

Certificate of Managing Workplace Anxiety Proficiency (CMAXP)

Approved for Continuing Education Credit



CHIME CHCIO Certification:

The College of Healthcare Information Management Executives (CHIME) recognizes this program for up to 4 continuing education units (CEUs) towards the Certified Healthcare CIO (CHCIO) Program. A certificate of participation is required for submission.

To submit the Non-CHIME Continuing Education Units to become CHCIO eligible or to maintain/renew your CHCIO or CHCIO-Eligible status, [CLICK HERE](#) to submit this event. For questions regarding eligibility for the CHCIO program please email certification@chimecentral.org or call [734.665.0000](tel:734.665.0000)

Objectives:

Upon successfully completing this course, students will be able to:

- * Recognize common types of anxiety
- * Identify symptoms of anxiety in others
- * Describe coping strategies
- * Review TB in the United States
- * Discuss the importance of not avoiding the situation
- * Identify differences in anxiety and normal nervousness
- * Explain physical symptoms
- * Describe positive aspects of anxiety
- * Recognize common triggers
- * Discuss when to seek extra help

Planning & Instructional Personnel Disclosures:

All planners and instructors have completed a Biographical Data and Conflict of Interest form and have no conflicts of interest to disclose.