

Office of Accredited Interprofessional Continuing Medical Education

The Med Edit Podcast FY2024: Bad to the Bone – Osteoporosis and Bone Health

Effective Dates: August 22, 2024- August 21, 2025

Accreditation Statement:



In support of improving patient care, this activity has been planned and implemented by Texas Tech University Health Sciences Center and The Med Edit Podcast. Texas Tech University Health Sciences Center 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.

Credit Designation Statements:



“This activity was planned by and for the healthcare team, and learners will receive .50 Interprofessional Continuing Education (IPCE) credits for learning and change.”

Physician:

Texas Tech University Health Sciences Center designates this enduring material for a maximum of .50 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nursing:

Texas Tech University Health Sciences Center designates this activity for .50 Nursing contact hours. Nurses should only claim credit commensurate with the extent of their participation in the activity.

Disclosure & Mitigation of Relevant Financial Relationships:

None of the planners and faculty for this educational activity have relevant financial relationships to disclose with ineligible companies.

Objectives: Following this enduring material, the learner should be able to:

- Define osteoporosis and osteopenia, differentiate between the two, and describe the basic pathophysiology of bone thinning.
- list the common risk factors associated with osteoporosis, including lifestyle factors, medical history, and demographic characteristics.
- Describe the treatment options for osteoporosis, including pharmacologic treatments (e.g., bisphosphonates, denosumab, teriparatide) and non-pharmacologic interventions such as exercise and fall prevention strategies.
- Discuss how osteoporosis affects patients' quality of life and identify interventions to manage symptoms and improve overall well-being.

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For first-time users of the text-in feature from your cell phone, please follow these steps:

1. Activate your profile in the TTUHSC OAICME “My Portal” if you haven't already. This step is necessary before utilizing the text-in option. Access TTUHSC OAICME “My Portal” using this link: <https://cmetracker.net/TTUHSC/Publisher?page=pubOpen&nc=7120399723#/myPortal>
2. Once your profile is activated, text your email address only to 844-984-4767 from your cell phone. You only need to do this step the first time to set up your text messaging account. Save this number on your phone for future use; it will be used for all activities to text in your attendance.
3. You'll receive a system reply indicating whether your record was located or not. If there's an issue, please follow the instructions in the reply or contact our office for assistance at 806-743-2929.
4. Upon confirmation that your email was found, you're now ready to use the new Text-In attendance feature.
5. Follow the instructions provided in the "Instructions on How to Receive Credit" form to confirm your attendance, provide an evaluation, and request credit.

For additional guidance, you can view a tutorial by clicking on the link provided below.

https://somvideo.ttuhsc.edu/media/CME+Text-In+Instructional+Video/1_43dn5c6u

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By: Jessica Gray, MD, Cari Sorrell, MD, and Taylor B. Warmoth, MD

INSTRUCTIONS ON HOW TO RECEIVE CREDIT

To receive credit, attendees must:

1. **After listening to the enduring material- podcasting session, submit an evaluation and request credit. (two ways to provide feedback; **pick one**)**

a. Via Text:

- Text “Claim 38805” to 844-984-4767 to receive the evaluation link.
- Complete the evaluation to access the Certificate Preparation page.
- Claim Your CME Credits.
- Save Your Certificate.

OR

b. Via the link below:

<https://cmetracker.net/TTUHSC/Publisher?page=pubOpen#/getCertificate/38805>

Complete the evaluation to access the Certificate Preparation page.

- Claim Your CME Credits.
- Save Your Certificate.

2. **Contact for Assistance:** If you encounter any issues or need help, contact the TTUHSC OAICME at cme@ttuhsc.edu or call 806-743-2929.

3. **Note for Speakers/Presenters:** Speakers/presenters cannot claim credit for their own presentations.

Reminders:

- The evaluation will be available until 11:59 PM on 08/21/2025. If you haven't claimed your credit by then, please get in touch with the TTUHSC OAICME for alternative methods.
- The text-in feature will only work if you activate your profile by following the one-time steps listed on the first page of this handout.

Transcripts Request Information

The Office of Accredited Interprofessional Continuing Medical Education maintains transcripts of credits earned by learners for live activities certified by Texas Tech University Health Sciences Center. Transcripts may be requested by using the link below:

<https://cmetracker.net/TTUHSC/Publisher?page=pubOpen#/transcript>

- For assistance with “My Portal”, contact the CME Office at 806-743-2929.
- To request a transcript in writing, send your name, address, and the requested time period to TTUHSC - Office of Accredited Interprofessional Continuing Medical Education, 3601 4th Street STOP 7113, Lubbock, Texas 79430-7113.