



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

TBICoE Education Series: Performance Nutrition After TBI

Live Course, March 4, 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, athletic trainers, dietetics, occupational therapists and occupational therapy assistants. A certificate of attendance is available for other attendees.

**TBICoE Education Series: Performance Nutrition After TBI (2.00 clock hours)
1400-1600 (ET)**

Learning Objectives:

1. Identify who is at risk for traumatic brain injury (TBI)
2. Describe the effects and impact of TBI
3. Summarize treatment objectives and evidence-based nutritional therapies
4. Outline the role of inflammation in healing and how nonsteroidal anti-inflammatory drugs (NSAIDs) impact inflammation, healing, and adaption
5. Compare specialized pro-resolving mediator (SPM) supplements to NSAIDs for pain relief and recovery from exercise-induced muscle damage
6. Explain the potential relevance of supplementation with SPMs for neurotrauma, neuroinflammation, and traumatic brain injury
7. Identify SPM products currently available on the market, dosing considerations, and areas for future study

Faculty:

Diana Nguyen, MS, RDN, LDN, CSSD, CSCS, ISAK-2. Presenters have no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

Bryan Stepanenko, MD, MPH, IFMCP, FAAFP Presenters have no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

CDR Kevin Bernstein, MD, MMS, CAQ-SM, FAAFP. Presenters have no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose. CDR Bernstein will discuss specialized pro-resolving mediators which are currently considered a dietary supplement.

Jamey Morris, MS, RD, CSSD. 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 2.00 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 internet live course for a maximum of 2.00 *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 by the Joint Accreditation/Interprofessional Continuing Education (IPCE) to provide this Continuing Nursing Education internet live course for a maximum of 2.00 ANCC contact hours. Nurses should only claim credit commensurate with the extent of their participation in the activity.

Physician Associates/Physician Assistants (AAPA) – Live



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 2.00 AAPA Category 1 CME credits. 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 2.00 clinical continuing education credits.

Psychologists (APA)



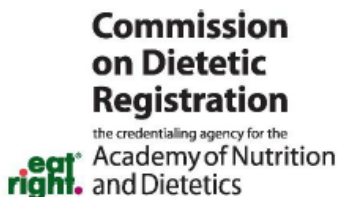
Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the program. Participants earned 2.00 credits for attending this activity.

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 2.0 Category A hours/Continuing Education Units (CEUs). ATs should claim only those hours actually spent in the educational program.

Dietetics (CDR)



Completion of this RD/DTR profession-specific or IPCE activity awards CPEUs (1 IPCE credits = 1 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 (1 hour/60 minutes = 1 CPEU).

RDs and DTRs are to select activity type 102 in their Activity Logs.

DHA, J-7, CEPO is a Continuing Professional Education (CPE) Accredited provider with the Commission on Dietetic Registration (CDR). CDR Credentialed Practitioners will receive 2.00 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 2.00 hours for completing this internet live course.

Occupational Therapists and Occupational Therapy Assistants (AOTA)



DHA, J-7, CEPO is an American Occupational Therapy Association (AOTA) Approved Provider of professional development (PD). PD activity approval ID# 15372. This [live, distance learning-interactive course is offered at 0.2 CEUs intermediate, foundational knowledge. AOTA does not endorse specific course content, products, or clinical procedures.

Physical Therapists and Physical Therapy Assistants (APTA)



DHA, J-7, CEPO is an American Physical Therapy Association (APTA) Approved Provider of continuing education. This activity was planned by and for the healthcare team, and learners will receive 0.2 APTA CEUs. 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 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 18 March 2026 at 2359 ET at the following URL: www.dhaj7-cepo.com.