

Premiere Date:
Wednesday, May 18, 2005

LIVE Broadcast: 12:00 p.m.–1:00 p.m. ET
11:00 a.m.–12:00 p.m. CT
10:00 a.m.–11:00 a.m. MT
9:00 a.m.–10:00 a.m. PT

Taped Re-Air: 3:00 p.m.–4:00 p.m. ET
2:00 p.m.–3:00 p.m. CT
1:00 p.m.–2:00 p.m. MT
12:00 p.m.–1:00 p.m. PT

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- Social Workers (NASW)
- Case Managers (CCMC)
- Pharmacists (CPE)

FACULTY

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Viewing location (if site-facilitated):



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Please send me a free videotape
 CD-ROM of this CE activity.



Excessive Sleepiness: Assessing Its Impact on Patient Wellness

Statement of Need

Adequate sleep is not an absolute entity based on quantitative hours of rest, but rather a measure of the rest and restoration experienced by an individual. The 2005 Sleep in America Poll conducted by the National Sleep Foundation found that 75% of adults say they have a sleep problem such as waking during the night or snoring, and 25% report that sleep problems have some impact on their daily lives. Yet, 70% of adults say that their doctors have never asked them about their sleep patterns. This indicates a significant lag in recognition, diagnosis, and treatment of sleep disturbances. Excessive sleepiness can have a myriad of undesirable consequences such as diminished interest in sexual relationships, poor executive functioning, increased motor vehicle accidents, and medical comorbidities. Excessive sleepiness can be attributed to insufficient sleep syndrome, obstructive sleep apnea, shift work sleep disorder, narcolepsy, and/or psychiatric or medical disorders. In this evidence-based psychCME TV activity, the faculty will explore the recognition and treatment of excessive sleepiness and pose strategies for improved patient outcomes.

Activity Goal

To better recognize the impact of excessive sleepiness on patient wellness.

Learning Objectives

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

- Identify factors contributing to excessive sleepiness and their impact on patient wellness.
- Utilize screening tools for recognition and diagnosis of excessive sleepiness.
- Assess the role of pharmacological and non-pharmacological interventions in the treatment of excessive sleepiness.

Target Audience

Physicians, physician assistants, nurse practitioners, nurses, psychologists, social workers, certified case managers, pharmacists, and other healthcare professionals with an interest in mental health.

Commercial Support

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

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.

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

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Universal Program Number:
376-999-05-012-L01 (live presentation)
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To receive credit, participants must review all activity materials in their entirety, score 70% or above on a post-test, and fully complete and return both the credit request form and activity evaluation. A certificate or statement of credit will be mailed within 4–6 weeks to all who successfully complete these requirements.

FAX completed form to 240.243.1033

WWW

YES! Register me for this LIVE evidence-based psychCME TV activity on May 18, 2005.

Site/Individual Name: _____ # Participants: _____

Degree: _____ Practice Setting: Community Mental Health State Mental Health
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