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CME COURSE

Physician Heal Thyself – Practicing What We Preach

Dr. Richard Leggett explores practical ways to achieve balance in the biological, psychological, social and spiritual areas of life.

THIS COURSE IS FREE TO ALL HEALTHCARE PROFESSIONALS

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Target Audience

Healthcare providers of all specialties may benefit from the information presented.

Goals and Objectives

Join Dr. Richard Leggett as he explores practical ways to achieve balance in the biological, psychological, social and spiritual areas of life.

The COVID-19 pandemic has produced an alarming incidence of anxiety, depression, and burnout leading to an increase in the risk of suicide in physicians. How do we as healers begin to heal ourselves and our colleagues? A good place to start is to recognize suicide risk factors, protective factors, and the importance of modeling a balanced life. We must combat what some have described as a lack of connectiveness with our patients and families and even a loss of purpose in life. It is time now to practice what we preach, living by personal example the things we have been telling our patients for years. At the conclusion of this activity, the learner should be able to:

- Examine the impact of the COVID-19 pandemic on healthcare providers, which includes an overview of suicide risk factors, suicide assessment, and a strategy for preparing physicians as healthcare workers for dealing with the issue of suicide prevention;
- Review current evidence-based clinical data regarding available interventions/modalities that can promote wellness;
- To encourage the use of a practical model to promote a more balanced life.

Course Information

CME Release Date: June 6, 2022

Valid for credit through: June 5, 2024

Course type: Video Course

Estimated time of completion: 30 minutes

Credits Available

Southern Medical Association is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Southern Medical Association designates this Internet Activity Enduring Material for a maximum of **.5 AMA PRA Category 1 Credits™**.

Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAPA: AAPA accepts certificates of participation for educational activities certified for AMA PRA Category 1 Credit™ from organizations accredited by ACCME or a recognized state medical society.

AANPCP: The American Academy of Nurse Practitioners Certification Program (AANPCP) accepts *AMA PRA Category 1 Credit*™ from organizations accredited by the ACCME.

Healthcare Professionals

For information on applicability and acceptance of continuing education credit for this activity, please consult your professional licensing board. All healthcare professionals who are not MDs or DOs will receive a certificate of participation.

Instructions for Participation and Credit

This activity is designed to be completed within the time designated; learners should claim only those credits that reflect the time actually spent in the activity. To successfully earn credit, participants must complete the activity online during the valid credit period noted, following these steps:

- Read the goals and objectives, accreditation information, and author disclosures.
- Login in below to study the educational content and references.
- Complete the attestation, post-test (if applicable), and evaluation.

Upon successful completion of these components, your certificate will be processed and emailed from customerservice@sma.org within approximately 1 hour. Credits will be archived for 6 years; at any point within this time period you may login to your account to print a duplicate copy of your certificate.

Disclosures of Conflicts of Interest

Southern Medical Association (SMA) requires instructors, planners, managers, and all other individuals who are in a position to control the content of this activity to disclose conflicts of interest (COI) with ineligible entities within the last 24 months of the development of this activity. All identified COIs are thoroughly vetted and mitigated prior to the release of the activity. SMA is committed to providing its learners with high quality activities and related materials that promote improvements or quality in healthcare and not a specific proprietary business interest of a commercial interest.

The following individual **has no relevant financial relationships to disclose.**

Faculty

Richard Leggett, MD

Dr. Leggett received his undergraduate degree in Chemistry from Hampden-Sydney College and his medical degree from the University of Virginia. After completing a residency in general psychiatry at the University of South Carolina, he joined a group practice in Chattanooga, Tennessee for 3 years and then relocated to Roanoke, Virginia where he started a solo private practice affiliated with the Lewis-Gale Medical Center. In 2018, he accepted a core faculty position with the Lewis-Gale GME psychiatry program and he has assisted in the recruitment and training of the first 5 classes of general psychiatry residents. Dr. Leggett's special interests include cross-cultural and spiritual issues in Psychiatry.

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