

INTERACTIVE CE AUDIOCONFERENCE: REGISTER TODAY!

Waking Up to the Problem of OSA: Consequences and Improved Recognition

A Live CME/CNE/CEP/NASW/CCMC/CPE Audioconference Series

Release Date: October 16, 2007 • Credit Expiration Date: November 16, 2008

You can also register for this and other neuroscienceCME activities
at www.neuroscienceCME.com.

For more information or to register by phone for this one-hour activity,
call CME Outfitters at **877.CME.PROS**.

This activity offers CE credit for:

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

All other clinicians will either receive a CME Attendance Certificate or may choose any of the types of CE credit being offered.

STATEMENT OF NEED

Obstructive sleep apnea (OSA) is a sleep-related breathing disorder (SRBD) characterized by partial/complete airway obstruction resulting in suspended breathing. Classic symptoms during sleep include loud snoring, gasping/choking, and severely fragmented sleep, whereas waking symptoms include excessive sleepiness, cognitive difficulties, and mood swings. Associated risk factors include being male, older age, high BMI, hypertension, family history, and having a large neck circumference and/or a narrowed airway.

Untreated OSA is associated with serious societal and personal consequences. The cardinal symptom of OSA is excessive sleepiness, which can interfere with daily activities and heighten the risk of motor vehicle crashes.¹ OSA is associated with numerous medical comorbidities, with the most compelling data exhibiting a link between OSA and hypertension.²

Prompt recognition and management of OSA is crucial to mitigating the consequences—however, less than 20% of OSA cases are currently diagnosed and treated. New data indicate that women and older people may not present with classic findings; for example, women are less likely to report witnessed apneas, and older people are less likely to be obese. In this live, evidence-based, neuroscienceCME VOICE activity, the experts will explore the risks associated with untreated OSA and present strategies for improving recognition of this SRBD.

¹ Ellen RL, Marshall SC, Palayew M, Molnar FJ, Wilson KG, Man-Son-Hing M. Systematic review of motor vehicle crash risk in persons with sleep apnea. *J Clin Sleep Med* 2006;2:193-200.

² Budhiraja R, Sharief I, Quan SF. Sleep disordered breathing and hypertension. *J Clin Sleep Med* 2005;1:401-404.

ACTIVITY GOAL

To explore the risks associated with untreated obstructive sleep apnea and to examine strategies for improving treatment of this sleep-related breathing disorder.

LEARNING OBJECTIVES

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

- Describe risk factors and symptomatology associated with obstructive sleep apnea.
- Identify consequences of untreated obstructive sleep apnea including increased risk of motor vehicle crashes and increased risk of medical comorbidities, particularly hypertension.
- Utilize screening tools and strategies to improve recognition of obstructive sleep apnea, particularly in populations that do not present with classic symptoms.

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 independent educational grant from Cephalon, Inc., in support of this CE activity.



FACULTY INFORMATION

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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): CME Outfitters, LLC, is an approved provider of continuing nursing education by the New York State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

It has been assigned code 6WASUP-PRV-0611. 1.0 contact hours will be awarded upon successful completion.

Note to Nurse Practitioners: The content of this CNE activity pertains to Pharmacology.

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:
376-999-07-013-L01 (live presentation)
376-999-07-013-H01 (recorded programs)

Post-tests, credit request forms, and activity evaluations can be completed online at www.neuroscienceCME.com (click on the Testing/Certification link under the Resources 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 continuing education
activity is provided by



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WWW

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☐ **October 16, 2007**

12:15 p.m.–1:15 p.m. ET
11:15 a.m.–12:15 p.m. CT
10:15 a.m.–11:15 a.m. MT
9:15 a.m.–10:15 a.m. PT

☐ **October 30, 2007**

12:15 p.m.–1:15 p.m. ET
11:15 a.m.–12:15 p.m. CT
10:15 a.m.–11:15 a.m. MT
9:15 a.m.–10:15 a.m. PT

☐ **November 8, 2007**

3:15 p.m.–4:15 p.m. ET
2:15 p.m.–3:15 p.m. CT
1:15 p.m.–2:15 p.m. MT
12:15 p.m.–1:15 p.m. PT

☐ **October 19, 2007**

2:15 p.m.–3:15 p.m. ET
1:15 p.m.–2:15 p.m. CT
12:15 p.m.–1:15 p.m. MT
11:15 a.m.–12:15 p.m. PT

☐ **November 1, 2007**

12:15 p.m.–1:15 p.m. ET
11:15 a.m.–12:15 p.m. CT
10:15 a.m.–11:15 a.m. MT
9:15 a.m.–10:15 a.m. PT

☐ **November 12, 2007**

1:15 p.m.–2:15 p.m. ET
12:15 p.m.–1:15 p.m. CT
11:15 a.m.–12:15 p.m. MT
10:15 a.m.–11:15 a.m. PT

☐ **October 25, 2007**

1:15 p.m.–2:15 p.m. ET
12:15 p.m.–1:15 p.m. CT
11:15 a.m.–12:15 p.m. MT
10:15 a.m.–11:15 a.m. PT

☐ **November 2, 2007**

3:15 p.m.–4:15 p.m. ET
2:15 p.m.–3:15 p.m. CT
1:15 p.m.–2:15 p.m. MT
12:15 p.m.–1:15 p.m. PT

☐ **November 13, 2007**

1:15 p.m.–2:15 p.m. ET
12:15 p.m.–1:15 p.m. CT
11:15 a.m.–12:15 p.m. MT
10:15 a.m.–11:15 a.m. PT

☐ **October 26, 2007**

12:15 p.m.–1:15 p.m. ET
11:15 a.m.–12:15 p.m. CT
10:15 a.m.–11:15 a.m. MT
9:15 a.m.–10:15 a.m. PT

☐ **November 5, 2007**

1:15 p.m.–2:15 p.m. ET
12:15 p.m.–1:15 p.m. CT
11:15 a.m.–12:15 p.m. MT
10:15 a.m.–11:15 a.m. PT

☐ **November 16, 2007**

12:15 p.m.–1:15 p.m. ET
11:15 a.m.–12:15 p.m. CT
10:15 a.m.–11:15 a.m. MT
9:15 a.m.–10:15 a.m. PT



Select preferred session above and FAX completed form to **240.243.1033**

☐ Please send me a complimentary CD-ROM of this CE activity.

Name: _____ # Participants: _____

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

Address: _____

City/State/ZIP: _____

Phone: _____ Fax: _____ Email: _____