

# PCH Provider Wellbeing & Integrative Medicine - Faculty Learning Series 2026

4/15/2026 Integrative Medicine Journal Club

April 15, 2026 – 12:00 PM

## Overall Activity Objectives:

- 1 Utilize evidence-based practices for Integrative medicine, personal wellbeing and resilience.
- 2 Increase support of colleagues with signs of burnout, and increase employee utilization of existing employee wellness resources.
- 3 Effectively initiate, lead, participate in, and support quality improvement initiatives using evidence-based initiatives to improve provider wellbeing, practice efficiency, and organizational culture and facilitate collaboration between various groups for more efficient resource utilization.
- 4 Apply Integrative medicine strategies to improve patient care, empower patients, foster provider-patient relationships, and support provider wellbeing.

## Session Objectives:

### Accreditation Statement:

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of The University of Arizona College of Medicine - Tucson and Phoenix Children's. The University of Arizona College of Medicine - Tucson is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Arizona College of Medicine - Tucson designates this Live Activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Relevant Financial Relationships Statement(s):

This activity addresses non-clinical topics. There are no relevant financial relationships for this activity.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Sarjita Shukla, MD	Activity Director, Faculty	Nothing to disclose - 03/12/2026



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