

Office of Accreditation

Continuing Medical Education (CME)



Title: Sickle Cell Disease by Dr. Roy Kao (Recorded 8.26.26)

Recorded: 8/26/2026

Expired: 8/26/2027

Location: Online

Faculty:

Roy L Kao, MD

University of Minnesota

OVERVIEW/PURPOSE STATEMENT:

Recorded presentation from 8/26/2026, Lunch and Learn: Sickle Cell Disease by Dr. Roy Kao.

Expires 8/26/2027. Duration = 60 minutes.

Dr. Roy Kao provides a practical review of sickle cell disease (SCD), covering the clinically relevant pathophysiology of hemoglobin S polymerization, vaso-occlusion, hemolysis, endothelial dysfunction, and chronic inflammation, and how these processes contribute to the acute and chronic complications encountered across healthcare settings. He discusses evidence-based approaches for evaluating and managing severe sickle cell pain, including assessment of vaso-occlusive crises, multimodal analgesic strategies, opioid stewardship, and methods to reduce treatment delays and variability in care. Dr. Kao instructs on the timely recognition and management of life-threatening SCD emergencies, particularly acute chest syndrome, with discussion of appropriate diagnostic evaluation, hospitalization criteria, transfusion support, and multidisciplinary treatment strategies. He provides updates on comprehensive outpatient management, including preventive care, disease-modifying therapies, screening recommendations, and emerging potentially curative options such as hematopoietic stem cell transplantation and gene-based therapies. Dr. Kao shows how to use practical, evidence-based tools to improve diagnosis, treatment, and patient outcomes across the continuum of sickle cell disease care.

OVERALL OBJECTIVES

At the completion of this activity, the participants should better be able to:

- 1 Describe clinically relevant sickle cell disease pathophysiology
- 2 Evaluate and manage sickle cell disease associated severe pain
- 3 Evaluate and manage other sickle cell disease associated emergencies such as acute chest syndrome
- 4 Review outpatient sickle cell disease management and potentially curative options.

ACCREDITATION AND DESIGNATION STATEMENT:

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Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Roy L Kao, MD	Faculty	Grant or research support-AbbVie (Any division) (Relationship has ended) Grant or research support-Vertex Pharmaceuticals (Relationship has ended) Grant or research support-Editas Medicine (Relationship has ended) Grant or research support-Genetix Biotherapeutics Honoraria-Binaytara (Relationship has ended) Honoraria-Optum Health Education (Relationship has ended) - 08/03/2026
Vicky Schneider, BS	Independent Content Reviewer	Nothing to disclose - 07/28/2026
Anna Zinnel, PA	Independent Content Reviewer	Nothing to disclose - 08/04/2026