



UpToDate certifies that

Katherine Williams

has participated in the Internet point-of-care activity titled

UpToDate®

Dec 30, 2020 - Dec 30, 2020

and is awarded

2.5 AMA PRA Category 1 Credit(s)™

A handwritten signature in black ink that reads "Denise Basow".

Denise S. Basow, MD President & CEO, Clinical Effectiveness

See reverse side for accreditation statements

Certificate 1106631303 (Dec 30, 2020)

UNITED STATES OF AMERICA

UpToDate is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



American Medical Association

UpToDate designates this Internet point-of-care activity for a maximum of 0.5 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only credit commensurate with the extent of their participation in the activity. There is no limit to the number of Internet point-of-care cycles that physicians may complete using UpToDate.

American Academy of Family Physicians (AAFP)

The AAFP has reviewed UpToDate and deemed it acceptable for up to 20.00 Point of Care AAFP Prescribed credit. Term of Approval is from 10/31/2020 to 10/30/2021. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

American Academy of Pediatrics

This continuing medical education activity has been reviewed by the American Academy of Pediatrics and is acceptable for a maximum of 50.00 AAP credits. These credits can be applied toward the AAP CME/CPD Award available to Fellows and Candidate Members of the American Academy of Pediatrics.

American Academy of Physician Assistants

AAPA accepts certificates of participation for educational activities certified for Category I credit from AOACCME, Prescribed credit from AAFP, and *AMA PRA Category 1 Credit(s)*[™] from organizations accredited by ACCME or a recognized state medical society.

Physician assistants may receive a maximum of 0.5 hours of Category I credit for completing each Internet point-of-care learning cycle.

American Association of Nurse Practitioners

UpToDate is approved as a provider of nurse practitioner continuing education by the American Association of Nurse Practitioners: AANP Provider Number: 051212. This activity was planned in accordance with AANP Accreditation Standards and Policies.

For each hour of participation with the program, NPs can claim 1.0 contact hour. UpToDate automatically tracks the time you spend using the service.

American College of Emergency Physicians

Approved by the American College of Emergency Physicians for a maximum of 30 hour(s) of ACEP Category I credit.

American College of Obstetricians and Gynecologists (ACOG)

The American College of Obstetricians and Gynecologists has assigned up to 0.50 cognate credit per Internet point-of-care learning cycle.

There is no limit to the number of Internet point-of-care learning cycles that physicians may complete using UpToDate.

American Midwifery Certification Board (AMCB)

The Certificate Maintenance Program of the American Midwifery Certification Board (AMCB) accepts *AMA PRA Category 1 Credit*[™] and AANP NP contact hours, both of which UpToDate offers, to satisfy the 20 contact hours requirement. AMCB Certificants will be required to enter credit amount/upload certificate earned from use of UpToDate into the user portal on the AMCB's website in order to fulfill their continuing education requirement.

American Osteopathic Association (AOA)

UpToDate has been approved by the American Osteopathic Association for unlimited AOA Category 2-B credit.

American Board of Medical Specialties Continuing Certification Directory

Through the American Board of Medical Specialties ("ABMS") ongoing commitment to increase access to practice relevant Maintenance of Certification ("MOC") Activities through the *ABMS Continuing Certification Directory*, UpToDate has met the requirements as a **MOC Part II CME Activity** (apply toward general CME requirement) and/or an **MOC Part II Self-Assessment Activity** for the following ABMS Member Boards:

MOC Part II CME Activity

- American Board of Allergy and Immunology
- American Board of Colon and Rectal Surgery
- American Board of Family Medicine
- American Board of Physical Medicine and Rehabilitation
- American Board of Preventive Medicine
- American Board of Psychiatry and Neurology
- American Board of Thoracic Surgery

American Board of Anesthesiology (ABA) MOCA 2.0 Program

This activity contributes to the CME component of the American Board of Anesthesiology's redesigned Maintenance of Certification in Anesthesiology[™] (MOCA[®]) program, known as MOCA 2.0[®]. Please consult the ABA website, www.theABA.org, for a list of all MOCA 2.0 requirements. ([Direct Credit Reporting](#))

American Board of Dermatology (ABD) Maintenance of Certification Program

Dermatology related *AMA PRA Category 1 Credit*[™] earned from use of UpToDate may fulfill Part 2 CME Resources of the American Board of Dermatology MOC Program.

American Board of Internal Medicine (ABIM) Maintenance of Certification Program

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 0.5 Medical Knowledge MOC points per Internet point-of-care activity in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit. ([Direct Credit Reporting](#))

American Board of Ophthalmology (ABO) Maintenance of Certification Program

Successful completion of this CME activity, which includes participation in the evaluation component, enables the learner to satisfy the Lifelong Learning, Self-Assessment, Improvement in Medical Practice and/or Patient Safety requirements for the American Board of Ophthalmology's Maintenance of Certification program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting MOC credit. ([Direct Credit Reporting](#))

American Board of Otolaryngology – Head and Neck Surgery (ABOHN) Continuing Certification Program

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn their required annual part II self-assessment credit in the American Board of Otolaryngology – Head and Neck Surgery's Continuing Certification program (formerly known as MOC). It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of recognizing participation. ([Direct Credit Reporting](#))

American Board of Pathology (ABPath) Continuing Certification Program

Successful completion of this CME activity enables the participant to earn up to 0.5 Lifelong Learning points per Internet point-of-care activity in the American Board of Pathology's (ABPath) Continuing Certification program. Participants will earn points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of recognizing participation. ([Direct Credit Reporting](#))

American Board of Surgery

Credits earned from use of UpToDate may fulfill Part 2 CME requirements of the American Board of Surgery MOC Program.

National Board of Physicians and Surgeons (NBPAS)

Credits earned from use of UpToDate may fulfill CME and certification requirements for the NBPAS.

AUSTRALIA/NEW ZEALAND

Australasian College of Dermatologists (ACD)

Time spent reading UpToDate may be claimed on the basis of 1 point per hour in Category 1 Level 1 Personal Reading and Study (Activity code STUDY) of the ACD CPD Program.

Australian and New Zealand College of Anaesthetists (ANZCA) and Faculty of Pain Medicine (FPM)

Time spent reading UpToDate may be claimed as a Journal reading activity in the Knowledge and skills category at one credit per hour, maximum of 10 credits per year of the 2014 ANZCA and FPM CPD Program.

Australian College of Rural & Remote Medicine (ACRRM)

Time spent reading UpToDate may be claimed on the basis of 1 core point per hour in the Self-directed Learning category of the ACRRM Professional Development Program.

Inpractice (New Zealand)

Doctors registered in the Inpractice programme may claim time spent reading UpToDate as part of their continuing medical education requirement. CME activities must be recorded in the ePortfolio including relevance to PDP goal, what was learnt, and benefit to patients.

Royal Australian College of General Practitioners

Time spent reading UpToDate may be claimed on the basis of 2 points per hour in the Self Recorded Activities category of the RACGP QI & CPD Program.

Royal Australasian College of Physicians (RACP)

RACP Fellows may claim their UpToDate reading as CPD credits in the MyCPD program.

Royal Australian and New Zealand College of Obstetricians and Gynaecologists

Time spent reading UpToDate may be claimed on the basis of 1 point per hour in the Self-Education category of the RANZCOG CPD Program.

Royal New Zealand College of General Practitioners

Time spent researching clinical topics on UpToDate may be claimed, on the basis of 1 point per hour spent, in the Continuing Medical Education category as individually planned learning. To claim these credits, an RNZCGP Learning Reflection form must be completed and saved for your records.

Royal New Zealand College of Urgent Care (RNZCUC)

Time spent reading UpToDate may be claimed as part of the CPD activities required for recertification at 1 point per hour. The RNZCUC will accept a maximum of 5 points earned from use of UpToDate per year.

Psychiatrists and Surgeons

To claim points for this activity, please refer to the CPD requirement of your relevant organization.

AUSTRIA

Austrian Academy of Physicians

The Austrian Academy of Physicians of the Austrian Medical Chamber recognizes programs accredited by the Accreditation Council for Continuing Medical Education (ACCME). Physicians may submit their credits earned from UpToDate toward their DFP e-learning requirements. One credit earned from UpToDate is equal to 1 DFP point.

BELGIUM

National Institute for Health and Disability Insurance

The Accrediteringsstuurgroep/Groupe de direction d'accréditation of the National Institute for Health and Disability Insurance (NIHDI) recognizes programs that offer *AMA PRA Category 1 Credit(s)*[™]. Physicians may submit their credits earned from UpToDate toward their CME/CPD requirements. Each learning cycle accumulates 0.5 credits and there is no limit to the number of UpToDate credits that can be submitted toward requirements.

BRAZIL

Sociedade Brasileira de Nefrologia (SBN)

The Sociedade Brasileira de Nefrologia (SBN) recognizes UpToDate as a distance education program. Time spent reading UpToDate may be claimed towards EMC (continuing medical education) on the basis of 1 hour of reading equals 1 point of learning. The SBN and Brazilian Medical Association will accept a maximum of 5.5 points earned from use of UpToDate per year.

CANADA

College of Family Physicians of Canada

This **Self-Learning** program has been certified by the College of Family Physicians of Canada for up to 0.5 Mainpro+ Certified Self-Learning Credit per Internet point-of-care learning cycle for a maximum of 250 Mainpro+ certified credits (CERT+ Session ID# 19215-001).

Royal College of Physicians and Surgeons of Canada

Use of UpToDate may be recorded on the basis of 0.5 credits per activity in **Section 2** of the Royal College's MOC Program.

Through an agreement between the Accreditation Council for Continuing Medical Education and the Royal College of Physicians and Surgeons of Canada, medical practitioners participating in the Royal College's MOC Program may record completion of accredited activities registered under the ACCME's "CME in Support of MOC" program in **Section 3** of the Royal College's MOC Program.

COLOMBIA

Asociación Colombiana de Facultades de Medicina (ASCOFAME)

The Permanent Professional Development Program (DPP) of Asociación Colombiana de Facultades de Medicina (ASCOFAME), which has been operating since 2002, recognizes UpToDate as a valuable learning activity. Each completed UpToDate learning cycle accumulates 0.5 credits that may be claimed as Category C credits (knowledge activities) under the DPP system.

ECUADOR

Colegio Médico de Pichincha

Colegio Médico de Pichincha recognizes UpToDate as a continuing education program. Time spent reading UpToDate, with a maximum of 10 minutes per topic, may be claimed by clinicians towards CME as defined by their specialty accrediting body.

GERMANY

Physician Chamber of North Rhine

UpToDate is recognized as a provider of micro e-learning under the Chamber's accreditation criteria. One credit point is awarded for 60 minutes of education completed. This recognition begins January 1, 2018. Points may be redeemed for up to 5 years from the time they were accrued.

HONG KONG

Hong Kong College of Physicians (HKCP)

Use of UpToDate may be claimed on the basis of 0.5 points per internet point of care learning cycle activity of Active CME/CPD. A maximum of 60 points per 3-year cycle may be submitted.

IRELAND

Certificates from the ACCME-accredited activity UpToDate are recognized by the Postgraduate Medical Training Bodies in Ireland and can be recorded as External CPD. Each learning cycle accumulates 0.5 credits.

ITALY

Age.na.s National ECM Program (National Commission for Continuing Education/National Agency for Regional Health Services)

Credits earned from the use of UpToDate (Foreign Provider) may be submitted to your college/professional association and will be recognized up to a maximum of 50% of the credit awarded and be incorporated into your ECM record. Of the 150 credits clinicians need over a 3-year period, half of the credits can come from Foreign Providers. For credits to be acknowledged by your college/professional association, please submit both your credit certificate and activity log. For more information, refer to the official Age.na.s regulations: <http://ape.agenas.it/ecm/normativa.aspx> and <http://ape.agenas.it/provider/documenti-provider.aspx>.

JAPAN

Japan Primary Care Association

The Japan Primary Care Association recognizes UpToDate as a provider of Internet point-of-care learning and will accept 0.2 points for each Internet point-of-care cycle completed for up to 10 points over the 5 year certification period.

UpToDate will award 0.5 points for each learning cycle completed. It will be up to the participant and the JPCA to make the necessary conversion to 0.2 points.

KUWAIT

Kuwait Institute of Medical Specialization (KIMS)

The Kuwait Institute of Medical Specialization (KIMS) recognizes the ACCME-accredited program UpToDate as a Category 2 Distance-Learning Provider. Participants can earn up to 5 credits per day and use credits earned to meet up to 40% of their Maintenance of Professional Competence (MPC) licensing requirements.

MEXICO

Colegio de Medicina Interna de México A.C. (CMIM)

The Colegio de Medicina Interna de México A.C. recognizes UpToDate as a source of information and analysis that leads to optimum clinical practice, and is in line with the CMIM objectives for continuous education in Internal Medicine. For time spent consulting UpToDate, participants will accrue up to 10 minutes per topic per visit. Certificates generated by UpToDate are fully recognized by CMIM and may in turn be submitted to Consejo Mexicano de Medicina Interna, A.C. as CME activities for recertification purposes at the point value set by their current statutes.

Federación Mexicana de Colegios de Obstetricia y Ginecología, A.C. (FEMECOG) and Colegio Mexicano de Especialistas en Ginecología y Obstetricia, A.C. (COMEGO)

The Federación Mexicana de Colegios de Obstetricia y Ginecología, A.C. and Colegio Mexicano de Especialistas en Ginecología y Obstetricia, A.C. recognize UpToDate as a provider of continuing medical education on the premise that consults to UpToDate content provide clinicians needed updates and knowledge for optimum clinical practice. For time spent consulting UpToDate, you will accrue up to 10 minutes per topic per visit. You may request a certificate from UpToDate which may in turn be submitted to Consejo Mexicano de Ginecología y Obstetricia, A.C. for recertification purposes at the point value set by their current statutes.

QATAR

Qatar Council for Healthcare Practitioners

Qatar Council for Healthcare Practitioners recognizes UpToDate as a Category 2: Self-directed learning activities: Clinical Practice for 0.5 credits per hour of reading for healthcare professionals provided there is appropriate documentation.

SAUDI ARABIA

Saudi Commission for Health Specialties (SCFHS)

UpToDate is accredited by the Saudi Commission for Health Specialties. Time spent reading UpToDate may be claimed towards CPD on the basis of 1 hour of learning equals 1 credit. SCFHS will accept up to 50% of the Health Practitioner annual required CPD Credits ("CPD Credit Maximum") as online CPD earned from all sources of Online CPD Program and Activities approved by SCFHS per year during her/his re-registration period.

SINGAPORE

Singapore Medical Council

The Singapore Medical Council recognizes UpToDate as a Category 3A online provider. Doctors may submit CME credit claims for up to 10 CME points per 2-year qualifying period (QP) for their participation in UpToDate toward Renewal of Practising Certificates.

Singapore Pharmacy Council (SPC)

The Singapore Pharmacy Council recognizes UpToDate as a Category 3A online provider. Pharmacists may submit credit claims earned from UpToDate for up to 35 CPE points per 2-year qualifying period (QP) for their Renewal of Practising Certificates. Please attach the documentation including detailed activity log and CME certificate in the submission.

SOUTH AFRICA

Health Professions Council of South Africa

Credits earned while using UpToDate may be used toward the Health Professions Council of South Africa's Continuing Professional Development program. Each UpToDate learning cycle accumulates 0.5 credits and may be recorded as 0.5 Level 2 CEUs in the Individual Activity Record.

TURKEY

Turkish Medical Association

UpToDate is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide *AMA PRA Category 1 Credit(s)*[™]. The Turkish Medical Association (TMA) recognizes programs accredited by the ACCME. Physicians may submit *AMA PRA Category 1 Credit(s)*[™] toward their TMA CME/CPD personal board certification requirements. There is no limit to the number of *AMA PRA Category 1 Credit(s)*[™] that can be used toward TMA requirements

UNITED ARAB EMIRATES

Department of Health–Abu Dhabi (DOH-AD)

The Department of Health–Abu Dhabi (DOH-AD) recognizes CME programs which are accredited by the Accreditation Council for Continuing Medical Education (ACCME). Therefore, physicians may submit credits earned from UpToDate to fulfill Category 1 DOH-AD Continuing Education requirements.

Dubai Health Authority (DHA)

The Dubai Health Authority recognizes UpToDate as an Internet point-of-care activity for 0.5 CPD Points per learning cycle for healthcare professionals. There is no limit to the number of Internet point-of-care learning cycles that healthcare professionals may complete using UpToDate. Accreditation #0091/20.

Dubai Healthcare City Authority – Regulatory (DHCR)

UpToDate meets the criteria for DHCR CPD Accreditation. Use of UpToDate may be claimed towards continuing professional development (CPD) on the basis of 0.5 CPD credit for each point of care learning cycle completed, including a reflective record.

UNITED KINGDOM

While you are preparing for appraisal or revalidation with your personal development plans, or teaching plans for your junior doctors, you can rely on UpToDate to help show that you are keeping your knowledge and skills current and learning about the latest, evidence-based developments in your specialty. UpToDate automatically tracks your usage and allows you to print an activity log of topics researched to be used as documentation to fulfill practice requirements and the personal credit component.

Nurses and Midwives in the UK

To claim CPD for this activity, please refer to the [Nursing and Midwifery Council \(NMC\) website](#) for CPD documentation requirements.

EUROPEAN PHYSICIANS

European Board for Accreditation in Cardiology (EBAC)

UpToDate is recognized as a provider of micro e-learning under EBAC's accreditation criteria. One credit point is awarded for 60 minutes of education completed. This recognition begins January 1, 2018. Points may be redeemed for up to 5 years from the time they were accrued.

European Board for Accreditation in Pneumology (EBAP)

UpToDate is recognized as a provider of distance learning under EBAP's accreditation criteria. One credit point is awarded for 60 minutes of education completed. This recognition begins January 1, 2019. Points may be redeemed for up to 3 years from the time they were accrued. A maximum of 10 credit points per year earned from use of UpToDate can be applied by each health care practitioner to local CME requirements.

Mutual recognition between the AMA and UEMS-EACCME®

The UEMS-EACCME and the AMA signed an agreement of mutual recognition of CME credits between Europe and the USA whereby European physicians can earn ECMECs by completing e-learning programs from accredited providers from the United States that have been certified for *AMA PRA Category 1 Credit(s)*[™]. 1 ECMEC is equivalent to 1 *AMA PRA Category 1 Credit*[™].

The UEMS-EACCME® has agreements with the following countries, therefore physicians from these countries may apply CME credits earned from UpToDate to their country requirements:

- Armenia
- Austria
- Belgium
- Bulgaria
- Croatia
- Cyprus
- Finland
- Georgia
- Greece
- Hungary
- Ireland
- Luxembourg
- Malta
- Norway
- Poland
- Portugal
- Regione Lombardia
- Romania
- Slovakia
- Slovenia
- Spain
- Sweden
- Tunisia
- Turkey
- United Kingdom

EDUCATIONAL GOALS AND OBJECTIVES

This program will provide clinicians with current answers to clinical questions. With UpToDate, you will be able to:

- Integrate the most current information into practice for any aspect of: allergy and immunology; anesthesiology; cardiovascular medicine; dermatology; emergency medicine (adult and pediatric); endocrinology and diabetes; family medicine and general practice; gastroenterology and hepatology; general surgery; geriatrics; hematology; hospital medicine; infectious diseases; nephrology and hypertension; neurology; obstetrics, gynecology, and women's health; oncology; palliative care; pediatrics; primary care (adult); primary care sports medicine (adolescents and adults); psychiatry; pulmonary and critical care medicine; rheumatology; and sleep medicine
- Recognize the clinical manifestations of a wide variety of diseases and disorders and describe current options for diagnosis, management and therapy, including the efficacy, doses, and interactions of individual drugs throughout internal medicine
- Evaluate and treat system-specific manifestations of systemic disorders
- Educate patients regarding screening and prevention

For our specialty-specific Educational Objectives, please visit www.uptodate.com/home/educational-objectives.

CME AVAILABILITY

UpToDate is accredited and recognized by colleges, associations, and authorities from around the world, and is a globally accepted information resource and learning tool. To see if you can use UpToDate to fulfill CME requirements in your country, or specialty, please visit www.uptodate.com/cme for the most current list of CME requirements. It is up to each user to determine whether his or her use of UpToDate qualifies for CME in any particular country/specialty.