Education (CPE) Accredited provider with the Commission on Dietetic Registration (CDR). CDR Credentialed Practitioners will receive 1.00 Continuing Professional Education unit (CPEU) for completion of this activity/material.

## Physical Therapists and Physical Therapy Assistants (APTA)



The DHA, J-7, CEPO is an American Physical Therapy Association (APTA) Approved Provider of continuing education. This activity was planned by and for the health care team, and learners will receive 0.1 APTA CEU. The assignment of APTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by APTA. APTA CEUs are accepted by most state PT licensing boards. Learners are encouraged to check with their local chapter or state board to ensure that they accept APTA accredited courses for licensure renewal.

### Other Professionals

All other health care professionals completing this CE/CME activity will be issued a Certificate of Attendance indicating participation and the number of hours of CE/CME 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@health.mil](mailto:dha.ncr.j7.mbx.continuing-education-office@health.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 3 April 2025 at 2359 ET at the following URL:

[www.dhaj7-cepo.com](http://www.dhaj7-cepo.com)