

Presented by:



SOCIETY OF UNIFORMED SERVICES PSYCHIATRISTS

September 27, 2022

6:00 – 7:00 PM ET

Virtual Seminar

1 AMA PRA Category 1 Credits™

Preparing Team Members in High-Risk Occupations to Manage Acute Stress Reactions

The Society of Uniformed Services Psychiatrists is pleased to offer "Preparing Team Members in High-Risk Occupations to Manage Acute Stress Reactions." Acute stress reactions are a set of shifting and temporary physiological and cognitive symptoms in response to an acute stress event, and these symptoms are primarily characterized by difficulty in functioning. While many may recover quickly from an acute stress reaction, for individuals operating in a high-demand occupational setting even brief problems with functioning may place the individual, team and mission at risk. The Walter Reed Army Institute of Research recently developed a simple, 6-step method for peer management of acute stress reaction. Adapted from training created by the Israel Defense Forces, this new technique is called iCOVER. iCOVER has been studied with Army and Marine units in realistic training scenarios and with units preparing to deploy to combat. Results from these studies demonstrate that iCOVER is well accepted by operational units and associated with positive changes in attitudes. Taken together, these results point to how physicians can provide practical recommendations for units that are likely to encounter acute stress. Other allied nations are currently developing similar approaches, underscoring the importance of gaining facility with iCOVER in order to support interoperability.

CME Program Planning: Allison Webb, MD

PROGRAM

6 – 6:05 PM ET	Housekeeping and Introductions, Allison Webb, MD
6:05 – 6:45 PM	A Discussion reviewing the current understanding of glymphatic function, covering some of the evidence linking it to sleep, waste clearance, and possibly to neurodegeneration. <i>Amy Adler, PhD</i>
6:45 – 6:55 PM	Question and Answer Session with Dr. Adler, Moderated by Dr. Allison Webb
7:00 PM	<i>Adjournment</i>

EDUCATIONAL OBJECTIVES

At the conclusion of the program, participants will be able to:

- Identify the estimated prevalence of acute stress reaction during combat
- Review the 6-step iCOVER technique for peer-based management of acute stress reaction
- Determine how iCOVER is associated with changes in service member attitudes

DISCLOSURES

Dr. Werner's Disclosure

Dr. Werner does not have any relevant relationship with any commercial interest.

Dr. Webb's Disclosure

Neither I nor my spouse/partner has any relevant relationship with any commercial interest. (Disclosure on file)

Target Audience

The program is designed for psychiatrist members and non-members of the Society of Uniformed Services Psychiatrists.

Commercial Support

Commercial support has not been provided for this event.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the American Psychiatric Association (APA) and the Society of Uniformed Services Psychiatrists. The APA is accredited by the ACCME to provide continuing medical education for physicians.

The American Psychiatric Association designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.