

MARYLAND SLEEP SOCIETY
NINTH ANNUAL CONFERENCE
APRIL 27 AND 28, 2018
THE CONFERENCE CENTER AT SHEPPARD PRATT
PROGRAM

APRIL 27, 2018

- 7:00 – 8:00 am** **REGISTRATION, CONTINENTAL BREAKFAST AND VISIT EXHIBITS**
- 8:00 – 8:15 am** **Welcome and Introductions**
Susheel P. Patil, MD, PhD
President, Maryland Sleep Society
- 8:15 – 9:15 am** **Literature Review in Sleep: Highlights of 2017**
Speakers: Christopher K. Pham, DO, Muhammad Zahid Rizwan, MD, Aklilu Zerihun, MD
Objective: *Discuss recent papers in sleep medicine over prior year*
**Drs. Pham, Rizwan and Zerihun have no financial relationships to disclose.*
- 9:15 – 10:15 am** **The Workplace Perspective on Sleep Disorders**
Speakers: **Natalie P. Hartenbaum, MD, MPH, FAGOEM**
Objectives: *Review employer and employee perspective on the impact of sleep issues in the workplace; Discuss regulatory requirements regarding sleep issues in the workplace; Provide resources for employees and employers to understand the role of addressing sleep issues in the workplace*
**Dr. Hartenbaum discloses a financial relationship with Merck.*
- 10:15 – 10:30 am** **DISTINGUISHED SERVICE AWARD – BRIAN BOHNER, MD, FCCP, ABSM**
- 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

The Role of Light in Sleep Disturbance in Modern Society: From Adolescence to the Elderly

Speaker: Helene A. Emsellem, MD

Objectives: *Describe the workings of the circadian system, the role of light in promoting alertness and strategies to control inadvertent activation of the circadian pathways; Identify specific strategies to entrain a sleep-wake rhythm, shift the timing of sleep and wakefulness and cope with shifting work requirements; Identify circadian factors influencing successful treatment of insomnia and hypersomnia*

**Dr. Emsellem discloses financial relationships with Jazz Pharmaceuticals, Vanda Pharmaceuticals, Eisai, Night Balance, Philips Respironics, Novartis, Avondel and Balance Therapeutics.*

11:45 – 12:45 pm

Sleep and Orofacial Pain

Speaker: Nicholas Mazzeo, DDS, MS

Objectives: *Define the sleep, pain, ANS arousal triad relationship; Become familiar with what entities comprise orofacial pain; Identify orofacial pain risk factors that may compromise OSA oral appliance therapy*

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

12:45 – 2:00 pm

LUNCHEON AND VISIT EXHIBITS

2:00 – 3:00 pm

Nasal Anatomy, Physiology, and Pathology for the Sleep Medicine Physician

Speaker: Brian D. Robertson, MD

Objectives: *Identify nasal anatomy relevant to sleep medicine; Become familiar with nasal physiology as it relates to sleep; Discuss sleep-related pathologic conditions of the nose*

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

3:00 – 4:00 pm

Sleep disorders and Headaches

Speaker: Aruna S. Rao, MD

Objectives: *Identify the different pathophysiologic mechanisms that can cause or contribute to headache disorders; Explain how to evaluate patients for headache and identify headaches requiring emergent treatment; Review specific treatments for sleep disorders associated with headache*

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

4:00 – 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."*

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.