Purpose: Learners will review and discuss current evidence-based practices focusing in primary care, psychiatric-mental health and pediatrics.

“Pharmacology and Food - How to treat Lipids in Adolescents”
Seth Merritt, FNP, CATOM, CLS, LMT
Merritt Health & Wellness, LLC

Session 301
8:30 am – 9:45 am
October 5, 2013
1.25 contact hours including 0.5 pharmacology hours

Session Description: There are many different ways to treat dyslipidemia in adolescents. The first step is knowing all the emerging tests and labs available in order to make an informed decision for treatment followed by the correct pathway for treatment. Many different medications only work with specific lipid abnormalities while certain dietary patterns and OTC supplements only work for certain disease processes as well. The goal of the lecture will be to educate on the emerging lipid tests, the different types of dyslipidemias, and how to offer good advice to adolescents on dietary changes and prescriptions to help them avoid heart disease, the leading cause of premature death for men and women.

Learning Objectives: Upon completion of this session, the learner will be able to:
1. Identify an at risk adolescent for CVD using old and new tests
2. Discuss how to guide your adolescent patient to a lifestyle change for lipid reduction
3. State when, why and how to use medications and supplements for dyslipidemia treatment in the adolescent

Disclosures
Conflict of Interest for Planners & Presenter:
- The planners of this CNE activity declare no conflicts of interest in the development and implementation of this educational activity.
- Presenter declares no conflict of interest. As faculty/presenter for this activity, presenter attests that he will provide the best available evidence for this content and present information fairly and without bias.

Non-Endorsement of Products:
- Approved provider unit status does not imply endorsement by Acute Care Education, ANCC or WSNA CEARP of any products used in conjunction with this educational activity.
- Nurse Practitioners of Oregon does not imply endorsement of any products used in conjunction with this educational activity.

Requirements For Successful Completion of this CNE Activity
In order to obtain a Certificate of Successful Completion for this activity, the learner must complete the following criteria:
- Sign the Verification of Attendance Form at the registration desk
- Attend one or more sessions
- Complete and submit the online evaluation form for each session attended within 30 days of the conference

Participants who successfully complete the above requirements will receive a Certificate of Successful Completion from Acute Care Education for the contact hours claimed during the evaluation process. Participants should only claim the sessions which were attended in full. The online evaluation process will close November 5, 2013. Any participant who has NOT claimed their contact hours by this date will NOT receive a Certificate of Successful Completion. The total number of contact hours awarded to each learner will be determined by the learner completing the Requirements of Successful Completion found in each session disclosure. This continuing nursing education program is provided by Acute Care Education for a maximum of 21.0 contact hours.

Accreditation Statement
Acute Care Education, LLC is an approved provider of continuing nursing education by the Washington State Nurses Association Continuing Education Approval & Recognition Program (CEARP), an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.