

MARYLAND SLEEP SOCIETY
SEVENTH ANNUAL CONFERENCE
APRIL 29 AND 30, 2016
THE CONFERENCE CENTER AT SHEPPARD PRATT
PROGRAM

APRIL 29, 2016

- 7:00 – 8:00 am** **REGISTRATION, CONTINENTAL BREAKFAST AND VISIT EXHIBITS**
- 8:00 – 8:15 am** **Welcome and Introductions**
Emerson M. Wickwire, PhD
President, Maryland Sleep Society
- 8:15 – 8:45 am** **Literature Review in Sleep: Highlights of 2015**
Speakers: **Omar Mesarwi, MD and Sriharsha Vajjala, MD**
Objective: *Discuss recent papers in sleep medicine over prior year*
**Drs. Mesarwi and Vajjala have no financial relationships to disclose.*
- 8:45 – 9:45 am** **Implementing Quality Metrics to Improve Patient Outcomes in OSA:
Dream or Nightmare?**
Speaker: **R. Nisha Aurora, MD, MHS**
Objectives: *Review the process measures for the management of OSA; Review
the outcome measures for the management of OSA; Identify the
challenges and limitations in the development and
implementation*
**Dr. Aurora has no financial relationships to disclose.*
- 9:45 – 10:00 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 3/1/2016 to 2/28/2019.

BRPT and AARC Accredited

10:00 - 11:30 am

Sleep Deficiency and Motor Vehicle Crashes

Speaker: Charles A. Czeisler, PhD, MD

Objectives: *Review scope of problem; Identify pathophysiology; Discuss approaches to prevention and implications for public policy*

**Dr. Czeisler discloses relationships with Amazon.com, A2Z Development Center, Bose Corporation Boston Celtics, Boston Red Sox, Cephalon, Inc., Cleveland Browns, Combined Jewish Philanthropies, Houghton Mifflin Harcourt, Institute of Digital Media and Child Development, Jazz Pharmaceuticals, McGraw Hill, Merck & Co, Inc, National Football League Charities, Novartis, Optum, Philips Respironics, Purdue Pharma, Quest Diagnostics, ResMed Foundation, Samsung Electronics, San Francisco Bar Pilots, Schneider Inc, Simmons, Somnus Therapeutics, Sysco, Teva Pharmaceuticals and Vanda Pharmaceuticals*

11:30 – 12:30 pm

Addressing Sleep Health and Safety through Law and Public Policy

Speaker: Clark J. Lee, JD, MPH, CPH

Objectives: *Examine how law and policy can be used to promote sleep health and safety in society; Identify areas for future research and advocacy to improve legal and policy interventions that promote sleep health and safety.*

**Mr. Lee has no financial relationships to disclose.*

12:30 - 1:45 pm

LUNCHEON AND VISIT EXHIBITS

1:45 – 2:45 pm

The Role of the Pediatric Sleep Laboratory in the Management of Children with Neuromuscular Disease

Speaker: Laura Sterni, MD

Objectives: *List common sleep problems, particularly sleep related respiratory issues, in children with neuromuscular disease; List the indications for polysomnography in a patient with neuromuscular disease; Outline the management of sleep disordered breathing in children with neuromuscular disease*

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

2:45 – 3:45 pm

The Nature and Treatment of Shift Work Disorder

Speaker: Christopher Drake, PhD

Objectives: *Review of chronobiology; Sleep/wake and alertness regulation and circadian principles; Review of shift work disorder, and interactions between work schedules, fatigue, sleep and health; Describe the use of light, behavioral and pharmacological approaches for the treatment of shift work disorder*

**Dr. Drake discloses relationships with TEVA Pharmaceuticals, Pernix Therapeutics, Jazz Pharmaceuticals and Merck.*

3:45 – 5:00 pm

RECEPTION, VISIT EXHIBITS AND POSTER PRESENTATIONS

*"The mission of the Maryland Sleep Society
is to bring the benefits of healthy sleep to all."*

APRIL 30, 2016

7:30 – 8:00 am **REGISTRATION, CONTINENTAL BREAKFAST AND VISIT EXHIBITS**

8:00 - 9:00 am **Therapy for Snoring and Sleep Apnea**

Speaker: **Steven C. Scherr, DDS**

Objectives: *Appraise the relative impact of various treatments for snoring;
Evaluate oral appliance influence on cardiovascular sequelae;
Review latest clinical practice guidelines for use of oral appliances
in the treatment of OSA and snoring*

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

9:00 - 10:00 am **Neurophysiology of Sleep**

Speaker: **Gholam Motamedi, MD**

Objectives: *Review the basic neurophysiology of sleep and wakefulness; apply
the neurophysiological concepts to clinical sleep disorders; Identify
the facts and current trends and gaps in sleep research*

**Dr. Motamedi has a relationship with Merck.*

10:00 – 10:15 am **DISTINGUISHED SERVICE AWARD – JOHN H. MATHIAS, II**

10:15 – 10:30 am **BREAK AND VISIT EXHIBITS**

10:30 – 11:30 am **Sleep and Athletic Performance**

Speaker: **Scott G. Williams, MD, FACP, FAPA, AASM**

Objectives: *Review the importance of adequate sleep; Discuss the relationship
between sleep and physical performance; Discuss the metabolic
effects of insufficient sleep*

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

11:30 – 12:30 pm **New Models of Care for Sleep Medicine: Transitioning to Population
Health and Value-Based Care**

Speaker: **Carol Ash, DO, MBA, FAASM**

Objectives: *State the objectives of the Affordable Care Act and define
Population Health; Recognize how these objectives relate to the
practice of sleep medicine; Identify how these objectives can be
applied to their sleep programs to establish growth opportunities,
and to develop new services for patients that will improve their
sleep health*

** Dr. Ash has a relationship with Merck.*

12:30 – 12:45 pm **CLOSING**

THANK YOU TO OUR FOURTH ANNUAL RESEARCH POSTER PRESENTERS

Vera Baidoo, BS
Towson University

Lauren Bentley, PhDc, RN
University of Maryland
School of Nursing

Kathrin Fricke, MD
Johns Hopkins University

Rashmi Parmar, DMD, DABDSM
Sleep Better Maryland

Knar Sagherian, PhDc, 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.

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.

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 live activity for a maximum of 10 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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.

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 is not 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.