

Department of Veterans Affairs, Employee Education System

and

Office of Patient Centered Care & Cultural Transformation

Present

Whole Health for Pain and Suffering: Headache*35235 / 18.BC.MA.4779WHPAINTAPING.B***Program Release:** February 12, 2018 **Program Expiration:** February 12, 2021**Place**

This is a virtual training via Talent Management System (TMS).

Purpose Statement

This web based Whole Health education program is designed to support any VA clinician who works with patients who experience pain. Participants will learn about evidence-informed, safe, and effective non-pharmaceutical approaches to pain care. The program is built around patient vignettes and explores the role of self-care approaches, such as nutrition, physical activity, sleep, and interpersonal relationships. Particular emphasis is given to mind-body approaches and ways to cultivate mindful awareness. Participants will learn about research related to a broad range of complementary and integrative health approaches, including acupuncture, dietary supplements, and manual therapies. Throughout this video series, clinician self-care, burnout prevention, and enhancing resilience are also emphasized. The videos consist of didactic classroom teaching as well as faculty interview focusing on the each subject area. Each video is accredited separately. The videos in the series include: Chronic Pain, Headache, Mind-Body Skills I, Mind-Body Skills II, Self-Care, Osteoarthritis, and Neck and Back Pain.

Target Audience

Physicians, Nurses, Pharmacists, Dietitians, Certified Counselors, Psychologists, and Social Workers.

Outcome/Objectives

At the conclusion of this educational program, learners will be able to:

1. describe the “Headache Threshold Model” of headaches and how it can inform a Whole Health Approach to care;
2. use the Personal Health Planning approach to create a SMART goal for a person with headaches;
3. list some key relationships between headaches and diet, including elimination diets might have a role in headache care; and
4. outline three CIH approaches that have research supporting their use in headache care.

Registration/Participation in the Activity Procedure

1. Length of course: 1 hour
2. Review EES Program Brochure
3. Attend and participate in 100% of program activity
4. Complete Post Test Exam at a minimum passing score of 80%
5. Complete Program Evaluation **no later than** 30 days after taking the training.

For Enduring Material

It is not necessary to register in TMS for any enduring material—registration is only required for a live activity. To access an enduring material course, please navigate to the course and click “Start Course”

Instructions for Completing Posttest

1. Log in to TMS.
2. If the program is live and you have registered for the course, search for the program in the My Learning pod. You can click on the word “Filter” in the upper right corner of the pod. That will give you keyword and other search filters.
3. Click the “Link to Posttest” if the Posttest doesn’t open automatically
4. *Be sure you have completed all the content objects listed before the posttest first
The Posttest will open in a separate window.
*Note: If you don’t see the new window, check behind other open windows.
5. Complete the Posttest. Once submitted, you will be directed to a screen which provides your percent score for the test, and indicates if it is a passing score. Note your score and close the window.
6. Click “Return to Online Content Structure.”
7. Once you have passed the Posttest with a score of 80% or better, you have completed your Posttest requirement for this course, and should see a green check mark and completion date next to the Link to Posttest. (Note: If you did not achieve a passing score, you can retake the Posttest using the same Posttest link contained in the TMS Content Structure).

Instructions for Verification of Attendance

1. Log in to TMS
2. If you have not registered for the course, you will need to do so
3. When the program is over, find the course in your **My Learning** pod
4. Click on Start Course or Continue Course button to the right of the course title
5. Look for the link titled “Confirm Attendance”
6. Before clicking on this link, be sure you have completed all links before “Confirm Attendance”
7. Click on Confirm Attendance
8. A new window will open and say ‘Thank you! Your attendance is now confirmed. Please close window”
9. Click “Close Window”
10. You have now verified your registration for this course, and should see a green check mark and completion date next to the “Confirm Attendance”

To learn more about EES and its programs, products and services, visit vawww.ees.lrn.va.gov (VA Intranet) or call the EES Customer Service Center at **1-877-EES-1331** or EESCSC@va.gov

Instructions for Completing Evaluation in TMS to Access Accredited Certificate

Please note: Program evaluations must be completed within 30 days of the conclusion of the program in order to receive a program certificate

After the program is over, you must complete the self-certification in TMS. If you did not register for the program, the TMS administrator will reconcile the registration list and mark you complete. You must still complete the evaluation before you can receive your certificate.

1. Log in to TMS
2. Locate the course on your My Learning
3. **For Enduring Material:** Click on Continue Course
4. **For Enduring Material:** Be sure you have completed all the objects
5. **For Enduring Material:** Click on the Self-Certification and self-certify, if appropriate
6. Locate the pending evaluation on your My Learning in the Due Later section, under course title.
7. Click on “Start Course Survey”.
8. Complete evaluation content and click “Submit”.
9. Click “Return to Online Content Structure.”
10. Follow the below instructions to access your accreditation certificate.

ACPE considers credit as a statement of credit instead of a certificate of credit

To access your accredited certificate in TMS, please follow the steps below:

1. From the Home screen in TMS, click on “My History.”
2. Hover the mouse over the title of the program, and click “View Details” in the popup window that appears. DO NOT click on the “Print Certificate” here – this will give you the generic TMS certificate.
3. In the Completed Work Details screen, you should see a section named “Accreditation Details.”
4. Click the “Print Accredited Certificate” button next to your requested Accreditation.

Your Accredited certificate should appear on the screen for you to save or print.

Asynchronous Activity

Instructions to complete activity:

The learner will need to locate this training in TMS and add it to their learning plan. The learner will need to click start course and watch the web course and complete a post test after the training. The learner must pass the post test with a score of 80% or higher to receive credit.

Media:

Adobe Video Flash Player via TMS

If the Activity is an Internet Activity (in addition to the above)

Hardware/software requirements:

Internet Explorer 11 or equivalent

Website:

<https://www.tms.va.gov/learning/user/login.jsp>

Internet privacy statement:

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Intranet Privacy Policy

Accreditation/Approval

The accreditation organizations for this course are listed below.

Accreditation Council for Continuing Medical Education (ACCME)



The VA Employee Education System is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

American Nurses Credentialing Center (ANCC)

VHA Employee Education System is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Note: ANCC continuing nursing education contact hours are not accepted by the California Board of Registered Nursing (CA BRN) toward license renewal for CA-licensed registered nurses (RNs) and advanced practice nurses (APNs), unless the CA-licensed nurse-participants are physically outside of the state of CA when they start and complete activities sponsored by an ANCC accredited provider of continuing education for nurses.

National Board for Certified Counselors (NBCC)



The Veterans Affairs Employee Education System is an NBCC-Approved Continuing Education Provider (ACEP™) Provider #5927 and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program.

Designation of Continuing Education

Accreditation Council for Continuing Medical Education (ACCME)



The VA Employee Education System designates this enduring material for a maximum of 1 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only credit commensurate with the extent of their participation in the activity.

This course provides *Category 1 AMA Physicians Recognition Award*™ CME credit (ACCME) for physicians. **ACCME – NP (or ACCME-Non-Physician)** may be used to provide attendees other than MDs, DOs a certificate that documents their attendance, and indicates that the accredited provider offered *Category 1 AMA Physicians Recognition Award*™ CME credit for the course or activity. ACCME – Non-Physician refers to nurses, physician assistants, and healthcare professionals other than physicians.

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Accreditation Council for Pharmacy Education (ACPE)



The VA Employee Education System is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education Program 0610-0000-18-122-H01-P. This program is accredited for 1 contact hour(s). The Employee Education System maintains responsibility for the program. Continuing Pharmacy Education (CPE) credits will be awarded to participants and accreditation records will be on file at the Employee Education System. In order to receive continuing pharmacy education credit, participants must attend 100% of the program and complete an evaluation form. CPE will be reported directly to participants' NABP e-Profiles and State Boards.

American Nurses Credentialing Center (ANCC)

VHA Employee Education System designates this educational activity for 1 contact hours in continuing nursing education.

Note: ANCC continuing nursing education contact hours are not accepted by the California Board of Registered Nursing (CA BRN) toward license renewal for CA-licensed registered nurses (RNs) and advanced practice nurses (APNs), unless the CA-licensed nurse-participants are physically outside of the state of CA when they start and complete activities sponsored by an ANCC accredited provider of continuing education for nurses.

American Psychological Association (APA)



The VA Employee Education System (EES) is approved by the American Psychological Association to sponsor continuing education for psychologists. The Employee Education System maintains responsibility for this program and its content.

This activity is approved for 1 hour(s) of continuing education credit.

Association of Social Work Boards (ASWB)

The VA Employee Education System, Provider Number 1040, is approved as a provider for continuing education by the Association of Social Work Boards, 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. <http://www.aswb.org> ASWB Approval Period: 4/7/16 - 4/6/19. Social workers should contact their regulatory board to determine course approval.

Social workers will receive 1 continuing education clock hours in participating in this course. The targeted practice level of this course is intermediate and advanced practice social workers.

Due to recently enacted legislation, NJ licensed social workers continuing education licensure requirements have changed. This course is considered 'in-service' by the NJ State Board of Social Work Examiners. To meet continuing education licensure requirements, NJ licensed social workers may claim one credit of continuing education for each credit earned; up to half of the required continuing education credits may be claimed via participation in in-service activities. Please contact your state licensing board (website: <http://www.state.nj.us/lps/ca/social/>, phone: 973-504-6495) for additional information.

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New York State Education Department (NYSED) Social Work Board The Department of Veterans Affairs, Employee Education System SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0065.

Social workers will receive 1 continuing education clock hours for participating in this course.

Commission on Dietetic Registration (CDR)



The Department of Veterans Affairs Employee Education System, provider number VA003, is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR), from June 1, 2017 to May 31, 2018. Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 1 continuing professional education units (CPEUs) for completion of these educational program/materials.

This educational activity is designated CPEU Level 2 as defined by CDR.

National Board for Certified Counselors (NBCC)



The Veterans Affairs Employee Education System is an NBCC-Approved Continuing Education Provider (ACEPTM) and designates this approved activity for 1 clock hour(s).

Statement of Participation

A certificate of completion will be awarded to participants and accreditation records will be on file at the Employee Education System. In order to receive a certificate of completion from EES, you must register in the TMS, attend 100% of the program and complete the evaluation as directed, and then: go into your Completed Work, hover over the title, and choose View Details to print your accredited certificate. For ACPE accreditation, participants must provide their Birthdates (month and date) and their NABP e-Profile ID numbers in their Personal Profiles in TMS.

Report of Training

It is the program participant's responsibility to ensure that this training is documented in the appropriate location according to his/her locally prescribed process.

Program Schedule

Minutes	Content	Faculty	Exam
60 minutes	Headache	Adam Rindfleisch	Yes

Faculty and Planning Committee Listing

* Denote planning committee member

+ Denotes faculty

<p>*Lynn Carlson, MED Project Manager Employee Education System Crystal City, VA</p>	<p>*Janet Carter, PharmD Field Implementation-Based Team Partner Office of Patient Centered Care & Cultural Transformation Redding, CA Planning Member for ACPE</p>
<p>*Nancy K. Donovan, MSW, LCSW Management Analyst Office of Patient Centered Care & Cultural Transformation Minneapolis, MN Planning Member for ASWB Planning Member for NYSED Planning Member for NBCC</p>	<p>*Tracy Gaudet, MD OPCC&CT Director Department of Veterans Health Affairs, VA Central Office, 10NE Washington, DC Planning Member for ACCME</p>
<p>*Kelly Howard, MA Health Systems Specialist/Education Program Manager Office of Patient Centered Care & Cultural Transformation Richmond, VA</p>	<p>*Russell Lemmon, DO Assistant Professor University of Wisconsin Department of Family Medicine and Community Health Madison, WI</p>
<p>*Theresa Liao, MD Staff Physician Office of Patient Centered Care & Cultural Transformation Clinical Champion VA New Jersey Healthcare System East Orange VA Medical Center East Orange, NJ</p>	<p>*Gail Meissen, B.S.R.D. Dietitian, Field Implementation Team Partner Department of Veterans Affairs Milwaukee, WI Planning Member for CDR</p>
<p>*Shilagh Mirgain, PhD Senior Psychologist and Clinical Assistant Professor University of Wisconsin Department of Orthopedics and Rehabilitation Madison, WI</p>	<p>*Jennifer H. Patterson, PhD Psychologist, Senior Health Systems Specialist Office of Patient Centered Care & Cultural Transformation Reno, NV Planning Member for APA</p>
<p>*+Adam Rindfleisch, MD, MPhil PIRE Consultant, WH CTC Faculty Associate Professor University of Wisconsin School of Medicine and Public Health UW Health Arboretum Clinic Madison, WI</p>	<p>*Lisa Witmer, RN, BSN, MSN, MBA, CMSRN Patient Centered Care/Magnet Coordinator Department of Veterans Affairs Kansas City, MO Planning Member for ANCC</p>

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EES Program Staff for Trace Code: 18.BC.MA.4779WHPAINTAPING.B

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Deadline Date

This program will no longer be authorized for continuing education credit after: **2/12/2021**.

Information on participation may be obtained from Lynn Carlson, Project Manager, Employee Education System, 2011 Crystal Drive Suite 150 Crystal City, VA 22202, phone: 202-443-6948, or e-mail: Lynn.Carlson@va.gov .

Cancellation Policy

Those individuals who have been accepted to attend and need to cancel: log into TMS, hover over the registered title and withdraw themselves at least two weeks prior to the program.

Accessibility Statement: (Reasonable Accommodation)

The U.S. Department of Veterans Affairs (Employee Education System) is committed to providing equal access to this meeting (or event) for all participants. If you need alternative formats or services because of a disability, please contact Lynn Carlson, Project Manager, Employee Education System, 2011 Crystal Drive Suite 150 Crystal City, VA 22202, phone: 202-443-6948, or e-mail: Lynn.Carlson@va.gov with your request.

Disclosure Statement

The VA Employee Education System (EES) must ensure balance, independence, objectivity, and scientific rigor in all of its individually sponsored or jointly EES sponsored educational activities. All prospective faculty and planning committee members participating in an EES activity must disclose any relevant financial interest or other relationship with: (a) the manufacturer(s) of any commercial product(s) and / or provider(s) of commercial services discussed in an educational presentation, and (b) any commercial supporters of the activity. Relevant financial interest or other relationship includes, but is not limited to, such things as personal receipt of grants or research support, employee or consultant status, stockholder, member of speakers' bureau, within the prior 12 months. EES is responsible for collecting such information from prospective planners and faculty, evaluating the disclosed information to determine if a conflict of interest is present and, if a conflict of interest is present, to resolve such conflict. Information regarding such disclosures and the resolution of the conflicts for planners and faculty shall be provided to activity participants. When an unlabeled use of a commercial product or an investigational use not yet approved by the FDA for any purpose is discussed

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during an educational activity, EES shall require the speaker to disclose that the product is not labeled for the use under discussion or that the product is still investigational.

The faculty and planning committee members reported that they had no relevant financial relationships with commercial entities in any amount that occurred within the past 12 months that create a conflict of interest.

This activity includes no discussion of uses of FDA regulated drugs or medical devices which are experimental or off-label.

* The ACCME defines “relevant financial relationships” as financial relationships in any amount occurring within the past 12 months that creates a conflict of interest.