



Pharmacy Grand Rounds

200 First Street SW
Rochester, Minnesota 55905
<https://ce.mayo.edu/pharmacy-grandrounds2022>

SUPPosed SUPPort: Targeted Review of Supplements Recommended in Clinical Practice

Session Date: 12/13/2022

Session Time: 11:00 – 11:45 AM (CST)

Target Audience

This continuing education (CE) session was planned to meet the needs of professional staff who deal with the selection and monitoring of medication(s) as part of their patient care duties, including pharmacists, RNs, APRNs, PAs, MDs.

Activity Overview

Supplement use is frequently associated with patient self-selection and low levels of evidence. However, several supplements have recurrently been recommended for use by outpatient clinicians, especially for conditions with limited selection of prescription treatment options. It is important for healthcare providers to familiarize themselves with these supplements, especially as patients may be reporting recommendations from other providers for their continued use. This presentation will showcase select supplements that have been recommended for use in certain conditions such as post-COVID syndrome and chronic fatigue syndrome, and present literature regarding their supposed effects. Considerations for use regarding these supplements will also be highlighted along with patient case examples of real-world practice.

Learning Objectives

At the conclusion of this knowledge-based CE session, participants should be able to:

1. Identify considerations for use of select provider-recommended supplements
2. Describe literature that helps explain use of select supplements in outpatient treatment plans
3. Discuss patient cases that highlight place in therapy for supplement use

Faculty Information

Linda L Huang, PharmD, BCPS, BCACP
Clinical Ambulatory Care Pharmacist – General Internal Medicine
Medication Management Services
Mayo Clinic – Rochester MN

Linda received a Doctor of Pharmacy degree from University of Pittsburgh in Pittsburgh, PA. She completed a PGY1 Pharmacy Practice residency at Temple University Hospital in Philadelphia, PA and a PGY2 Ambulatory Care Residency at Mayo Clinic - Rochester. She currently works as a clinical medication management pharmacist at Mayo Clinic Rochester, primarily with the General Internal Medicine practice. Her interest areas include polypharmacy, transitions of care, and vitamin/supplement use in clinical practice.



Approved Provider Statement



JOINT ACCREDITATION™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity is planned and implemented by Mayo Clinic College of Medicine and Science. Mayo Clinic College of Medicine and Science 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 Statements

AMA

Mayo Clinic College of Medicine and Science designates this live activity for a maximum of 0.75 *AMA PRA Category 1 Credits*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ACPE



ACPE Universal Activity Number (UAN): JA0000238-0000-22-139-L01-P

Mayo Clinic College of Medicine and Science designates this educational activity for a maximum of 0.75 ACPE Knowledge-based contact hours. Participants should claim only the credit commensurate with the extent of their participation in the activity

ANCC

Mayo Clinic College of Medicine and Science designates this activity for a maximum of 0.75 ANCC contact hours. Nurses should claim only the credit commensurate with the extent of their participation in the activity.

AAPA



Mayo Clinic College of Medicine and Science 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 0.75 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

Educational Format and CE Requirements

This CE session is available as a live presentation, including live webcast.

Participants must complete the following to record attendance and obtain CE credit:

1. Attend the entire session.
2. Text the session code to 507-200-3010 within 48 hours of the live presentation to record attendance.
 - a. This number is only used for receiving text messages related to tracking attendance
 - b. Employees are encouraged to create a contact in their mobile phone, as the same number is used to record attendance for every session
3. Complete the online evaluation for the respective session within 2 weeks of live presentation.

Pharmacist CE credit is electronically transferred to the National Association of Boards of Pharmacy CPE Monitor. To track CE, please go to [NABP CPE Monitor](#).

Non-pharmacist attendees can print out a record of attendance at ce.mayo.edu after completing the evaluation and claiming credit.

Live attendance: Rochester, Saint Mary's Campus, ALF_MN_459

Live virtual attendance via [Zoom link](#)

Disclosure Summary

As a provider accredited by Joint Accreditation for Interprofessional Continuing Education, Mayo Clinic College of Medicine and Science must ensure balance, independence, objectivity and scientific rigor in its educational activities. All who are in a position to control the content are required to disclose all financial relationships with any ineligible company. Faculty will also identify any off-label and/or investigational use of pharmaceuticals or instruments discussed in their content for FDA compliance.

Listed below are individuals with control of the content of this program:

The faculty report the following relationships:

- Linda Huang, PharmD, BCPS, BCACP
 - Declares no financial relationship(s) pertinent to this session
 - Declares off-label use of medications will not be discussed during this presentation

Course Director and Planning Committee Members declare no relevant financial relationship(s) pertinent to this session. Members include:

- | | |
|-------------------------------------|-------------------------------------|
| • Jennifer Elmer, DNP, APRN, CCNS | • Wayne Nicholson, MD, PharmD, BCPS |
| • Michael Huckabee, MPAS, PA-C, PhD | • Garrett Schramm, PharmD, FCCP |
| • Sarah Jane Kotval, BSW | |

All relevant financial relationships have been mitigated.

For additional disclosure information regarding Mayo Clinic School of Continuous Professional Development accreditation review committee members visit ce.mayo.edu, About Us, Disclosures - or -

<https://ce.mayo.edu/content/disclosures>

System and Technical Requirements

For participants viewing the webcast, sessions are delivered via Mayo Clinic intranet web browser and Adobe® PDF. For participants viewing outside the Mayo Clinic firewall, a VPN connection is required for remote access. Recommended web browser includes Google Chrome. This session is planned and coordinated by **the Department of Pharmacy, Mayo Clinic.**