

## FOUR-HOUR LIVE WEBINAR

Tuition: \$74

(REGISTRATION FORM)

# PRESCRIPTION DRUGS: TIMING MATTERS

- MAXIMIZE THE BENEFITS, MINIMIZE THE RISKS -

Please Check One Option Below:

### LIVE WEBINAR:

Tue., Feb. 27, 2024, 5:30 PM – 10:00 PM, (Eastern Time)  
or 4:30 PM – 9:00 PM, (Central Time)  
or 1:30 PM – 7:00 PM, (Pacific Time)

NEW EVENING  
SCHEDULE!

Fri., Mar. 29, 2024, 12:00 PM – 4:30 PM, (Eastern Time)  
or 11:00 AM – 3:30 PM, (Central Time)  
or 9:00 AM – 1:30 PM, (Pacific Time)

\$74 – Pre-Registration Rate: Live Webinar with 4 hours of CE credit.

Registrants will need a computer with a good Internet connection and audio speakers (or headphones) to participate in the live Webinar.

Please note special discounts for homestudy purchase are available for students who are registered for webinars. Please email INR at [info@biocorp.com](mailto:info@biocorp.com) for more information.

Name (please print) \_\_\_\_\_

Home Address \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_

Work Phone \_\_\_\_\_ Home Phone \_\_\_\_\_

Fax \_\_\_\_\_

Email \_\_\_\_\_

Profession \_\_\_\_\_ License No. \_\_\_\_\_

Pharmacists only: NABP # \_\_\_\_\_ Date of Birth mm / dd / yy

Payment by (please check one):

Check for \$ \_\_\_\_\_ (Please make check payable to INR.)

Charge the amount of \$ \_\_\_\_\_

to my  Visa  MasterCard  American Express®  Discover®

Card # \_\_\_\_\_ Exp Date \_\_\_\_\_ CVV \_\_\_\_\_

(Card Security Code)

Signature \_\_\_\_\_

There are **four ways to register:**

1) **Internet:** [www.INRseminars.com](http://www.INRseminars.com)

2) **Mail:** INR, P.O. Box 5757, Concord, CA 94524-0757

(Make check payable to INR.)

3) **Fax:** (925) 363-7798

4) **Phone:** 1-800-937-6878

**Inquiries for Customer Service: 1-877-246-6336 or (925) 609-2820**

**Purchase orders are accepted. Tax Identification No. 94-2948967**

## ACCREDITATION

To obtain the 4 contact hours associated with this course, the health care professional will need to sign in, attend the course, and complete program evaluation forms. At the end of the program, the health care professional successfully completing the course will receive a statement of credit. This is an intermediate-level course.

### NURSES (RNs, NPs, & LPNs)

Institute for Natural Resources (INR) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

This program provides 4 contact hours for nurses, including 4 Rx contact hours of pharmacology CE. INR has been accredited as a continuing education provider by the Florida Board of Nursing (#50-3026-1) and the Iowa Board of Nursing (#288) for 4 contact hours, and the California Board of Registered Nursing (CEP #06136) and the Kansas Board of Nursing (#LT0140-0927) for 4.8 contact hours.

### DENTAL PROFESSIONALS

INR 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. INR designates this activity for 4 hours of continuing education credits.

### PHARMACISTS

Institute for Natural Resources is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. The ACPE universal activity number (UAN) for this course is 0751-0000-24-003-L01-P. This is a knowledge-based CPE activity.



### PSYCHOLOGISTS

Under CE Broker # 50-3026, INR is an approved provider by the Florida Board of Psychology. The Institute for Natural Resources (INR) is approved by the CPA OPD to sponsor continuing professional education for psychologists. INR maintains responsibility for this program and its content. Psychologists must attend the seminar in its entirety and complete the course evaluation in order to receive credit. Under License #PSY000214, the PA Board of Psychology has approved INR as a sponsor/provider of CE programs. Under Sponsor #268.000096, the Illinois Psychologist Licensing and Disciplinary Board has approved INR as a CE sponsor. Institute for Natural Resources (INR) is recognized by the NY SED State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0042.

### MENTAL HEALTH COUNSELORS & ADDICTION COUNSELORS

Institute for Natural Resources (INR) is recognized by the NY SED State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors, #MHC-0089. Under Sponsor #197-000240, the Illinois Dept of Prof Regulation has approved INR as a CE sponsor for professional/clinical counselors. Under Sponsor #00088989 and Approval #60007980007, CRCC has approved this course for four contact hours. INR is approved by the NAADAC Approved Education Provider Program, Provider #182846.

### SOCIAL WORKERS & MARRIAGE & FAMILY THERAPISTS

Institute for Natural Resources, #1356, 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 as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Natural Resources maintains responsibility for this course. ACE provider approval period: 02/28/2022–02/28/2025. Social workers completing this course receive 4 clinical continuing education credits. Institute for Natural Resources (INR), SW CPE is recognized by the NY SED State Board for Social Work as an approved provider of continuing education for licensed social workers #0195. The California Board of Behavioral Sciences will accept courses approved by ASWB. Under Sponsor #159-000260, the Illinois Dept of Prof Regulation has approved INR as a sponsor of continuing education. Institute for Natural Resources (INR) is recognized by the NY SED State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0055. Under Sponsor #168.000243, the Illinois Dept of Prof Regulation has approved INR as a CE sponsor for marriage and family therapists. Under CE approval #NVCEP2021, the Nevada Board of Examiners for MFT and CPC has approved INR as a sponsor.

### OCCUPATIONAL THERAPISTS & OTAs

INR is an AOTA Approved Provider of continuing education. Provider #5347. INR has assigned 0.4 AOTA CEUs for this course. The category of this course is Foundational Knowledge. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

### PHYSICAL THERAPISTS & PTAs

The Florida Physical Therapy Association has approved this course for 4 contact hours (Approval # CE24-1157050). Accreditation of this course does not necessarily imply the FPTA supports the views of the presenter or the sponsors. INR is recognized as an approval agency to approve providers offering continuing competency courses by the Physical Therapy Board of California. This course has been approved by the Institute for Natural Resources (INR) for 4 continuing competency units. The NY SED has approved INR as a sponsor of continuing physical therapy education. Under Sponsor #216-000254, Illinois DFPR has approved INR as a CE Sponsor for Physical Therapy.

### CASE MANAGERS

This program has been pre-approved by The Commission for Case Manager Certification to provide continuing education credit to Certified Case Managers (CCMs).

### NURSING HOME ADMINISTRATORS (Distance Learning)

This program has been submitted for Continuing Education through NAB/NCERS for 4 total participant hours from NAB/NCERS. Please visit <https://www.nabweb.org/continuing-education> and choose "NAB Approved CE Database" for the most current approved courses.

### OTHER HEALTH PROFESSIONALS

Participants successfully completing this course will receive course completion certificates. For rules governing continuing education credit, participants should contact their respective regulatory boards.



# PRESCRIPTION DRUGS: TIMING MATTERS



- MAXIMIZE THE BENEFITS, MINIMIZE THE RISKS -

(A NEW 4-HOUR INTERACTIVE LIVE WEBINAR)

## SCHEDULE

Please see the Registration Form for the seminar schedule.

Please register early. Space is limited. Registrations are subject to cancellation after the scheduled start time. A transfer can be made from one Webinar to another if space is available. Registrants cancelling up to 72 hours before a Webinar will receive a tuition refund less a \$25.00 administrative fee or, if requested, a full-value voucher, good for one year, for a future Webinar. Cancellation or voucher requests must be made in writing. If a Webinar cannot be held for reasons beyond the control of the sponsor (e.g., acts of God), the registrant will receive free admission to a rescheduled Webinar or a full-value voucher, good for one year, for a future Webinar. A \$25.00 service charge applies to each returned check. Nonpayment of full tuition may, at the sponsor's option, result in cancellation of CE credits issued. The syllabus is not available for separate purchase. Fees subject to change without notice.

## SPONSOR

INR (Institute for Natural Resources) is a non-profit scientific organization dedicated to research and education in the fields of science and medicine. INR is the nation's largest provider of live continuing education programs, offering over 600 live programs yearly.

INR has no ties to any ineligible organizations and sells no products of any kind, except educational materials. Neither INR nor any instructor has a material or other financial relationship with any health care-related business that may be mentioned in an educational program. If INR were ever to use an instructor who had a material or other financial relationship with an entity mentioned in an educational program, that relationship would be disclosed at the beginning of the program. INR takes all steps to ensure that all relevant program decisions are made free of the control of a commercial interest as defined in applicable regulatory policies, standards, and guidelines. INR does not solicit or receive gifts or grants from any source, has no connection with any religious or political entities, and is totally supported by its course tuition.

INR's address and other contact information follows:

P.O. Box 5757, Concord, CA 94524-0757

Customer service: 1-877-246-6336 or (925) 609-2820

Fax: (925) 363-7798

E-Mail: [info@inrseminars.com](mailto:info@inrseminars.com); website, [www.INRseminars.com](http://www.INRseminars.com)

Tax Identification Number 94-2948967.

Education expenses (including enrollment fees, books, tapes, travel costs) may be deductible if they improve or maintain professional skills. Treas. Reg. Sec. 1.162-5. Recording of the seminar, or any portion, by any means is strictly prohibited. INR's liability to any registrant for any reason shall not exceed the amount of tuition paid by such registrant.

For American Disability Act (ADA) accommodations or for addressing a grievance, please send the request by email to [info@inrseminars.com](mailto:info@inrseminars.com) or by fax to (925) 363-7798. For ADA matters (including sign-language interpreters), INR would appreciate advance notice so as to ensure our ability to provide the appropriate accommodation.

# PRESCRIPTION DRUGS: TIMING MATTERS

- MAXIMIZE THE BENEFITS, MINIMIZE THE RISKS -

## Frequently Asked Questions

### Q: What do I have to do to complete the live Webinar successfully?

To obtain the 4 contact hours associated with this course, the health professional will need to sign-in (by typing in the chat-box), attend the course online, and complete the program evaluation form and post-test electronically. At the end of the program, after all the evaluation and post-tests are accounted for, the health professional successfully completing the program will receive a statement of credit. This will take approximately 3 to 5 business days. This is an intermediate-level course.

### Q: How will I know that my profession qualifies for continuing education credit?

Please see the section marked Accreditation. All professions for which INR (Institute for Natural Resources) has approval are listed in the Accreditation section.

### Q: What happens if I have technical difficulties watching or hearing a Webinar?

You can transfer the tuition paid to another Webinar within two years or request a recording within 3 to 5 days to complete the webinar ASAP for live credit.

### Q: My profession is not listed on the brochure. Is it possible to obtain continuing-education credit?

Possibly. Please contact INR's customer-service office at 1-877 246-6336 or by email at [info@biocorp.com](mailto:info@biocorp.com). The customer-service office can tell you if INR has approval for your profession.

## COURSE SUMMARY

The timing of prescription drugs can greatly affect pharmacological action and therapeutic outcomes. By understanding and utilizing the rhythms of daily metabolic cycles, a clinician can optimize drug therapy, ensuring that patients receive the most benefit from their medications with the least risk of adverse effects. Knowledge of these concepts is particularly relevant for diseases that exhibit daily variations in symptoms or severity, such as asthma, arthritis, and peptic ulcer disease. By timing medication to coincide with these fluctuations, it is possible to improve patient outcomes significantly. For instance, asthma attacks are often more severe at night, so administering bronchodilators or anti-inflammatory drugs in the evening may provide better control of symptoms.

**Disclaimer:** These live interactive INR presentations provide continuing education for health care and mental health professionals with the understanding that each participant is responsible to utilize the information gained in an appropriate manner congruent with his/her/their scope of licenses.

## PROGRAM/LECTURE

### Part One: 60 Minutes

- **Basics of Pharmacokinetics:** How a Drug is Absorbed, Distributed, Metabolized, and Excreted.
- **Pharmacodynamics Explained:** Our Body's Response to Drugs: Biochemical, Physiological, and Molecular.
- **Bioavailability:** The Importance of a Drug's Half-Life. The Impact of Aging. What it Really Means and Why it Matters in Effective Treatment.
- **Daily Fluctuations in Gastrointestinal, Hepatic, Renal, and Thyroid Function:** Why They Influence the Optimal Timing of Medications.

### Break: 10 Minutes

### Part Two: 60 Minutes

- **Diurnal Changes in Cardiac Function:** Timing Medications for Best Results in Patients with Hypertension, Congestive Heart Failure, Coronary Artery Disease, and Stroke.
- **Asthma and Allergic Rhinitis:** Patterns and Principles of Effective Treatment. Anticipating and Preventing Symptomatic Flares.
- **Patterns of Pain and Stiffness in Osteoarthritis, Rheumatoid Arthritis, and Multiple Autoimmune Diseases.** Considerations in the Timing of NSAIDs and Corticosteroids.

### Break: 10 Minutes

### Part Three: 60 Minutes

- **The Proper Use of Opioids:** Strategies to Optimize Pain Relief While Minimizing the Risk of Tolerance and Dependence.
- **To Eat or Not to Eat:** Enhancing the Absorption and Efficacy of Oral Antibiotics.
- **Scheduling Medications in Patients with Diabetes and Hyperlipidemia:** The Importance of Consistent Daily Routines and Proper Timing.

### Break: 10 Minutes

### Part Four: 60 Minutes

- **Guiding Patients on Antidepressants, Benzodiazepines, or Sleep Medications:** Minimizing Daytime Somnolence, Maximizing Restorative Sleep and Stable Mood.
- **Complicated Drug Regimens in Patients with Alzheimer's, Parkinson's, or Seizure Disorders:** Consistency and Common Sense.
- **Fine-Tuning the Timing of Cancer Treatments:** The Impact of Hormonal Cycles and Circadian Patterns.

### Questions Answers, Course Quiz Review, & Evaluation

## LEARNING OBJECTIVES

Participants completing this course will be able to:

- 1) describe the factors that affect drug absorption, metabolism, and excretion.
- 2) discuss the importance of a drug's bioavailability and half-life.
- 3) define some of the diurnal changes in cardiac, gastrointestinal, hepatic, and renal function that can influence the best timing of medications.
- 4) describe how proper scheduling of medications can minimize pain and stiffness in different arthritic and autoimmune diseases.
- 5) discuss why consistent medication timing or schedules are helpful in the treatment of diabetes, neurologic illnesses, and mood disorders.
- 6) describe how the information in this course can improve patient care and patient outcomes for nursing, dental, pharmacy, mental health, dietetic, occupational and physical therapy and other health professionals.

## INSTRUCTOR

**Dr. Eric Bornstein (DMD)** is the former Chief Medical Officer of Nomir Medical Technologies, and is a biochemist, dentist, and photo-biologist. He has successfully taken three medical device through to FDA 510k approval. Dr. Bornstein has managed five human clinical trials and has patented multiple medical technologies in the areas of lasers, photo-biology, circadian rhythm, adipose tissue modification, and biofilm eradication. Dr. Bornstein is widely published in peer-reviewed journals such as "Current Trends in Microbiology" and "Compendium." For the past five years, he has delivered continuing education seminars and webinars to over 100,000 health care professionals. His lectures encompass the subjects of pharmacology, marijuana, vaping, opioids, hallucinogens, drug abuse, periodontal disease and medical devices. Dr. Bornstein has lectured all over the United States, Canada, Mexico, the UK, Germany, and Israel.

INR reserves the right to change instructors without prior notice. Every instructor is either a compensated employee or independent contractor of INR.

## SYSTEM REQUIREMENTS

For system requirements to participate in INR's live webinars, please visit Zoom's website at <https://support.zoom.us/hc/en-us/articles/201362023-Zoom-system-requirements-Windows-macOS-Linux>.