

CHILDREN'S HOSPITAL COLORADO PRESENTS

# Virtual Education Series: Physical Activity and Exercise in Patients with Congenital Heart Disease

Thursday, September 19, 2024 • 12 to 1 p.m. Teleconference (Zoom link sent with registration)

## Overview, Target Audience and Learner Outcome

This activity for the interdisciplinary healthcare team will include a review of current literature and clinical pathways followed by Children's Hospital Colorado for the evaluation and treatment of congenital heart disease as it related to physical activity. In addition to a presentation from content experts, attendees will participate in case study review and discussion to provide direction on clinical practice. As a result of this activity, learners will be able to report new knowledge related to congenital heart disease in order to provide current, evidence-based care to pediatric patients.

## Objectives

- Describe the different between physical activity and exercise.
- Describe the benefits & challenges associated with physical activity and exercise in congenital heart disease.
- Discuss the impact of and barriers to implementing a physical activity program for patients with congenital heart disease.
- Identify strategies for using an individualized approach to physical activity and exercise for patients with congenital heart disease.

## Faculty from Children's Hospital Colorado / University of Colorado

Roni Jacobsen, MD, FACC

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University of Colorado School of Medicine

Pediatric and Adult Congenital Cardiologist, Heart Institute

Medical Director Adult Congenital Heart Disease

Children's Hospital Colorado

## Continuing Education Credit

Registration, attendance, sign-in and submission of the evaluation, including a written response to questions related to any change in practice that you may make as a result of learning that took place at this program, are required for successful completion and receipt of the certificate of attendance. Claim only those hours you attend.

## Medical

Children's Hospital Colorado is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. Children's Hospital Colorado designates this live activity for a maximum of 1 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

## Nursing

Children's Hospital Colorado is approved with distinction as a provider of nursing continuing professional development by Colorado Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. This educational offering for 1 nursing contact hour is provided by Children's Hospital Colorado.

## EMS

Children's Hospital Colorado is an approved provider of EMS continuing education through the Colorado Department of Public Health and Environment, Health Facilities and Emergency Medical Services Division. Children's Hospital Colorado is EMS Training Group #EO49. This education offering is good for 1 CE hour.

**Disclosures** Planners and faculty in control of content have no relevant financial relationships with ineligible companies.

## Registration and Contact Information

There is no registration fee for this event. Please register here: [September VES](#)

For further information, contact [nicole.shonka@childrenscolorado.org](mailto:nicole.shonka@childrenscolorado.org)



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