

# OBGYN Grand Rounds 2026

## Sleep Alertness and Fatigue Education in Residency (SAFER)

July 15, 2026 – 7:00 AM

### Overall Activity Objectives:

- 1 Diagnose and treat patient obstetric & gynecologic concerns according to the latest guidelines and best practices
- 2 Recognize and address potential ethical and professional dilemmas relating to OB/GYN
- 3 Counsel patients on the most up-to-date treatment options and minimally invasive surgical techniques
- 4 Identify and treat high risk pregnancies
- 5 Reduce surgical site infection rates
- 6 Counsel patients on menopause management
- 7 Manage postpartum hemorrhage management
- 8 Diagnose and treat conditions related to the female pelvic floor

### Session Objectives:

- 1 Recognize the signs and symptoms of sleepiness in yourself and your peers.
- 2 Learn how sleep loss hurts patient safety and your health.
- 3 Adapt your sleep and alertness strategies for late nights and long shifts.

### Accreditation Statement:

The University of Arizona College of Medicine - Tucson is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of Arizona College of Medicine - Tucson designates this Live Activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Relevant Financial Relationships Statement(s):

University of Arizona College of Medicine - Tucson Office of Continuing Medical Education adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a CME activity, including faculty, planners, reviewers or others are required to disclose all financial relationships with ineligible entities (commercial interests). The CME office reviewers have nothing to disclose. All relevant financial relationships have been mitigated prior to the commencement of the activity.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Victoria Fewell, MD, Assistant Professor	Faculty	Nothing to disclose - 07/27/2025
Amy L Mitchell, MD	Activity Director, Faculty	Nothing to disclose - 12/05/2025



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