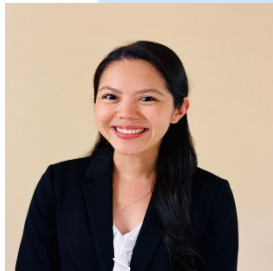


University of Florida College of Medicine  
Department of Surgery

## Surgery Grand Rounds

April 2nd, 2024 | 8AM – 9AM  
Alumni Auditorium & [Zoom](#)

*Mindful or Mind Full? Is there a role for mindfulness in surgery?*



### Chelsea Yap, DO

Department of Surgery  
University of Florida College of Medicine  
*Resident of the Department of Surgery*

#### Learning Objectives

Upon completion of this activity, participants should be able to:

1. To define mindfulness
2. To describe the science and evidence behind the use of mindfulness and mind-body techniques for improving well-being
3. To discuss the value of mindfulness in high-stress groups such as surgical residents, faculty and staff

#### **Disclosure**

Dr. Yap has disclosed that she has no relevant financial relationships. No one else in a position to control content has any financial relationships to disclose. Conflict of interest information for the CME Advisory Committee members can be found on the following website: <https://cme.ufl.edu/disclosure/>. All relevant financial relationships have been mitigated.

#### **Accreditation**

The University of Florida College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

#### **Credit**

The University of Florida College of Medicine designates this live activity for a maximum of 1 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

For additional information, contact Tamekia Reese at 904 244-3498 or [tamekia.reese@jax.ufl.edu](mailto:tamekia.reese@jax.ufl.edu).

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