



Current. Comprehensive. Continuing Education Online.

Our January Newsletter is dedicated to New Year, New You

Our newsletter format will feature important industry news, periFACTS® programs and books, and a sneak peek into what's new this month for our monthly subscribers!

In The News

[Science Reveals 3 Keys to an Energized, Alert Day](#)

Advertising would have you believe that a big bowl of sugary cereal or a syrupy iced coffee drink will make you bright-eyed and bushy-tailed in the morning. But that sort of sugar-laden breakfast may be one of the worst things you can do to help you wake up alert and refreshed. HealthDay (12/2022)

[Ways to Eat Well and Save Money at Home](#)

Eating a balanced diet on a budget can be a challenge. But with a little effort, you can turn your home kitchen into a place to eat well and save money. US News (12/2022)

[Virtual Yoga Program Appears to Improve IBS Symptoms, Fatigue, Stress](#)

An online yoga program appears to be effective, feasible, and safe for patients with irritable bowel syndrome (IBS), according to a new report. Participants reported a decrease in IBS-related symptoms and improvements in quality of life, fatigue, and perceived stress. Medscape (12/2022)

[A Splash of Lime in Water Can Boost Hydration](#)

You've no doubt heard that it's important to drink at least eight glasses (64 ounces) of water every day. Some people actually need to be drinking even more than that, according to the National Academies of Science, Engineering and Medicine. Cleveland Clinic (12/2022)

Store Feature

2023 PERIFACTS SUBSCRIPTION NEWS



Have you read about the upgrades to all 2023 Subscriptions to the PeriFACTS Online Continuing Education Program?

Starting January 1, 2023, all subscribers will have access to their curriculums for the full calendar year! No more monthly access only!

Each subscriber will have access to the month's curriculum from the 1st of the month it is open until 12/31/2023! January 2023's curriculum will be available until December 31, 2023! February will be open February 1 through December 31, and so on!

2023 Pricing: Calendar Year Access - Starting January 2023

- **CNE Contact Hours: Only \$109 per person for 12 curriculums**
- **CME Credits: Only \$159 per person for 12 curriculums**

Choose to include/exclude Fetal Monitoring interpretation at no extra cost!

Earn at least 75 CNE Contact Hours or 75 CME Credits in 2023!

How It Works:

New 2023 Subscriptions: You will receive access to each month's curriculum from the month you begin! Want all 12 months? Sign up and pay by January 31, 2023! Signing up in February 2023 or later? You will have access to the month you start your subscription through the end of 2023 at a pro-rated price!

Renewals in 2023: You will be contacted before your 2023 renewal date to purchase access to future months for full calendar year access. You will be charged a pro-rated cost if your renewal date is after January 2023 and expires in 2023, before Dec 31, 2023. No other action is needed, just renew and pay through the end of 2023! January 2023 renewals will automatically receive full 2023 calendar year access with a paid subscription!

SIGN UP TODAY

New This Month - January Curriculum for Subscribers

Obstetrics Topic - **Fetal Monitoring** focusing on:

- **The Role of Antepartum Fetal Monitoring**
- **Does Oxygen Administration in Labor Management have Value for Concerning Fetal Heart Rate Tracings?**

Women's Health Topic: **Carbohydrates, Insulin Resistance, and Obesity**
Video Topic: **Antepartum & Intrapartum Fetal Monitoring: Tracings and Fetal Oxygenation**

Clinical Quandary: **Stressing out over a Contraction Stress Test**

A PAUSE for menoPAUSE Topic: **I am 52 years old and one year into menopause.**

Why is my body changing, and what happened to my energy?

Grand Rounds Web-lecture: **Association of Accelerated Fetal Abdominal Circumference Growth Velocity with Macrosomia in Diabetic Pregnancies**

Sign up for an [Individual](#) or [Group](#) Subscription to the periFACTS® Online Continuing Education Program to access this month's courses!

Currently a Subscriber? Visit our [website](#) & click "Member Sign-In" to log in now!



The University of Rochester Center for Nursing Professional Development is accredited with distinction as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

Provider approved by the California Board of Registered Nursing, Provider Number CEP12376.



Physicians, nurse practitioners, nurse midwives, and physician assistants also may participate in the periFACTS® program.

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This activity has been approved for *AMA PRA Category 1 Credits™*.

The news reported in the periFACTS® newsletter does not necessarily reflect the official opinion of periFACTS. Some links are time-sensitive, and may expire or move over time. Some source links may require registration or fee-based subscriptions to read.

**Subscription access to the entire calendar year starts 1/1/2023 and is valid for active, paid subscribers with a subscription valid through Dec 31, 2023. 2023 renewals will be billed to extend 2023 subscriptions to access the entire year, at a pro-rated cost. All billing will be for a calendar year, not a full year, starting 1/1/2023. Calendar year access requires a full year payment to receive the Jan-Dec 2023 curriculums. Subscriptions that start February 1, 2023 or later will receive access to the month of purchase curriculum and all future 2023 month's curriculums only. Subscribers must pay for a full calendar year in order to access every 2023 curriculum, 12 total. No refunds. Subscribers who fail to pay will lose access to all curriculums and modules, including completed courses and certificates.*

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