Introduction to Herbal Adaptogens

Speaker: Paula Grainger BSc(Hons), MNIMH
Planning Committee: Terri Roberts, JD, RN
Linda Thomas, PhD, RN-BC, CCRN, CHTP/I, HTAP
Sharon Burch, MSN, APRN, PHCNS-BC, NC-BC

Overview:
This webinar is an introduction to herbal adaptogens: herbal medicines which have been used to mitigate the effects of stress on the body and mind by increasing immunity and stamina. With this webinar, learners will have the opportunity to increase their knowledge of adaptogenic herbal medicines and their mechanisms for promoting neuroendocrine homeostasis.

Learning Outcomes:
At the conclusion of this activity, learners will be able to:
- Describe how herbal adaptogens can be used to maximize wellness and decrease stress effects.

Contact Hour(s) – 1.0

Requirements for Successful Completion
In order to receive full contact hour credit for this CNE activity, you must:
- Be registered for this activity by purchasing it through AHNA’s online store, www.ahna.org/Shop/Webinar-CNE
- Be present no later than five (5) minutes after starting time.
- Remain until the scheduled ending time.
- Complete an evaluation at the end of this activity. Use this address: www.ahna.org/Education-Evaluation-and-Certificates

This link will also be sent to the email address in your AHNA profile.
- The evaluation link will remain open for thirty (30) days following the webinar
- In order to receive contact hours you must complete the evaluation. Once the evaluation is closed no contact hours will be issued.

After you finish the evaluation you will be able to download and/or print your Certification of Successful Completion immediately.

Conflict of Interest
The planners and presenters of this CNE activity have disclosed no relevant financial relationship with any commercial companies related to this activity.

Commercial Support
There is no commercial support or sponsorship for this activity.

Expiration Date of Contact Hours
Posttest must be completed on or before September 30, 2020

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