



Jefferson™

Sleep Medicine Symposium: *What's New Under the Moon*

**Friday,
November 2, 2012**

FEATURING KEYNOTE SPEAKER:

Shahrokh Javaheri, M.D.

*Professor Emeritus, University of Cincinnati
Medical Director, Sleepcare Diagnostics*

Philadelphia Downtown Courtyard by Marriott
Philadelphia, Pennsylvania

COURSE DESCRIPTION

The Sleep Medicine Symposium is designed for primary care physicians and selected specialists, including sleep medicine, pulmonary/critical care, neurology, psychiatry, cardiology, pediatrics and dentists. The Sleep Medicine Symposium is also designed for other allied health care providers such as psychologists, physician extenders, respiratory therapists, sleep medicine technologists, and nurse specialists. This symposium will address commonly encountered sleep disorders, including insomnia, sleep apnea syndrome, restless legs syndrome, shift work disorder and parasomnias, among others. The combined format of live panel debates, morning breakout sessions and didactic presentations will allow participants to observe and question faculty practitioners as they discuss specific and challenging case scenarios, and demonstrate how to apply new information and clinical guidelines into their practices.

COURSE OBJECTIVES

At the conclusion of this conference, participants should be able to:

- Examine basic principles based upon most recent practice parameters, and select the appropriate pharmacological agents and behavioral strategies in the management of insomnia
- Assimilate a systematic, evidence-based, approach to the evaluation of insomnia
- Assess the effects of excessive sleepiness and shift work disorder on performance
- Utilize various inventories such as the Epworth Sleepiness Scale in the identification and quantification of excessive sleepiness
- List methods of identifying patients at high risk of OSA in the perioperative and inpatient setting
- Identify the spectrum of treatment modalities for OSA and assimilate practice guidelines for the treatment of OSA in the primary care setting
- Summarize the role of emerging technologies such as home sleep testing in the diagnosis of OSA
- Analyze sleep laboratory diagnostic findings that are necessary to diagnose OSA and to establish its severity.
- Summarize the impact of effective management of sleep disorders on cardiovascular abnormalities
- Discuss and provide to patients safety measures that parasomnia patients should adhere to for their own protection and for the protection of others
- Assess their individual practice in light of the information and discussions during the course, and identify specific strategies to implement as part of a continuing improvement process for their practices.

Agenda

7:00 – 7:30	Registration, Breakfast
7:30 – 7:45	Welcome and introduction Karl Doghramji, MD Michael Vergare, MD William Keane, MD
7:45 – 8:30	Excessive daytime sleepiness: The silent epidemic Karl Doghramji, MD
8:30 – 9:00	State of the Art: Diagnosis and management of obstructive sleep apnea Ritu Grewal, MD
9:00 – 9:45	Panel: The rich array of treatment modalities for OSA Moderator: Maurits Boon, MD Panelists: Marlind Alan Stiles, DMD Daniel Taub, DDS, MD Alec Beekley, MD
9:45 – 10:15	Breakout Session 1: Discussion with panelists Moderator: Maurits Boon, MD Panelists: Marlind Alan Stiles, DMD Daniel Taub, DDS, MD Alec Beekley, MD
9:45 – 10:15	Breakout Session 2: Positive airway pressure devices Chip Malloy, RT Robert Tavella, R. PSG. T Leigh Resnick, RT
9:45 – 10:15	Breakout Session 3: Home sleep testing in sleep medicine Ritu Grewal, MD Dimitri Markov, MD Sharon Curran
10:15 – 10:45	Break & Exhibits
10:45 – 11:30	Keynote Address: Sleep and heart disease Breathing with a broken heart: The impact of sleep apnea Shahrokh Javaheri, MD, FAASM University of Cincinnati College of Medicine
11:30 – 12:15	Novel frontiers in sleep medicine: Sleep in the hospitalized patient Introduction: Mani Kavuru, MD Presenter: Sunil Sharma, MD East Carolina University
12:15 – 1:00	Lunch and Exhibits
1:00 – 1:45	Insomnia: What to do when your patient can't sleep Karl Doghramji, MD
1:45 – 2:30	Parasomnias: Things that go “bump” in the night Dimitri Markov, MD
2:30 – 3:00	Questions and discussion Ritu Grewal, MD Dimitri Markov, MD Karl Doghramji, MD
3:00	Adjourn

JEFFERSON MEDICAL COLLEGE COURSE DIRECTORS

Karl Doghramji, MD

Professor of Psychiatry, Neurology, and Medicine
Medical Director, Jefferson Sleep Disorders Center

Mani Kavuru, MD

Division Director and Professor
Division of Pulmonary and Critical Care Medicine

William Keane, MD

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Chairman, Department of Otolaryngology – Head and Neck Surgery

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Attending Physician, Otolaryngology

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Administrator, Jefferson Sleep Disorders Center

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Assistant Professor of Medicine
Attending Physician, Jefferson Sleep Disorders Center

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Thomas Jefferson University Hospitals

Dimitri Markov, MD

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Attending Physician, Jefferson Sleep Disorders Center

Leigh Resnick, RRT

Staff Therapist, Pulmonary Care
Thomas Jefferson University Hospitals

Robert Tavella, R PSG T

Sleep Lab Manager, Jefferson Sleep Disorders Center

Daniel Taub, DDS, MD

Assistant Professor of Oral and Maxillofacial Surgery
Vice Chairman and Program Director
Oral and Maxillofacial Surgery

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Associate Professor of Surgery
Director, Minimally Invasive and Bariatric Surgery

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Sunil Sharma, MD, FCCP, D'ABSM

Assistant Professor of Medicine
Division of Pulmonary, Critical Care and Sleep Medicine
Director, East Carolina University Sleep Disorders Center

Shahrokh Javaheri, MD

Professor Emeritus, University of Cincinnati
Medical Director, Sleepcare Diagnostics
Cincinnati, Ohio

INFORMATION

Jefferson Medical College of Thomas Jefferson University designates this live activity for a maximum of 6.0 *AMA PRA Category 1 Credit(s)*™.

Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Application has been made to the American Association for Respiratory Care (AARC) for continuing education contact hours for respiratory therapists.

Application for CME credit has been filed with the American Academy of Family Physicians. (Determination of credit is pending).

Thomas Jefferson University Hospital is an approved provider of Continuing Nursing Education (CNE) by the PA State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. 6.0 contact hours will be awarded to participants.

FACULTY DISCLOSURE

All faculty at continuing educating activities for nurses, physicians and allied health professionals are required to disclose to the audience (1) any significant financial relationships with the manufacturer(s) of any commercial products, goods or services and (2) any unlabeled/unapproved uses of drugs or devices discussed in their presentations. Such disclosures will be made in writing in the course presentation materials.

CONFERENCE LOCATION

Philadelphia Downtown Courtyard by Marriott, 21 N Juniper St, Philadelphia, PA, 19107

Sleep Medicine Symposium: *What's New Under the Moon* **November 2, 2012**

REGISTRATION INFORMATION

The registration fee for the entire course is **\$95.00** for Physicians, **\$75.00** for Nurses, and **\$50.00** for Other Allied Health Professionals. The Registration Fee includes all course materials, CME Certificate, and continental breakfast, lunch, and refreshment breaks. The registration fee does not include parking. Your registration will be confirmed via e-mail. Exhibits will be displayed throughout the conference. If you have any special needs, please contact the Office of CME by **October 26, 2012** at 1-888-JEFF-CME.

CANCELLATIONS/REFUND POLICY

Requests for refunds must be submitted in writing and received in the Office of CME by **October 26, 2012**. There will be no refunds after this date. There will be a \$25 processing fee for all refunds. Registrants who fail to attend the conference are responsible for the entire fee. All refunds will be processed after the conference. The University reserves the right to cancel or postpone this course due to unforeseen circumstances. In the event of cancellation or postponement, the University will refund registration fees, but is not responsible for related costs or expenses to participants, including cancellation fees assessed by hotels, airlines or travel agencies.

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Title (Dr., Mr., Ms.) Degree Specialty Institution

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Please do **not** include me in upcoming events mailing lists

Are you a Jefferson Medical College Alum? Yes No
If yes, what year? _____

REGISTRATION FEES

- \$95 Physicians
 \$75 Nurses
 \$50 Other Allied Health Professionals

Payment: Please make check payable to Jefferson Medical College, Office of CME, or provide Credit Card Information. Do not send cash. Registration will not be processed unless full payment is received.

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To register please use one of the following options:

Register Online: <http://jeffline.jefferson.edu/jeffcme/Psychiatry/>

Fax: You may fax this form with credit card payment to (215) 923-3212

Phone: For further information, please call the Office of CME at 1-888-JEFF-CME or 215-955-6992

Mail: Sleep Medicine Symposium

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