

POSTGRADUATE COURSES

Sunday, June 7, 2009

SUNDAY

C 07: A Comprehensive Overview of Behavioral Sleep Medicine Techniques: A Nuts and Bolts Course for Enhancing Your Sleep Medicine Practice
Ballroom 6C

Sunday, June 7, 2009 *Member Fee: \$150*
8:00am-5:00pm *Non-Member Fee: \$200*

Chair: Jack Edinger, PhD

Faculty: Mark Aloia, PhD; Sonia Ancoli-Israel, PhD, FAASM; Anne Germain, PhD; Allison Harvey, PhD; Jodi Mindell, PhD; Josée Savard, PhD; James Wyatt, PhD, FAASM

Target Audience:

Clinicians, including psychologists, interested in developing or augmenting their skills in regard to: (1) managing childhood sleep problems; (2) treating adult forms of insomnia; (3) combining psychological and medication treatments; (4) addressing hypnotic dependence; (5) assessment and management of circadian rhythm disorders; (6) addressing CPAP intolerance/non-compliance; (7) assessing and treating nightmares and other disruptive nocturnal events in patients with posttraumatic stress disorder; and (8) assessing and managing sleep disturbances in community-dwelling and institutionalized older adults

The course should also have some relevance to basic and clinical researchers interested in learning what research studies of BSM techniques are needed.

Objectives:

1. Discuss the evidence for and nature of currently accepted first line behavioral management strategies for childhood insomnias.
2. Discuss how to implement both the 'C' (cognitive) and 'B' (behavioral) components of cognitive-behavioral therapy (CBT) for adult insomnias and to consider evidence for the efficacy of this multi-component treatment with primary and comorbid forms of insomnia.
3. Describe the use of CBT in combination with hypnotic medications and as a component of treatment for addressing hypnotic dependence.
4. Review assessment methods as well as such treatments as light therapy, melatonin, behavior therapy and cognitive therapy for circadian rhythm disorders.
5. Summarize the evidence for use of exposure therapy, varied CPAP delivery methods and motivational interviewing in the management of apnea patients who refuse CPAP or display initial intolerance to this treatment.
6. Discuss nightmare assessment techniques and describe imagery rehearsal therapy for treating disturbing dreams and nightmares.
7. Discuss useful assessment and management strategies for the sleep disturbances presented by older community dwelling and institutionalized/demented older adults.

C 08: Sleep Apnea Examination: A Hands-on Course
Rooms 611-614

Sunday, June 7, 2009 *Member Fee: \$150*
8:00am-5:00pm *Non-Member Fee: \$200*

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

Faculty: David Bruce, DDS, MD, FAASM; Berrylin Ferguson, MD; Sally Shott, MD; Noah Siegel, MD; Edward Weaver, MD

Target Audience:

Sleep medicine physicians, psychologists, trainees, dentists and sleep technologists

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. Identify anatomical structures amenable to surgical procedures.
4. Practice the essential physical examination of the sleep apnea airway.

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Sunday, June 7, 2009

C 09: The Interface of Sleep and Neurology

Rooms 606-609

*Sunday, June 7, 2009
8:00am-5:00pm*

*Member Fee: \$150
Non-Member Fee: \$200*

Chair: Alon Avidan, MD, FAASM

Faculty: Claudio Bassetti, MD; Donald Bliwise, PhD, FAASM; Antonio Culebras, MD, FAASM; David Dinges, PhD; Suresh Kotagal, MD, FAASM; Clete Kushida, MD, PhD, RPSGT, FAASM; Phyllis Zee, MD, PhD, FAASM

Target Audience:

Clinicians, psychologists, researchers, graduate students, fellows, residents, nurses and physician assistants who encounter patients with sleep disturbances and underlying neurological comorbidities

Objectives:

1. Compare the neurocognitive consequences of both acute and cumulative sleep deprivation.
2. Describe current neurochemical, neuroimaging and neurophysiologic findings relative to disturbed sleep across the broadly defined range of neurodegenerative diseases.
3. Review the extent by which sleep disorders and sleep-related symptoms may have predictive value for the diagnosis and course of various neurodegenerative diseases.
4. Summarize what is known about current treatments for disturbed sleep-wakefulness in Alzheimer's disease and synucleinopathies.
5. Describe the current diagnostic strategies for primary and secondary forms of RLS and the pathophysiologic mechanisms of RLS.
6. Summarize the main treatments for RLS and PLMD.
7. Discuss the role of circadian rhythms in neurological and psychiatric disease and how to apply circadian-based strategies to improve sleep and circadian rhythmicity in neurological disorders.
8. Summarize the consequences of sleep related breathing disorders in patients with neuromuscular disorders and cerebrovascular accidents.
9. Describe the differential diagnosis, evaluation and management of complex nocturnal behaviors.

C 10: Year-in-Review

Ballroom 6E

*Sunday, June 7, 2009
8:00am-5:00pm*

*Member Fee: \$150
Non-Member Fee: \$200*

**Co-Chairs: Naresh Punjabi, MD, FAASM
and Kenneth Wright Jr., PhD**

Faculty: Donald Bliwise, PhD, FAASM; Daniel Buysse, MD, FAASM; Ann Halbower, MD; Susheel Patil, MD, PhD, FAASM; Ronald Szymusiak, PhD; Bradley Vaughn, MD, FAASM; Phyllis Zee, MD, PhD, FAASM

Target Audience:

Physicians, researchers, psychologists, postdoctoral or predoctoral fellows and allied healthcare professionals

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 11: Cases with a Twist: Perplexing Patients in Prototypical Practice

Ballroom 6A

*Sunday, June 7, 2009
8:00am-12:00pm*

*Member Fee: \$85
Non-Member Fee: \$150*

Chair: Douglas Kirsch, MD

Faculty: Lawrence Epstein, MD, FAASM; Charlene Gamaldo, MD; Raman Malhotra, MD

Target Audience:

Sleep medicine clinicians, including physicians, training physicians, nurse practitioners, physician assistants and psychologists

Objectives:

1. Identify what to do when you need to move beyond the typical algorithm of care.
2. Discuss complex topics in major areas of sleep medicine including: sleep related breathing disorders, hypersomnias, movement disorders, parasomnias and insomnia.
3. Review issues of age and gender specifically when approaching complex cases.

POSTGRADUATE COURSES

Sunday, June 7, 2009

SUNDAY

C12: Do Portable Monitoring, AutoPAP Technology and Medicare Policies Converge?

Ballroom 6A

Sunday, June 7, 2009

Member Fee: \$85

1:00pm-5:00pm

Non-Member Fee: \$150

Chair: Nancy Collop, MD, FAASM

Faculty: Charles Atwood, MD, FAASM; Richard Berry, MD, FAASM; Sairam Parthasarathy, MD, FAASM

Target Audience:

Clinicians, sleep technicians, psychologists and clinical researchers in sleep medicine

Objectives:

1. Describe the impact of quality of healthcare delivery on outcomes in patients with obstructive sleep apnea.
2. Discuss the feasibility and cost-effectiveness of treating obstructive sleep apnea as it pertains to portable monitoring and automatic positive airway pressure therapy.
3. Identify various physician and patient factors that influence outcomes in treating obstructive sleep apnea.
4. Analyze impediments to access to care and healthcare disparities as it pertains to managing patients with obstructive sleep apnea.