



July 15, 2021 - December 1, 2021
Swimming Upstream on Omega-3 Recommendations for Cardiovascular Health: New Research Finds Existing Recommended Dosage May Not Be Enough
On-demand Encore Virtual Session

ACTIVITY OVERVIEW

On-demand Encore Virtual Sessions consist of recorded CE accredited sessions from the live meeting. New research based on a meta-analysis of 40 clinical studies finds that omega-3 intake is associated with significant improvements in risk reduction for certain cardiovascular events, and that the benefits appear to increase with dosage. However, intake of EPA+DHA omega-3s remains far below recommendations, with intake displaced by less potent plant-based omega-3 sources or other fats. Hear more about the research and what it means for preventative health.

TARGET AUDIENCE

This educational initiative is intended for Nurse Practitioners, Nurses, Primary Care Physicians and Physician assistants.

LEARNING OBJECTIVES

- Cite specific cardiovascular health outcomes related to EPA and DHA omega-3 intake.
- Identify resources for getting omega-3 levels checked and cite reasons why patients should have this information.
- Provide accurate information to patients about how best to increase omega-3 levels.

CRITERIA FOR SUCCESS

To obtain a certificate of completion, a score of 80% or better on the post-test is required. Please proceed with the activity until you have successfully completed this program, completed the post-test and evaluation, and have received a digital copy of your certificate. You must participate in the entire activity to receive credit. If you have questions about this activity, please contact AKH Inc. at kwolynski@akhcme.com

Please claim credit by December 31, 2021.



Credit provided by AKH, Inc., Advancing Knowledge in Healthcare



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INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by AKH Inc., Advancing Knowledge in Healthcare and National Nurse Practitioner Symposium. AKH Inc., Advancing Knowledge in Healthcare 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.

Physicians

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Nurses

Credit being awarded 1.5 ANCC contact hours



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Healthcare and National Nurse Practitioner Symposium. AKH Inc., Advancing Knowledge in Healthcare is accredited by the American Association of Nurse Practitioners as an approved provider of nurse practitioner continuing education. Provider number: 030803. This activity is approved for 1.5 contact hour(s) (which includes 0 hour(s) of pharmacology).

Commercial Support

This activity is supported by an educational funding from AstraZeneca Pharmaceuticals and Amgen.

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FACULTY / PLANNERS / REVIEWER DISCLOSURES		
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AKH Planners and Reviewers	N/A	Nothing to disclose
All of the relevant financial relationships listed for these individuals have been mitigated.		

Disclosure of Unlabeled Use and Investigational Product

This educational activity may include discussion of uses of agents that are investigational and/or unapproved by the FDA. Please refer to the official prescribing information for each product for discussion of approved indications, contraindications, and warnings.

Disclaimer

This course is designed solely to provide the healthcare professional with information to assist in his/her practice and professional development and is not to be considered a diagnostic tool to replace professional advice or treatment. The course serves as a general guide to the healthcare professional, and therefore, cannot be considered as giving legal, nursing, medical, or other professional advice in specific cases. AKH Inc. specifically disclaim responsibility for any adverse consequences resulting directly or indirectly from information in the course, for undetected error, or through participant's misunderstanding of the content.