

MARYLAND SLEEP SOCIETY  
**EIGHTH ANNUAL CONFERENCE**  
APRIL 28 AND 29, 2017  
THE CONFERENCE CENTER AT SHEPPARD PRATT  
**PROGRAM**

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**APRIL 28, 2017**

- 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 – 9:15 am**                      **Sleep-Disordered Breathing in Heart Failure: Challenges in Diagnosis  
And Management**  
**Speakers:**     **Naresh M. Punjabi, MD, PhD**  
**Objectives:**    *Highlight the prevalence of sleep-disordered breathing in heart  
failure; Indicate diagnostic challenges in identifying sleep-  
disordered breathing in heart failure; Review the evidence on the  
significance of sleep-disordered breathing in heart failure*  
*\*Dr. Punjabi discloses financial relationships with Resmed, Respironics and MediBio.*
- 9:15 – 10:15 am**                      **Health Services Research in Sleep Medicine**  
**Speaker:**        **Sairam Parthasarathy, MD**  
**Objectives:**     *Describe the importance of health services research in sleep  
medicine; Identify areas in health services and implementation  
science that are important; Compare the controversies in this area*  
*\*Dr. Parthasarathy discloses financial relationships with Vapotherm, Inc., UpToDate, Philips Respironics, Inc., Bayer, Inc.,  
Niveus Medical, Inc. and Younes Sleep Technologies.*
- 10:15 – 10:30 am**                      **DISTINGUISHED SERVICE AWARD – STEVEN M. SCHARF, MD, PhD**
- 10:30 – 10:45 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*

10:45 - 11:45 am

**Cerberus' Honey Cake: Promoting Trauma Recovery Through Sleep**

**Speaker:** Anne Germain, PhD

**Objectives:** *Recognize potential mechanisms that underlie the impacts of brain insults on sleep; Identify neurobehavioral pathways that can promote trauma recovery through sleep; Become familiar with sleep focused assessment and treatment strategies that can contribute to trauma recovery*

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

11:45 – 12:45 pm

**Parasomnias, Sexsomnia and Forensic Sleep Medicine**

**Speaker:** Jacob Collen, MD, FACP, FCCP

**Objectives:** *Define sexsomnia and misconceptions about parasomnias; Delineate the impact of medications and alcohol in forensic sleep medicine; Apply principles of forensic sleep medicine to specific cases*

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

12:45 – 2:00 pm

**LUNCHEON AND VISIT EXHIBITS**

2:00 – 3:00 pm

**Updates on the Management of Pediatric Obstructive Sleep Apnea**

**Speaker:** Danna Tauber, MD, MPH

**Objectives:** *Discuss findings of the CHAT study; Assess other surgical treatments for pediatric OSAS aside from adenotonsilectomy; Review how to successfully get children to use CPAP*

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

3:00 – 3:15 pm

**PAYER RELATIONS – KATHERINE BUKI, MD**

3:15 – 4:15 pm

**Breathing Disordered Sleep: The Dentist As Part of the Management Team**

**Speaker:** Larry Cohen, DDS

**Objectives:** *Recognize the oral signs that present in patients with OSA; Recognize the effect of breathing disordered sleep on the developing child; Discuss the protocol for the dentist receiving a referral for management of OSA with an oral appliance*

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

4:15 – 5:00 pm

**RECEPTION, VISIT EXHIBITS AND POSTER PRESENTATIONS**

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

**APRIL 29, 2017**

**7:30 – 8:00 am**

**REGISTRATION, CONTINENTAL BREAKFAST AND VISIT EXHIBITS**

**8:00 - 9:00 am**

**Literature Review in Sleep: Highlights of 2016**

**Speakers:** Syed A. Sayeeduddin, MD, David Shaha, MD, Patrick Smith, DO,  
Nashwa Wahba, DO

**Objective:** *Discuss recent papers in sleep medicine over prior year*

*\*Drs. Sayeeduddin, Shaha, Smith and Wahba have no financial relationships to disclose.*

**9:00 - 10:00 am**

**Seeing in the Dark: A Mindful Approach to Sleep and Dreams**

**Speaker:** Rubin Naiman, PhD

**Objectives:** *Discuss the ramifications of a limited regard for the subjective experience of sleep; Review effective mindfulness based strategies for managing insomnia; Describe an emerging mindfulness based model of sleep and dreams*

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

**10:00 – 10:15 am**

**BREAK AND VISIT EXHIBITS**

**10:15 – 11:15 am**

**Effects of Sleep Loss on the Brain**

**Speaker:** Temitayo Oyegbile, MD, PhD

**Objectives:** *Recognize the adverse effects of sleep loss; Describe the benefits of sleep; Discuss the effects of sleep on the glymphatic system*

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

**11:15 – 12:15 pm**

**Orexins and the Search for a New Hypnotic**

**Speaker:** David N. Neubauer, MD

**Objectives:** *Compare and contrast the current FDA-approved insomnia medications; Review key characteristics of the orexin/hypocretin system; Discuss possible advantages and disadvantages of orexin/hypocretin antagonists in the treatment of insomnia*

*\* Dr. Neubauer discloses a relationship with Purdue Pharmaceuticals.*

**12:15 – 12:30 pm**

**CLOSING**

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

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

Anne-Marie Fienkeng  
Marriotts Ridge High School

Knar Sagherian, PhD, RN  
University of Maryland  
School of Nursing

Nashwa Wahba, DO  
University of Maryland  
Sleep Disorders Center

Haris Younas, MBBS  
Johns Hopkins University  
School of Medicine

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**TARGET AUDIENCE**

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

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**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.

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**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)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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**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.

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**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.

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**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](http://www.brpt.org/downloads/recertification/Recert_Walkthrough.pdf).