

**Monday, September 28, 2009**

**12:00 noon**

**Blue Bird Auditorium, NB-137, Neurosensory Center**

## **Sleep, Alertness, and Fatigue Education in Residency**

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**Baylor College of Medicine**

**Child Neurology and Pediatric Sleep Medicine Sleep Medicine**

**Fellowship Faculty**

**Objectives – At the end of this lecture, participants should be able to:**

- List factors that put you at risk for sleepiness and fatigue.
- Describe the impact of sleep loss on residents' personal and professional lives, and on resident and patient safety.
- Recognize signs of sleepiness and fatigue in yourself and others.
- Challenge common misconceptions among physicians about sleep and sleep loss.
- Adapt alertness management tools and strategies for yourself and your program.

**References:**

- 2006 SAFER Revision Task Force members: Judith Owens, MD, MPH (Chair); Alon Avidan, MD, MPH; DeWitt Baldwin, MD; Christopher Landrigan, MD; Francine Wiest, MD, MPH
- Papp KK, Stoller EP, Sage P, et al. The effects of sleep loss and fatigue on resident-physicians: a multi-institutional, mixed-method study. *Acad Med* 2004;79(5):394-406
- Rosekind MR, Gander PH, Gregory KB, et al. Managing fatigue in operational settings 2: An integrated approach. *Behav Med* 1996;21(4):166-70.
- Gaba DM, Howard SK. Patient safety: fatigue among clinicians and the safety of patients. *N Engl J Med* 2002;347(16):1249-55. Sateia MJ, Owens J, Dube C, Goldberg R. Advancement in sleep medicine education. *Sleep* 2000;23(8):1021-3.

**Target Audience, Needs, Educational Methods, Activity Evaluation:**

Physicians, residents, fellows, and other healthcare professionals need to be updated about new advances in the clinical and research areas for the diagnosis, treatment, and management of patients with neurological disorders. Educational methods will include lectures, case presentations, audio/video presentations, and questions & answer sessions. Participants will be asked to complete an activity evaluation.

Baylor College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. Physicians should only claim credit commensurate with the extent of their participation in the activity.