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NURSING

**Updates from the Experts: A SON Clinical Series**

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**Bridging the Gap:**

**Innovative Strategies for  
Promoting Long-Term Exercise  
in Chronic Illness**

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**Date: Thursday, May 21<sup>st</sup>**

**Time: 4-5 PM**

**[JOIN via ZOOM](#)**

This session explores the challenge of initiating and maintaining long-term exercise among individuals living with chronic conditions. Drawing on findings from past and ongoing clinical trials, we will discuss theory-informed coaching strategies and technologies that can bridge the gap between beginning an exercise program and sustained, lifelong exercise. Attendees will gain insights into innovative strategies designed to overcome barriers to exercise adherence and improve patient-reported outcomes.

**Learning Objectives for This Session:**

By the end of this presentation, participants will be able to:

- Identify the current evidence-based exercise guidelines for adults with heart failure and cancer, including recommended frequency, intensity, time, type, and duration.
- Describe at least three benefits of long-term exercise adherence in patients with chronic illnesses like heart failure.
- Discuss theory-informed strategies that can be used to personalize exercise prescriptions and coaching to promote long-term exercise adherence.

**Target Audience:** nurses, physician assistants, physicians, students, and researchers.

*Provided by UVA Health Continuing Education.*

## Clinical Updates from the Experts Series Description:

Through participation in the Updates from the Experts series, clinicians will increase knowledge of available research evidence to optimize patient outcomes, describe strategies for translating current evidence to practice settings, and identify gaps in the current clinical knowledge base that, through new research, could be addressed to improve population health.

### Credit Offered

- 1.0 AAPA Category 1 CME Credits
- 1.0 Contact Hours
- 1.0 IPCE Credits
- 1.0 Hours of Participation

### Disclosure of faculty financial affiliations

The University of Virginia School of Medicine and School of Nursing as a Joint Accreditation Provider adhere to the ACCME Standards for Integrity and Independence in Accredited Continuing Education, released in December 2020, as well as Commonwealth of Virginia statutes, University of Virginia policies and procedures, and associated federal and private regulations and guidelines. As the accredited provider for this CE/IPCE activity, we are responsible for ensuring that healthcare professionals have access to professional development activities that are based on best practices and scientific integrity that ultimately supports the care of patients and the public.

All individuals involved in the development and delivery of content for an accredited CE/IPCE activity are expected to disclose relevant financial relationships with ineligible companies occurring within the past 24 months (such as grants or research support, employee, consultant, stockholder, member of speakers bureau, etc.). The University of Virginia School of Medicine and School of Nursing employ appropriate mechanisms to resolve potential conflicts of interest and ensure the educational design reflects content validity, scientific rigor and balance for participants. Questions about specific strategies can be directed to the University of Virginia School of Medicine and School of Nursing of the University of Virginia, Charlottesville, Virginia.

The faculty, staff, and planning committee engaged in the development of this CE/IPCE activity in the Joint Accreditation CE Office of the School of Medicine and School of Nursing have no financial affiliations to disclose.

### Disclosure of discussion of non-FDA approved uses for pharmaceutical products and/or medical devices

As a Joint Accreditation provider, the University of Virginia School of Medicine and School of Nursing, requires that all faculty presenters identify and disclose any off-label or experimental uses for pharmaceutical and medical device products. It is recommended that each clinician fully review all the available data on new products or procedures prior to clinical use.

**Disclosures:** No one in a position to control the content of this educational activity has disclosed a relevant financial interest or relationship with any commercial interest.

### Accreditation & Designation Statements



In support of improving patient care, The University of Virginia School of Medicine and School of Nursing 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** Interprofessional Continuing Education (IPCE) credits for learning and change.



The University of Virginia School of Medicine and School of Nursing 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. PAs should only claim credit commensurate with the extent of their participation.

The University of Virginia School of Medicine and School of Nursing designates this live activity for a maximum of **1.0 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The University of Virginia School of Medicine and School of Nursing awards **1.0** contact hours to nurses who participate in this educational activity and complete the post activity evaluation.

The University of Virginia School of Medicine and School of Nursing, as an accredited provider, awards **1.0** hours of participation (consistent with the designated number of *AMA PRA Category 1 Credit(s)™* or ANCC contact hours) to a participant who successfully completes this educational activity.

The University of Virginia School of Medicine and School of Nursing maintains a record of participation for six (6) years.

Questions? Contact [sonce@virginia.edu](mailto:sonce@virginia.edu).



# UVA Health

## Continuing Education

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5. Complete the evaluation and claim credit.

Questions? Email [uvace@uvahealth.org](mailto:uvace@uvahealth.org). We're here to help!

Please note!

The post activity evaluation for credit will only be available for **6.9 days** after the presentation.

Credit will not be issued after the evaluation period closes.