

Educational Grand Rounds

Resident Wellness Through Self-care

(an Elective Session for the Inova Academy)

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Physicians' Conference
Center- Lower Level

November 6, 2024

12:15 pm – 1:15 p.m.

Target audience: Open to all faculty, residents, and medical students

Learning objectives:

- Define the characteristics of burnout and how it differs from depression
- Review current US Dept of Health and Human Services Physical Activity Guidelines
- List strategies to implement physical activity for busy residents and medical students
- Understand the link between diet and cardiometabolic health.
- Comprehend various nutrition myths and evidence-based dietary patterns to prevent chronic disease.
- Develop practical strategies for maintaining a nutritious diet during residency training.

Accreditation: The Medical Society of Virginia is a member of the Southern States CME Collaborative, an ACCME Recognized Accreditor. Inova Health System Office of Continuing Medical Education is accredited by the Southern States CME Collaborative to provide continuing medical education for physicians.

Credit designation: The Inova Office of Continuing Medical Education designates this live educational activity for a maximum of 1.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. Physicians may claim up to 1.0 credit in Type 1 CME on the Virginia Board of Medicine Continued Competency and Assessment Form required for renewal of an active medical license in Virginia.