

## Adolescent Health Today Lecture Series

### Fatigue in Athletes

#### Troy Smurawa, MD

#### Registration Information

To receive CME credit, participants need to:

- Register
- View presentation
- Take quiz and obtain 80% (4 out of 5) to pass
- Complete evaluation
- Print certificate

Participants should take 1 hour to complete the activity.  
Participants may work at their own pace.

#### Teaching Methods

This online enduring material uses the following teaching methods and media:

1. Lecture (audio/videotaped)
2. PowerPoint Presentation

#### Acknowledgements of Commercial Support

There is no commercial/financial support for this activity.

#### CME Enduring Material Description, Target Audience and Needs Statement

This online educational enduring material is designed for physicians and clinical staff. Its purpose is to bridge the gap between the medical knowledge and current practice with evidence based practice guidelines to achieve optimal patient outcomes through discussions and examinations of interesting, real world cases seen in the pediatrician's office.

#### Objectives

At the end of this online enduring material, participants should be able to:

- Review the common causes of fatigue in adolescent athletes
- Discuss the role of training and nutrition in the cause of fatigue in adolescent athletes
- Outline the evaluation and management of fatigue in adolescent athletes

#### For Further Study

- Wenger N, Takeuchi Y, et al. Fatigue in Adolescent Athletes. Swiss Medical Journal. 2019; 15(657):1323-1328

#### Disclosure

In compliance with the Accreditation Council for Continuing Medical Education (ACCME) Standards for Integrity and Independence, all presenters, authors and

planners must disclose to the participants of an educational activity any affiliations and financial relationships they may have with an *ineligible company*, (i.e., any entity whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients) related to the content of this CME activity.

The Course Director, May Lau, MD., has the below affiliations or financial relationships with an ineligible companies:  
Organon – Nexplanon Trainer  
Texas Pediatric Society Foundation - Grant  
SMAHRT - Grant  
Texas Pediatric Society Child Psychiatry Access Network

The speaker, Troy Smurawa, MD has no affiliation or financial relationships with an ineligible company.

The CME planners and staff have no affiliations or financial relationships with an ineligible company.

#### Credit Designation Statement

The Children's Health is accredited by the Texas Medical Association to provide continuing medical education for physicians.

The Children's Health designates this enduring material for a maximum of *1 AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

#### Release and Termination Dates

Review date: **September 11, 2023**

Original release date: **September 11, 2023**

Termination date: **November 13, 2026**

#### Hardware/Software Requirements

Internet; Media Player; Audio; Chrome; Foxfire

#### For more information or questions

CME: 214-456-5168 or [CME@Childrens.com](mailto:CME@Childrens.com)