

Activity Announcement

Breathe In, Breathe Out – How to Manage Emotions in the Workplace

Planned in cooperation with the ASHP New Practitioners Forum

ACPE Activity Number: 0204-0000-18-210-H04-P

Release Date: December 2, 2018

Expiration Date: December 2, 2021

CE Credit: 1.5 Hours, no partial credit

Activity Type: Application-based

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.

This activity is from a recording from a 2018 Midyear session and those that claim credit for the session should not claim credit for this activity.

Target Audience

The session will be sufficiently broad to include strategies on how to manage and regulate emotions in the workplace, which should be effective regardless of practice setting or healthcare profession. Interdisciplinary audience members are welcome to attend as the learning objectives outlined should be consistent with professional standards and practices across healthcare.

Activity Overview

In the highly charged environment of healthcare, leaving emotions unattended can have disastrous consequences for patient care, learning, and workplace morale. Emotions are often overlooked in practice and typically not addressed to the extent necessary. By training participants to have a greater awareness of their emotional state and the emotional state of others, there is a potential to impact various aspects of their lives, the lives of their coworkers, and their patients. The session will be structured as a workshop that will begin with a basic introduction to emotional regulation and its associated challenges - this will ensure all participants have an equal understanding of what makes emotional regulation difficult prior to the application exercises.

Learning Objectives

- Describe the challenges with regulating emotions in the workplace.
- Demonstrate emotional regulation in a high-stress situation or environment.
- Develop a plan to integrate strategies to optimize emotional regulation in the workplace.

Faculty Information

- **Michael Wolcott, Pharm.D., BCPS**, Clinical Infectious Diseases and Antimicrobial Stewardship Pharmacist, Duke University Hospital, Durham, NC
- **Nikki G. Lobczowski, M.Ed.**, Research Assistant, University of North Carolina at Chapel Hill, Chapel Hill, NC

Methods and CE Requirements

This activity consists of faculty slides presentation recordings, active learning activities, discussion, and handouts. Participants must participate in its entirety to claim continuing pharmacy education credit online at ASHP eLearning



Activity Announcement

Portal. Follow the prompts online to complete the evaluation, claim credit and view the statement of credit immediately.

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.

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.**

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.