

HRT Disclosures

Disclosures – Approval Statement

This nursing continuing professional development activity has been approved through the Florida State Board of Nursing for **10 continuing education credit hours***.

IMU Provider (CE Broker) #50-49153

Course #20-1277940

**Continuing education (CE) courses approved by a state or national nursing organization empowered to accredit CE standards can be used, pursuant to Rule 64B9-5.004, F.A.C., unless the offering falls into the mandatory CE category. Please check with your individual state licensing board for further instructions or clarification.*

Indemnification and Liability Disclaimer

By participating in this Hormone Replacement course, the learner acknowledges and agrees that the course content is for educational purposes only and is not intended to certify or guarantee the learner's ability to perform hormone evaluations or accurately interpret findings. The instructors, organizers, and affiliated parties of this course are not responsible or liable for any outcomes or interpretations made by learners during or after the completion of the course. The application and interpretation of hormone therapies are the responsibility of the individual learner, and the use of such knowledge should be conducted in accordance with local, state, and federal regulations, as well as applicable professional guidelines.

Furthermore, the learner agrees to indemnify, defend, and hold harmless the instructors, organizers, and their affiliates from any and all claims, liabilities, damages, or losses, including legal fees, arising out of or related to the learner's use or misuse of the knowledge and skills gained through this course, including but not limited to improper assessment or interpretation of hormone evaluations and treatment in clinical practice.

Disclosures – Financial

No individuals in a position to control content for this activity have any relevant financial relationships to declare.

There is no commercial support being received for this event.

Disclosures – Continuing Education Credits

In order to successfully complete this program and receive CE credits, learners must:

- Read, review and listen to all lecture content
- Complete reading as assigned
- Pass end of lesson quizzes with a score of 80% or better
- Pass the Post-Test Assessment with a score of 80% or better
- Complete a Post-Course Survey

Lessons and Objectives

Lesson 1: Historical Background of HRT

- Contextualize the benefits and the historic biases and misconceptions regarding HRT.
- Identify appropriate patients for starting on hormone therapy.

Lesson 2: Evaluation

- Order and interpret screening labs and imaging diagnostics pertinent to patients needing HRT.

Lesson 3: Treatment Protocols and Routes of Administration

- Clarify the differences between pellets, injectables and topical hormone formulations and how to select the appropriate therapy.

Lesson 4: Women’s Case Studies

- Develop critical thinking skills to analyze and apply appropriate treatments based on individual case study reviews regarding women’s HRT.

Lesson 5: Men’s HRT

- Evaluate the need for TRT and testicular preservation in men’s HRT.

Lesson 6: Men’s Case Studies

- Explore case studies for men in the areas of libido, muscle mass, fertility and prostate health.

Lesson 7: Supportive Hormones

- Analyze the physiological effects and therapeutic uses of DHEA, pregnenolone, clomiphene, and enclomiphene in hormone replacement therapy.
- Evaluate the benefits and potential risks associated with the use of these Describe the concept of a hormone holiday and its importance in long-term hormone therapy.

Lesson 8: Medications & Novel Treatments for Erectile Dysfunction

- Understand the impact and mechanism of common medications on erectile function and identify which drugs can cause or exacerbate erectile dysfunction.
- Explain the role of sympathetic nervous system overload in the pathophysiology of erectile dysfunction.
- Evaluate LiSWT, Trimix and Stem Cells for ED treatment
- Optimize patient outcomes and adherence to treatment.

Lesson 9: Intro to men's case studies

- Develop critical thinking skills to analyze and apply appropriate treatments based on individual case study reviews regarding men's HRT.

Lesson 10: The Impacts of Thyroid Hormone & Cortisol

- Identify the signs and symptoms of dysfunctional thyroid and its treatment in conjunction with HRT strategies.

Lesson 11: Thyroid Case Studies

- Implement a “thyroid first” approach through various real world case studies applicable to the practice of HRT.
- Effectively address adrenal function and cortisol levels.