



Origination Date: December 1, 2014 Expiration Date: December 1, 2016 Estimated Time of Completion: 60 minutes

Instructions to Earn CME Credit

Southern Medical Association's journal-based CME program is open to all readers. You need not be an SMA member or a journal subscriber to take part in this CME activity; however, ***you must have access to view the article either by your SMA membership status or by purchasing the article for \$15.***

Method of Participation

To earn credit, follow the instructions below after purchasing the article for \$15 (Note – SMA members who pay dues receive the article at no charge). The fee for CME credit, if requested via U.S. mail in the paper format, is **\$15**. SMA accepts checks or credit card payments. Please designate method of payment in Part 3 of the process.

- Review the goal, learning objectives, target audience, and author disclosures
- Read the full-text article(s) and provided references associated with the CME activity in their entirety
- Print and complete Part 1 – by answering all questions on the CME test. You must score 80% on the test to achieve a passing grade and obtain CME credit. If a passing score is not achieved, you will be contacted via email and given an opportunity to re-take the test
- Print and complete Part 2 – by evaluating the activity and completing the Learner Directed Phase
- Print and complete Part 3 – Attestation, Request for CME Credit, and Payment form
- Mail Parts 1-3 with payment (SMA accepts checks or credit card payments) to the address listed in Part 3.
- Your CME certificate will be sent electronically to the email address provided within 3 weeks upon receipt of the documentation.

Teen Driving Behaviors in a Rural Southern State

Accreditation

The Southern Medical Association is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Southern Medical Association designates this Journal-Based CME Activity 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.

Goal

The goal of this activity is to inform physicians about risky behaviors identified for both teen drivers and passengers. A concerning number of teens are not receiving safe driving educational messages from parents, doctors, or driver's education classes. Some interventions have been instituted; however, more outreach efforts should be made to focus on strengthening driving laws and educating parents and teens.

Objectives

Upon completion of this activity, participants should be more competent to:

- Understand the statistics on injuries and deaths from risky teen driving behaviors
- Identify the most risky teen driving behaviors
- Develop a practice and/or a community plan to reduce risky teen driving behaviors

Target Audience and Scope of Practice

Southern Medical Journal is an interdisciplinary, multi-specialty Journal, and articles span the spectrum of medical topics, providing timely, up-to-date information for primary care physicians and specialists alike. The SMJ enables physicians to provide the best possible care to patients in this age of rapidly changing modern medicine. Therefore, the readers of the SMJ are an appropriate target for CME articles.

Financial Disclosure Information

Authors

Elizabeth Irons, MD - No relevant financial relationships to disclose
Michele Nichols, MD - No relevant financial relationships to disclose
William D. King, DrPH, MPH - No relevant financial relationships to disclose
Marie Crew, RNC-NIC, BS - No relevant financial relationships to disclose
Kathy Monroe, MD - No relevant financial relationships to disclose

The Authors do not include a discussion of a commercial product with an unlabeled use or an investigational use not yet approved by the FDA.

SMA/SMJ Staff and Editor(s)

G. Richard Holt, MD – No relevant financial relationships to disclose
Jennifer Price – No relevant financial relationships to disclose
Anita McCabe – No relevant financial relationships to disclose

SMA Disclosure Policy and Conflict of Interest Resolution

As an organization accredited by the ACCME, it is SMA's policy that all individuals involved with the planning and implementation of the content of an SMA CME/CE activity are required to disclose to the audience (1) any relevant financial relationships with entities producing healthcare goods or services consumed by or used on patients, and (2) unlabeled/unapproved uses of drugs or devices discussed in their presentation. Disclosure information for individuals involved with the planning and implementation of the content are referenced in the Journal article. Conflicts of Interest will be resolved prior to publication of the activity.

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Teen Driving Behaviors in a Rural Southern State

Part 1 – Test. Check the Correct Answer. You must score 80% to pass.

Clinical Scenario:

You are the medical advisor to your community's largest school district. The district's Board of Trustees has decided to partner with the community's health department to address widespread concerns about the risks of teen driving. There have been several recent accidents involving teenage drivers from the district's high schools that resulted in serious injuries and two deaths. These accidents have caused parents, school leaders, and community leaders to request more information about the risks of teen driving and to seek some methods that could be implemented to reduce these risks. You have been asked to brief the school board and concerned parents at an open public forum on these concerns. In preparation for your presentation you locate an article on this topic of risky teen driving behaviors by Irons and colleagues in the December, 2014 issue of the *Southern Medical Journal* which you feel contains very valuable information. You begin developing your presentation with the information provided in the article.

1. **Motor vehicle crashes are the leading cause of deaths for teens in the United States.**
 - A. True
 - B. False

2. **Which of the following is/are (a) high risk facto(s) for motor vehicle accidents involving teen drivers?**
 - A. Distractions
 - B. Speeding and reckless driving
 - C. Driving under the influence of alcohol and/or drugs
 - D. All of the above

3. **Which of the following has not been identified as a significant factor in risky teen driving behavior?**
 - A. Inexperience/immaturity
 - B. Risk-taking behaviors
 - C. Motor vehicle mechanical problems
 - D. Texting while driving

4. **Which of the following are recommendations from the American Academy of Pediatrics regarding teen driving?**
 - A. Restrict night-time driving with a curfew
 - B. 50 hours of supervised driving to obtain a Graduated Driving License
 - C. Teenager-parent written contracts
 - D. All of the above

5. **Which of the following types of interventions would likely not provide positive educational information for teen drivers to reduce their risky driving behaviors?**
 - A. Driving classes
 - B. Driving contracts
 - C. Peer Behaviors
 - D. Primary care physician counseling

Part 2 – Evaluation/Learner Directed Phase. Must be Completed to Obtain CME Credit.

What is your overall rating for this activity?

- Excellent
- Good
- Fair
- Poor

Rate the Faculty/Author selection and effectiveness

- Excellent
- Good
- Fair
- Poor

Rate the practical application of this content to your practice

- Excellent
- Good
- Fair
- Poor

Did this activity meet its stated educational objectives?

- Yes
- No

Did you perceive industry/commercial bias in this activity?

- Yes
- No

If yes to industry/commercial bias, explain: _____

What barriers do you face in your current practice setting that may impact patient outcomes? (Check all that apply)

- Lack of evidence-based guidelines
- Lack of applicability of guidelines to my current practice/patients
- Lack of time
- Organizational/Institutional restraints
- Insurance/financial rules or regulations
- Patient adherence/compliance
- Treatment related adverse events
- Government-mandated regulations
- Other (describe): _____

As a result of my participation in this activity, I have developed new strategies and I plan to make the following changes to my practice (check all that apply):

- Modify treatment plans
- Change my screening and prevention practice
- Incorporate different diagnosis strategies into patient evaluation
- Use alternative communication methodologies with patients and families
- Implement new documentation procedures to improve efficiency and accuracy of business practice
- Use systems-based resources for improved quality of care
- Improve the structure and operations of my practice to address healthcare reform, cost containment and other regulatory issues
- None - this activity validated current practices
- Other (describe): _____

From your perspective, describe at least one observation related to the content (ie, did you agree or disagree – if so, why? Were some points debatable or controversial – if yes, what? Did you have an epiphany? – if yes, describe)

General comments about this activity: _____

Part 3 – Attestation, Request for CME Credit, and Payment

PRINT OR TYPE. Illegible forms will not be processed

Initial Here:

_____ I attest that I have read/reviewed the activity material and completed the self-assessment test as directed.

Name: _____

Address: _____

City, State, Zip: _____

Email Address (required): _____

Phone: _____

Signature: _____ **Date:** _____

Payment Method

Amount Due: \$15.00

Check enclosed (payable to SMA) **Credit Card:** VISA MasterCard American Express Discover

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**Return Parts 1, 2, and 3 with payment to:
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