

## Workshops Summaries

### Sunday, August 29, 2021

9:00 a.m. –4 p.m.

Fee: \$150

#### S-01 AIRCREW FATIGUE: CAUSES, CONSEQUENCES, AND COUNTERMEASURES (Limit 75)

**Chairs:** J. Lynn Caldwell, Ph.D. and John A. Caldwell, Ph.D.

(Designation Statement: The Undersea and Hyperbaric Medical Society designates this live activity for a maximum of 6.0 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity)

This workshop will outline the importance of addressing fatigue as a danger in aviation, the basic physiological mechanism underlying fatigue, and the most common causes of fatigue in air transport and other settings. This workshop will provide a fully-updated, science-based overview of fatigue factors and relevant countermeasures and will emphasize the importance of implementing educational, preventative, monitoring, and mitigation strategies within the context of a fully-integrated fatigue risk management system. Ways to recognize fatigue in operational environments and information about the efficacy of various countermeasures, including specific information about countermeasure techniques such as proper work/rest schedules, adequate sleep, napping strategies, rest breaks, circadian entrainment, stimulants, and others, will be provided.

9:00 a.m. –3:30 p.m.

Fee: \$150

#### S-02 WORKSHOP: FAM FLIGHT: INTRODUCTION TO AIRCREW SELECTION: TEST DEVELOPMENT, INSTRUMENT VALIDATION, LEGAL ISSUES, AND AEROMEDICAL STANDARDS (Limit 75)

**Chairs:** Raymond King, Ph.D., and Henry Phillips IV

(Designation Statement: The Undersea and Hyperbaric Medical Society designates this live activity for a maximum of 4.0 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity)

Selecting candidates for aviation careers requires consideration of aptitude, motivation, as well as an assessment of their mental health. This workshop offers participants a glimpse into the processes, which involve select in processes designed to identify those with desirable aptitudes and traits, and select out processes based on aerospace medical standards, intended to identify candidates with limitations that warrant their exclusion from consideration. Applicable governing regulations, delineated in the accompanying abstracts, will be cited. The presentations will use case vignettes, questions and answers, and video and/or live demonstrations of applicant assessments to illustrate the presented material.

12:00 p.m. –3:00 p.m.

Fee: \$75

#### S-77 AEROSPACE MEDICINE FACULTY DEVELOPMENT

**Chairs:** Thomas Jarnot, M.D., and David Miller, M.D.

(Designation Statement: The Undersea and Hyperbaric Medical Society designates this live activity for a maximum of 3.0 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity)

The Accreditation Council for Graduate Medical Education (ACGME) requires faculty members regularly participate in organized clinical discussions, rounds, journal clubs, conferences, and on an annual basis pursue faculty development designed to enhance their skills. Faculty development is intended to describe structured programming developed for the purpose of enhancing transference of knowledge, skill, and behavior from the educator to the learner. This workshop will offer needs-based programming reflective of recent and upcoming changes to residency training as implemented by the ACGME and demonstrate solutions to current resident educational requirements.

## Friday, September 3, 2021

Offsite -- Transportation will be provided

8:00 a.m. –5:30 p.m.

Fee: \$200

#### S-76 MULTISPORT MEDICINE WORKSHOP

**Chairs:** Cheryl Lowry, M.D., and Brian Pinkston, M.D.

(Designation Statement: The Undersea and Hyperbaric Medical Society designates this live activity for a maximum of 8.0 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.)

Multi-sport adventure travel is becoming increasingly popular on every continent. Participants and the medical professionals supporting them benefit from understanding the risks inherent in a variety of sports and environments. This is intended to be an introductory, hands-on workshop focused on medically supporting and safely participating in a variety of sports in the wilderness. The workshop will provide familiarization with wilderness safety and life-saving equipment in the context of search and rescue operations. Expedition participant screening and support considerations will also be reviewed.

Bus transportation to the site and a box lunch are included in the fee.

## Register early! Attendance to workshops is limited.

**Accreditation Statement:** 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 the Undersea and Hyperbaric Medical Society and the Aerospace Medical Association. The Undersea and Hyperbaric Medical Society is accredited by the ACCME to provide continuing medical education for physicians.

**Full Disclosure Statement:** All faculty members and planners participating in continuing medical education activities sponsored by the Aerospace Medical Association are expected to disclose to the participants any relevant financial relationships with commercial interests. Full disclosure of faculty and planner relevant financial relationships will be made at the activity.

**UHMS Disclaimer:** The information provided at this CME activity is for Continuing Medical Education purposes only. The lecture content, statements or opinions expressed however, do not necessarily represent those of the Undersea and Hyperbaric Medical Society (UHMS), its affiliates or its employees.