

Online CME/CPE Medical Simulation: REGISTER TODAY!

Sleep Case Series, Part 3: Assessing and Managing the Symptom of Excessive Sleepiness in a Stable Patient with Schizophrenia

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Release Date: March 26, 2009
Credit Expiration Date: March 26, 2010
Archive Offered Until: March 26, 2010

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STATEMENT OF NEED

The symptom of excessive sleepiness often reflects an underlying sleep disorder with the potential to cause dangerous physiological disruption and cardiometabolic and psychiatric morbidity.¹ Sleep disorders may be of particular concern in patients with schizophrenia in light of their already shortened lifespan relative to the general population, and the high frequency of risk factors for cardiometabolic risk associated with the illness.² In order to reduce the risks associated with sleep disorders in this patient population, there is a need for proper identification and management. Sleep disorders in the context of patient with schizophrenia can be particularly challenging because psychiatric and cognitive aspects of the disease may complicate differential diagnosis and may limit treatment options. Extra support may be needed to help patients obtain maximal benefit from treatment and lifestyle changes that are often critical to restoring sleep. In patients maintained on antipsychotic medication, possible iatrogenic effects on sleep should be considered and if warranted, the benefit of switching to a different antipsychotic should be weighed against potential risk of lost or reduced efficacy. In this interactive, case-based activity, expert faculty will provide evidence and clinical insight on assessing the symptom of excessive sleepiness in patients with schizophrenia, and in diagnosing and managing the underlying sleep disorder, while allowing participants to hone their clinical decision-making skills in the context of a real-world case.

¹ Hirshkowitz M. The clinical consequences of obstructive sleep apnea and associated excessive sleepiness. *J Fam Pract* 2008;57(Suppl 8):S9-S16.

² Colton CW, Manderscheid RW. Congruencies in increased mortality rates, years of potential life lost, and causes of death among public mental health clients in eight states. *Prev Chronic Dis* 2006;3:1-14.

ACTIVITY GOAL

To provide mental health care practitioners with evidence-based strategies for assessing the symptom of excessive sleepiness in their patients with schizophrenia, and in developing an appropriate management plan for patients with underlying sleep disorders.

LEARNING OBJECTIVES

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

- Utilize standardized tools to assess the symptom of excessive sleepiness in patients with schizophrenia.
- Implement a strategy for referral to accurately diagnose an underlying sleep disorder.
- Integrate ongoing assessment of sleep symptoms and treatment response into the clinical care of patients with schizophrenia.

COMMERCIAL SUPPORT

CME Outfitters, LLC, gratefully acknowledges an independent educational grant from Cephalon, Inc., in support of this CE activity.

———— FAX completed form to **240.243.1033** ————

YES! Register me for this online neuroscienceCME activity.

Site Name: _____ # Participants: _____

Individual Name: _____ Degree: _____

Address: _____

City/State/ZIP: _____

Practice Setting: Community Mental Health State Mental Health Primary Care
 Private Practice Other: _____ Phone: _____

Fax: _____ Email: _____



FACULTY INFORMATION

Mary O'Malley, MD, PhD
Program Director, Sleep Fellowship
Norwalk Hospital Sleep Disorders Center
Norwalk, CT

TARGET AUDIENCE

Physicians, physician assistants,
pharmacists, and other healthcare
professionals with an interest in
sleep-wake disorders.

CREDIT INFORMATION

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Activity Type: knowledge-based

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