



| Explained Clearly Bundle | Explained Clearly Bundle | | | |
|---|--|------------|---------|----------|
| | Activity Title | Expiration | Credits | Rx Hours |
| | Antibiotics Explained Clearly | 8/5/2025 | 3 | 3 |
| | BMP/Chem-7 Results Explained Clearly | 11/6/2026 | 7 | 0 |
| | CBC Results Explained Clearly | 4/1/2024 | 5 | 0 |
| | EKG/ECG Interpretation Explained Clearly | 1/8/2026 | 10 | 1 |
| | Evaluation of Acute Abdominal Pain Explained Clearly | 8/5/2026 | 1.5 | 0 |
| | Medical Acid Base Explained Clearly Volume 2 | 6/9/2025 | 3 | 0 |
| | Sleep Apnea Explained Clearly | 10/14/2025 | 4 | 0 |
| | Urinalysis Explained Clearly | 6/21/2026 | 3 | 0 |
| Ultrasound Principles and Instrumentation Explained Clearly | 12/9/2024 | 4 | 0 | |
| <i>Total:</i> | | | 40.5 | 4 |

| Antibiotics Explained Clearly | | |
|-------------------------------|---|-------------------|
| Session | Title | Faculty |
| Session 1 (11 minutes) | Penicillins Explained Clearly | Roger Seheult, MD |
| Session 2 (12 minutes) | Cephalosporins Explained Clearly | Roger Seheult, MD |
| Session 3 (12 minutes) | Fluoroquinolones Explained Clearly | Roger Seheult, MD |
| Session 4 (11 minutes) | Macrolides Explained Clearly | Roger Seheult, MD |
| Session 5 (8 minutes) | Tetracyclines Explained Clearly | Roger Seheult, MD |
| Session 6 (9 minutes) | Aminoglycosides Explained Clearly | Roger Seheult, MD |
| Session 7 (6 minutes) | Monobactams and Carbapenems Explained Clearly | Roger Seheult, MD |
| Session 8 (6 minutes) | Vancomycin Explained Clearly | Roger Seheult, MD |
| Session 9 (11 minutes) | Trimethoprim/sulfamethoxazole (Bactrim, Septra) Video 1 | Roger Seheult, MD |
| Session 10 (7 minutes) | Trimethoprim/sulfamethoxazole (Bactrim, Septra) Video 2 | Roger Seheult, MD |
| Session 11 (8 minutes) | Clindamycin Explained Clearly | Roger Seheult, MD |

| BMP Chem-7 Results Explained Clearly | | |
|--------------------------------------|---------------------------------------|-------------------|
| Session | Title | Faculty |
| Session 1 (11 minutes) | Basic Metabolic Panel: Introduction 1 | Roger Seheult, MD |
| Session 2 (3 minutes) | Basic Metabolic Panel: Introduction 2 | Roger Seheult, MD |
| Session 3 (7 minutes) | Understanding Sodium | Roger Seheult, MD |
| Session 4 (4 minutes) | Hypernatremia - Basics | Roger Seheult, MD |
| Session 5 (5 minutes) | Hypernatremia - Hypovolemic | Roger Seheult, MD |
| Session 6 (5 minutes) | Hypernatremia - Hypervolemic | Roger Seheult, MD |



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|-------------------------|--|-------------------|
| Session 7 (5 minutes) | Hypernatremia - Isovolemic | Roger Seheult, MD |
| Session 8 (12 minutes) | Hypernatremia - Treatment | Roger Seheult, MD |
| Session 9 (3 minutes) | Hyponatremia - Isotonic | Roger Seheult, MD |
| Session 10 (4 minutes) | Hyponatremia - Hypertonic | Roger Seheult, MD |
| Session 11 (4 minutes) | Hyponatremia - Hypotonic Hypovolemia | Roger Seheult, MD |
| Session 12 (3 minutes) | Hyponatremia - Hypotonic Hypervolemia | Roger Seheult, MD |
| Session 13 (5 minutes) | Hyponatremia - Hypotonic Isovolemia | Roger Seheult, MD |
| Session 14 (9 minutes) | Hyponatremia - Treatment | Roger Seheult, MD |
| Session 15 (12 minutes) | Hyperkalemia - Causes | Roger Seheult, MD |
| Session 16 (7 minutes) | Hyperkalemia - Manifestations | Roger Seheult, MD |
| Session 17 (10 minutes) | Hyperkalemia - Treatment | Roger Seheult, MD |
| Session 18 (2 minutes) | Hypokalemia - Introduction | Roger Seheult, MD |
| Session 19 (7 minutes) | Hypokalemia - Causes 1 | Roger Seheult, MD |
| Session 20 (5 minutes) | Hypokalemia - Causes 2 | Roger Seheult, MD |
| Session 21 (5 minutes) | Hypokalemia - Manifestations | Roger Seheult, MD |
| Session 22 (9 minutes) | Hypokalemia - Treatment | Roger Seheult, MD |
| Session 23 (4 minutes) | Chloride and Bicarbonate - Introduction | Roger Seheult, MD |
| Session 24 (17 minutes) | Chloride and Bicarbonate - Anion Gap versus Non-Anion Gap Metabolic Acidosis | Roger Seheult, MD |
| Session 25 (12 minutes) | Chloride and Bicarbonate - Acid/Base Implications | Roger Seheult, MD |
| Session 26 (10 minutes) | Chloride and Bicarbonate - Practical Cases | Roger Seheult, MD |
| Session 27 (5 minutes) | BUN and Creatinine - Introduction | Roger Seheult, MD |
| Session 28 (10 minutes) | BUN and Creatinine - Pathophysiology in Acute Kidney Injury | Roger Seheult, MD |
| Session 29 (7 minutes) | BUN and Creatinine - Pre-renal, Renal, & Post-renal 1 | Roger Seheult, MD |
| Session 30 (10 minutes) | BUN and Creatinine - Pre-renal, Renal, & Post-renal 2 | Roger Seheult, MD |
| Session 31 (7 minutes) | Hyperglycemia - Causes and Treatment | Roger Seheult, MD |
| Session 32 (14 minutes) | Hypoglycemia - Causes and Treatment | Roger Seheult, MD |

CBC Results Explained Clearly

| Session | Title | Faculty |
|------------------------|---|-------------------|
| Session 1 (11 minutes) | General principles, when to order, and lab errors | Roger Seheult, MD |
| Session 2 (13 minutes) | Leukocytosis | Roger Seheult, MD |
| Session 3 (12 minutes) | Leukopenia and Neutropenia | Roger Seheult, MD |
| Session 4 (4 minutes) | Leukopenia Causes | Roger Seheult, MD |
| Session 5 (5 minutes) | Hemoglobin and Hematocrit | Roger Seheult, MD |



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| Session 6 (12 minutes) | Polycythemia | Roger Seheult, MD |
| Session 7 (8 minutes) | Anemia | Roger Seheult, MD |
| Session 8 (15 minutes) | Anemia Part 2 | Roger Seheult, MD |
| Session 9 (9 minutes) | Blood Transfusions | Roger Seheult, MD |
| Session 10 (6 minutes) | CBC "pearls" | Roger Seheult, MD |
| Session 11 (12 minutes) | Thrombocytosis | Roger Seheult, MD |
| Session 12 (3 minutes) | Blood Smears | Roger Seheult, MD |
| Session 13 (13 minutes) | Thrombocytopenia | Roger Seheult, MD |
| Session 14 (7 minutes) | Thrombocytopenia 2 | Roger Seheult, MD |
| Session 15 (10 minutes) | Thrombocytopenia 3 | Roger Seheult, MD |
| Session 16 (7 minutes) | CBC Case Study | Roger Seheult, MD |

| EKG/ECG Interpretation Explained Clearly | | |
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| Session | Title | Faculty |
| Session 1 (14 minutes) | Introduction | Roger Seheult, MD |
| Session 2 (13 minutes) | Physiology of the Heart | Roger Seheult, MD |
| Session 3 (13 minutes) | EKG Leads & Vectors | Roger Seheult, MD |
| Session 4 (13 minutes) | Leads & EKG Paper | Roger Seheult, MD |
| Session 5 (12 minutes) | The EKG Tracing | Roger Seheult, MD |
| Session 6 (13 minutes) | EKG Waves, Complexes, and Intervals | Roger Seheult, MD |
| Session 7 (8 minutes) | The Autonomic Nervous System and The Heart | Roger Seheult, MD |
| Session 8 (13 minutes) | Rate & Automaticity | Roger Seheult, MD |
| Session 9 (6 minutes) | The R to R and Rate Practice | Roger Seheult, MD |
| Session 10 (21 minutes) | Rhythm & Arrhythmias | Roger Seheult, MD |
| Session 11 (12 minutes) | Escape Rhythms | Roger Seheult, MD |
| Session 12 (11 minutes) | Premature Beats & Pauses | Roger Seheult, MD |
| Session 13 (16 minutes) | Premature Beats Continued, Bigeminy, and Trigeminy | Roger Seheult, MD |
| Session 14 (17 minutes) | Tachyarrhythmias | Roger Seheult, MD |
| Session 15 (21 minutes) | V-Tach and Torsades de Pointes | Roger Seheult, MD |
| Session 16 (7 minutes) | Atrial & Ventricular Flutter | Roger Seheult, MD |
| Session 17 (19 minutes) | Fibrillation | Roger Seheult, MD |
| Session 18 (10 minutes) | Wolff-Parkinson-White (WPW) Syndrome | Roger Seheult, MD |
| Session 19 (20 minutes) | Heart Blocks | Roger Seheult, MD |
| Session 20 (12 minutes) | Blocks and Escape Rhythms | Roger Seheult, MD |
| Session 21 (16 minutes) | Bundle Branch Blocks | Roger Seheult, MD |
| Session 22 (21 minutes) | Axis | Roger Seheult, MD |



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| Session 23 (9 minutes) | Precordial Leads | Roger Seheult, MD |
| Session 24 (23 minutes) | Hypertrophy & Atrial Enlargement | Roger Seheult, MD |
| Session 25 (13 minutes) | Infraction | Roger Seheult, MD |
| Session 26 (24 minutes) | Q Waves and Posterior Infraction | Roger Seheult, MD |
| Session 27 (14 minutes) | Hemiblocks and Fascicular Blocks | Roger Seheult, MD |
| Session 28 (9 minutes) | Left Posterior Hemiblock | Roger Seheult, MD |
| Session 29 (6 minutes) | COPD, PE, Hyperkalemia, Digoxin, and the EKG | Roger Seheult, MD |
| Session 30 (19 minutes) | How to Systematically Read an EKG | Roger Seheult, MD |
| Session 31 (4 minutes) | Practice EKG | Roger Seheult, MD |
| Session 32 (6 minutes) | Practice EKG | Roger Seheult, MD |
| Session 33 (5 minutes) | Practice EKG | Roger Seheult, MD |
| Session 34 (7 minutes) | Practice EKG | Roger Seheult, MD |
| Session 35 (4 minutes) | Practice EKG | Roger Seheult, MD |
| Session 36 (3 minutes) | Practice EKG | Roger Seheult, MD |
| Session 37 (4 minutes) | Practice EKG | Roger Seheult, MD |
| Session 38 (4 minutes) | Practice EKG | Roger Seheult, MD |
| Session 39 (4 minutes) | Practice EKG | Roger Seheult, MD |
| Session 40 (11 minutes) | Practice EKG | Roger Seheult, MD |
| Session 41 (6 minutes) | Practice EKG | Roger Seheult, MD |

Evaluation of Acute Abdominal Pain Explained Clearly

| Session | Title | Faculty |
|------------------------|---|-------------------|
| Session 1 (10 minutes) | Extra-abdominal causes of pain vs. diffuse pain | Roger Seheult, MD |
| Session 2 (7 minutes) | Peritonitis & Persistent vs. Intermittent Pain | Roger Seheult, MD |
| Session 3 (5 minutes) | Associated Clues, Signs, and Symptoms of Abdominal Pain | Roger Seheult, MD |
| Session 4 (4 minutes) | Abdominal Pain Case 1 | Roger Seheult, MD |
| Session 5 (6 minutes) | Abdominal Pain Case 2 | Roger Seheult, MD |
| Session 6 (4 minutes) | Abdominal Pain Case 3 | Roger Seheult, MD |
| Session 7 (4 minutes) | Abdominal Pain Case 4 | Roger Seheult, MD |

Medical Acid Base Explained Clearly Volume 2

| Session | Title | Faculty |
|-----------------------|---|-------------------|
| Session 1 (1 minute) | Welcome to Acid Base and ABGs Explained Clearly | Roger Seheult, MD |
| Session 2 (5 minutes) | Introduction and Definitions | Roger Seheult, MD |
| Session 3 (6 minutes) | Henderson-Hasselbalch Equation | Roger Seheult, MD |





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| Session 4 (7 minutes) | Characteristics and Compensation | Roger Seheult, MD |
| Session 5 (10 minutes) | Anion and Normal Anion Gap Metabolic Acidosis Part 1 | Roger Seheult, MD |
| Session 6 (14 minutes) | Anion and Normal Anion Gap Metabolic Acidosis Part 2 | Roger Seheult, MD |
| Session 7 (4 minutes) | Compensation Ratios | Roger Seheult, MD |
| Session 8 (14 minutes) | Reading Protocol | Roger Seheult, MD |
| Session 9 (3 minutes) | Acid Base Guided Practice Questions – Question #1 | Roger Seheult, MD |
| Session 10 (3 minutes) | Acid Base Guided Practice Questions – Question #2 | Roger Seheult, MD |
| Session 11 (2 minutes) | Acid Base Guided Practice Questions – Question #3 | Roger Seheult, MD |
| Session 12 (2 minutes) | Acid Base Guided Practice Questions – Question #4 | Roger Seheult, MD |
| Session 13 (6 minutes) | Acid Base Guided Practice Questions – Question #5 | Roger Seheult, MD |
| Session 14 (4 minutes) | Acid Base Guided Practice Questions – Question #6 | Roger Seheult, MD |
| Session 15 (3 minutes) | Acid Base Guided Practice Questions – Question #7 | Roger Seheult, MD |
| Session 16 (4 minutes) | Acid Base Guided Practice Questions – Question #8 | Roger Seheult, MD |
| Session 17 (3 minutes) | Acid Base Guided Practice Questions – Question #9 | Roger Seheult, MD |
| Session 18 (6 minutes) | Acid Base Guided Practice Questions – Question #10 | Roger Seheult, MD |

Sleep Apnea Explained Clearly

| Session | Title | Faculty |
|------------------------|----------------------------------|----------------|
| Session 1 (2 minutes) | Sleep Apnea Introduction | R. Seheult, MD |
| Session 2 (5 minutes) | Definitions | R. Seheult, MD |
| Session 3 (8 minutes) | Prevalence and Risk | R. Seheult, MD |
| Session 4 (7 minutes) | Symptoms and PE | R. Seheult, MD |
| Session 5 (19 minutes) | Diagnosis | R. Seheult, MD |
| Session 6 (6 minutes) | Treatment: Behavior Modification | R. Seheult, MD |
| Session 7 (28 minutes) | Treatment: PAP | R. Seheult, MD |
| Session 8 (12 minutes) | Treatment: OA | R. Seheult, MD |
| Session 9 (14 minutes) | Treatment: HNS | R. Seheult, MD |

Ultrasound Principles and Instrumentation Explained Clearly

| Session | Title | Faculty |
|------------------------|---|--------------------|
| Session 1 (12 minutes) | Introduction: Physics of Ultrasound Waves | Joshua Jacquet, MD |
| Session 2 (12 minutes) | Physics of Ultrasound in Tissue | Joshua Jacquet, MD |
| Session 3 (13 minutes) | Ultrasound Transducers | Joshua Jacquet, MD |
| Session 4 (8 minutes) | US Orientation and Imaging Planes | Joshua Jacquet, MD |
| Session 5 (6 minutes) | US Terminology & Biosafety | Joshua Jacquet, MD |
| Session 6 (11 minutes) | US “Knobology” Part 1 | Joshua Jacquet, MD |



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|-------------------------|--|--------------------|
| Session 7 (10 minutes) | US “Knobology” Part 2 | Joshua Jacquet, MD |
| Session 8 (6 minutes) | Handling the US Transducer, US Modes (B- & M-) | Joshua Jacquet, MD |
| Session 9 (15 minutes) | US Modes (C- & D-) | Joshua Jacquet, MD |
| Session 10 (10 minutes) | US Artifacts Part 1 | Joshua Jacquet, MD |
| Session 11 (8 minutes) | US Artifacts Part 2 | Joshua Jacquet, MD |
| Session 12 (13 minutes) | Advances in Ultrasound Imaging | Joshua Jacquet, MD |
| Session 13 (9 minutes) | Your First US Exam | Joshua Jacquet, MD |
| Session 14 (30 minutes) | Supplemental Reading | Joshua Jacquet, MD |

| Urinalysis Explained Clearly | | |
|------------------------------|--|-------------------|
| Session | Title | Faculty |
| Session 1 (7 minutes) | Principles of Urine Collection Methods | Roger Seheult, MD |
| Session 2 (14 minutes) | Heme, Leukocyte Esterase, Nitrite, Protein, pH | Roger Seheult, MD |
| Session 3 (9 minutes) | Glucose and Ketones in Urine | Roger Seheult, MD |
| Session 4 (13 minutes) | Bilirubin, Urobilinogen, and Specific Gravity | Roger Seheult, MD |
| Session 5 (9 minutes) | Urine Electrolytes, Osmolality, FENa, FEUrea | Roger Seheult, MD |
| Session 6 (6 minutes) | Transtubular Potassium Gradient (TTKG) | Roger Seheult, MD |
| Session 7 (4 minutes) | Urinary Anion Gap | Roger Seheult, MD |
| Session 8 (12 minutes) | Clinical Correlation: Urine Findings in Common Conditions | Roger Seheult, MD |
| Session 9 (15 minutes) | Gross Assessment - Color, Turbidity, Smell | Roger Seheult, MD |
| Session 10 (7 minutes) | Urine Crystals - Cystine, Uric Acid, Triple Phosphate, Ca Oxylate | Roger Seheult, MD |
| Session 11 (10 minutes) | Casts - RBC, Granular, Hyaline, Fat, WBC. Nephrotic and Nephritic Syndrome | Roger Seheult, MD |
| Session 12 (7 minutes) | Waxy Casts, WBCs, Gram Stained Bacteria, RBCs, Epithelial & Squamous Cells | Roger Seheult, MD |
| Session 13 (3 minutes) | Case Study 1 | Roger Seheult, MD |
| Session 14 (2 minutes) | Case Study 2 | Roger Seheult, MD |





Accreditation

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AANPCB: The American Academy of Nurse Practitioners Certification Board (AANPCB) accepts *AMA PRA Category 1 Credit™* from organizations accredited by the ACCME. Nurse Practitioners may receive a maximum of 40.5 hours of participation, 4 of which can be used towards Pharmacology, for completing all the activities in this collection.

| Explained Clearly Bundle Accreditation | | | | |
|---|-----------------|---------------------------------|-----------------|----------|
| Activity Title | Expiration Date | Credits | ABIM MOC Points | Rx Hours |
| Antibiotics Explained Clearly | 8/5/2025 | 3 AMA PRA Category 1 Credits™ | 3 | 3 |
| BMP/Chem-7 Results Explained Clearly | 11/6/2026 | 7 AMA PRA Category 1 Credits™ | 7 | 0 |
| CBC Results Explained Clearly | 4/1/2024 | 5 AMA PRA Category 1 Credits™ | 5 | 0 |
| EKG/ECG Interpretation Explained Clearly | 1/8/2026 | 10 AMA PRA Category 1 Credits™ | 10 | 1 |
| Evaluation of Acute Abdominal Pain Explained Clearly | 8/5/2026 | 1.5 AMA PRA Category 1 Credits™ | 1.5 | 0 |
| Medical Acid Base Explained Clearly Vol. 2 | 6/9/2026 | 3 AMA PRA Category 1 Credits™ | 3 | 0 |
| Sleep Apnea Explained Clearly | 10/14/2025 | 4 AMA PRA Category 1 Credits™ | 4 | 0 |
| Urinalysis Explained Clearly | 6/21/2026 | 3 AMA PRA Category 1 Credits™ | 3 | 0 |
| Ultrasound Principles and Instrumentation Explained Clearly | 12/9/2024 | 4 AMA PRA Category 1 Credits™ | 4 | 0 |



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