

MARYLAND SLEEP SOCIETY  
**FIFTH ANNUAL CONFERENCE**  
APRIL 25 AND 26, 2014  
THE CONFERENCE CENTER AT SHEPPARD PRATT  
**PROGRAM**

---

**APRIL 25, 2014**

- 7:00 – 8:00 am**                      **REGISTRATION, CONTINENTAL BREAKFAST AND VISIT EXHIBITS**
- 8:00 – 8:15 am**                      **Welcome and Introductions**  
*Brian Bohner, MD, FCCP, ABSM*  
*President, Maryland Sleep Society*
- 8:15 - 9:15 am**                      **Are All Oral Appliances the Same?**  
**Speaker:**        **Steven C. Scherr, DDS**  
**Objectives:**     *Review the need for a universally accepted oral appliance definition; identify the purpose, physical features and function of an effective oral appliance in the treatment of OSA; explain oral appliance selection criteria; assess future research implications*  
*\*Dr. Scherr has no financial relationships to disclose.*
- 9:15 - 10:15 am**                      **Sleep Disorders Associated with PTSD and TBI**  
**Speaker:**        **Christopher Lettieri, MD**  
**Objectives:**     *Recognize the prevalence of sleep disorders in patients with TBI and PTSD; discuss the impact concurrent sleep disruption has on outcomes in these patients; identify treatment recommendations*  
*\*Dr. Lettieri has no financial relationships to disclose.*
- 10:15 – 10:30 am**                      **BREAK AND VISIT EXHIBITS**
- 

**GBMC**

*The Greater Baltimore Medical Center is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.*



Maryland Sleep Society is designated as an Approved PACE Program Provider by the Academy of General Dentistry. The formal continuing education programs of this program provider are accepted by AGD for Fellowship, Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 2/28/2014 to 2/29/2016.

*BRPT and AARC Accredited*

**10:30 - 11:30 am**

**Law and Sleep Disorder: Parasomnias and Violence**

**Speaker:** Mark R. Pressman, PhD, D.ABSM

**Objectives:** *Examine the etiology and theories of sleepwalking violence; explore legal approaches to sleepwalking as a defense for criminal acts; recognize the difference between clinical and forensic evaluations*

*\*Dr. Pressman has no financial relationships to disclose.*

**11:30 – 12:30 pm**

**The Critical Role of Sleep to Enhance Transportation Safety: NTSB Investigations and Recommendations**

**Speaker:** Honorable Mark R. Rosekind, PhD

**Objectives:** *Describe the role and mission of the NTSB to enhance transportation safety; describe NTSB accident investigations that have identified sleep-related causal and contributory factors; describe NTSB issued safety recommendations to address sleep and fatigue-related factors identified in accident investigations*

*\*Dr. Rosekind is a Federal employee representing the NTSB, and is not permitted to endorse any product, service, or enterprise.*

**12:30 - 1:45 pm**

**LUNCHEON AND VISIT EXHIBITS**

**1:45 – 2:45 pm**

**The Case for Delaying High School Start Times**

**Speaker:** Judith A. Owens, MD, MPH

**Objectives:** *Review changes in sleep and circadian biology in adolescence; list potential consequences of chronic sleep loss on school performance, health safety and quality of life; discuss the impact of start time delay on students*

*\*Dr. Owens discloses financial relationships with Takeda, Jazz, Shire, Purdue, Transcept, and UCB. These relationships are not relevant to this presentation.*

**2:45 – 3:45 pm**

**Sleep Apnea – Past and Future**

**Speaker:** Philip L. Smith, MD

**Objectives:** *Cite the past treatment of sleep apnea; recognize the future of sleep apnea therapy; integrate past and future research to determine the future therapeutic approach to sleep apnea*

*\*Dr. Smith has no financial relationships to disclose.*

**3:45 – 5:00 pm**

**RECEPTION, VISIT EXHIBITS AND POSTER PRESENTATIONS**

**BRPT ACCREDITATION**

The Board of Registered Polysomnographic Technologists (BRPT) designates this educational activity for a maximum of 10 Continuing Sleep Technology Education credits. Individuals should claim only those credits that he/she actually earned in the educational activity.

**ENTERING CONTINUING EDUCATION CREDITS INTO THE BRPT'S RECERTIFICATION PORTAL**

Effective August 15th, BRPT credential holders are solely responsible for entering their continuing education credits into the online recertification portal. The BRPT office will not be responsible for entering continuing education credits. For a quick reminder on how to input continuing education credits and upload certificates into the online portal, go to: [http://www.brpt.org/downloads/recertification/Recert\\_Walkthrough.pdf](http://www.brpt.org/downloads/recertification/Recert_Walkthrough.pdf).

**AARC ACCREDITATION**

This program has been approved for 10 contact hours Continuing Respiratory Care Education (CRCE) credit by the American Association of Respiratory Care, 9425 N. MacArthur Blvd., Suite 100, Irving, TX 75063.

## APRIL 26, 2014

7:30 – 8:00 am

### REGISTRATION, CONTINENTAL BREAKFAST AND VISIT EXHIBITS

8:00 - 9:00 am  
(Rm 55, lower level)

#### Interactive Workshop #1: CBT for the Real World: A Contrarian Approach

**Speaker:** Emerson M. Wickwire, PhD, ABPP, CBSM

**Objectives:** *Identify the 4 most common factors that influence sleep and insomnia; identify one treatment option for each; learn 2 strategies to improve patient adherence*

*\*Dr. Wickwire is a partner in Wickwire Group, LLC. This relationship is not relevant to his presentation.*

8:00 - 9:00 am

#### Interactive Workshop #2: Out of Center Sleep Testing (OCST)

**Speaker:** Deniz S. Somel, RPSGT, RST, CSE

**Objectives:** *Identify who is appropriate for portable testing; evaluate types of HST units available; describe home sleep test keys for success*

*\*Mr. Somel has no financial relationships to disclose.*

9:00 – 9:50 am

#### Current and Future Applications of Telemedicine in Sleep

**Speaker:** Brian Bohner, MD, FCCP, ABSM

**Objectives:** *Review unique applications as applied to sleep apnea; summarize clinical experience in 500 patients in trucking industry; describe opportunities and pitfalls to avoid in telemedicine*

*\*Dr. Bohner discloses financial relationships with SleepPointe and Respironics.*

9:50 – 10:00 am

### DISTINGUISHED SERVICE AWARD PRESENTATION THOMAS E. HOBBS, MD

10:00 – 10:15

### BREAK AND VISIT EXHIBITS

10:15 – 11:15 am

#### Sleep in Women

**Speaker:** Vivek Jain, MD

**Objectives:** *Compare the gender differences in normal sleep; identify how sleep changes across a woman's life cycle; describe differences in sleep disorders based on gender*

*\*Dr. Jain has no financial relationships to disclose.*

11:15 – 12:15 am

#### Update on Pediatric OSAS

**Speaker:** Carole Marcus, MBBCh

**Objectives:** *Review new practice guidelines on childhood OSAS; evaluate current methods for treating childhood OSAS; describe the implications of OSAS on neurocognitive and behavioral functioning in children*

*\*Dr. Marcus discloses financial relationships with Philips Respironics and Ventus. These relationships are not relevant to this presentation.*

***About Our Second Distinguished Service Award Recipient....***

**THOMAS E. HOBBS, MD  
(1940-2001)**

Dr. Hobbs was a physician, sleep medicine specialist, and health and human rights activist whose achievements greatly improved the care of patients with sleep disorders. This award will be accepted by his wife of 31 years, Jeannette.

Highlights of his career include:

- Served on Senator Ben Cardin's Medical Advisory Group – A community service award was established bearing his name
- Board member of the Maryland Citizen's Health Initiative, a grass-roots group that advocates healthcare for all. He fought handgun violence, teen smoking and environmental degradation
- Professor, University of Maryland Medical School – Established and directed the University of Maryland Sleep Disorders Center
- Medical Director, Maryland Sleep Disorders Center – Set up the first freestanding lab in Maryland
- Organized AWAKE group in Maryland
- Board of Directors, AASM – Worked with Dr. William Dement to fund National Sleep Foundation
- Elected local chapter and national President of Physicians for Social Responsibility
- Awarded Nathaniel Kleitman Distinguished Service Award by AASM
- Helped develop the rubella vaccine at the National Institutes of Health

---

**THANK YOU TO OUR SECOND ANNUAL RESEARCH POSTER PRESENTERS**

**Tamara Douglass-Burton, MS, RRT, RPSGT  
Towson University**

**Mudiaga Sowho, MD, MPH, RPSGT  
Johns Hopkins University**

**Valerie E. Rogers, PhD, RN  
University of Maryland, School of Nursing**

---

**TARGET AUDIENCE**

Sleep medicine physicians and dentists, sleep technicians and sleep technologists, NPs, RCTs and other allied health professionals.

---

**ACCREDITATION**

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of GBMC and The Maryland Sleep Society.

GBMC designates this activity for a maximum of 10 AMA PRA Category 1 Credits\*. Each physician should claim only the credit commensurate with the extent of their participation in the activity.

---

**FACULTY DISCLOSURE**

It is the policy of GBMC HealthCare to ensure balance, independence, objectivity and scientific rigor in all of its educational activities. In accordance with our policy, faculty is required to disclose all relevant financial relationships.