

Activity Announcement

Mindfulness and Meditation for Pharmacists and Pharmacy Technicians

Planned in cooperation with the ASHP New Practitioners Forum

ACPE Activity Number: 0204-0000-18-035-H04-P / 0204-0000-18-035-H04-T

Release Date: October 2, 2018

Expiration Date: October 2, 2021

Activity Type: Application-based

CE Credits: 1.0 hour, no partial credit

Activity Fee: Members – Free / Non-Member – Not Available

Accreditation for Pharmacists and Pharmacy Technicians



The American Society of Health-System Pharmacists is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education.

Target Audience

This continuing pharmacy education activity is designed for pharmacists, student pharmacists, and pharmacy technicians who feel they may benefit from mindfulness and meditation, understanding the science behind these techniques, and learning how to incorporate these strategies into their personal and professional experiences to avoid burnout and promote resilience.

Activity Overview

Contemplative practices such as mindfulness and meditation are increasing in popularity as a stress management tool and wellness strategy and are useful in maintaining resilience. This activity will explore the history of meditation, review the major types of meditation, and outline the emerging science and health benefits behind this ancient practice. Attendees will learn two simple practices to use so that the benefits of meditation that can be applied to personal or professional settings.

Learning Objectives

- Explain the history and major types of meditation.
- Discuss the emerging science and health benefits behind meditation.
- Describe how meditation can improve clinician well-being.
- Recognize the potential for meditation to improve medication safety.
- Apply simple mindfulness and heart rhythm meditation practices that can be used in your personal and professional lives.

Schedule of Educational Activities

- Describe the medical benefits of contemplative practices.
- Participate in a short meditation exercise to apply practice into everyday lives.

Faculty Information

- **Lisa Hanlon Wilhelm, B.S.Pharm., R.Ph.**, Medication Safety and Compliance Specialist, Penn State Milton S. Hershey Medical Center, Hershey, PA



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Faculty Disclosures

In accordance with the ACPE's and ACCME's Standards for Commercial Support, anyone in a position to control the content of an educational activity is required to disclose to the accredited provider their relevant financial relationships. In accordance with these Standards, all potential conflicts of interest have been resolved. *An individual has a **relevant financial relationship** if he or she (or spouse/domestic partner) has a financial relationship in any amount occurring in the last 12 months with a commercial interest whose products or services are discussed in the activity content over which the individual has control.*

As defined by ACCME, a **commercial interest** is any entity producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on, patients. The Standards for Commercial Support do not consider providers of clinical service directly to patients to be commercial interests. The existence or non-existence of relevant financial relationships will be disclosed to the activity audience. All identified conflicts of interest must be resolved prior to the activity.

- **All planners, presenters, reviewers, and ASHP staff report no financial relationships relevant to this activity.**

Methods and CE Requirements

This activity consists of recorded faculty slides presentations, active learning activities, discussion, and handouts. Participants must participate in the entire activity and complete the required components to claim continuing pharmacy education credit online at ASHP eLearning Portal. Follow the prompts online to complete the evaluation, claim credit and view the statement of credit immediately after the activity.

Per ACPE requirements, CPE credit must be claimed within 60 days of being earned. Claim your CE at <http://elearning.ashp.org>. Once you have processed and claimed your CE credit, we encourage you to check your NABP eProfile account to verify your credits were transferred successfully before the ACPE 60-day deadline. It is an electronic direct-report process so your credits should appear in your account within a few minutes. After the 60 day deadline, ASHP will no longer be able to report your credit(s) for this activity.

System Technical Requirements

Courses and learning activities are delivered via your Web browser and Acrobat PDF. Users should have a basic comfort level using a computer and navigating web sites.

View the [minimum technical and system requirements](#) for learning activities.