

# THE PRIMARY CARE COMPANION TO THE JOURNAL OF CLINICAL PSYCHIATRY

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SUPPLEMENT 8

S U P P L E M E N T

Optimizing Wakefulness in Patients  
With Fatigue and Executive Dysfunction

*Editor's Choice for Independent Study:  
A Supplement From The Journal of Clinical Psychiatry*

THE OFFICIAL JOURNAL OF THE ASSOCIATION OF MEDICINE AND PSYCHIATRY

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**CME OBJECTIVES**

After completing this educational activity, participants should be able to:

- Describe the neurotransmitters and pathways involved in sleep and wakefulness
- Outline a strategy for managing sleep symptoms in patients with mood disorders
- Describe the role of fatigue and impaired cognition in the daily function of patients who have subsyndromal symptoms of depression
- Describe the relationship between excessive sleepiness and impaired executive dysfunction in elderly patients with depression
- Review the literature on the role of impaired executive function in attention-deficit/hyperactivity disorder (ADHD)

**STATEMENT OF NEED AND PURPOSE**

Excessive daytime sleepiness and problems with executive functions are prevalent complaints in many illnesses, including mood disorders and ADHD. This activity was designed to meet the needs of participants in CME activities provided by Physicians Postgraduate Press, Inc. who have requested information on managing fatigue. There are no prerequisites for this activity.

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**DATE OF ORIGINAL RELEASE/REVIEW**

This Supplement was published in November 2003 and is eligible for CME credit through November 30, 2005. The latest review of this material was October 2003.

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**FACULTY DISCLOSURE**

In the spirit of full disclosure and in compliance with all ACCME Essential Areas and Policies, the faculty for this CME activity were asked to complete a full disclosure statement. The information received is as follows:

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- Dr. Damatarca is a consultant for and is on the speakers/advisory boards for Bristol-Myers Squibb and Eli Lilly.
- Dr. Doghramji has received grant/research support from Merck, Cephalon, and GlaxoSmithKline.
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