

Healthcare Professional Continuing Medical Education (CME)

The following BHC driven medical education provides professionals the opportunity to claim education credits through 2025 on topics associated with long COVID, ME/CFS, post-viral syndromes, and related comorbid conditions.

- **[Long COVID and Post-Viral Syndromes](#)**
 - 1.5 AMA PRA Category 1 Credit(s)
 - Release date: May 24, 2022
 - Expiration date: May 31, 2025
 - Description: The CDC and AAPM&R predicts between 10%-30% of people who had COVID-19 will go on to develop Post-Acute Sequelae of COVID-19 (PASC), also known as long Covid ([AAPM&R](#)). This means anywhere between three and ten million Americans are experiencing symptoms associated with a post-viral syndrome. Healthcare professionals can intervene sooner in the disease process with an increased understanding of post-viral syndromes and their multisystem presentation. Through implementation of effective/efficient workup and management guidance, providers of varying specialty will see improved disease manageability and patient outcomes.
- **[Grand Rounds: Post-Exertional Malaise \(PEM\)](#)**
 - **1 AMA PRA Category 1 Credit(s)**
 - **Release date:** September 28, 2022
 - **Expiration date:** September 30, 2025
 - **Description:** Post-exertional malaise is an altered physiological state and pathognomonic finding unique to ME/CFS that is now being recognized in those with post-acute sequelae of COVID-19 (PASC), also known as long COVID. This fatigue is accompanied by a profound loss of stamina in functional capacity, and by augmented perturbations of ME/CFS pathophysiology, including worsening of autonomic dysfunction, metabolic efficiency, immune dysfunction, and aberrations in the HPA axis. It is critical that healthcare professionals recognize PEM and support the patient in avoiding a push-crash-cycle which can exacerbate disease processes and contribute to worsened long-term functional prognoses. This lecture will equip providers with information on the pathophysiology of PEM, common triggers, and offer care and management guidance.
- **[Part 1: Update on Chronic Fatigue Syndrome Clinical Diagnostic Criteria for Chronic Fatigue Syndrome/CFS now called Myalgic Encephalomyelitis or ME/CFS](#)**
 - **0.75 AMA PRA Category 1 Credit(s)**
 - **Release date:** January 9, 2019
 - **Expiration date:** January 31, 2025
 - **Description:** This ME/CFS CME module is intended to help medical providers identify the core diagnostic criteria of ME/CFS and more confidently make a diagnosis. Each of the diagnostic criteria will be discussed and supported by a brief discussion of the evidence.
- **[Part 2: Uniting Compassion, Attention and Innovation to treat ME/CFS](#)**
 - **0.75 AMA PRA Category 1 Credit(s)**
 - **Release date:** January 23, 2019
 - **Expiration Date:** January 31, 2025
 - **Description:** This ME/CFS CME module is designed to help medical providers recognize the major treatable aspects of ME/CFS and design a commonsense management plan in the absence of formal treatment guidelines. Focus will be on the core diagnostic criteria and common co-morbid conditions amenable to treatment.