

POSTGRADUATE COURSES

Sunday, June 6, 2010

C 07: Year-in-Review

Room 214ABC

Sunday, June 6, 2010
8:00am-5:00pm

Member Fee: \$150
Nonmember Fee: \$200

Chair: H. Craig Heller, PhD

Faculty: Gregory Belenky, MD; Ruth Benca, MD, PhD; Paul Franken, PhD; Sheri Katz, DDS; Clete Kushida, MD, PhD, RPSGT; Carole Marcus, MBBCh; Michael Russo, MD; and Thomas Scammell, MD

Psychologist Level of Content: Intermediate

Target Audience:

- Physicians, researchers, psychologists, postdoctoral or predoctoral fellows and allied health care professionals.

Learning Objectives:

1. Discuss state-of-the-art knowledge of recent advances in diagnosis and treatment for various clinical topics.
2. Explain how to improve clinical care and outcomes as a result of application of this knowledge in the clinical setting.
3. Discuss key concepts of recent basic and clinical sleep research and how these concepts apply to current practice.

C 08: PEDSleep 2010: Evaluating and Treating Sleep Disorders in Fragile and High Risk Infants and Children

Room 217AB

Sunday, June 6, 2010
8:00am-5:00pm

Member Fee: \$150
Nonmember Fee: \$200

Co-Chairs: Madeleine Grigg-Damberger, MD; and Sanjeev Kothare, MD

Faculty: David Gozal, MD; Kyle Johnson, MD; Valerie Kirk, MD; Beth Malow, MD; Gerald Rosen, MD; and Sally Davidson Ward, MD

Psychologist Level of Content: Advanced

Target Audience:

- Sleep specialists, clinicians, psychologists, trainees and technologists interested in pediatric sleep medicine

Learning Objectives:

1. Discuss which sleep disorders most often affect infants or children with Chiari malformation, spina bifida, syringomyelia, epilepsy, neuromuscular disorders, craniofacial syndromes, autism spectrum disorders, intellectual disabilities, psychiatric co-morbidities and cerebral palsy.
2. Review how to evaluate, diagnose and treat sleep related breathing disorders, insomnia, parasomnias and circadian rhythm disorders in infants and children with challenging complex medical, neurological and/or psychiatric disorders.
3. Identify which sleep disorders most often affect cancer and autism spectrum disorders.

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Sunday, June 6, 2010

C 09: Sleep Apnea Examination: A Hands-on Course

Room 207AB

Sunday, June 6, 2010

8:00am-5:00pm

Member Fee: \$150

Nonmember Fee: \$200

Co-Chairs: Ofer Jacobowitz, MD, PhD; and Patrick Strollo Jr., MD

Faculty: David Bruce, DDS, MD; Suman Golla, MD; Yosef Krespi, MD; Sally Shott, MD; Noah Siegel, MD; and Edward Weaver, MD

Psychologist Level of Content: Advanced

Target Audience:

- Sleep medicine physicians, psychologists, pediatricians, pulmonologists, otolaryngologists, oral and maxillofacial surgeons, anesthesiologists, surgeons, dentists, nurses, sleep technologists, respiratory therapists and other allied health care professionals

Learning Objectives:

1. Identify the static and dynamic features of the nasal airway that affect obstructive sleep apnea and its treatment with CPAP.
2. Assess the oral and pharyngeal anatomy relevant to the diagnosis, medical and surgical treatment of obstructive sleep apnea.
3. Explain methods of anatomical assessment and advanced surgical treatment of obstructive sleep apnea in children.
4. Identify anatomical structures amenable to surgical treatment in adults.
5. Describe the relation of airway inflammation and obstructive sleep apnea.
6. Practice the physical examination of the sleep apnea airway using basic and advanced tools such as peak flow meters and fiberoptic endoscopes.

C 10: Diagnosis and Treatment of Circadian Rhythm Sleep

Disorders

Room 214D

Sunday, June 6, 2010

8:00am-5:00pm

Member Fee: \$150

Nonmember Fee: \$200

Chair: R. Robert Auger, MD

Faculty: Helen Burgess, PhD; Kenneth Wright Jr, PhD; James Wyatt, PhD; and Phyllis Zee, MD, PhD

Psychologist Level of Content: Intermediate

Target Audience:

- Clinical sleep medicine practitioners, trainees, psychologists and/or anyone with an interest in the identification and treatments of circadian rhythm sleep disorders

Learning Objectives:

1. Identify various ICSD-2-defined circadian rhythm sleep disorders (CRSDs) in the clinical setting, with inclusion of the use of actigraphy and sleep logs.
2. Discuss the utility of salivary melatonin as a means of assessment of circadian phase, which presently has application in circadian-based research.
3. Identify treatment of CRSDs, taking into account best available evidence.
4. Review the various experimental protocols used in chronobiologic assessments to in turn facilitate an understanding of the CRSD-related literature.
5. Explain the morbidity associated with certain CRSDs (e.g. the association between sleep disturbance and institutionalization in the elderly and the positive findings associated with later school start times in adolescents).

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Ⓢ 11: Challenging Cases: Patients Beyond the Practice

Parameters

Room 217CD

Sunday, June 6, 2010

8:00am-12:00pm

Member Fee: \$85

Nonmember Fee: \$150

Chair: Douglas Kirsch, MD, FAASM

Faculty: Lawrence Epstein, MD; Mary Susan Esther, MD; and Carol Rosen, MD

Psychologist Level of Content: Advanced

Target Audience:

- Sleep medicine practitioners, including physicians, nurse practitioners, physician assistants, psychologists and residents/fellows

Learning Objectives:

1. Discuss the evaluation and treatment of patients who do not fit into the specific context of the practice parameters.
2. Review aspects of sleep related breathing disorders, limb movements and pediatric sleep medicine and the links between sleep medicine and psychiatric disease.

Ⓢ 12: Individualizing Therapy for Insomnia

Room 217CD

Sunday, June 6, 2010

1:00pm-5:00pm

Member Fee: \$85

Nonmember Fee: \$150

Co-Chairs: Kelly Baron, PhD; and Ramadevi Gourineni, MD

Faculty: Jack Edinger, PhD; and Andrew Krystal, MD

Psychologist Level of Content: Intermediate

Target Audience:

- Physicians, psychologists and trainees who are looking to augment their knowledge of insomnia management and learn more about individualizing the therapy of insomnia in a multidisciplinary setting

Learning Objectives:

1. Discuss how to evaluate patients with insomnia using both clinical and objective evaluation tools.
2. Discuss various management approaches, including pharmacotherapy, behavioral and cognitive therapies, and explain how to individualize therapy to meet each patient's needs using a case-based approach.
3. Identify different models for the multidisciplinary care of insomnia.