



Pediatric Grand Rounds

Presented by

Yale School of Medicine

Department of Pediatrics

Rajita Sinha, PhD



**Foundations Fund Professor of
Psychiatry, of Neuroscience and of
Child Study
Yale School of Medicine**

“Effects of the Uncontrollable Stress and Coping for Resilient Functioning”

***Wednesday, April 22, 2020, 12:00 p.m.
Zoom Meeting***

There is no corporate support for this activity. This course will fulfill the licensure requirement set forth by the State of Connecticut

ACCREDITATION

The Yale School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

TARGET AUDIENCE

Medical Students
Residents and Fellows
Faculty Physicians
Allied Health Providers

NEEDS ASSESSMENT

This grand round will focus on understanding the effects of uncontrollable stress and of living through these challenging times on health care providers, their patients and their children, as individuals, parents and in our communities. Impact on stress biology, including our brain cognition, emotions, physical symptoms and behaviors. Strategies on how to manage uncontrollable stress and cope during these difficult times will also be discussed.

LEARNING OBJECTIVES

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

1. To understand the effects of uncontrollable, unpredictable and sustained stress on the brain, body and on functioning on adults and children
2. To identify the stress signs and symptoms
3. To learn effective coping that helps buffer stress and promote resilience

DESIGNATION STATEMENT

The Yale School of Medicine designates this live activity for 1 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

FACULTY DISCLOSURES

Rajita Sinha, PhD: None
Pnina Weiss, MD, Grand Rounds Director: None

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