
July 6th - NO GRAND ROUNDS – 4th of July Holiday

July 13th – Laughter is the Best Medicine: Using Humor to Manage Stress

Steven L. Schandler, PhD*Senior Professor (Tenured)**Director, Addiction Research and Cognitive Psychophysiology Laboratories**Department of Psychology, Shmid College of Science, Chapman University**Research Investigator, Dept. of Psychiatry and Human Behavior**UCI School of Medicine***Objectives:** At the conclusion of this presentation, participants will be able to:

1. Determine the effects of physician stress, depression and burnout on their staff, on their patients, and on themselves; cite the Joint Commission guidelines on physician health and impairment and the AMA Policy on "Disruptive Physicians" (H-140-886).
2. Recognize stress symptoms and the short- and long-term effects of stress.
3. Recognize how humor functions as a principal method for effective prevention and management of stress and stress symptoms in the healthcare workplace.
4. Use "stress inoculation" and "humor vaccination" to significantly reduce work stress and increase work enjoyment for the healthcare professional.
5. Appropriately use the role of humor and stress and be able to distinguish between productive and nonproductive factors in creating an efficient and effective workplace.

July 20th – Kids Cook Quick: An Update on Sunscreens and Prevention of Sunburn

James D. Korb, MD*Director, Academic Affairs***Objectives:** At the conclusion of this presentation, participants will be able to:

1. List the harmful effects of UVA and UVB exposure.
2. Describe important advances in sun screen technology including extended UVA protection.
3. Describe how to counsel parents effectively about choices of sun screen and other methods to protect their child from excess sun exposure.
4. Use the information learned relative to various components of cultural and linguistic competencies (AB1195).

July 27th – Using a Cultural Lens to Improve Clinical/Medical Practice

Mery Macaluso Taylor, PhD*Psychologist, CHOC***Objectives:** At the conclusion of this presentation, participants will be able to:

1. Identify 2 ways culture can effect medical care.
2. Identify 1 way culturally competent care can improve patient satisfaction.
3. Identify 3 questions you can ask to access the family's cultural understanding of the illness (AB1195).

Wednesdays 8:00 - 9:00 a.m.*Harold Wade Education Center, 2nd Floor CHOC West Clinic Bldg., 455 S. Main Street, Orange, California, 92868*

These activities are in compliance with **California Assembly Bill 1195** which requires continuing medical education activities with patient care components to include teaching in the areas of cultural and linguistic competency.

Target Audience: Primary care pediatricians. Family practitioners, pediatric subspecialists, pediatric residents and other healthcare professionals involved in the delivery of care to infants and children are also invited.



Accreditation: CHOC is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians. CHOC takes responsibility for the content, quality and scientific integrity of this CME activity. CHOC designates this educational activity for a maximum of 1.0 hour of **AMA PRA Category 1 Credit™**. Physicians should claim credit commensurate with the extent of their participation in the activity. This credit may also be applied to the CMA Certification in Continuing Medical Education.

Financial Disclosure – No Commercial Support was received for these activities.

For further information, please call the Academic Affairs Office at (714) 532-8894 or (714) 532-8430.