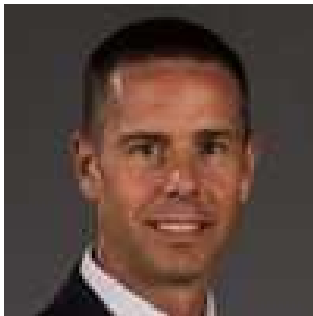


SAVE THE DATE!
Friday—January 18, 2019 at 12:00 p.m. GCR: B/C

CONTINUING MEDICAL EDUCATION PROGRAM
FRIDAY NOON GRAND ROUNDS

“The Impact of Sleep on Health and Performance”



Chad Asplund, M.D., MPH
Board Certified Family & Sports Medicine
George Southern University
Statesboro, GA

Lunch is available. Please sign in and pick up a meal ticket for purchase at “Ohana Café”

Activity Information

Most PCP have a low level of awareness and knowledge off sleep medicine and sleep disorders (Saleem, 2017). Healthy People 2020 has characterized poor sleep as a major public health issue.

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

- 1) Describe normal sleep architecture and the anatomy responsibility for health sleep.
- 2) Discuss the health related impacts of sleep on the population/
- 3) Explain how to improve the sleep of patients and athletes.

Target Audience

Local and Internal: Primary Care Physicians, Residents, Pharmacists, Physician Assistants, Nurse Practitioners, Nursing Staffs and Specialty Physicians

Faculty Disclosures

The Speaker, Dr. Asplund has no commercial relationship relevant to this presentation.

There is no Educational Grant for this activity

Contact US: Hilo Medical Center—Office of CME

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Email: jikeda@hhsc.org

Resolution of conflicts of Interest:

In accordance with the ACCME Standards for Commercial Support of CME, Hilo Medical Center Office of CME implemented mechanisms, prior to the planning and implementation of this CME activity to identify and resolve conflicts of interest for all individuals in a position to control content of this CME activity.

Planning Committee/Faculty Disclosures:

Office of CME Staff, CME Committee and Content Validation Reviewer Disclosure:

The office of CME staff involved with this activity, CME Committee Members, and any content validation reviewers of this activity have reported no relevant financial relationships with commercial interests.

Unapproved Use Disclosure:

Hilo Medical Center Office of CME requires CME faculty (speakers/moderators/instructors) to disclose to attendees when products or procedures being discussed are off-label unlabeled, experimental, and /or investigational (not FDA approved); and any limitations on the information that is presented, such as data that are preliminary or that represent ongoing research, interim analyses, and/or unsupported opinion. This information is intended solely for continuing medical education and is not intended to promote off-label use of these medications. If you have questions, contact the medical affairs department of the manufacturer for the most recent prescribing information.

Faculty **may** discuss information about pharmaceutical agents that is outside of U.S. Food and Drug Administration approved labeling.

Core Competencies:

This activity has been developed with consideration given to the American Board of Medical specialties and/or Institute of Medicine Core Competencies. This activity will increase your competency in the areas of providing patient-centered care work in interdisciplinary teams, employ evidence-based practices, apply quality improvement, medical knowledge, practice based learning and improvement, professionalism and systems-based practice.

Method of Participation:

There are no fees for participating in and receiving credit for this activity. In order to successfully conclude this activity for 1.0 AMA PRA Category 1 Credit™, learners must submit a completed evaluation/attestation form.

Learners can provide evaluation as to whether the education has increased their knowledge base (competence) or changed their practice patterns (performance, patient outcomes) through the evaluation form and verbal feedback.

A 12 month summary of your AMA PRA Category 1 Credits™ on filed with Hilo Medical Center Office of CME will be issued upon request. Requests can be submitted by email to jikeda@hsc.org, faxes to (808) 933-9901 or by checking the appropriate box on the evaluation form.

Commercial Support:

This activity was developed without commercial support.

CME Accreditation and Designation:

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council of Continuing Medical Education (ACCME) through Hilo Medical Center. Hilo Medical Center is accredited by Hawaii Medical Association to provide continuing medical education for physicians.

Hilo Medical Center designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit™. Participants should claim only the credit commensurate with the extent of their participation in the activity.