

MARYLAND SLEEP SOCIETY
TENTH ANNUAL CONFERENCE
APRIL 26 AND 27, 2019
THE CONFERENCE CENTER AT SHEPPARD PRATT
PROGRAM

APRIL 26, 2019

- 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 2018**
Speakers: Kent Werner MD, David Kim MD, Nate Gordon MD,
Lydia Kim MD
Objective: *Discuss recent papers in sleep medicine over prior year.*
- 9:15 – 10:15 am **REM Sleep Disorders: Not so Sweet Dreams**
Speakers: Ana Sanchez, MD
Objectives: *To review history, clinical features, and evaluation of REM sleep
behavior disorder. To review REM sleep behavior disorder's
pathophysiology, association with neurodegenerative disease, and
treatment.*
- 10:15 – 10:30 am **DISTINGUISHED SERVICE AWARD – Philip “Flip” Smith, MD**
- 10:30 – 10:45 am **BREAK AND VISIT EXHIBITS**
-



*MedChi 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

Sleep Disorders and Elderly Patients

Speaker: Jennifer Martin, MD

Objectives: *Learners will understand age-related changes in sleep and rates of sleep disorders in older patients. Learners will be able to use appropriate treatments for common sleep disorders in older patients.*

11:45 – 12:45 pm

To Snore, Perhaps to Breathe: Historical Perspective on What Separates OSA from Normal

Speaker: David Rapoport, MD

Objectives: *Review the history and current status of the epidemiology and definition of OSA. Discuss current knowledge about the consequences of the spectrum of OSA, as variously defined. Offer some opinions on when the observed physiological abnormality (elevated AHI) becomes a medical disorder (ie, has health consequences)*

12:45 – 2:00 pm

LUNCHEON AND VISIT EXHIBITS

Lunch Sponsored by Fisher and Paykel

2:00 – 3:00 pm

Metabolic Costs of Sleep Deprivation and Timed Eating: Implications for Health

Speaker: Namni Goel PhD

Objectives: *Describe metabolic responses to sleep loss including group and individual differences. Describe the importance of timing of eating.*

3:00 – 4:00 pm

School Start Times and What you can do in Maryland

Speaker: Amy Wolfson, PhD

Objectives: *Review of developments changes in adolescent's sleep. Update on Start school later research and initiatives. Call for action to Maryland sleep health professionals.*

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."*

APRIL 27, 2019

7:30 – 8:00 am

REGISTRATION, CONTINENTAL BREAKFAST AND VISIT EXHIBITS

8:00 - 9:15 am

Literature Review in Sleep: Highlights of 2018

Speakers: Karina Jordan MD, Richard Chang MD, Stephanie Wappel MD, Julia Aziz MD

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

9:15 - 10:15 am

Models of Inpatient Sleep Testing: How to Screen for Sleep Apnea in Hospital Patients.

Speaker: Richard Schwab, MD

Objectives: *Review the diagnostic and screening methods for sleep apnea in a Hospitalized patient. Review the data on the reduction in Readmissions in hospitalized patients with CHF and sleep apnea Treated with CPAP*

10:15 – 10:30 am

BREAK AND VISIT EXHIBITS

10:30 – 11:30 am

Oral Appliance Therapy – Setting the Standard

Speaker: Steven Scherr, DDS

Objectives: *Objective: Review mechanism of action of mandibular advancement oral appliances. Explore the AADSM standards of practice for the treatment of OSA with OAT. Examine protocols for improving oral appliance treatment efficacy.*

11:30 – 12:30 pm

Sleep Disordered Breathing and Pregnancy

Speaker: Grace Pien, MD

Objectives: *To Review how pregnancy affects the sleep apnea risk. To review the impact of sleep apnea on maternal outcomes in pregnant women. To review the impact of maternal sleep apnea on fetal outcomes.*

12:30 – 12:45 pm

CLOSING

THANK YOU TO OUR RESEARCH POSTER PRESENTERS....

Stephanie Wappel, MD
University of Maryland

Nicolas Fisher
Towson University

Richard Chang, MD
University of Maryland

Mushegh Sargsyan
Towson University

Valerie Rodgers, PhD
University of Maryland

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 MedChi 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.

MEDCHI 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 MedChi and The Maryland Sleep Society.

MedChi 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.