



# ACTIVITY DESCRIPTION FORM (ADF)

Accreditation Council for Pharmacy Education

135 S. LaSalle Street, Suite 4100 Chicago, IL 60603-4810

Phone (312) 664-3575 Fax (312) 664-7008 <http://www.acpe-accredit.org>

**UNIVERSAL ACTIVITY NUMBER (UAN):** 0864-9999-23-085-H01-P

**Provider Name:** CPE Consultants, LLC

Cancel

**Cosponsor(s):** 9999 Joint Providership (H)

**Activity Type:** Knowledge

**Activity Title:** Introduction to Functional Medicine and Gut Health

**Learning Objectives:**  
 (Pharmacists)

At the completion of this activity, the participant will be able to:

- Define Functional Medicine (FM) and list the 6 core principles and 7 clinical imbalances.
- Compare and contrast conventional medicine, integrative medicine, and FM.
- Utilize FM tools including the Timeline, the Matrix, and GO-TO-IT.
- Describe the pharmacist's role in addressing drug-induced nutrient depletions.
- Describe the impact of altered gut microbiota and gut inflammation on GI disorders and overall health.
- Determine environmental factors that influence gut microbiota.
- Describe Small Intestinal Bacterial/Fungal Overgrowth (SIBO/SIFO).
- Compare and contrast dietary modifications for patients with GI disorders.
- Discuss integrative treatment options for prevalent GI disorders.
- Describe the pathophysiological pathways that lead to allergic and autoimmune disease.
- Examine complex interaction of immune disease as it relates to GI integrity.
- Identify appropriate dietary modifications for patients with immune disorders.

**Activity Length:** 4 **Contact Hours Or** 0.4 **CEUs.**

**Target Audience:** Pharmacists

**Home Study Format(s):** Web-based

**Keyword(s):** Nutrition

**Initial Release Date:** 12/08/2023

**Planned Expiration Date:** 12/08/2026

**Originally Submitted By:** Cheryl Reese

**Submission Date:** 12/07/2023

**Last Modified By:** Cheryl Reese

**Modification Date:** 12/07/2023