



# Urology Grand Rounds

*Presented by*

Yale School of Medicine, Department of Urology

## **“Sleep Deprivation and Fatigue Management”**

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*Professor Emeritus,*

*Emeritus Director, Resident/Fellow Well-Being*

*Graduate Medical Education*

*Yale-New Haven Hospital, Yale School of Medicine*

Date: Friday, September 18, 2020 7:30-8:30am

Location: Zoom Web Conference, <https://zoom.us/j/99250050863>

Course Director/Host: Daniel Kellner, MD

***There is no corporate support for this activity***

This course will fulfill the licensure requirement set forth by the State of Connecticut

### **LEARNING OBJECTIVES**

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

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

### **NEEDS ASSESSMENT**

As part of an educational need for training about the effects of sleep deprivation on patient safety and because it is a requirement for residency accreditation, this talk is being presented.

### **DISCLOSURES**

Fisher: Medtronic (Spouse), Honorarium for Advisory Board  
Daniel Kellner, MD, Course Director: None

### **ACCREDITATION**

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

### **DESIGNATION STATEMENT**

The Yale School of Medicine designates this live activity for 1 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should only claim the credit commensurate with the extent of their participation in the activity. It is the policy of Yale School of Medicine, Continuing Medical Education, to ensure balance, independence, objectivity and scientific rigor in all its educational programs. All faculty participating as speakers in these programs are required to disclose any relevant financial relationship(s) they (or spouse or partner) have with a commercial interest that benefits the individual in any financial amount that has occurred within the past 12 months; and the opportunity to affect the content of CME about the products or services of the commercial interests. The Center for Continuing Medical Education will ensure that any conflicts of interest are resolved before the educational activity occurs.

### **TARGET AUDIENCE**

The target audience are Urology attendings, residents, medical students and other healthcare providers