



GRAND *Rounds*

OEM LECTURE SERIES

Occupational and Environmental Medicine Lecture Series

Photo: Brian Jackston/Adobe Stock

Occupational and environmental health exposures cause thousands of illnesses and injuries each year.

This lecture series addresses the evaluation, treatment, and prevention of disease and injuries related to environmental and occupational exposures encountered by physicians and their colleagues in local, regional, and international settings.

At this venue for interdisciplinary education and professional networking, join us as we explore:

- * Current issues and emerging trends in occupational and environmental medicine
- * Practical applications of new scientific discoveries
- * Best practices in occupational and environmental medicine

Location

University of Washington Waterfront Activities Center

3710 Montlake Blvd NE, Seattle, WA 98195

6:00 pm—Networking with hors d'oeuvres

6:15—Dinner 6:45—Lecture

February 3, 2016



Fatigue Risk Management in Commercial Aviation— Performance, Self-Report, and Inflight Sleep

Gregory Belenky, MD, DLFAPA

Research Professor and Director

Occupational Sleep Medicine Group

Sleep and Performance Research Center

Washington State University Elson S. Floyd College of Medicine

The commercial aviation industry is just one example of many that operate 24 hours a day, 7 days a week. Sleep loss, workload, modulation of alertness, and working against normal circadian rhythms have been scientifically shown to degrade human performance. Along with federal regulations and labor management practices, understanding and managing these factors can help to sustain performance, maintain productivity, and reduce the risk of error, incidence, and accident. Fatigue risk management systems—integrating the above factors with direct measures of sleep and performance, self-reported fatigue and sleepiness, and mathematical predictions of performance—are allowing for evidence-based management of fatigue risk. The specific case determining the relative effectiveness of pilots flying long-range vs. ultra long-range routes will be examined and discussed. Considerations integral to fatigue risk management apply in any human-in-the-loop system requiring 24-hour staffing and effective performance.

Speaker Bio

Dr. Belenky is a research professor and director of the Sleep and Performance Research Center at Washington State University. Before coming to WSU, he was director of the Division of Neuropsychiatry at the Walter Reed Army Institute of Research and professor in the Department of Psychiatry of the Uniformed Services University of the Health Sciences. From 1984–2004, Dr. Belenky led the U.S. Army's program of research in sleep, fatigue and human performance, and served as regimental psychiatrist for the U.S. Army's Second Armored Cavalry Regiment during the Gulf War. Dr. Belenky received his BA in Psychology from Yale University and his MD from Stanford University, where he worked in the laboratory of sleep medicine pioneer, Dr. William Dement. Dr. Belenky leads one of the few laboratories in the world specializing in the study of human sleep and sleep loss, and their role in performance, productivity, safety, health, and well-being. Dr. Belenky integrates the science of sleep and fatigue into operational techniques for fatigue risk management.





Registration

Registration includes parking, lunch/dinner, and lecture. Enrollment is limited. Advanced registration is required four business days prior to the session.

Register online at osha.washington.edu or call 206-543-1069.

A la carte Dinner Lecture: \$ 60
New Webinar: \$ 25

Registration deadlines:

Feb 3, 2016 *register by Jan 20
Mar 2, 2016 *register by Feb 17
May 4, 2016 *register by Apr 20

Cancellation policy:

Participants may cancel up to one week prior to the event. After this date, fees will be forfeited. Substitutions will be accepted with written notice one week prior to the event.

Remaining 2015–2016 Series Schedule

6:00 pm Networking with hors d'oeuvres
6:15 Dinner
6:45 Lecture

March 2, 2016

University of Washington Waterfront Activities Center
The Orthopedic Shoulder Exam: Clinical Skills Tune-Up

Greg Nakamoto, MD
Orthopedics & Sports Medicine, Virginia Mason
Department of Rehabilitation Medicine, University of Washington

May 4, 2016

University of Washington Waterfront Activities Center
**Clinical Aspects of Occupational Chemical Exposures:
Hanford Case Study**

Panel Discussion, Moderator: Joel Kaufman, MD
Professor, Environmental & Occupational Health Sciences, Epidemiology,
and General Internal Medicine, University of Washington

This schedule is subject to change

Intended Audience

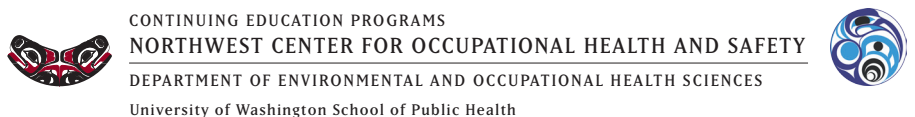
Occupational and Environmental Medicine Physicians, Physician Assistants, Nurses, and other health care professionals involved in treating patients with multiple or complex medical conditions in occupational and environmental medicine.

Accreditation

CME, CNE, & IACET credit has been approved for Grand Rounds!
Visit osha.washington.edu for additional accreditation and disclosure information for this lecture series.

Sponsors

Northwest Center for Occupational Health and Safety, Department of Environmental and Occupational Health Sciences, University of Washington School of Public Health



The University of Washington is committed to providing access and reasonable accommodations in its services, programs, activities, education, and employment for individuals with disabilities. To request disability accommodation, contact the Disability Services Office at least 10 days in advance at: 206-543-6450 (voice); 206-543-6452 (TDY); 206-685-7264 (FAX); or dso@u.washington.edu (e-mail).