



"Back-to-School--It's Time to Sleep!"

A Medical and Behavioral Approach to Sleep Disorders in School-age Children and Adolescents"

An important role of the pediatrician is to identify sleep problems by understanding how much sleep is needed and taking a sleep history. Then, understanding, evaluating and managing sleep disorders is necessary. Lastly, knowing when to refer to a medical sleep subspecialist or when and how to counsel parents on behavior modification for improved sleep is imperative to guide families to obtain good sleep hygiene practices.

CME Objectives & Presenters:

The Medical Approach..... Presented by Akinyemi O. Ajayi, MD

Attendees will be able to: 1. Describe how to take a sleep history 2. Differentiate the categories of sleep disorders 3. Summarize the different techniques for evaluation and management of sleep disorders

The Behavioral Approach:...Presented by J. Christopher McGinnis, Ph.D., BCBA-D

Attendees will be able to counsel parents on 1. How much sleep children need at different ages 2. How to improve sleep independence by solving bedtime refusal, insomnia, and family bed 3. How to maintain good sleep health and habits

Dates and Locations – Choose one:

Tuesday, August 29, 2017 West Palm Beach

West Palm Beach Marriott, 1001 Okeechobee Blvd, West Palm Beach, FL 33401

Wednesday, August 30, 2017 Port St. Lucie

Tutto Fresco Restaurant, 9501 Reserve Blvd, Port St Lucie, FL

Schedule of Meetings: **5:30-6:45** Reception & Registration **6:45- 7:00** -Business Meeting
7:00 – 9:00 Dinner & Program ""Back-to-School--It's Time to Sleep!"

Target Audience:

Members and Guests of the Palm Beach County Pediatric Society, Pediatric Dentists, Pediatric Sub-Specialists, Primary Care Physicians, Physician Assistants, Nurse Practitioners, and any healthcare provider who treats and cares for pediatric patients.

2.0 CME Hours



CME Credit provided by AKH Inc., Advancing Knowledge in Healthcare

Physicians

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of AKH Inc., Advancing Knowledge in Healthcare and Palm Beach Pediatric Society. AKH Inc., Advancing Knowledge in Healthcare is accredited by the ACCME to provide continuing medical education for physicians.

AKH Inc., Advancing Knowledge in Healthcare designates this live activity for a maximum of 2.0 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Course Director Shannon Fox-Levine, M.D., President, Palm Beach Pediatric Society

Cost: \$35.00 per person for Provider members in good standing with 2017 dues paid
\$ 85.00 to pay 2017 dues and meeting registration

\$75.00 per person including all guests or Pediatric Society limited-members

Please register and pay online! PalmBeachPediatricSociety.org

Regular registration deadline: August 25, 2017

Late fees will apply if registering past Friday, August 25, 2017 All participants must be pre-registered & prepaid.

If you have any questions, please call your MJN Representatives who volunteer their time to help our society:

Susie Graham 561-371-0458, Jamie Lorne 561-699-4144 or Casey Laughlin 772-216-1607

Save
\$ 10.00 if
registered
by Aug 5