



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

Hormone Therapy Unlocked: Overcoming Barriers to Better Care

January 5, 2026 – August 27, 2026

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 associates/physician assistants, social workers, psychologists, pharmacists, pharmacy technicians, dentists, dental hygienists, dental technicians, athletic trainers, dietitians, dietetic technicians, and kinesiotherapists. A certificate of attendance is available for other attendees.

Hormone Therapy Unlocked: Overcoming Barriers to Better Care (1.50 clock hours)

Learning Objectives:

1. Define menopause and perimenopause, outlining key hormonal and physiological changes, and identify the clinical presentations and symptoms associated with these transitional stages.
2. Analyze the historical context of hormone therapy and midlife care, including the influence of the Women's Health Initiative (WHI) study, and evaluate subsequent research that informs modern, evidence-based approaches to care.
3. Identify the clinical presentation of perimenopause and explore evidence-based prescribing strategies and therapeutic options to effectively manage symptoms and improve patient outcomes.
4. Apply current clinical guidelines and insights and laboratory studies to prescribe hormone therapy tailored to the individual needs of menopausal patients with confidence and precision, ensuring evidence-based and personalized care.
5. Describe the symptoms and underlying causes of Genitourinary Syndrome of Menopause (GSM) and discuss its impact on sexual health, urinary health, and overall quality of life, along with management strategies

Faculty:

Air Force Lt. Col. Samantha Simpson, M.D., NCMP. Presenters have no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

Air Force Col. (ret.) Christine Hart Kress, DNP, APRN, WHNP-BC, NEA-BC, MSCP. Presenters have no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

Rebecca Hertel, DO, MSCP. Presenters have no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

Aoife O'Sullivan, M.D., NCMP. Presenters have no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

Heather Quaile, DNP, WHNP-BC, AFN-C, CSC, I.F., FAANP. Presenters have no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

Disclosures:

DHA J-7 staff, planners, authors, faculty, and content reviewers for this educational activity have no relevant financial or non-financial relationship(s) with ineligible companies to disclose.

Interprofessional Continuing Education (IPCE)



In support of improving patient care, 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 healthcare team. This activity was planned by and for the healthcare team, and learners will receive 1.50 Interprofessional Continuing Education (IPCE) credit for learning and change.

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 enduring material (home study) for a maximum of 1.50 *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 by the Joint Accreditation/Interprofessional Continuing Education (IPCE) to provide this Continuing Nursing Education enduring material (home study) for a maximum of 1.50 ANCC contact hours. Nurses should only claim credit commensurate with the extent of their participation in the activity.

Pharmacists (ACPE)



UAN JA4008136-0000-26-004-H01-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 1.50 contact hours 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 JA4008136-0000-26-004-H01-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 1.50 contact hours 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 Associates/Physician Assistants (AAPA) – Enduring



DHA, J-7, CEPO has been authorized by the American Academy of Physician Associates (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 1.50 AAPA Category 1 CME credits. Approval is valid until 27 August 2026. PAs should only claim credit commensurate with the extent of their participation.

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. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 1.50 general continuing education credits.

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 program. Participants earned 1.50 credits for attending this activity.

Dentists and Allied Dental Staff (ADA CERP)



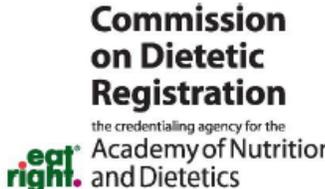
DHA, J-7, CEPO is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education (CDE). ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. Concerns or complaints about a CE provider may be directed to the provider or to the Commission for Continuing Education Provider Recognition at ADA.org/CERP. DHA, J-7, CEPO designates this activity for 1.50 continuing education credits.

Athletic Trainers (BOC)



DHA, J-7, CEPO (BOC AP #: JA4008136) is approved by the Board of Certification, Inc., to provide continuing education to Athletic Trainers (ATs). This program is eligible for a maximum of 1.5 Category A hours/Continuing Education Units (CEUs). ATs should claim only those hours actually spent in the educational program.

Dietetics (CDR)

 <p>Commission on Dietetic Registration the credentialing agency for the Academy of Nutrition and Dietetics</p>	<p>Completion of this RD/DTR profession-specific or IPCE activity awards CPEUs (1 IPCE credits = 1 CPEU).</p> <p>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 (1 hour/60 minutes = 1 CPEU).</p> <p>RDs and DTRs are to select activity type 102 in their Activity Logs.</p>
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DHA, J-7, CEPO is a Continuing Professional Education (CPE) Accredited provider with the Commission on Dietetic Registration (CDR). CDR Credentialed Practitioners will receive 1.50 Continuing Professional Education units (CPEUs) for completion of this activity/material.

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 1.50 hours for completing this enduring material (home study).

Kinesiotherapists (COPSKT)

Provider# is 010526



This continuing education activity has been accredited by The Council on Professional Standards for Kinesiotherapy (COPSKT) to include 1.50 contact hours/0.15 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.

Other Professionals

All other healthcare 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.

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 27 August 2026 at 2359 ET at the following URL: www.dhaj7-cepo.com.