

MARYLAND SLEEP SOCIETY
FOURTH ANNUAL CONFERENCE
APRIL 19 AND 20, 2013
THE CONFERENCE CENTER AT SHEPPARD PRATT
PROGRAM

APRIL 19, 2013

- 7:00 – 8:00 am** **REGISTRATION, CONTINENTAL BREAKFAST AND VISIT EXHIBITS**
- 8:00 – 8:15 am** **Welcome and Introductions**
Jessica Schmidt, MA, RPSGT, RST
President, Maryland Sleep Society
- 8:15 - 9:15 am** **Obesity, Sleep Disordered Breathing and Respiratory Failure**
Speaker: **Alan R. Schwartz, MD**
Objectives: *Discuss the impact of obesity on neuroventilatory and upper airway control during sleep and wakefulness; examine the underlying mechanisms for sleep apnea and respiratory failure in obesity; discuss the clinical and public health implications of respiratory complications of obesity in the inpatient and outpatient setting*

**Dr. Schwartz discloses financial relationships with inSleep, LLC, Apnex Medical, Inc, Sova Pharmaceutical, Respicardia and Thomas Reuters. These relationships are not relevant to this presentation.*
- 9:15 - 10:15 am** **Central Sleep Apnea**
Speaker: **Steven M. Scharf, MD, PhD**
Objectives: *Identify disease processes associated with CSA; examine the physiologic mechanisms responsible for CSA; describe the importance of CSA in leading to morbidity and mortality; compare treatment choices available to patients with CSA*

**Dr. Scharf 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 2/29/2012 to 2/27/2014.

BRPT and AARC Accredited

10:30 - 11:30 am

Oral Appliance Therapy for Sleep Apnea

Speaker: Steven C. Scherr, DDS

Objectives: *Review biomechanics of mandibular advancement; explore recent literature regarding oral appliance efficacy, compliance and quality of life impact; explain the important role played by sleep laboratory/center staff in calibration of an oral appliance; examine possible predictors of oral appliance responsiveness; consider opportunities for combination therapy in treatment of the incomplete responder*

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

11:30 – 12:30 pm

The Best Approaches to Managing Moderate-Severe Restless Legs Syndrome (RLS)

Speaker: Christopher J. Earley, MB, BCh, PhD, FRCPI

Objectives: *Determine how best to manage moderate-severe Restless Legs Syndrome; recognize and manage dopamine-related RLS ‘augmentation;’ compare the iron treatment options, when to use them and how to follow up after initial treatment*

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

12:30 - 1:45 pm

LUNCHEON AND VISIT EXHIBITS

1:45 – 2:45 pm

Evaluation of Hypoventilation in Children During Sleep

Speaker: Brian M. McGinley, MD

Objectives: *Diagnose hypoventilation in children during sleep; integrate understanding of upper airway and lower airway pathophysiology into the treatment of hypoventilation in children*

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

2:45 – 3:45 pm

Masks, Machines, Oh My! The Technical Factors of PAP Adherence

Speaker: Alyssa Cairns, PhD, RPSGT

Objectives: *Describe what PAP adherence is and how it is measured; identify key signs of ‘trouble’ and how to resolve it*

**Dr. Cairns discloses a financial relationship with NOX Medical.*

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.

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 20, 2013

7:30 – 8:00 am

REGISTRATION, CONTINENTAL BREAKFAST AND VISIT EXHIBITS

8:00 - 9:00 am

Is P4 Sleep Medicine In Our Future?

Speaker: Allan I. Pack, M.B.Ch.B, PhD

Objectives: *Describe the concepts of P4 medicine; indicate the basis of individual differences in sleep disorders; present strategies to develop P4 sleep medicine*

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

9:00 - 10:00 am

Measuring Sleep with Actigraphy: Uses and Tips for Interpretation

Speaker: Valerie E. Rogers, PhD, RN

Objectives: *Describe the method by which actigraphy measures sleep; discuss the strengths and weaknesses of actigraphy, and its use in measuring sleep and sleep disorders; discuss 'tricks of the trade' in the proper use and interpretation of actigraphy*

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

10:00 – 10:10 am

DISTINGUISHED SERVICE AWARD PRESENTATION

JULIE B. JEFFERS, JD

10:10 – 10:30

BREAK AND VISIT EXHIBITS

10:30 - 12:30 pm

Interactive Workshop #1 – A Technical Review of the AASM Manual for the Scoring of Sleep and Associated Events

Speakers: Michael Delayo, Jr., BS, RPSGT, RST

Norman Schubert, BS, RPSGT, RST

Objectives: *Explain the recommended, alternative and optional rules for scoring sleep; review the scoring of sleep staging and the scoring of associated events*

**Mr. Delayo and Mr. Schubert have no financial relationships to disclose.*

**10:30 – 12:30 pm
(Rm 55, lower level)**

Interactive Workshop #2 – Introduction to CBT for Insomnia: Tips for the Busy Practitioner

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

Kala Davis-McDonald, MD, FCCP, D.ABSM

Objectives: *Discuss evidence supporting use of cognitive-behavioral treatment for insomnia; describe how acute sleep disturbance develops into a chronic sleep disorder; identify three factors to consider in evaluating insomnia patients, and one treatment for each*

**Dr. Davis-McDonald has no financial relationships to disclose. Dr. Wickwire is a partner in Wickwire Group, LLC.*

The Maryland Sleep Society would like to acknowledge and extend sincere thanks to:

- **The University of Maryland School of Nursing for donating and delivering the corkboards for the poster presentations.**
- **Jomo Nkunika for preparing the 4th Annual Conference Brochure.**

About Our First Distinguished Service Award Recipient....

JULIE B. JEFFERS, JD

Julie Jeffers began working on behalf of Sleep over a decade ago and was involved in lobbying the first bill introduced in Maryland to require licensure for polysomnographers. She has been the Society's lobbyist throughout the subsequent years. Over these years, legislation was enacted, "follow up" bills were introduced, adversaries became allies and obstacles became opportunities. It has been said that the legislative process is not pretty at times, and Julie guided us through its many ups and downs. What has resulted is a licensure structure that ensures quality of care and access while providing sufficient flexibility for practitioner compliance.

Ms. Jeffers is a graduate of the University of Baltimore law school and operates her own private practice. She lives in Severna Park with her husband and two daughters.

THANK YOU TO OUR FIRST ANNUAL RESEARCH POSTER PRESENTERS

Devon A. Dobrosielski, Ph.D
Towson University

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

Michelle Guzman, RPSGT, RST
Johns Hopkins School of Medicine

Erin M. Hawks, MA
Johns Hopkins University

Dafna Koldobskiy, MD
University of Maryland School of Medicine

Sylvan S. Mintz, DDS
Walter Reed National Medical Center

Ayal Romem, MD
University of Maryland School of Medicine

Sarah E. Tom, PhD
University of Maryland School of Pharmacy

Erica Wolfe, BS
Johns Hopkins University

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.