

MARYLAND SLEEP SOCIETY
SIXTH ANNUAL CONFERENCE
APRIL 24 AND 25, 2015
THE CONFERENCE CENTER AT SHEPPARD PRATT
PROGRAM

APRIL 24, 2015

- 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** **Hypoglossus Nerve Stimulation in Obstructive Sleep Apnea**
Speaker: **Alan R. Schwartz, MD**
Objectives: *Review the conceptual foundation for hypoglossal stimulation;*
Summarize results of feasibility studies on hypoglossal stimulation;
Examine lessons learned from previous studies to optimize
therapeutic responses
**Dr. Schwartz has no financial relationships to disclose.*
- 9:15 - 10:15 am** **Pediatric Sleep Medicine Basic Principles and Challenging Cases**
Speaker: **Daniel S. Lewin, PhD, D.ABSM**
Objectives: *Advance understanding of definitions and pathophysiology of*
pediatric sleep problems; Develop a working knowledge of state of
the art assessment strategies and techniques; Develop a working
understanding of state of the art intervention strategies and
techniques
**Dr. Lewin has no financial relationships to disclose.*
- 10:15 – 10:30 am** **BREAK AND VISIT EXHIBITS**
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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

Auto-Titrating CPAP: Fundamentals

Speaker: John E. Brown, MD, FCCP

Objectives: Describe how auto-titrating CPAP functions; Recognize clinical scenarios where auto-titrating CPAP can be used; Review literature comparing outcomes between CPAP and auto-titrating CPAP

**Dr. Brown has no financial relationships to disclose.*

11:30 – 12:30 pm

How Does Sleep Influence our Emotions? A Focus on Positive Emotion Regulation

Speaker: Patrick H. Finan, PhD

Objectives: Discuss the association of sleep and emotions; Define positive emotion regulation and its association with sleep; Discuss the implications of the association of sleep and positive emotion regulation for insomnia treatment

**Dr. Finan has no financial relationships to disclose.*

12:30 - 1:45 pm

LUNCHEON AND VISIT EXHIBITS

1:45 – 2:45 pm

Weight Loss and Sleep Apnea: Challenging Beliefs, Advancing New Hypotheses!

Speaker: Devon A. Dobrosielski, PhD

Objectives: Dispel current myths regarding how to effectively achieve weight loss through diet and exercise; Examine what is known about the effectiveness of lifestyle programs for reducing sleep apnea severity; Discuss how current knowledge can inform future treatment strategies to reduce cardiovascular disease risk among obese, OSA patients

**Dr. Dobrosielski has no financial relationships to disclose.*

2:45 – 3:45 pm

DISTINGUISHED SERVICE AWARD PRESENTATION

Literature Review – Hot Topics

Award Recipient and Speaker: Nancy Collop, MD, FAASM

Objectives: Discuss recent papers in sleep medicine over prior two years

**Dr. Collop discloses a financial relationship with UPToDate.*

3:45 – 5:00 pm

RECEPTION, VISIT EXHIBITS AND POSTER PRESENTATIONS

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 25, 2015

7:30 – 8:00 am

REGISTRATION, CONTINENTAL BREAKFAST AND VISIT EXHIBITS

8:00 - 9:00 am

Hypoglossal Nerve Stimulator Implantation for Obstructive Sleep Apnea

Speaker: Suzette K. Mikula, MD

Objectives: *Identify appropriate candidates for the hypoglossal nerve stimulator; Review the procedure and associated risks and benefits*

**Dr. Mikula has no financial relationships to disclose.*

9:00 - 10:00 am

The Clinical Sleep Health Educator – An Evolving Role

Speaker: Jessica Schmidt, MA, RPSGT

Objectives: *Discuss trends in healthcare economics which require a shift in the role of the sleep technologist; Discuss the new credential and training options to education and motivate patients to comply with therapy; Describe how a practice/hospital can utilize this new role to offer a more comprehensive sleep management program*

**Ms. Schmidt has no financial relationships to disclose.*

10:00 – 10:15 am

Point/Counterpoint – The FULL FACE MASK – its place in PAP Therapy

Debaters: Susheel Patil, MD, PhD and Brian Bohner, MD, FCCP, ABSM

10:15 – 10:30 am

BREAK AND VISIT EXHIBITS

10:30 – 11:30 am

What's New in Oral Appliance Therapy

Speaker: B. Gail Demko, DMD

Objectives: *Review compliance monitoring – what's new; Explain combination therapy; Review publications: improvement of outcomes*

**Dr. Demko has no financial relationships to disclose.*

11:30 – 12:30 pm

The Cost of a Poor Night's Sleep: Economics of Chronic Insomnia

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

Objectives: *Describe the prevalence of chronic insomnia; Describe two components of total costs of insomnia; Describe the impact of insomnia treatment on health care expenditures*

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

12:30 – 12:45 pm

CLOSING

TARGET AUDIENCE

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

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.

THANK YOU TO OUR THIRD ANNUAL RESEARCH POSTER PRESENTERS
from
TOWSON UNIVERSITY

Tamara Douglass-Burton, MS, RRT, RPSGT
Madelyn Heyman
Angela Humpert
Katie Kavinski

GBMC 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.

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

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.