Instructions for Obtaining ANESTHESIOLOGY Continuing Medical Education (CME) Credit

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Anesthesiology’s Journal CME is open to all readers. To take part in Anesthesiology Journal-based CME, complete the following steps:

1. Read the accreditation information presented on this page.
2. Read this month’s articles designated for credit (listed below) in either the print or online edition.
3. Register at http://www.asahq.org/shop-asa. In the category, search for Journal CME. Nonmembers will need to provide payment.
4. Complete the activity posttest and course evaluation.
5. Claim a maximum of 1 AMA PRA Category 1 Credit™ by the credit claiming deadline.

Accreditation Information

**Purpose:** The focus of Anesthesiology Journal-based CME is to educate readers on current developments in the science and clinical practice of anesthesiology.

**Target Audience:** Anesthesiology Journal-based CME is intended for anesthesiologists. Researchers and other healthcare professionals with an interest in anesthesiology may also participate.

**Accreditation and Designation Statements:** The American Society of Anesthesiologists is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The American Society of Anesthesiologists designates this journal-based activity for a maximum of 1 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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This activity contributes to the CME component of the American Board of Anesthesiology’s redesigned Maintenance of Certification in Anesthesiology™ (MOCA®) program, known as MOCA 2.0®. Please consult the ABA website, http://www.theABA.org, for a list of all MOCA 2.0 requirements.

**Rates**

Two options are available:

- ASA Member: $0
- Non-member: $120

Payment may be made using Visa or MasterCard.

Please direct any questions about Journal-based CME to: EducationCenter@asahq.org

**Date of Release:** November 2021

**Expiration Date:** November 2024

**This Month’s Anesthesiology Journal-based CME Article**

Read the article by O’Gara et al. entitled “Sleep, Pain, and Cognition: Modifiable Targets for Optimal Perioperative Brain Health,” on page 1132.

**Learning Objectives**

After successfully completing this activity, the learner will be able to recognize the three main modifiable factors of perioperative cognitive disorder that anesthesiologists can impact, describe the most appropriate sedation regimen found to help avoid delirium in postoperative intensive care unit patients, and identify the most appropriate analgesia regimen to avoid delirium in postoperative patients.

**Disclosures**

This journal article has been selected for and planned as a journal CME activity, which is designated for AMA PRA Category 1 Credit™. The authors disclosed relationships in keeping with ANESTHESIOLOGY’s requirements for all journal submissions. All relationships journal authors disclosed to ANESTHESIOLOGY are disclosed to learners, even those relationships that are not relevant financial relationships, per the ACCME’s requirements for CME activities.

**Editor-in-Chief:** Evan D. Kharasch, M.D., Ph.D., has disclosed no relevant financial relationships with commercial interests.

**CME Editors:** Leslie C. Jameson, M.D., has disclosed no relevant financial relationships with commercial interests. Dan J. Kopacz, M.D., has disclosed holding an equity position with Solo-Dex, Inc.

**ASA Staff:** Kari Lee and Anne Farace have disclosed no relevant financial relationships with commercial interests.

**Disclaimer**

The information provided in this activity is for continuing education purposes only and is not meant to substitute for the independent medical judgment of a healthcare provider relative to diagnostic and treatment options of a specific patient’s medical condition.

DOI: 10.1097/ALN.0000000000004068