



Yale Sleep Medicine Seminar

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CONTINUING MEDICAL EDUCATION

Presented by

Yale School of Medicine's Department of Internal Medicine, Section of Pulmonary, Critical Care, & Sleep Medicine

Sleep Disturbance in Children and Adults with Autism Spectrum Disorder



Caroline Okorie, MD, MPH

Clinical Assistant Professor of Pediatric Pulmonology,
Asthma and Sleep Medicine,
Associate Program Director, Pediatric Residency Program
Stanford University School of Medicine

Wednesday, September 30, 2020 @ 2pm EDT

Moderator: Lauren Tobias, MD

REMOTE ATTENDANCE ONLY – NO LOCAL AUDIENCE

Join from PC, Mac, Linux, iOS or Android: <https://zoom.us/j/93569756530>

Telephone: Dial: +1 203 43-29666 or (+1 877 853-5247 or +1 888 788-0099 US Toll-free); Meeting ID: 935 6975 6530

CME credit for live event only.

To record your attendance, text the ID# provided at the session to 203-442-9435 from 1:45pm-3:15pm on September 9, 2020

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

Attending physicians, house staff/fellows, medical students, nurses, physician assistants.

NEEDS ASSESSMENT

Sleep disturbance is one of the most common complaints of patients with Autism Spectrum. There is a clear association between the severity of ASD symptoms and severity of sleep disturbance. Unfortunately, there is also a self-reinforcing loop where sleep disturbance can worsen ASD symptoms and severe ASD symptoms can lead to more sleep disruption. This has significant effects on quality of life and overall health. Many providers (especially adult providers) are unfamiliar with the needs of patients with ASD. This course is designed to educate sleep providers about the sleep issues specific to children and adults with autism spectrum disorder and to help them design a deliberate approach to help improve their sleep health. This course will also explore the limited evidence available around pharmacologic management of sleep disturbance in this population. This talk will address the evidence/guidance around pharmacologic intervention.

LEARNING OBJECTIVES

At the conclusion of this talk, individuals will:

1. Understand that sleep disturbance is very common among children and adults with Autism Spectrum Disorder (ASD)
2. Recognize the role that co-morbid medical and mental health conditions can play in the exacerbation of sleep complaints and how poor sleep can in turn exacerbate ASD symptoms
3. Explore recommendations about how to develop a plan to evaluate and treat sleep concerns in patients with ASD
4. Review frequently considered pharmacologic therapies

DESIGNATION STATEMENT

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

FACULTY DISCLOSURES

Lauren Tobias, MD, Course Director – No conflict of interest
Caroline Okorie, MD – No conflict of interest

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