

UC Irvine Department of Surgery Grand Rounds Game Day in the OR: Applying Peak Performance Science from Elite Athletics to Surgical Training

May 14, 2026 – 8:00 AM

Orange, CA, Teleconference

Target Audience

Specialties – Surgery, Cardiothoracic Surgery, Colon & Rectal Surgery, Gastrointestinal Surgery, Hepatobiliary & Pancreas Surgery & Islet Cell Transplantation, Surgical Oncology, Transplantation, Trauma, Critical Care, Acute Care & Burn Surgery, Vascular & Endovascular Surgery

Professions – Physician, Allied Health Professional, Medical Assistant, Medical Student, Nurse, Nurse Practitioner, Paramedic, Pharmacist, Pharmacy Technician, Physical Therapist, Physician Assistant, Registered Dietitian, Resident Physician, Psychologist

Objectives

At the conclusion of this activity, the participant should be able to:

- 1 Explore parallels between high-level athletics and surgery
- 2 Discuss how principles from peak performance research in elite athletes may be applied to surgical training, performance, resilience, and career longevity

Faculty & Planner Disclosures

University of California, Irvine School of Medicine Continuing Medical Education adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a CE activity, including faculty, planners, reviewers, or others are required to disclose all relevant financial relationships with ineligible entities (commercial interests). All relevant conflicts of interest have been mitigated prior to the commencement of the activity.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Monica Alva, Other	Activity Coordinator	Nothing to disclose - 02/11/2026
Sigrid Burruss, MD	Planning Committee Member	Nothing to disclose - 07/20/2025
Hari B Keshava, MD	Course Director	Consulting Fee-AstraZeneca (Any division) Membership on Advisory Committees or Review Panels, Board Membership, etc.-DAVA Oncology Membership on Advisory Committees or Review Panels, Board Membership, etc.-AstraZeneca (Any division) Advisor-Merck (Any division) -

UCI School of Medicine

		12/24/2025
Alexandra Leone, BA, Education Manager	Activity Coordinator	Nothing to disclose - 02/12/2026
Ninh T Nguyen, MD	Planning Committee Member	Speakers Bureau-Olympus Corporation Speakers Bureau-Merit Medical - 04/28/2026
Tania Pettitt, MA	Activity Coordinator	Nothing to disclose - 02/11/2026
Shannon Skochko, MD	Faculty	Nothing to disclose - 05/11/2026
Valery Vilchez, MD	Course Director	Consulting Fee-Applied Medical - 08/08/2025

Accreditation Statement

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Designation Statement

The University of California, Irvine School of Medicine designates this Live Activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ADA Statement

In compliance with the Americans with Disabilities Act, we will make every reasonable effort to accommodate your request. For any special requests, please contact the department administrator before the meeting dates.

California Assembly Bill 1195 and 241

This activity is in compliance with California Assembly Bill 1195 and 241, which require CME activities with patient care components to include curriculum in the subjects of cultural and linguistic competency & implicit bias. It is the intent of AB 1195 and AB 241 to encourage physicians and surgeons, CME providers in the State of California, and the Accreditation Council for Continuing Medical Education to meet the cultural and linguistic concerns of a diverse patient population and reduce health disparities through appropriate professional development. Please see the CME website, <https://medschool.uci.edu/cme>, for AB 1195 and AB 241 resources.

MOC Statement(s)



Successful completion of this CME activity, which includes participation in the evaluation component, enables the learner to earn credit toward the CME and Self-Assessment requirement(s) of the American Board of Surgery's Continuous Certification program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABS credit. ABMS