

Collaborative Education Series

On-Demand: Lyme Disease in Sports & Sports Psychology CME 'Enduring' Presentation

MaineGeneral YouTube

'On-Demand'-
Enduring Presentation

Audience: Physicians, NP's,
and PA's

Date: On-Demand
Enduring Presentation

No Tuition

For Registration:

[CLICK HERE](#)

We will send you the YouTube link to the email you registered with once your registration has been processed

Completion of the Course Evaluation form is required before CME certificates will be awarded! Evaluation link is located in the YouTube video description.

Please contact **Steve Tosi** with any questions.

Steve.tosi@mainegeneral.org

Marketing and registration also located on MGH Connect landing page under "What's Happening".

Program Date: October 10, 2023
Release as Enduring Date: October 17, 2023
Expiration Date: October 17, 2026

Presenters:
Sydney Sewall, MD

Maine-Dartmouth Family Residency

Statement of Need:

- Lyme disease is a tick-borne illness with unique and sometimes subtle presentation, especially the longer the infection is left untreated. Early recognition is key to preventing long-term effects that target the immune and musculoskeletal system and in rare cases can be fatal. In the northeast over the last decade, the prevalence of Lyme disease has nearly doubled and now we as athletic trainers are seeing our patients effected by this disease and are in the unique position to help detect the disease to improve patient outcomes.

-By participating in this program the medical professional will be able to explain the epidemiology of the disease, recognize early and long term signs and symptoms, and understand the importance of lab results and what treatment options are available for treating patients with Lyme disease.

Objectives:

- Explain the epidemiology of Lyme disease.
- Recognize the variety of skin manifestations of Lyme disease.
- Be able to interpret lab tests for Lyme.
- Identify common joint presentations of Lyme.

Presenters:
Corey Smith, PsyD

Family Medicine Institute

Statement of Need:

- In the world of sports, mindset is everything. Many athletes rely on their physical ability and sports performance to maintain self-confidence and their mental health. When an injury changes a person's ability to perform in the sport they love, the mental setbacks can often be more debilitating than the injury itself, lasting long after the physical injury has healed. Most athletic trainers are introduced to the concept of sports psychology as part of their education, but probably do not have the ability to implement a plan of action to address this concern. However, as medical professionals working closely with our athletes, athletic trainers are in the position to recognize when our patients have maladapted and need further help to regain control of their mental health as it relates to sports, injuries, and overall quality of life.

-Participants in this program will be able to recognize and identify specific athletes who suffer from the mental effects of an injury and be able to make the appropriate referral to best help the athlete.

Objectives:

- Discuss the Self Determination Model and how the impact of Autonomy, Competence and relatedness can contribute to and insulate from negative impacts of injury.
- Express confidence in understanding of the role of mental strength coaching and the difference between clinical psychology and sports psychology.
- Explain to athletes the impact of mental strength coaching and the value of better understanding the impact of their mindset, self-talk, confidence, etc. upon their sporting performance and recovery from physical setbacks.



To view all our CME Enduring Programs:

SCAN



For Physicians (MD's, DO's, PA's, NP's)

Disclosure Statements:

Faculty: Dr. Sydney Sewall and Dr. Corey Smith have provided a signed disclosure indicating no financial interest in any commercial interest that affect the content of this program (kept on file in the Medical Education Coordinator Office MGMC).

Credits awarded:

CME's awarded: 2

The MaineGeneral Medical Center designates this enduring activity for a maximum of 2 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of MaineGeneral Medical Center and Colby College. MaineGeneral Medical Center is accredited by the ACCME and the Maine Medical Association's Committee on Continuing Medical education to provide continuing medical education (CME) for physicians.

Each physician should claim only those credits that he/she actually spent in the activity. This activity has been planned and implemented in accordance with the Essentials and Standards of the Maine Medical Association Committee on Continuing Medical Education and Accreditation through the partnership of MaineGeneral Medical Center and Colby College Sports Medicine Department.

Cancellation and Refund policy:

It is our priority at MaineGeneral Medical Center to provide quality Continuing Education. For certain events, a fee will be collected during pre-registration or at the event. This fee will be refunded in the event that the course is cancelled or is unable to take place. As part of our policy, we recognize that unforeseen circumstances can occur. Therefore, a refund will be granted to individuals who pre-register but are unable to attend the course.

