What's New Under the Moon

2nd Annual Sleep Medicine Symposium:
What’s New Under the Moon

Friday, November 15, 2013

Dorrance H. Hamilton Building
Thomas Jefferson University
1001 Locust Street
Philadelphia, PA 19107

FEATURING KEYNOTE SPEAKERS:

Thomas Roth, PhD
Director of Sleep Disorder Center
Division Head, Sleep Disorder Research Center
Wayne State Medical School
Detroit, Michigan

Virend K. Somers, MD, PhD
Professor of Medicine
Consultant in Cardiovascular Diseases
Mayo Clinic and Mayo Foundation

COURSE DESCRIPTION

Morning Session:

9:00AM
Keynote Address: An Introduction to Sleep Medicine

9:15AM
Case #1 - The Breathtaking Progression of Disease:
Sleep Medicine and Cardiac Disease

10:00AM
Breakout Session #1:
Sleep and Cardiovascular Disease

11:00AM
Break & Exhibits

12:00PM
Lunch

Afternoon Session:

2:00PM
Case #2 - The Complex Array of Treatment Modalities

2:45PM
Breakout Session #2:
Sleep Medicine in the Hospital Setting

3:30PM
Breakout Session #3:
Sleep Medicine in the Home Setting

4:15PM
Case #3 - Disorders of the Clocks that Time Us:
Circadian Rhythm Disorders

5:00PM
Questions and Discussion

TOPICS COVERED:

• Sleep Apnea Syndrome: Pulmonary Implications
• Sleep, the Heart, and the Lung: Introductory Comments
• State-of-the-Art Strategies in the Management of Sleep Disorders
• Hands-on: Home Sleep Testing
• Non-invasive ventilation advances
• Hypersomnias
• Sleep disordered breathing and hypoventilation syndrome
• Parasomnias
• Key topics will include OSA and to establish its severity.
• Anesthesiologists, Surgeons, Sleep Physicians, Nurses/Nurse Specialists, Respiratory Therapists:
• Cardiologists, Pulmonologists, Hospitalists, Primary Care Physicians, Psychiatrists, Nurse Practitioners, Sleep Technologists, Neurologists, Dentists, Sleep Physicians, Hospitalists
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• Another educational session will be dedicated to the most recent practice parameters, and identifying strategies for their practices.
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http://jeffline.jefferson.edu/jeffcme/Psychiatry/

COURSE DESCRIPTION
The 2nd Annual Jefferson Sleep Medicine Symposium has been developed by Course Director Karl Doghramji, MD, with the collaboration of Course Co-Director Sunil Sharma, MD, along with Expert Panelists: Drs. Christine Armonen, MD, Gregory C. Kane, MD, FACP, Mani S. Kavuru, MD, William M. Keane, MD, Paul J. Matter, MD, FACC, FACP, Michael J. Vergare, MD, and Howard H. Winz, MD who represent the spectrum of medical specialties that are involved in the practice of sleep medicine. Working in conjunction with these distinguished thought leaders, this symposium will provide a multidisciplinary approach to patient care, offering participants a unique opportunity to witness experts in the fields of Cardiology and Sleep Medicine, Otolaryngology, Pulmonary and Critical Care Medicine, Surgery, and Psychiatry and Human Behavior as they review the most current literature supporting how they manage and treat patients diagnosed with sleep disorders.

Morning Session:
Target Audience: Cardiologists, Pulmonologists, Hospitalists, Primary Care Physicians, Anesthesiologists, Surgeons, Sleep Physicians, Nurse/Nurse Practitioners, Respiratory Therapists
Key topics will include:
• Peri-operative implications sleep disorders breathing
• Sleep disordered breathing and sudden death, CHF and HTN
• Sleep disorders in hospitalized patients

Afternoon Session:
Target Audience: Primary Care Physicians, Psychiatrists, Nurse Practitioners, Sleep Technologists, Neurologists, Dentists, Sleep Physicians, Hospitalists
Key topics will include:
• Non-pharmacological treatment of insomnia
• Update on RLS/PLMS
• Circadian rhythm disorders
• Sleep related movement disorders
• Hypersomnias

****Several case reviews in both sessions and breakout sessions****
This year’s program will include in-depth presentations on a myriad of hot topics in sleep disorders, including chronic insomnia, excessive daytime sleepiness and narcolepsy, sleep apnea syndrome and other sleep-related breathing disorders, restless legs syndrome, shift work disorder and other circadian rhythm disorders, and parasomnias. In addition, this year the symposium will feature the presentation of a novel and evolving clinical frontier in sleep medicine, “Hospital Sleep Medicine,” which will include the identification and management of sleep disorders in the perioperative and hospitalized settings, and the interplay between sleep, sleep disorders, and heart disease.

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 non-pharmacological strategies in the management 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.

• 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 practices 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
7:00AM Registration, Continental Breakfast, & Exhibits
7:30AM Opening Remarks
Karl Doghramji, MD, Howard H. Winz, MD
7:30AM Cardiology Grand Rounds and Keynote Address
Sleep and the Heart
Virend Somers, MD, PhD
8:30AM Break & Exhibits
8:45AM Reflections by Distinguished Expert Panel
Moderator: Karl Doghramji, MD
Panelists: William M. Keane, MD, Michael J. Vergare, MD, Gregory C. Kane, MD, FACP
Sleep, the Heart, and the Lung: Connecting the Dots
Moderator: Sunil Sharma, MD
8:55AM Sleep, the Heart, and the Lung: Introductory Comments
Sunil Sharma, MD
9:00AM Hospital Sleep Medicine: The Multidirectional Interactions Between Sleep, Heart, and Lung Disease
Sunil Sharma, MD
9:45AM Diagnosis and Management of Sleep Disorders in Heart Failure
Sunil Sharma, MD; Paul J. Matter, MD, FACC, FACP
10:15AM Sleep Apnea Syndrome: Pulmonary Implications
Boyd Hahn, MD
10:45AM Break & Exhibits
11:15AM Breakout Sessions (3)
Breakout Session #1 - Case Reviews: Sleep in the Hospitalized Patient
Moderator: Sunil Sharma, MD
Panelists: Mani S. Kavuru, MD, Boyd Hahn, MD; Sharon Rubin, MD; Raphael Bonita, MD, Gordon Reeves, MD; Paul J. Matter, MD, FACC, FACP
Breakout Session #2 - Hands-On: Non-Invasive Ventilation, CPAP and BiPAP
Moderator: Robert Tavella, R.PSG.T, MPH Panelists: Chip Malloy, RRT; Leigh Reich, RRT
Breakout Session #3 - Hands-on Home Sleep Testing in Sleep Medicine
Moderator: Ritu Grewal, MD; Karl Doghramji, MD; Howard H. Winz, MD

12:00PM Lunch & Exhibits
State-of-the-Art Strategies in the Management of Sleep Disorders
Moderator: Karl Doghramji, MD
1:00PM Keynote Address: New Directions in the Pharmacological Management of Insomnia
Presenter: Robert Tavella, R.PSG.T, MPH
Discussant: Sunil Sharma, MD; Paul J. Matter, MD, FACC, FACP
1:20PM Break & Exhibits
2:30PM Cases and Commentary: Dialogue Among Experts

Case #1 - Things that Go “Bump” in the Night: Sleep-Related Movement Disorders
Presenter: Karl Doghramji, MD; Discussant: Daniel Kemness, MD

Case #2 - The Complex Array of Treatment Modalities for Obstructive Sleep Apnea Syndrome
Presenter: Sunil Sharma, MD; Discussant: Maurits Boon, MD

Case #3 - Disorders of the Clocks that Time Us: Circadian Rhythm Sleep Disorders
Presenter: Karl Doghramji, MD; Discussant: Ritu Grewal, MD

Case #4 - The Hypersomnias
Presenter: Dimitri Markos, MD; Discussant: Sunil Sharma, MD

4:00PM Questions and Discussion
4:15PM Adjournment
AAST CEC Program Application has been submitted for approval. You must attend the entire program to be eligible for full contact hour credit. The maximum number of contact hours to be awarded to participants. The participant should claim only the credit for the portion of the program attended.

Jefferson Medical College designates this live activity for a maximum of 19 CME credits for Physicians, 19 contact hours for Nurses, and 8 contact hours for Other Allied Health Professionals. The Registration Fee includes all course materials, CE 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 November 8, 2013 at 1-800-JEFF-CME.

REGISTRATION INFORMATION

REGISTRATION FEES

REGISTRATION DEADLINE IS NOVEMBER 8, 2013

IF YOU ARE ATTENDING THE ENTIRE COURSE, PLEASE COMPLETE THE BELOW PORTION:

- $100.00 Practicing Physician
- $75.00 Nurse
- $50.00 Non-Jefferson Resident
- $100.00 Non-Jefferson Fellow

IF YOU ARE ATTENDING EITHER THE AM OR PM SESSION, PLEASE COMPLETE THE BELOW PORTION:

- $75.00 Practicing Physician
- $50.00 Nurse
- $45.00 Allied Health Professional
- $45.00 Non-Jefferson Resident
- $45.00 Non-Jefferson Fellow

Please SPECIFY the session you will be attending:

- AM SESSION (7:00AM-1:00PM – session will begin at 7:30AM) or
- PM SESSION (12:00PM-4:00PM – session will begin at 1:00PM)

PAYMENT

Please provide Credit Card Information (Do not send cash. Registration will not be processed without full payment).

Check is enclosed. Check Number: _______

Cardholder’s Name:

Cardholder’s Signature:

Billing Address:

(Additional lines available)

If you have any special needs, please contact the Office of CME by November 8, 2013 at 1-800-JEFF-CME or (215) 955-6992.

REGISTRATION ONLINE:

http://jeffline.jefferson.edu/jeffcme/psychiatry/

MAIL TO:

Sleep Medicine 2013
Jefferson Medical College, Office of CME
1020 Locust Street, Suite M5
Philadelphia, PA 19107

(Write check payable to: Jefferson Medical College, Office of CME)

ACCREDITATION INFORMATION

Jefferson Medical College of Thomas Jefferson University is accredited by the ACCME to provide continuing medical education for physicians. Jefferson Medical College designates this live activity for a maximum of 6.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. 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. 6.75 is maximum number of contact hours to be awarded to participants. The participant must attend the entire program to be eligible for full contact hour credit.

The American Academy of Physician Assistants (AAPA) and the American Osteopathic Academy of Physicians (AOAP) have indicated that this program is acceptable for credit.

FACULTY DISCLOSURE

All faculty participating in continuing medical education activities sponsored by Jefferson Medical College are expected to disclose to the audience any real or apparent conflict(s) of interest related to the content of their presentation(s). Full disclosure of faculty relationships will be made at the activity.

PARKING INFORMATION

Parking is available at the Dorrance H. Hamilton Building. The entrance to the parking lot is on 11th Street between Locust and Walnut Streets.

ACCOMMODATIONS

A limited block of guest rooms at the special discount rates below are available at the Holiday Inn Express Midtown located at 1200 Walnut Street, Philadelphia, PA 19107. Rates are guaranteed (based on availability) until October 14, 2013. Please contact the hotel reservations department at 215-735-9300 to reserve a room and refer to the “2nd Annual Sleep Medicine Symposium.”

CANCELLATIONS/REFUND POLICY

Requests for refunds must be submitted in writing and received in the Office of CME by November 8, 2013. 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.

ACCOUNTING INFORMATION

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Application for CME Credit has been filed with the American Academy of Family Physicians. Determination of credit is pending. Application has been made to the American Association for Respiratory Care (AARC) for continuing education contact hours for respiratory therapists. AAST CEC Program Application has been submitted for approval.

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