

**Online CME/CPE Medical Simulation: REGISTER TODAY!**

# Sleep Case Series, Part 4: A Teenager with Sleepiness and Slurred Speech

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Release Date: June 5, 2009  
Credit Expiration Date: June 5, 2010  
Archive Offered Until: June 5, 2010

This activity offers CE credit for:  
• Physicians (CME) • Pharmacists (CPE)  
All other clinicians will either receive a CME Attendance Certificate or may choose any of the types of CE credit being offered.

Questions? Call CME Outfitters at **877.CME.PROS**.

**STATEMENT OF NEED**

The onset of overwhelming sleepiness can occur in individuals in restful situations, such as being a passenger in a car or sitting in a movie theater. For others these naps can be far more intrusive and occur while talking to someone, while driving a car, or in the middle of eating.<sup>1</sup> Daytime sleepiness can be associated with a number of sleep disorders and can profoundly affect patient well-being and ability to function. When the constellation of symptoms also includes slurred speech and sleep-related hallucinations, an accurate diagnosis can be challenging for clinicians. Schizophrenia, alcohol use/abuse, and idiopathic hypersomnia may all be a part of the differential diagnosis.

Careful, evidence-based assessment is necessary to make an accurate diagnosis. Sleep scales and inventories, polysomnography, and multiple sleep latency tests are among the available diagnostic tools that can help with accurate diagnosis to improve patient outcomes. Along with sleep hygiene, certain pharmacological agents have been shown to help patients with sleep disorders.<sup>2</sup>

This interactive, case-based learning tool offers a unique opportunity for clinicians to further develop their problem-solving skills, benefit from the input and expertise of experienced faculty, and practice real-world clinical skills as they explore the integration of various treatments to improve patients outcomes.

<sup>1</sup> Chakravorty SS, Rye DB. *Drugs Aging* 2003;20:361-376.  
<sup>2</sup> Thorpy M. *Sleep Med* 2007;8:427-440.

**ACTIVITY GOAL**

To identify and utilize evidence-based management strategies to improve outcomes for patients with sleep disorders.

**LEARNING OBJECTIVES**

- At the end of this CE activity, participants should be able to:
- Recognize the diagnostic importance of daytime sleepiness as key symptom in sleep disorders.
  - Utilize effective, evidence-based sleep assessments and pharmacological strategies to improve overall outcomes in patients with sleep disorders.
  - Develop a treatment plan including both behavioral measures and, if warranted, pharmacotherapy for patients with sleep disorders.

**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**

**Meeta Singh, MD**  
Senior Staff  
Henry Ford Sleep Disorders Center  
Detroit, MI

**TARGET AUDIENCE**

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

**CREDIT INFORMATION**

**CME Credit (Physicians):** CME Outfitters, LLC, is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CME Outfitters, LLC, designates this educational activity for a maximum of 0.5 *AMA PRA Category 1 Credit(s)*<sup>TM</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Note to Physician Assistants:** *AAPA accepts Category I credit from AOACCME, Prescribed credit from AAFP, and AMA Category I CME credit for the PRA from organizations accredited by ACCME.*

**CPE Credit (Pharmacists):** CME

Outfitters, LLC, is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. 0.5 contact hours (0.05 CEUs)

Universal Program Number: 376-000-09-018-H01-P

Activity Type: knowledge-based

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PL-007-0605-09-05