

PARTICIPATE IN THE RECORDED ACTIVITY—REGISTER TODAY!!!

The Complexities of Managing Patients with Sleep-Wake Disorders: The Need to Treat the Whole Patient

Participate online anytime at
www.neuroscienceCME.com/CMW384

Release Date: September 2, 2009
Credit Expiration Date: September 2, 2010
Offered Until: September 2, 2010
Note: No live CE credit is being offered for this activity.

This activity offers CE credit for:

- Physicians (CME)
- Nurses (CNE)
- Psychologists (CEP)
- Social Workers (NASW)
- Case Managers (CCMC)
- Pharmacists (CPE)

You can also register for this and other neuroscienceCME activities at **www.neuroscienceCME.com/CMW384**. For more information or to register by phone for this one-hour activity, call CME Outfitters at **877.CME.PROS**.

STATEMENT OF NEED

Patients with sleep-wake disorders such as obstructive sleep apnea, shift work sleep disorder, and jet lag disorder are complex in their presentation and pose significant therapeutic challenges. Sleep-wake disorder patients often present with the symptom of excessive sleepiness and although highly prevalent and detrimental to the patient, society, and the healthcare system, excessive sleepiness remains under-recognized as well as not appropriately managed. Both patients and physicians often view sleepiness as a normal phenomenon; patients may not mention it, and if they do, physicians may not view it as a serious symptom in need of further attention. In part, the difficulty may arise from the fact that patients often do not complain of excessive sleepiness but instead may use terms like fatigue, tired, and lack of energy that may not raise clinical concern or may lead to misdiagnosis (e.g., depression) and inappropriate treatment. In some cases, patients may report problems with their memory or concentration, or automobile crashes. In fact, patients often do not mention anything at all unless some consequence has ensued, like an automobile crash. In this neuroscienceCME Live and On Demand activity, the expert faculty will examine the challenges of sleep-wake disorders from the primary care and sleep specialist perspective with the goal of providing tools for improved recognition, assessment and coordinated care of the whole patient.

Rakel RE. Clinical and societal consequences of obstructive sleep apnea and excessive daytime sleepiness. *Postgrad Med* 2009;121:86-95.

ACTIVITY GOAL

To identify and accurately diagnose sleep-wake disorders and improve the continuum of care between primary care and sleep specialists.

LEARNING OBJECTIVES

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

- Increase the percentage of patient visits during which sleep-wake function is evaluated with a screening tool to improve the recognition of sleep-wake disorder symptoms.
- Utilize diagnostic tools and instruments to improve the accuracy of differential diagnosis of comorbid sleep-wake disorders including obstructive sleep apnea and circadian rhythm sleep disorders such as shift work sleep disorder and jet lag disorder in patients.
- Integrate primary care providers and sleep specialists into patient care to improve ongoing communication among providers regarding the optimal management of patients with sleep-wake disorders.

The following learning objectives pertain only to those requesting CNE credit:

- Evaluate available screening tools to improve the recognition of sleep-wake disorder symptoms.
- Identify diagnostic tools and instruments to improve the accuracy of differential diagnosis of comorbid sleep-wake disorders including obstructive sleep apnea and circadian rhythm sleep disorders such as shift work sleep disorder and jet lag disorder in patients.
- Identify a local network of primary care providers and sleep specialists into patient care to improve ongoing communication among providers regarding the overall management of patients with sleep-wake disorders.

FINANCIAL SUPPORT

CME Outfitters, LLC, gratefully acknowledges an independent educational grant from Cephalon, Inc., in support of this CE activity.

FAX completed form to **240.243.1033**

YES! I would like to participate in the: ☐ Internet ARCHIVE ☐ Podcast ARCHIVE

Site Name: _____ # Participants: _____

Individual Name: _____ Degree: _____

Address: _____

City/State/ZIP: _____

Practice Setting: ☐ Community Mental Health ☐ State Mental Health ☐ Primary Care
☐ Private Practice ☐ Other: _____ Phone: _____

Fax: _____ Email: _____



FACULTY INFORMATION

Larry Culpepper, MD, MPH
Boston University School of Medicine
Boston Medical Center
Boston, MA

Phyllis C. Zee, MD, PhD
Northwestern University Feinberg School of Medicine
Chicago, IL

MODERATOR

Thomas Roth, PhD
Henry Ford Hospital
University of Michigan School of Medicine
Detroit, MI

TARGET AUDIENCE

Physicians, physician assistants, nurse practitioners, nurses, psychologists, social workers, certified case managers, pharmacists, and other healthcare professionals interested in sleep-wake medicine.

CREDIT INFORMATION

CME Credit (Physicians): CME Outfitters, LLC, is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CME Outfitters, LLC, designates this educational activity for a maximum of 1.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Note to Physician Assistants: AAPA accepts Category I credit from AOACME, Prescribed credit from AAFP, and AMA Category I CME credit for the PRA from organizations accredited by ACCME.

CNE Credit (Nurses): This continuing nursing education activity was approved by the New York State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

It has been assigned approval code 7ZDSU9-10. 1.0 contact hours will be awarded upon successful completion.

CEP Credit (Psychologists): CME Outfitters is approved by the American Psychological Association to sponsor continuing education for psychologists. CME Outfitters maintains responsibility for this program and its content. (1.0 CE credits)

NASW Credit (Social Workers): This program was approved by the National Association of Social Workers (provider #886407722) for 1 continuing education contact hour.

CCMC Credit (Certified Case Managers): This program has been approved for 1 hour by the Commission for Case Manager Certification (CCMC).

CPE Credit (Pharmacists): CME Outfitters, LLC, is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. 1.0 contact hours (0.1 CEUs)

Universal Program Number: 376-000-09-020-H01-P
Activity Type: knowledge-based

Post-tests, credit request forms, and activity evaluations can be completed online at www.neuroscienceCME.com (click on the Testing/Certification link under the Activities tab—requires free account activation), and participants can print their certificate or statement of credit immediately (70% pass rate required). Otherwise, participants should fully complete and return both the credit request form and activity evaluation located within the course guide for this activity. A certificate or statement of credit will be mailed within 4-6 weeks to all who successfully complete these requirements. This website supports all browsers except Internet Explorer for Mac. For complete technical requirements and privacy policy, visit www.neurosciencecme.com/technical.asp. CE credit expires on September 2, 2010.

This continuing education activity is provided by



TV-060-090209-05