

## REGISTRATION FEE

Registration fee includes continuing education, seminars, materials, breaks, and lunch. A late fee will be applied if the fees are sent after June 1.

All Day – 6hr CE (circle rate)	Fee	Late Fee
Pharmacists	\$130	\$160
All Others	\$90	\$120

### Half-Day Only – 3hr CE (circle rate)

Pharmacists	\$65	\$80
All Others	\$45	\$60

## CANCELLATION POLICY

Refund minus a \$25 fee will be given for cancellations received in writing by June 1. The Office of CE reserves the right to cancel the activity due to low registration. If canceled, registrants will be contacted via phone or e-mail.

## REGISTER ONLINE

Please register and pay online at <https://pharmacyce.wvu.edu/user/login>.

If you cannot register online, please mail or fax the form below to:

WVU School of Pharmacy  
Office of Continuing Education  
PO Box 9540, Morgantown, WV 26505  
Fax: 304-293-2529

### Please print or type

First Name, MI, Last Name

Address

City, State, Zip

Phone (Home and Work)

Email Address

Dietary Restrictions

## OTHER INFORMATION

For more information, contact Michael Kurilla, M.Ed., CE Program Specialist, at (304) 293-5103 or [mpkurilla@hsc.wvu.edu](mailto:mpkurilla@hsc.wvu.edu), or Dr. Ginger Scott, CE Director at (304) 293-1553 or at [vscott@hsc.wvu.edu](mailto:vscott@hsc.wvu.edu). Visit us on the web: <http://pharmacy.hsc.wvu.edu/ce>.

## LOCATION

### June 8 – Alumni Day

West Virginia University  
Health Sciences Center, Room 2940 A and B  
One Medical Center Drive, Morgantown, WV 26506  
304-293-5103

From I-79, take exit 155 (West Virginia University and Star City) and turn towards Morgantown. At the 2nd traffic light, bear slightly to the right onto US 19 South and proceed to the 2nd traffic light (WVU Coliseum - large domed concrete building on the right). Turn left onto Patteson Drive. Just before the 4th traffic light, turn right onto Elmer Prince Drive. Move into the left lane and follow the signs to Health Sciences Center or the Emergency Room (the road will curve into a turnabout and follow the arrows uphill to McQuain Pavilion).

Pass the small guard booth and continue into the parking lots (parking is not restricted since this is a weekend event). Enter the Health Sciences Center North (last building) through the Dental Clinic entrance. There will be WVU School of Pharmacy signs outside and inside directing you to the program.



Office of Continuing Education  
PO Box 9540  
Morgantown, WV 26505-9540

*Return Service Requested*



# Continuing Education Activities for Pharmacists: Alumni Day Spring Seminar

Saturday, June 8, 2019  
8:00 a.m. – 4:30 p.m.  
West Virginia University  
Health Sciences Center  
Room 2940 A and B  
Morgantown, WV

## ACTIVITY DESCRIPTION

Activity is designed for pharmacists in all practice settings. The Alumni Day Seminar will focus on enhancing the wellbeing of you and your patients. Specific activities focus on insomnia, depression, repairing you and your patient’s relationship with food and how breaking the (diet rules can change your life, mindfulness and relieving stress, and understanding the differences between celiac disease and non-celiac disease.

## ACTIVITY AGENDA

8:00 a.m.	Registration and Refreshments
8:55 a.m.	Welcome/Announcements
9:00 a.m.	<b>A Dream within a Dream: Insomnia Disorder Pharmacotherapy</b> Chris Paxos, PharmD, BCPP, BCPS, BCGP ACPE UAN 0072-0000-19-071-L01-P
10:00 a.m.	Break
10:15 a.m.	<b>A Role for West Virginia Pharmacists in Wellness and Depression: Starting the Conversation about Suicide Prevention</b> Eugene Makela, PharmD, BCPP ACPE UAN 0072-0000-19-072-L01-P
11:15 a.m.	<b>Ditch the Diet: Making Intuitive Eating Work for You</b> Amy L. Keller, M.S., R.D.N., L.D. ACPE UAN 0072-0000-19-073-L04-P
12:15 p.m.	Lunch
1:15 p.m.	<b>Mindful Steps Sampler</b> Laurel Faulkenberry, MA, LPC Nicole Gauthier-Schatz ACPE UAN 0072-0000-19-074-L04-P
3:15 p.m.	Break
3:30 p.m.	<b>The Ground Rules of Gluten-Free</b> Amy L. Keller, M.S., R.D.N., L.D. ACPE UAN 0072-0000-19-075-L04-P
4:30 p.m.	<b>Questions and Conclusion</b>

## LEARNING OBJECTIVES

### A Dream within a Dream: Insomnia Disorder Pharmacotherapy (Knowledge-based)

- Describe sleep parameters and diagnostic criteria for insomnia disorder.
- Identify medical conditions and medications commonly associated with insomnia.
- Compare hypnotic medications and treatment guidelines for insomnia disorder.

### A Role for West Virginia Pharmacists in Wellness and Depression: Starting the Conversation about Suicide Prevention (Knowledge-based)

- Describe symptoms of depression and identify a depression screening tool that may be used in primary care and community settings.
- Identify different roles a pharmacist may have in depression management, optimizing wellness.
- Identify 4 risk factors suicide for attempt and protective factors for suicide prevention.
- Name a free resource a pharmacist should provide to a patient, when necessary, that offers a 24-hour toll-free hotline to help individuals in suicidal crisis or emotional distress.

### Ditch the Diet: Making Intuitive Eating Work for You (Knowledge-based)

- Summarize the physical and emotional reasons that people regain weight after dieting.
- Identify “hidden” forms of dieting (i.e. clean eating, fitness trackers).
- Discuss how to recognize hunger and fullness cues in your body.
- List the 4 steps to practicing food neutrality.


### Mindful Steps Sampler (Application-Based)

- Implement practical skills for more enhanced body/mind integration
- Demonstrate how the practice of Mindfulness can help you and with counseling your patients regarding anxiety, pain and depression.
- Describe and demonstrate Mindful Yoga Movements and breathing as a tool for embodiment.
- Identify and practice the tools that will enhance our ability to communicate on a daily basis, and build stress resilience thereby improving quality of life in the workplace.

### The Ground Rules of Gluten-Free (Knowledge-Based)

- List the primary differences between celiac disease and non-celiac wheat sensitivity.
- Describe 3 myths surrounding the gluten-free diet.
- Identify sources of gluten on a food label.
- Discuss two significant issues facing those with celiac disease.

## CONTINUING EDUCATION

 West Virginia University School of Pharmacy(WVUSoP) is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education (CPE). Alumni Day CPE activities are accredited up to a total of 6.0 contact hours, or 0.6 CEUs for pharmacists. WVU SoP will report your participation in the activity to NABP CPE Monitor within 4-6 weeks for all participants who successfully complete each session. Successful completion includes attending the entire session, signing the attendance sheet and completing an online evaluation form for each activity attended. A CPE transcript may be printed from CPE Monitor. If needed, a statement of attendance may be printed on-line at <https://pharmacyce.wvu.edu/user/login>.

## FACULTY

**Laurel Faulkenberry, MA, LPC**  
Clinical Therapist  
West Virginia University Medicine Chestnut Ridge Center  
Behavioral Medicine & Psychiatry  
Morgantown, WV

**Nicole Gauthier-Schatz**  
Wellness Center Instructor  
West Virginia University Medicine/West Virginia University Health Sciences Center  
Mindful Steps Program  
Certified Yoga Teacher/Yoga Therapist  
Stress Management Specialist/Holistic Lifestyle Teacher  
Morgantown, WV

**Amy L. Keller, M.S., R.D.N., L.D.**  
Chief Clinical Dietitian  
Mary Rutan Hospital  
Bellefontaine, Ohio

**Eugene Makela, PharmD, BCPP**  
College of Psychiatric and Neurologic Pharmacists  
Psychiatric Specialty Council, Board of Pharmacy Specialties, American Pharmacists Association  
Asheville, North Carolina

**Chris Paxos, PharmD, BCPP, BCPS, BCGP**  
Associate Professor, Pharmacy Practice  
Associate Professor, Psychiatry  
Northeast Ohio Medical University  
Pharmacotherapy Specialist, Psychiatry  
Cleveland Clinic Akron General  
Rootstown, Ohio