

LEARNING OBJECTIVES

9-21-23

PERFORMANCE GAP/ ACTIVITY NEED: Cognitive disorders are the diseases of the 21st century with no treatment or clear guidelines to decrease them, especially in minoritized individuals that have a large burden of disease. Sleep disorders are intertwined with cognitive and brain health processes and may serve as target for very early interventions and prevention of disease. There has been an accelerated understanding of how sleep health affects brain health.

It is important for clinicians to have actionable items to identify and treat sleep disorders in the context of cognitive health [Source: ARamos, MD: personal communication, 9/17/23].

DESIRED OUTCOMES: At the end of the activity, attendees will be able to:

- identify at risk individuals for sleep related cognitive decline and dementia.
- incorporate evidence-based strategies to mitigate cognitive decline in the context of sleep health.
- evaluate state of the art evidence of sleep and dementia risk

LEARNERS: all clinicians

DESIRABLE PHYSICIAN ATTRIBUTE: provide patient-centered care, employ evidence-based practice

CULTURAL/LINGUISTIC DIVERSITY/IMPLICIT BIAS (AB241) Reflect on the patient populations most affected and consider how implicit bias may impact appropriate care of these patients. Minoritized individuals have a large burden of disease, with poor access to treatment and diagnostic paradigms.