

MARYLAND SLEEP SOCIETY
THIRD ANNUAL CONFERENCE
MAY 4 AND 5, 2012
THE CONFERENCE CENTER AT SHEPPARD PRATT
PROGRAM

MAY 4, 2012

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

8:00 – 8:15 am **Welcome and Introductions**

Jessica Schmidt, RPSGT, MA
President and Program Chair

8:15 - 9:15 am **Pediatric Obstructive Sleep Apnea: Adenotonsillectomy and Beyond**

Speaker: **David E. Tunkel, MD, FAAP, FACS**

Objectives: *Compute the diagnostic algorithm for sleep-disordered breathing in children, including the benefits and limitations of polysomnography; describe the risk factors for respiratory difficulties after adenotonsillectomy, and assess the methods to reduce risk for such difficulties after surgery*

*Dr. Tunkel is a consultant for Medtronic ENT.

9:15 - 10:15 am **Developmental Aspects of Sleep in Children**

Speaker: **Jennifer Accardo, MD, MSCE**

Objectives: *Describe how children's sleep changes with age in regard to duration, consolidation, and day-night differentiation; identify how developmental milestones can affect sleep; compare sleep in typically developing children and sleep in children with developmental disabilities*

*Dr. Accardo has no financial relationships to disclose. She will discuss off-label uses of products and/or devices.

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 2/29/2012 to 2/27/2014.

BRPT and AARC Accredited

10:30 - 11:30 am

Obstructive Sleep Apnea and Cardiovascular Disease: Lessons from the Sleep Heart Health Study

Speaker: Naresh M. Punjabi, MD, PhD

Objectives: *Review the design and conduct of the largest epidemiological study on sleep in the US; highlight the link between sleep apnea, incident hypertension, and cardiovascular disease; examine the association between sleep apnea, stroke, and all-cause mortality*

*Dr. Punjabi has received grant support from Resmed.

11:30 – 12:30 pm

Who's Afraid of Portable Monitoring?

Speaker: John E. Brown, MD, FCCP

Objectives: *Review the approach to determining pretest probability in patients screened for OSA; review recommendations according to AASM Guidelines and review exclusion criteria for portable monitoring; review the types of portable monitors commercially available and comment on literature describing their sensitivity and specificity for diagnosing OSA; describe experiences of centers deploying portable monitoring; describe the AASM's Standards for Out of Center Sleep Testing Accreditation*

*Dr. Brown has no financial relationships to disclose.

12:30 - 1:45 pm

LUNCHEON AND VISIT EXHIBITS

1:45 – 2:45 pm

Changes to the CPT Sleep Medicine Testing Guidelines – How Will They Affect My Practice?

Speaker: Carolyn Winter-Rosenberg

Objectives: *Define the pre, intra, and post service physician/technical work and practice expense associated with a CPT code; review the new Sleep Medicine Testing Guidelines found in CPT 2012 and the accompanying article in the AMA's CPT Assistant; clarify the incident to requirements for services performed in the sleep center*

*Ms. Winter-Rosenberg has no financial relationships to disclose.

2:45 – 3:45 pm

The Future of Sleep Medicine

Speaker: Nancy A. Collop, MD, FAASM

Objectives: *Review challenges facing sleep medicine including HST and falling reimbursement; discuss specific initiatives the AASM is undertaking to confront these challenges*

*Dr. Collop has no financial relationships to disclose.

3:45 – 5:00 pm

RECEPTION AND VISIT EXHIBITS

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.

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.

MAY 5, 2012

7:30 – 8:00 am

REGISTRATION, CONTINENTAL BREAKFAST AND VISIT EXHIBITS

8:00 - 9:00 am

Either, or, or both: Insomnia and sleep-related breathing disorders

Speaker: Emerson M. Wickwire, PhD

Objectives: *Explain the comorbidity of insomnia and sleep-related breathing disorders; discuss the treatments for these disorders when they co-occur*

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

9:00 - 10:00 am

Estimating Sleep and Managing Fatigue in the Workplace

Speaker: Steven R. Hursh, PhD

Objectives: *Discuss how a Fatigue Risk Management System can complement prescriptive duty time rules to provide greater fatigue risk reduction along with greater flexibility in the operational environment; state the four major steps in a FRMS, the tools and processes involved in each step and how this leads to continuous performance improvement; describe how sleep can be estimated from work schedules in order to better predict fatigue and performance under varying work schedules*

**Dr. Hursh receives royalties from the Institutes for Behavior Resources, Inc. and Fatigue Sciences, Inc.*

10:00 – 10:15 am

BREAK AND VISIT EXHIBITS

10:15 - 11:15 am

Sleep and Glucose Metabolism

Speaker: Vivek Jain, MD

Objectives: *Examine the relationship between sleep and glucose control; discuss how sleep deprivation may lead to diabetes; describe the link between OSA and diabetes*

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

11:15 – 12:15 pm

Sleep and Women's Health

Speaker: Kala Davis-McDonald, MD, FCCP

Objectives: *Review hormonal changes and their impact on sleep; discuss sleep disordered breathing in pregnancy; recognize how menopause can affect sleep*

**Dr. Davis-McDonald has no financial relationships to disclose.*

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.

CSTE RECORD STATEMENT

Individuals with active BRPT credentials, or those who hold active specialty certificates awarded by the BRPT, will have their CSTE credits recorded directly into the BRPT recertification module. Individuals must accurately and legibly complete all required provider documents. The BRPT has up to 90 days after completion of a program to enter CSTE credits. If a program does not appear in the BRPT recertification module after 90 days, individuals will have to manually enter the information. Individuals are responsible for verifying the accuracy of recertification entries, and for maintaining certificates of completion.