UT Southwestern Medical Center

FAMILY MEDICINE GRAND ROUNDS

Insomnia and Primary Care

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FREE Virtual CME Program Tuesday November 17, 2020 6:00-7:00 pm

Course Directors:

Kimberly Aparicio, MD, Assistant Professor

Overview: This activity provides an opportunity to review and present what is relevant to primary care and up to date information that is applicable to day-to-day practice. In this discussion we will:

1. Know how to diagnose insomnia

2. Treat insomnia with non-pharmacologic interventions including behavior therapy

3. Treat insomnia with the most appropriate pharmacologic agents based on co-morbid conditions

Who should attend? Residents in training, fellows, medical students and other interested health care professionals and

UT Southwestern Family Medicine Grand Rounds provide an updated scientific knowledge foundation which will enhance diagnosis and treatment in the care of our patients.

Accreditation and Credit Designation Statement: The University of Texas Southwestern Medical Center is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The University of Texas Southwestern Medical Center designates this live activity for 1.0 *AMA PRA Category 1 Credit(s)*TM and up to 1.00 prescribed credit(s) by the AAFP. Physicians should claim only the credit commensurate with the extent of their participation in the activity.