



- The Science of ACEs and Toxic Stress (Part 1)
- Release date: June 2, 2021  
Expiration date: October 28, 2021
- Estimated time to complete activity: 1 hour
- Jointly provided by Postgraduate Institute for Medicine, Office of the California Surgeon General, California Department of Health Care Services, and Aurrera Health Group

### *Target Audience*

This activity is intended for physicians, physician assistants, registered nurses, psychologists, social workers and other healthcare providers engaged in the screening of patients with toxic stress related to Adverse Childhood Experiences.

### *Educational Objectives*

*After completing this activity, the participant should be better able to:*

- Discuss the science of how ACEs and toxic stress can affect our biology.
- Explain how ACE screening can be used to identify toxic stress risk and the potential health benefits of utilizing evidence-based strategies to regulate the toxic stress response.
- Recognize the importance of joining a trauma-informed network of care to provide and coordinate buffering resources across sectors.

### *Faculty*

Nadine Burke Harris, MD, MPH, FAAP, California Surgeon General

### **Joint Accreditation Statement**



JOINTLY ACCREDITED PROVIDER™  
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by the Postgraduate Institute for Medicine, The Office of the California Surgeon General, The California Department of Health Care Services and Aurrera Health Group. Postgraduate Institute for Medicine 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.

### **Physician Continuing Medical Education**

The Postgraduate Institute for Medicine designates this enduring material for a maximum of 1.0 *AMA PRA Category 1 Credit(s)*<sup>TM</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### **Continuing Nursing Education**

The maximum number of hours awarded for this Continuing Nursing Education activity is 1.0 contact hours.

### *California Board of Registered Nursing*

Provider approved by the California Board of Registered Nursing, Provider Number 13485, for 1.0 contact hours.

### **Continuing Psychologist Education**

Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

#### *Credit Designation*

This program offers 1.0 continuing education credits for psychologists.

### **Continuing Physician Assistant Education**



Postgraduate Institute for Medicine has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 1.0 AAPA Category 1 CME credits. Approval is valid until October 28, 2021. PAs should only claim credit commensurate with the extent of their participation.

### **Continuing Social Work Education**



As a Jointly Accredited Organization, Postgraduate Institute for Medicine is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Postgraduate Institute for Medicine maintain responsibility for this course. Social workers completing this course receive 1.0 Clinical continuing education credits.

### **ABIM MOC Continuing Education**

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 1.0 MOC points in the American Board of Internal Medicine's (ABIM) maintenance of certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

### **ABP MOC Continuing Education**

Successful completion of this CME activity, which includes participation in the activity and individual assessment of and feedback to the learner, enables the learner to earn up to 1.0 MOC points in the American Board of Pediatrics' (ABP) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABP MOC credit.

#### *Disclosure of Conflicts of Interest*

Postgraduate Institute for Medicine (PIM) requires faculty, planners, and others in control of educational content to disclose all their financial relationships with ineligible companies. All identified conflicts of interest (COI) are thoroughly vetted and mitigated according to PIM policy. PIM is committed to providing its learners with high quality accredited continuing education activities and related materials that promote improvements or quality in healthcare and not a specific proprietary business interest of an ineligible company.

#### *Faculty*

The faculty member has nothing to disclose.

#### *Planners and Managers*

The PIM planners and managers have nothing to disclose. The Office of the California Surgeon General, The California Department of Health Care Services and Aurrera Health Group planners and managers have nothing to disclose.

#### *Method of Participation and Request for Credit*

In order to obtain your CME/CE certificate, please follow the steps below at the conclusion of the activity:

- 1) Go to [www.cmeuniversity.com](http://www.cmeuniversity.com)
- 2) Login or Create a New Account (will take less than 1 minute)
  - a) If you receive a message when creating a new account that “the email you entered is already in use”, please click the Forgot my Username or Password link to have your Username and Password sent to you via email
  - b) After logging in, you may be asked to verify/update your information; after doing so, click Save at the bottom of the page
- 3) Type in **15903** at the top of the page, “Find Post-Test/Evaluation by Course”, and click enter
- 4) Click on the activity title when it appears
- 5) Choose the type of credit you desire
- 6) Complete the online Evaluation\*
- 7) Receive an immediate CME/CE Certificate to download and/or print for your files

\*If looking to obtain MOC credits, you must successfully complete the post-test, with a score of 75% or higher, and then complete the online evaluation.

If you have questions regarding the certification of this activity, please contact PIM via email at [inquiries@pimed.com](mailto:inquiries@pimed.com).

#### *Media*

Internet

#### *Computer System Requirements*

To watch YouTube videos, make sure you have the most up-to-date browser, operating system, and a good internet connection:

Newest version of Google Chrome, Firefox, MS Edge, Safari, or Opera  
Internet connection with 500+ Kbps

Zoom Webinar Requirements: [See Zoom Website for more information](#)

<b>Supported operating systems</b>	<ul style="list-style-type: none"> <li>• macOS X with macOS 10.9 or later</li> <li>• Windows 10*</li> </ul> <p><b>Note:</b> Devices running Windows 10 must run Windows 10 Home, Pro, or Enterprise. S Mode is not supported.</p> <ul style="list-style-type: none"> <li>• Windows 8 or 8.1</li> <li>• Windows 7</li> <li>• Ubuntu 12.04 or higher</li> <li>• Mint 17.1 or higher</li> <li>• Red Hat Enterprise Linux 6.4 or higher</li> <li>• Oracle Linux 6.4 or higher</li> <li>• CentOS 6.4 or higher</li> <li>• Fedora 21 or higher</li> <li>• OpenSUSE 13.2 or higher</li> <li>• ArchLinux (64-bit only)</li> </ul>
<b>Supported tablet and mobile devices</b>	<ul style="list-style-type: none"> <li>• <a href="#">Surface PRO 2 or higher and running Win 8.1 or higher</a></li> </ul> <p><b>Note:</b> Tablets running Windows 10 must run Windows 10 Home, Pro, or Enterprise. S Mode is not supported.</p> <ul style="list-style-type: none"> <li>• <a href="#">iOS and Android devices</a></li> <li>• Blackberry devices</li> </ul>
<b>Supported browsers</b>	<ul style="list-style-type: none"> <li>• Windows: Internet Explorer 11+, Edge 12+, Firefox 27+, Chrome 30+</li> <li>• macOS: Safari 7+, Firefox 27+, Chrome 30+</li> <li>• Linux: Firefox 27+, Chrome 30+</li> </ul>
<b>Processor and RAM requirements</b>	<ul style="list-style-type: none"> <li>• See <a href="#">Zoom Website</a></li> </ul>
<b>High-DPI support</b>	<ul style="list-style-type: none"> <li>• High-DPI displays are supported in Zoom version 3.5 or higher</li> </ul>
<b>Bandwidth requirements</b>	<ul style="list-style-type: none"> <li>• For screen sharing with video thumbnail: 50-150kbps (down)</li> <li>• For audio VoiP: 60-80kbps (down)</li> </ul>

*Disclosure of Unlabeled Use*

This educational activity may contain discussion of published and/or investigational uses of agents that are not indicated by the FDA. The planners of this activity do not recommend the use of any agent outside of the labeled indications. The opinions expressed in the educational activity are those of the faculty and do not necessarily represent the views of the planners. Please refer to the official prescribing information for each product for discussion of approved indications, contraindications, and warnings.

*Disclaimer*

Participants have an implied responsibility to use the newly acquired information to enhance patient outcomes and their own professional development. The information presented in this activity is not meant to serve as a guideline for patient management. Any procedures, medications, or other courses of diagnosis or treatment discussed or suggested in this activity should not be used by clinicians without evaluation of their

patient's conditions and possible contraindications and/or dangers in use, review of any applicable manufacturer's product information, and comparison with recommendations of other authorities.