



## CME / CE Activity Detail Page

Positive Intelligence (PQ) Program for Healthcare Professionals - Moorestown Spine Sports & Wellness

Activity Date: March 30, 2026 - March 30, 2027

Activity Type: Other/Blended Learning

CE: 30 total credits

This activity offers 30 CE credits for:

1. Physicians (*AMA PRA Category 1 Credit™*)
2. Nurses (ANCC NCPD)
3. Pharmacists (ACPE CPE)
4. Physician Assistants (AAPA Category 1)
5. Social Workers (ASWB- ACE)
6. Psychologists (APA CME)
7. Dietitians (CDR CPEUs)
8. Dentists (ADA-CERP CME)
9. Athletic Trainers (BOC CEUs)
10. Other\*

\*All other attendees will receive an *AMA PRA Category 1 Credit™* participation certificate

### **FACULTY:**

Malini Khanna, MD

### **INSTRUCTIONS FOR LEARNING:**

This activity is an 8-week structured mental fitness program consisting of daily app-based micro-practices (5–15 minutes per day) and weekly small-group sessions. The format includes guided exercises, short instructional videos, reflective prompts, and interactive discussions. Additional resources such as worksheets and progress-tracking tools are provided within the app. Learners will engage in both self-paced and group-based learning, supported by coaching elements to reinforce habit formation and accountability. To claim credit, participants must complete the full program, actively engage with the content, and complete the post-activity survey and assessment. Overall, learners will develop the ability to identify and shift negative thought patterns while strengthening positive, resilience-based mental frameworks.



## **STATEMENT OF NEED:**

Healthcare professionals experience high levels of stress, burnout, and reduced emotional intelligence, which negatively impact clinical performance, teamwork, and patient outcomes. Traditional medical education does not adequately address mental fitness, stress management, or cognitive reframing skills. There is a demonstrated need for structured, evidence-based training that equips clinicians with practical tools to improve resilience, emotional regulation, and leadership effectiveness.

## **LEARNING OBJECTIVES:**

After participating in this activity, learners will be able to:

1. Identify and assess personal "saboteur" thought patterns that negatively impact stress response and professional performance.
2. Apply cognitive and emotional regulation strategies to shift from reactive to constructive ("Sage") responses in clinical and leadership settings.
3. Demonstrate improved emotional intelligence skills to enhance communication, teamwork, and patient interactions.
4. Implement daily mental fitness practices to improve resilience, reduce burnout, and support sustained professional well-being.

## **TARGET AUDIENCE:**

This activity is suitable for Physicians, Nurses, Pharmacists, Physician Assistants, Social Workers, Psychologists, and other healthcare professionals.

It is particularly designed for clinicians experiencing high levels of stress or burnout, those in leadership roles, and professionals seeking to enhance emotional intelligence, resilience, and team effectiveness to improve patient care outcomes.

## **DISCLOSURE DECLARATION:**

It is the policy of Pinnacle Conference, LLC, to ensure independence, balance, objectivity, scientific rigor, and integrity in all of their CE activities. Faculty must disclose to the participants any relationships with commercial companies whose products or devices may be mentioned in faculty presentations, or with the commercial supporter of this CE activity. Pinnacle Conference, LLC, has evaluated, identified, and mitigated any potential conflicts of interest through a rigorous content validation procedure, use of evidence-based data/research, and a multidisciplinary peer review process. The following information is for participant information only. It is not assumed that these relationships will have a negative impact on the presentations.



## **Faculty Disclosures**

Malini Khanna, MD, has disclosed several financial relationships: Owner of Moorestown Spine Sports & Moorestown; owns shares in the surgery centre (Advanced Surgical Institute - Virtua).

## **Planning Committee**

Malini Khanna, MD, has disclosed several financial relationships: Owner of Moorestown Spine Sports & Moorestown; owns shares in the surgery centre (Advanced Surgical Institute - Virtua).

Pamela Mehta, MD, has nothing to disclose.

## **Content Reviewer**

Shafqat Abbas, has nothing to disclose.

All relevant financial relationships have been evaluated and mitigated.

## **Unlabeled Use Disclosure**

Faculty of this CME/CE activity may include discussions of products or devices that are not currently labeled for use by the FDA. The faculty have been informed of their responsibility to disclose to the audience if they will be discussing off-label or investigational uses (any uses not approved by the FDA) of products or devices. Pinnacle Conference, LLC, the faculty, planners, and Moorestown Spine Sports & Wellness do not endorse the use of any product outside of the FDA-labeled indications. Medical professionals should not utilize the procedures, products, or diagnosis techniques discussed during this activity without evaluation of their patient for contraindications or dangers of use.

## **CREDIT INFORMATION**

### **Jointly Accredited Provider**

In support of improving patient care, this activity has been planned and implemented by Moorestown Spine Sports & Wellness and Pinnacle Conference, LLC. Pinnacle Conference, LLC 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.



### **Physicians - ACCME**

Pinnacle Conference, LLC, designates this Other/Blended Learning activity for a maximum of 30 *AMA PRA Category 1 credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

*Note to Nurse Practitioners:* Nurse practitioners can apply for *AMA PRA Category 1 credits™* through the American Academy of Nurse Practitioners (AANP). AANP will accept *AMA PRA Category 1 credit™* from Jointly Accredited Organizations. Nurse practitioners can also apply for credit through their state boards.

### **Nurses - ANCC**

This activity is designated for 30 contact hours.

### **Pharmacists - ACPE**

To receive CPE credit through CPE Monitor, please ensure you have provided your NABP ePID number and DOB appropriately. If you are unsure or would like to confirm, please contact [ce@learnatpinnacle.com](mailto:ce@learnatpinnacle.com) within 60 days of completing the activity.

### **Physicians Assistants - AAPA**



Pinnacle Conference, LLC has been authorized by the American Academy of Physician Associates (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 30 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

### **Psychologists - APA**



**AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION**

Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.



## Athletic Trainers - BOC



Pinnacle Conference, LLC (BOC AP#: JA4008385) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers (ATs). This program is eligible for a maximum of (30) Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

## Registered Dietitians - CDR



Completion of this RD/DTR profession-specific or IPCE activity awards CPEUs (1 IPCE credits = 1 CPEU). If the activity is dietetics-related but not targeted to RDs or DTRs, CPEUs may be claimed which are commensurate with participation in contact hours (1 hour/60 minutes = 1 CPEU). RDs and DTRs are to select activity type 102 in their Activity Logs. Performance Indicator selection is at the learner's discretion.

## Social Workers - ASWB



As a Jointly Accredited Organization, Pinnacle Conference, LLC is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program.

Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 30 [insert category: Clinical / General] continuing education credits.



## Dentists - ADA-CERP CME



Pinnacle Conference, LLC is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. Concerns or complaints about a CE provider may be directed to the provider or to

the Commission for Continuing Education Provider Recognition at [ADA.org/CERP](http://ADA.org/CERP). Pinnacle Conference, LLC designates this activity for 30 hours continuing education credits. Concerns or complaints about a CE provider may be directed to the provider, or to the Commission for Continuing Education Provider Recognition at [ADA.org/CERP](http://ADA.org/CERP).