



Pediatric Insomnias

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March 12, 2025

12:00 P.M. - 1:00 P.M.

Virtual Meeting



Dr. Rumsha Hafeez, DO
Child & Adolescent Psychiatry Fellow, PGY-5

If you have questions, please email jpscpn@jpshealth.org for assistance.

Overview

Primary care providers and pediatricians are on the front line when caring for the behavioral health needs of children, adolescents, and young adults. With limited availability for prompt access to psychiatric or behavioral health specialists, patients often rely on their 'medical home' providers to initiate care. CPAN's aim is to support primary care in the identification and management of patients with behavioral health needs. This session offers practical information with relevant case examples, using evidence-based guidelines to help increase confidence in providing the initial steps of treatment.

Learning Objectives

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

- Recognize the common presentations of pediatric sleep disorders.
- Discuss behavioral interventions and popular nonpharmacologic treatments.
- Explain common pharmacological treatments used in the pediatric population to address sleep issues

Physicians

In support of improving patient care, this activity has been planned and implemented by the University of North Texas Health Science Center at Fort Worth and Child Psychiatry Access Network. The University of North Texas Health Science Center at Fort Worth is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

The University of North Texas Health Science Center at Fort Worth is accredited by the American Osteopathic Association to award continuing medical education to physicians.

Physician Credit Designation

The University of North Texas Health Science Center at Fort Worth designates this live activity for a maximum of 1 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

The University of North Texas Health Science Center at Fort Worth designates this program for a maximum of AOA category 2A credits and will report CME and specialty commensurate with the extent of the physician's participation in this activity.

**Note: Nurse Practitioners and Physician Assistants can claim AMA PRA Category 1 Credit(s)[™].

Nurses

This activity provides up to 1.0 contact hours.

As a Jointly Accredited Organization, The University of North Texas Health Science Center at Fort Worth is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit.

Social Workers completing this course receive 1.0 contact hour of continuing education credits.

Licensed Professional Counselors

The University of North Texas Health Science Center at Fort Worth certifies that this meets the requirements for continuing education under Texas Administrative Code. This activity provides 1.0 CEU credits.

