

# Certificate of Managing Workplace Anxiety Proficiency (CMAXP)

Approved for Continuing Education Credit

# 4Med



## **HIMSS Certification:**

This program is approved for up to 4 continuing education (CE) hours for use in fulfilling the continuing education requirements of the Certified Professional in Healthcare Information & Management Systems (CPHIMS) and the Certified Associate in Healthcare Information & Management Systems (CAHIMS).

For **CAHIMS**, you are required to obtain 45 CEs during your renewal cycle.

- A minimum of 25 of the 45 CEs must be obtained from HIMSS or HIMSS-Approved Provider activities.

For **CPHIMS**, you are required to obtain 45 CEs during your renewal cycle.

- A minimum of 25 of the 45 CEs must be obtained from HIMSS or HIMSS-Approved Provider activities.

To submit the Non-HIMSS Continuing Education Units to become CHCIO eligible or to maintain/renew your CAHIMS or CPHIMS eligible status, [CLICK HERE](#) to access further information on **HIMSS Professional Certification in Healthcare Information and Management Systems (CAHIMS, CPHIMS, and CPHIMS-CA) Renewal Requirements and Application**

## **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.