

Continuing Education/Continuing Medical Education (CE/CME) Activity

Imagine & Play Yourself Back to Happiness, Health, & Prosperity

WHEN: 12N • Tuesday, October 12, 2021

SPEAKER: Rodney W. Overstreet, CRNA

Certified Registered Nurse Anesthetist Specialist, UAB

Disclosures: Rodney W. Overstreet, CRNA has no relevant financial relationships with ACCME-defined commercial interests.

All Ascension planners and reviewers have no relevant financial relationships with ACCME-defined commercial interest.

To join the meeting:

Live Streamed: <https://www.ipcelp.com>

IPCE Website: <http://ascension-ce-cme.cloud-cme.com/>

OR IN PERSON: St. Vincent's East; Birmingham, AL • Room 1 & 2

For more information call (205) 838-3225

Presentation purpose:

This activity is designed to introduce complex ideas like neuroplasticity and resilience nestled in the metaphor of the beginner's mind to the audience. This child like frame of mind is creative, open, receptive, non judgmental, and unafraid to fail.

Learning objectives: Upon completion of this activity participants should be able to:

- Define play and explain how it's important
- Discuss the pitfalls associated with negative imagination
- Explain what is meant by the beginner's mind
- Describe the monkey mind and a method to calm it
- Define neuroplasticity and list several activities that can stimulate it
- Explain the Super Mario Effect

Target audience:

- This activity is designed for the interdisciplinary audience including physicians, nursing, pharmacy, psychologist, physician assistants and social workers

Credit Designation:

In support of improving patient care, Ascension/St. Vincent's Health 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.



This activity was planned by and for the healthcare team, and learners will receive 1.0 IPCE credits for learning and change.

Faculty/Course Director/Planners:

Ascension/St. Vincent's Health has selected all faculty participating in this activity. It is the policy of Ascension/St. Vincent's Health that all CE/CME planning committees, faculty, authors, editors, and staff disclose relationships with commercial interests upon nomination or invitation of participation. Disclosure documents are reviewed for potential conflicts of interest and if relevant, they are resolved prior to confirmation of participation. Only those participants who have no conflict of interest or who agreed to an identified resolution process prior to their participation were involved in this activity.

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Commercial Interest: No commercial interest was received for this CE/CME activity.