



## CME / CE Activity Detail Page

Perfectionism in Healthcare - New Hampshire Professionals Health Program (NHPHP)

Activity Date: June 12, 2026

Activity Type: Live

Location: Concord, NH, USA

CE: 1 total credits

This activity offers 1 CE credits for:

1. Physicians (*AMA PRA Category 1 Credit™*)
2. Nurses (ANCC NCPD)
3. Pharmacists (ACPE CPE)
4. Physician Assistants (AAPA Category 1)
5. Social Workers (ASWB-ACE)
6. Psychologists (APA CE)
7. Dietitians (CDR CPEUs)
8. Dentists (ADA-CERP CME)
9. Athletic Trainers (BOC CEUs)
10. Interprofessional Continuing Education (IPCE)
11. Other\*

\*All other attendees will receive an *AMA PRA Category 1 Credit™* participation certificate

### **FACULTY:**

Bill Claytor, DDS, MAGD-LLSR, FACD

### **INSTRUCTIONS FOR LEARNING:**

This activity is delivered as a live, non-enduring interprofessional educational conference featuring two expert-led lectures focused on healthcare professionals' well-being, workplace safety, and mental health awareness. Content is presented through live educational sessions addressing cannabis use among healthcare professionals and perfectionism in clinical practice, with practical discussion of professional judgment, burnout, and workforce wellness. The live format supports interdisciplinary learning, real-time discussion, and shared reflection across healthcare professions. To claim credit, learners are required to participate in the conference and complete a post-activity survey evaluation. Throughout the activity, learners will strengthen their understanding of professional health risks, behavioural factors that affect clinical performance, and practical strategies that support safer, healthier healthcare practice environments.



## **STATEMENT OF NEED:**

This education is needed because perfectionism is common among healthcare professionals and may contribute to burnout, emotional distress, fear of failure, self-criticism, and reduced professional well-being. While striving for excellence is often valued in healthcare, unhealthy perfectionism can negatively affect resilience, decision-making, communication, and long-term sustainability in practice. Many clinicians may not recognize perfectionistic behaviours as contributors to stress or burnout. This activity addresses these gaps by increasing awareness of perfectionism's impact and providing strategies that support healthier professional expectations, emotional well-being, and sustainable performance.

## **LEARNING OBJECTIVES:**

After participating in this activity, learners will be able to:

1. Recognize the impact of perfectionism on clinicians' mental health, professional performance, and burnout risk.
2. Differentiate healthy professional standards from maladaptive perfectionistic behaviours.
3. Identify strategies that reduce the negative effects of perfectionism in healthcare practice.
4. Apply self-awareness and resilience-building approaches that support sustainable professional well-being.

## **TARGET AUDIENCE:**

This activity is suitable for Physicians, Nurses, Pharmacists, Physician Assistants, Social Workers, Psychologists, Dietitians, Dentists, Athletic Trainers, and other healthcare professionals.

It is specifically designed as an interprofessional educational activity for licensed healthcare professionals across disciplines, with particular relevance to clinicians working in safety-sensitive practice environments and professionals interested in clinician well-being, impairment awareness, and workforce mental health.



## **DISCLOSURE DECLARATION:**

It is the policy of Pinnacle Conference, LLC, to ensure independence, balance, objectivity, scientific rigor, and integrity in all of their CE activities. Faculty must disclose to the participants any relationships with commercial companies whose products or devices may be mentioned in faculty presentations, or with the commercial supporter of this CE activity. Pinnacle Conference, LLC, has evaluated, identified, and mitigated any potential conflicts of interest through a rigorous content validation procedure, use of evidence-based data/research, and a multidisciplinary peer review process. The following information is for participant information only. It is not assumed that these relationships will have a negative impact on the presentations.

### **Faculty Disclosures**

Bill Claytor, DDS, MAGD-LLSR, FACD, has nothing to disclose.

### **Planning Committee**

Bill Claytor, DDS, MAGD-LLSR, FACD, has nothing to disclose.

Molly Rossignol, DO, has nothing to disclose.

Pamela Mehta, MD, has nothing to disclose.

### **Content Reviewer**

Shafqat Abbas, PharmD, has nothing to disclose.

All relevant financial relationships have been evaluated and mitigated.

### **Unlabeled Use Disclosure**

Faculty of this CME/CE activity may include discussions of products or devices that are not currently labeled for use by the FDA. The faculty have been informed of their responsibility to disclose to the audience if they will be discussing off-label or investigational uses (any uses not approved by the FDA) of products or devices. Pinnacle Conference, LLC, the faculty, planners, and New Hampshire Professionals Health Program (NHPPH) do not endorse the use of any product outside of the FDA-labeled indications. Medical professionals should not utilize the procedures, products, or diagnosis techniques discussed during this activity without evaluation of their patient for contraindications or dangers of use.



## **CREDIT INFORMATION**

### **Jointly Accredited Provider**

In support of improving patient care, this activity has been planned and implemented by New Hampshire Professionals Health Program (NHPHP) and Pinnacle Conference, LLC. Pinnacle Conference, LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

### **Physicians - ACCME**

Pinnacle Conference, LLC, designates this Live activity for a maximum of 1 *AMA PRA Category 1 credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

*Note to Nurse Practitioners:* Nurse practitioners can apply for *AMA PRA Category 1 credits™* through the American Academy of Nurse Practitioners (AANP). AANP will accept *AMA PRA Category 1 credit™* from Jointly Accredited Organizations. Nurse practitioners can also apply for credit through their state boards.

### **Nurses - ANCC**

This activity is designated for 1 contact hours.

### **Pharmacists - ACPE**

To receive CPE credit through CPE Monitor, please ensure you have provided your NABP ePID number and DOB appropriately. If you are unsure or would like to confirm, please contact [ce@learnatpinnacle.com](mailto:ce@learnatpinnacle.com) within 60 days of completing the activity.

### **Physicians Assistants - AAPA**



Pinnacle Conference, LLC has been authorized by the American Academy of Physician Associates (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 1 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.



### Psychologists - APA



**AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION**

Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office

maintains responsibility for the content of the programs.

### Athletic Trainers - BOC



Pinnacle Conference, LLC (BOC AP#: JA4008385) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers (ATs). This program is eligible for a maximum of (1) Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

### Registered Dietitians - CDR



Completion of this RD/DTR profession-specific or IPCE activity awards CPEUs (1 IPCE credits = 1 CPEU). If the activity is dietetics-related but not targeted to RDs or DTRs, CPEUs may be claimed which are commensurate with participation in contact hours (1 hour/60 minutes = 1 CPEU). RDs and DTRs are to select activity type 102 in their Activity Logs. Performance Indicator selection is at the learner's discretion.

### Social Workers - ASWB



As a Jointly Accredited Organization, Pinnacle Conference, LLC is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program.

Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 1 General continuing education credits.



## Dentists - ADA-CERP CME



Pinnacle Conference, LLC is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. Concerns or complaints about a CE provider may be directed to the provider or to

the Commission for Continuing Education Provider Recognition at [ADA.org/CERP](http://ADA.org/CERP). Pinnacle Conference, LLC designates this activity for 1 hours continuing education credits. Concerns or complaints about a CE provider may be directed to the provider, or to the Commission for Continuing Education Provider Recognition at [ADA.org/CERP](http://ADA.org/CERP).

## (IPCE) Interprofessional Continuing Education Credit



This activity was planned by and for the healthcare team, and learners will receive 1 Interprofessional Continuing Education (IPCE) credits for learning and change.