



Pharmacy Grand Rounds

200 First Street SW
Rochester, Minnesota 55905
<https://ce.mayo.edu/pharmacy-grandrounds2022>

The Unit that Never Sleeps: Pharmacologic Sleep Agents for Critically Ill Patients

Session Date: 08/02/2022

Session Time: 11:00 – 11:45 AM (CST)

Target Audience

This continuing education (CE) session was planned to meet the needs of professional staff who deal with the selection and monitoring of medication(s) as part of their patient care duties, including pharmacists, RNs, APRNs, PAs, MDs.

Activity Overview

Sleep disruption, characterized by changes in sleep quantity, quality, or interruption of the circadian rhythm, is especially common in critically ill adults. Poor sleep in the intensive care unit is considered a risk factor hindering a successful recovery. Recognizing the growing importance of sleep in critically ill adults, the 2019 Society of Critical Care Medicine's Pain, Agitation, Delirium, Immobility and Sleep guidelines provide recommendations on nonpharmacologic and pharmacologic interventions for sleep promotion. While nonpharmacologic measures such as noise and light reduction strategies are largely supported by the guidelines, the use of pharmacologic sleep agents is not as well delineated. This presentation will focus on discussing the mechanisms and evidence behind the clinical utility of pharmacologic agents in optimizing sleep promotion in critically ill adults.

Learning Objectives

At the conclusion of this knowledge-based CE session, participants should be able to:

- 1) Recognize the physiologic consequences of sleep disturbances in critically ill patients
- 2) Discuss the mechanisms of sleep promotion for pharmacologic sleep agents
- 3) Outline appropriate utilization of pharmacologic sleep agents in critically ill patients

Faculty Information

Nikitha Yagnala, PharmD
PGY2 Critical Care Pharmacy Resident
Mayo Clinic Hospital - Rochester, MN

Nikitha received a Doctor of Pharmacy degree from the University of Pittsburgh in Pittsburgh, PA. She is one of the current PGY2 Critical Care pharmacy residents at Mayo Clinic Hospital – Rochester, where she also completed PGY1 residency training. Her practice interests include analgesia and sedation, anticoagulation, emergency medicine, and medication safety.



Approved Provider Statement



JOINT ACCREDITATION™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity is planned and implemented by Mayo Clinic College of Medicine and Science. Mayo Clinic College of Medicine and Science 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.

Credit Statements

AMA

Mayo Clinic College of Medicine and Science designates this live activity for a maximum of 0.75 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ACPE



ACPE Universal Activity Number (UAN): JA0000238-0000-22-139-L01-P

Mayo Clinic College of Medicine and Science designates this educational activity for a maximum of 0.75 ACPE Knowledge-based contact hours. Participants should claim only the credit commensurate with the extent of their participation in the activity

ANCC

Mayo Clinic College of Medicine and Science designates this activity for a maximum of 0.75 ANCC contact hours. Nurses should claim only the credit commensurate with the extent of their participation in the activity.

AAPA



Mayo Clinic College of Medicine and Science has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 0.75 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

Educational Format and CE Requirements

This CE session is available as a live presentation, including live webcast.

Participants must complete the following to record attendance and obtain CE credit:

1. Attend the entire session.
2. Text the session code to 507-200-3010 within 48 hours of the live presentation to record attendance.
 - a. This number is only used for receiving text messages related to tracking attendance
 - b. Employees are encouraged to create a contact in their mobile phone, as the same number is used to record attendance for every session
3. Complete the online evaluation for the respective session within 2 weeks of live presentation.

Pharmacist CE credit is electronically transferred to the National Association of Boards of Pharmacy CPE Monitor. To track CE, please go to [NABP CPE Monitor](#).

Non-pharmacist attendees can print out a record of attendance at ce.mayo.edu after completing the evaluation and claiming credit.

Live attendance: Rochester, Saint Mary's Campus, ALF_MN_459

Live virtual attendance via [Zoom link](#)

Disclosure Summary

As a provider accredited by Joint Accreditation for Interprofessional Continuing Education, Mayo Clinic College of Medicine and Science must ensure balance, independence, objectivity and scientific rigor in its educational activities. All who are in a position to control the content are required to disclose all financial relationships with any ineligible company. Faculty will also identify any off-label and/or investigational use of pharmaceuticals or instruments discussed in their content for FDA compliance.

Listed below are individuals with control of the content of this program:

The faculty report the following relationships:

- Nikitha Yagnala, PharmD
 - Declares no financial relationship(s) pertinent to this session
 - Declares off-label use of medications will be discussed during this presentation, including:
 - Dexmedetomidine
 - Quetiapine
 - Trazodone

Course Director and Planning Committee Members declare no relevant financial relationship(s) pertinent to this session. Members include:

- Jennifer Elmer, DNP, APRN, CCNS
- Michael Huckabee, MPAS, PA-C, PhD
- Sarah Jane Kotval, BSW
- Wayne Nicholson, MD, PharmD, BCPS
- Garrett Schramm, PharmD, FCCP

All relevant financial relationships have been mitigated.

For additional disclosure information regarding Mayo Clinic School of Continuous Professional Development accreditation review committee members visit ce.mayo.edu, About Us, Disclosures - or - <https://ce.mayo.edu/content/disclosures>

System and Technical Requirements

For participants viewing the webcast, sessions are delivered via Mayo Clinic intranet web browser and Adobe® PDF. For participants viewing outside the Mayo Clinic firewall, a VPN connection is required for remote access. Recommended web browser includes Google Chrome. This session is planned and coordinated by **the Department of Pharmacy, Mayo Clinic.**