



A program of the Center for Health Humanities and Ethics  
University of Virginia School of Medicine  
Provided by the University of Virginia School of Medicine and School of Nursing

**Wednesday, November 13 | 12:00 to 1:00**

UVA Historical Collections, basement level of the Claude Moore Health Sciences Library

**Zoom:** <https://virginia.zoom.us/j/93317112561?pwd=b8aEUc4MROJGhL4XqvTEiHumuzxLiY.1#success>

*Sponsored by Historical Collections at the Claude Moore Health Sciences Library*

## **Posture Myths and Truths: The Scientific Origins of Our Health Beliefs about Slouching**

**Beth Linker, PhD**

Samuel H. Preston Endowed Term Professor, University of Pennsylvania  
Department of the History and Sociology of Science

Many of us have been told at some point in our lives to stand or sit up straight—and usually, with a sense of guilt or embarrassment, we unthinkingly comply. That good posture is beneficial and important to one's health is a truism that we rarely examine or question. To critically analyze this belief, my talk explores the historical origins of the posture sciences in the early twentieth century. I explain how, despite a lack of physical evidence, upright posture became a widely accepted indicator of health and failures of form a sign of future disability and disease.

**Course Description:** *This series will address High-Level trends and expectations in accreditation in graduate medical education in internal medicine. It will discuss Gaps in care reflected in medical center quality data, priorities, and outcomes as well as trends and changes in patient care practice seen at UVA. Finally, we will cover topics from the clinical practice of Endocrinology, Nephrology and General Medicine that require additional representation due to the prevalence of education in other conference settings on other specialty areas in Internal Medicine.*

**Target Audience:** Physicians, Residents

**Desired Outcomes:**

At the conclusion of this activity, participants should be able to:

- Incorporate new guidelines, techniques, and recent research into clinical practice based on the concepts shared in this series.
- Discuss current clinical cases in the context of evidence-based medicine to identify appropriate screenings and treatments for patients.
- Improve healthcare outcomes by regularly and frequently engaging the healthcare team in up-to-date and evidence-based education.
- the maintenance, improvement, and broadening of knowledge and skills throughout your professional life through attendance at this regularly scheduled series.
- Incorporate systems-based and practice-based processes to improve patient safety and quality in healthcare.
- Communicate effectively with clinical colleagues by incorporating interprofessional discussion techniques and patient-centered strategies, as appropriate.
- Analyze published outcome results and apply to current

**Accreditation & Designation Statements:**



In support of improving patient care, the University of Virginia School of Medicine and School of Nursing is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

The University of Virginia School of Medicine and School of Nursing 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. Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to **1 MOC point** in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for granting ABIM MOC credit. The University of Virginia School of Medicine and School of Nursing awards **1 hour of participation** (consistent with the designated number of *AMA PRA Category 1 Credit™* or ANCC contact hours) to a participant who successfully completes this educational activity. The University of Virginia School of Medicine and School of Nursing maintains a record of participation for six (6) years.

**Full Disclosure Policy Affecting CME Activities:** As a joint accredited provider, the University of Virginia Office of CME/CE requires attested and signed global disclosure of the existence of all financial interests or relationships with commercial interest from any individual in a position to control the content of a CME activity sponsored by OCME.

**No one in a position to control the content of this educational activity has disclosed a relevant financial interest or relationship with any commercial interest.**

#### **Disclosure of faculty financial affiliations**

The University of Virginia School of Medicine and School of Nursing as a Joint Accreditation Provider adhere to the ACCME Standards for Integrity and Independence in Accredited Continuing Education, released in December 2020, as well as Commonwealth of Virginia statutes, University of Virginia policies and procedures, and associated federal and private regulations and guidelines. As the accredited provider for this CE/IPCE activity, we are responsible for ensuring that healthcare professionals have access to professional development activities that are based on best practices and scientific integrity that ultimately supports the care of patients and the public.

All individuals involved in the development and delivery of content for an accredited CE/IPCE activity are expected to disclose relevant financial relationships with ineligible companies occurring within the past 24 months (such as grants or research support, employee, consultant, stock holder, member of speaker's bureau, etc.). The University of Virginia School of Medicine and School of Nursing employ appropriate mechanisms to resolve potential conflicts of interest and ensure the educational design reflects content validity, scientific rigor and balance for participants. Questions about specific strategies can be directed to the University of Virginia School of Medicine and School of Nursing of the University of Virginia, Charlottesville, Virginia.

The faculty, staff and planning committee engaged in the development of this CE/IPCE activity in the Joint Accreditation CE Office of the School of Medicine and School of Nursing have no financial affiliations to disclose.

#### **Disclosure of discussion of non-FDA approved uses for pharmaceutical products and/or medical devices**

As a Joint Accreditation provider, the University of Virginia School of Medicine and School of Nursing, requires that all faculty presenters identify and disclose any off-label or experimental uses for pharmaceutical and medical device products. It is recommended that each clinician fully review all the available data on new products or procedures prior to clinical use.

**Beth Linker** is the Samuel H. Preston Endowed Term Professor at the University of Pennsylvania in the Department of the History and Sociology of Science. Her research and teaching interests include the history of science and medicine, disability, health care policy, and gender. She is the author of *War's Waste: Rehabilitation in World War I America* (Chicago, 2011) and co-editor of *Civil Disabilities: Citizenship, Membership, and Belonging* (Penn Press, 2014). Her most recent book, *Slouch: Posture Panic in Modern America* (Princeton University Press, 2024), is a historical consideration of how poor posture became a feared pathology in the United States throughout much of the twentieth century. For this project, Linker received grants from The American Council of Learned Societies, The National Endowment for the Humanities, The National Institutes of Health, and The Robert Wood Johnson Foundation.

#### **Text to Claim Credit:**

The activity code for today's session is: **24643**

**Text this code to: 1-855-474-8287**

Or Claim Credit at [UVA.cloud-cme.com](https://uva.cloud-cme.com):

Log into your account, select My CE, then select Claim Credit.

If you don't know your password, select "forgot password."

You may claim credit 15 minutes prior to, during, and up to a total of 10,000 minutes (~6.9 days) for the activity.

**NOTE:** If you have never received CE credits awarded by UVACE, visit [uva.cloud-cme.com](https://uva.cloud-cme.com) and click the "Sign Up Now" button.

**Questions?** Email [uvace@uvahealth.org](mailto:uvace@uvahealth.org)