



UNIVERSITY OF MARYLAND
SCHOOL OF PHARMACY

Pharmacotherapy Round – Continuing Pharmacy Education PROGRAM ANNOUNCEMENT

Universal Activity Number: 0025-0000-09-032-L01-P

Title: Cognitive Behavioral Therapy and Exercise: A New Approach to Managing Fibromyalgia

Speaker: Noella Mbah, PharmD, PGY1 Pharmacy Practice Resident – Shady Grove Adventist Hospital

Activity Date: 10/28/2009

Time: 4:00pm

Location: PH201

CPE Credit: 1 contact hour (0.1 CEU)

Fee: There is no fee for this program.

Target Audience: Faculty, Preceptors and Residents of the University of Maryland, School of Pharmacy.

Learning Objectives

At the completion of this program, participants will be able to:

1. Explain the components and appropriate therapeutic use of cognitive behavioral therapy (CBT) in fibromyalgia.
2. Recommend non-pharmacological management techniques for a patient who is not getting adequate pain relief from pharmacological agents.
3. Justify their recommendation of CBT and exercise for pain management of fibromyalgia.



The University of Maryland School of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This program meets the ACPE criteria for one contact hour (0.1 CEU) of continuing education credit. Statements of credit will be mailed to participants approximately three weeks after the program, to those who successfully complete the program. Successful completion of a program requires your signature on the sign-in sheet, the completion of a program evaluation form, and participation in the entire program. The evaluation forms must be completed and returned at the conclusion of the program. This program is fully supported by the University of Maryland School of Pharmacy and has no other sponsor.