



Children's National.

Children's National Pediatric Anesthesiology

Sleep Deprivation

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Auditorium

September 5, 2024

7:00am – 8:00am

**To claim credit,
text **GOFWEH**
to **703.260.9391****

Target audience: Anesthesiologists, Fellows, Residents and Nurses

Learning objectives:

1. Clarify what medical errors are in a hospital setting
2. Define how the Brain works when we sleep
3. The benefits and importance of getting a good night sleep
4. Warning of what happens to our Brain with poor sleep (Hygiene)
5. Comparing working with no sleep vs good sleep
6. Demonstrate tools that will help your body and mind have a great night sleep

Accreditation: The Medical Society of Virginia is a member of the Southern States CME Collaborative, an ACCME Recognized Accreditor. This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Southern States CME Collaborative (SSCC) through the joint providership of Inova Health System Office of Continuing Medical Education and Children's National Hospital. Inova Health System Office of Continuing Medical Education is accredited by the SSCC to provide continuing medical education for physicians.

Credit designation: The Inova Office of Continuing Medical Education designates this live educational activity for a maximum of 1.0 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity. Physicians may claim up to 1.0 credit in Type 1 CME on the Virginia Board of Medicine Continued Competency and Assessment Form required for renewal of an active medical license in Virginia.

