Course Description

The goal of this activity is to train regional primary healthcare providers on carpal tunnel syndrome (CTS) and other compressive neuropathies, including occupational and non-occupational risk factors. The course will cover best practices for the diagnosis, treatment and clinical management of CTS, and it will introduce prevention strategies using the industrial hygiene hierarchy of controls.

In this self-paced online course, practitioners work through clinical cases and public health scenarios, describing both patient and workplace management of compressive neuropathies.

ACCREDITATION

In support of improving patient care, this activity has been planned and implemented by Centers for Disease Control and Prevention and The Northwest Center for Occupational Health and Safety, University of Washington Department of Environmental and Occupational Health Sciences. The Centers for Disease Control and Prevention 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.

REGISTRATION

To register for this complimentary course, visit oshce.uw.edu or contact 206-543-1069

INFORMATION

Occupational Safety and Health Continuing Education Programs
Phone: 206-543-1069
E-mail: ce@uw.edu
Website: oshce.uw.edu
What Will You Learn?

Upon completion of this course, you will be able to:

- Discuss the difference in prevalence of CTS in general and working populations.
- Name four examples of occupational and non-occupational risk factors for CTS.
- Describe at least two pathological changes that can lead to increased carpal tunnel pressure.
- Describe two ways in which nerve conduction studies can be used to make a diagnosis of neuropathy.
- Identify three key strategies in a team approach to successfully return the CTS patient back to work.

Course Faculty & Speakers

June Spector, MD, MPH, Associate Professor, University of Washington Departments of Environmental & Occupational Medicine, and Medicine.

Esi W. Nkyekyer, MD, MPH, Acting Assistant Professor, Medical Director University of Washington Occupational and Environmental Medicine Clinical Services, University of Washington Departments of Environmental & Occupational Medicine.

Eric Kraus, MD, Associate Professor, University of Washington School of Medicine, Department of Neurology.

Nancy Simcox, MS, Director, Continuing Education Programs and Co-Director, Northwest Center for Occupational Health and Safety, University of Washington Department of Environmental and Occupational Health Sciences.

Who Should Take This Course?

This course was designed for health care providers, including physicians, nurses, nurse practitioners, physician assistants; public health professionals; case managers.

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To request disability accommodation, contact the Disability Services Office at least 10 days in advance at: 206-543-6450 (voice); 206-543-6452 (TDY); 206-685-7264 (FAX); or dso@u.washington.edu (e-mail)
Full Accreditation and Disclosure Statement

CME activities with Joint Providers: This activity has been planned and implemented by Centers for Disease Control and Prevention and The Northwest Center for Occupational Health and Safety, University of Washington Department of Environmental and Occupational Health Sciences. The Centers for Disease Control and Prevention 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.

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**CNE:** The Centers for Disease Control and Prevention designates this activity for **1.75** nursing contact hours.

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The Centers for Disease Control and Prevention has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 1.75 AAPA Category 1 CME credits. Approval is valid until May 2, 2026. PAs should only claim credit commensurate with the extent of their participation.

**CEU:** The Centers for Disease Control and Prevention is authorized by IACET to offer **0.2 CEU's** for this program.

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