**Psychiatry & Psychotherapy Podcast Series: Episode 6: Sensorium: Total Brain Function Optimization Part 1**

June 26, 2024 – December 31, 2025

**Purpose**

This episode will discuss Sensorium. Sensorium is the total brain capacity for focusing, processing, and interpreting. It is not a static state—it can fluctuate throughout the day.    
  
It can be influenced by sleep, food, stress, exercise, drugs, medications, and long term, through epigenetic phenomenon.  If there is damage to the structure of the brain, it can be permanently lowered. It is a slope, which we all move up and down on, based on our baseline, but then also influenced by many factors.

**Target Audience**

Specialties – Family Medicine, Medicine, Psychiatry & Human Behavior

Professions – Physician, Nurse Practitioner, Physician Assistant

**Activity Objectives**

1 Define what sensorium is and what lifestyle modifications may influence it.

2 Define delirium and apply this knowledge to identify which clinical or pharmaceutical factors could worsen its presentation.

3 Describe why optimizing sensorium is important in the field of psychiatry and psychotherapy.

**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) through the joint providership of the University of California, Irvine School of Medicine and Emotion Connection, LLC. The University of California, Irvine School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

**Designation Statement**

The University of California, Irvine School of Medicine designates this Enduring Material for a maximum of 0.75 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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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://www.meded.uci.edu/CME/> for AB 1195 and AB 241 resources.



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**Faculty & Planner Disclosures**

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| **Name of individual** | **Individual's role in activity** | **Nature of Relationship(s) / Name of Ineligible Company(s)** |
| David Puder, MD | Course Director, Faculty | Nothing to disclose - 05/27/2024 |

**Agenda**

**[INSERT AGENDA HERE MANUALLY]**

**Acknowledgement of Commercial Support**

No commercial support has been received for this activity.