Reducing Psychological Stress in Peripartum Women with Heart Rate Variability Biofeedback

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Overview
The purpose of this activity is to describe the findings of a systematic review that focused on heart rate variability biofeedback (HRVBF) that reviewed the literature that addressed the implications of holistic nurses employing this technique to combat adverse health consequences among peripartum women who experience elevated psychological stress.

Learner Outcomes:
At the conclusion of this activity, learners will be able to:
1. Characterize the purpose of this article.
2. Discuss the concepts addressed by the researchers.
3. Describe the significance of the literature review as reported in the article.
4. Describe the interconnectedness of the themes reported in this article.
5. Discuss the implications for future treatment identified in this study.
6. Evaluate the limitations of this study.
7. Summarize the recommendations of this study.

Contact Hours
Requirements for Successful Completion
Requirements for successful completion includes: read the entire article, score 70% or better on posttest, complete the online evaluation form.

Conflict of Interest
The planners and faculty have declared no conflicts of interest 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 August 31, 2021

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