



Defense Health Agency J-7 Continuing Education Program Office

Preventing Burnout in Health Care (DEMO)

Live Course, July 30, 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, dentists, dental hygienists, dental technicians, and healthcare executives across the Military Health System (MHS). A certificate of attendance is available for other attendees.

Preventing Burnout in Health Care (1.00 clock hour)

1300 – 1400 (ET)

Learning Objectives:

1. Understand the natural response to chronic stress and how this progresses to burnout.
2. Recognize various strategies organizations and institutions are promoting to address burnout.
3. Develop some strategies for self-care and resilience.

Faculty:

Jane Doe, MSW. Presenter has no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

Army COL John Smith, R.N. Presenter has 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 1.00 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 live course 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 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.

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 1.00 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 course.

Healthcare Executives (ACHE)

By attending this program offered by DHA J-7 CEPO, participants may earn up to 1.00 American College of Healthcare Executives (ACHE) Qualified Education Hour toward initial certification or recertification of the Fellow of the American College of Healthcare Executives (FACHE) designation. 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.

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