

A continuing education service of Penn State College of Medicine



Inaugural

Pennsylvania Sleep Society Meeting

The Future of Sleep Medicine in
Pennsylvania: A New Beginning

Saturday, May 2, 2009

Hospital Auditorium

Penn State Milton S. Hershey Medical Center

Hershey, Pennsylvania



PENNSYLVANIA SLEEP SOCIETY

PENNSTATE HERSHEY
 College of Medicine

THE PENNSYLVANIA STATE UNIVERSITY
PENN STATE MILTON S. HERSHEY MEDICAL CENTER
DEPARTMENT OF CONTINUING EDUCATION G220
P. O. BOX 851
HERSHEY, PA 17033-0851

Visit our web site: www.hmc.psu.edu/ce/

Purpose/Audience

The purpose of this meeting is to provide increased awareness and knowledge, as well as treatment strategies, related to sleep research, education, and clinical practice. Researchers, educators, clinicians, sleep technicians, and other health professionals involved in the field will benefit from attending the conference.

Educational Goals

Upon completion, participants should be able to:

- Describe the physiology, pathophysiology, and management of sleep in children and adults
- Identify the common sleep complaints and the need for diagnostic tests and interventions in the practice of sleep medicine
- Apply appropriate interventions and treatment options for the management of sleep disorders
- Analyze the current issues and potential changes in the future practice of sleep medicine

Credit

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of Penn State College of Medicine and the Pennsylvania Sleep Society (PSS). Penn State College of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Penn State College of Medicine designates this educational activity for a maximum of 6.25 *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Application has been made for 6.5 AAST credits. Final determination will be made by AAST.

Penn State has approved this program for 0.6 Continuing Education Units (CEUs).

It is our policy to ensure balance, independence, objectivity, and scientific rigor in all of our sponsored educational programs. Faculty and course directors have disclosed relevant financial relationships with commercial companies, and Penn State has a process

in place to resolve any conflict of interest. Complete faculty disclosure will be provided to program participants at the beginning of the activity.

Planning Committee

Course Director

Anoop Karippot, MD, RPSGT, FAPA, FAASM
Director, Pediatric Sleep Medicine
Penn State Milton S. Hershey Medical Center

Planning Committee Members

Marcy Guido-Posey, RPSGT

Site Coordinator

Healthsouth Capital Region Sleep Disorder Center

Pat Dempsey, R. EEG/EP T., RPSGT

President, Pennsylvania Sleep Society; Manager,
Neurophysiology Services, Chambersburg Hospital

Pennsylvania Sleep Society Board of Directors

President: Patricia Quinn-Dempsey, REEGT, REPT,
RPSGT • Chambersburg Hospital Neurophysiology
Lab

President-Elect: Anoop Karippot, MD, FAASM,
RPSGT • Penn State Milton S. Hershey Medical
Center

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Region Sleep Disorder Center

Susan Swoyer McAtee, RPSGT • Montgomery
Hospital Sleep Disorder Lab

Mike Misero, RPSGT • University Services

Patrick Strollo Jr., MD, FAASM • University of
Pittsburgh

Leon Sweer, MD, FAASM • Penn State Milton S.
Hershey Medical Center

Frank Walther, BS, RPSGT, AAS • Natus NTF

Program

7:00 a.m. Registration & Continental Breakfast

8:00 Introduction to Conference
Anoop Karippot, MD, RPSGT, FAPA, FAASM*
Director, Pediatric Sleep Medicine
Assistant Professor of Psychiatry and Pediatrics
Sleep Research and Treatment Center/
Division of Child and Adolescent Psychiatry

8:05 **Welcome Address**
Pat Dempsey, R. EEG/EP T., RPSGT
President, Pennsylvania Sleep Society
Manager, Neurophysiology Services
Chambersburg Hospital
Chambersburg, Pennsylvania

8:10 **The Past, Present, and Future in Sleep Medicine**
Patrick J. Strollo Jr., MD, FCCP, FAASM
President-Elect (2009-2010), American Academy of Sleep Medicine
Associate Professor of Medicine
Clinical Director, Sleep Disorder Program
University of Pittsburgh
Pittsburgh, Pennsylvania

8:30 **Diagnosis and Management of Central Sleep Apnea**
Patrick J. Strollo Jr., MD, FCCP, FAASM

9:30 **Evaluation of Excessive Daytime Sleepiness**
Alexandros N. Vgontzas, MD*
Director, Center for Sleep Disorder Medicine
Professor of Psychiatry & Endowed Chair in Sleep Disorders Medicine

10:30 Break/Vendor Display

* Penn State Milton S. Hershey Medical Center, Penn State College of Medicine

11:00 **Measuring Breathing During a Sleep Study: What Do These Wiggly Lines Mean?**

Leon W. Sweer, MD, FCCP, DABSM*
Medical Director, Penn State Sleep Research and Treatment Center
Associate Professor of Medicine,
Division of Pulmonary, Allergy & Critical Care Medicine

12:00 noon Lunch/Vendor Display

1:00 p.m. **Legislative Issues: Why We Need a Sleep Society**
Ted Thurn
Senior Health Policy and Government Affairs Analyst
American Academy of Sleep Medicine
Westchester, Illinois

2:00 ***I Am Tired in the Morning*—Disturbed Sleep in Children**
Anoop Karippot, MD, RPSGT, FAPA, FAASM*

3:00 Break/Vendor Display

3:15 **Screening for and Confirmation of Excessive Daytime Sleepiness and Obstructive Sleep Apnea in Transportation Workers**
Benjamin Gerson, MD
Medical Director, University Services
Philadelphia, Pennsylvania

4:15 **Who Sleeps Better? Sleep Disturbance in the American Population**
Michael Grandner, PhD
SNRSA Post Doctoral Fellow
Division of Sleep Medicine
University of Pennsylvania
Philadelphia, Pennsylvania

5:00 **Credentialing and Certification: BRPT Examination and the A-Step Program, the New Rules**
Anoop Karippot, MD, RPSGT, FAPA, FAASM*
Pat Dempsey, R. EEG/EP T., RPSGT

5:30 **Wrap-Up and Panel Discussion**

5:45 Program Evaluation and Adjourment

Fees

The fees are \$25 per person for PSS members and \$50 per person for nonmembers. Fees include the cost of lunch, instruction, and handout materials.

Registration

Register online, by fax, or by mail. Registrations will be confirmed by e-mail upon receipt of payment, authorization to bill, or a credit card guarantee.

If you do not receive a confirmation within two weeks, phone 717-531-6483 to confirm. Walk-ins and late registrations can be accepted only if space is available.

Cancellation Policy

Cancellations received later than April 24, 2009, will be assessed a \$25 processing fee. No refunds will be made for cancellations received after April 29, 2009.

The University reserves the right to cancel or postpone any course. The University will refund registration fees but is not responsible for any related costs, charges, or expenses. Preregistered participants will be notified if a program is filled or canceled.

Access

Penn State encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of special accommodation or have questions about the physical access provided, contact Continuing Education at least one week in advance of your participation.

For More Information or to Register Online

- Call: 717-531-6483
- E-mail: ContinuingEd@hmc.psu.edu
- Web: www.hmc.psu.edu/ce/register/htm

This publication is available in alternative media on request.

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Enrollment is limited. Register online, by fax, or by mail. If you do not receive a confirmation from Penn State at your home address within two weeks, please call to confirm. Late registrations accepted only if space is available. Please provide both work and home phone numbers so we can contact you should last-minute changes occur.

Name (first name, MI, last name) _____ Credentials _____

Home Address _____ City _____ State _____ Zip Code _____

Daytime Phone _____ Evening Phone _____ Fax Number _____

Date of Birth (mm/dd/yy) _____ Specialty/Position _____

Hospital/Organization _____

Street Address (HMC/COM employees—provide dept. name/mail code) _____

City _____ State _____ Zip Code _____

Special Needs (dietary, access, etc.) _____ E-mail Address _____

Please check the appropriate fee:

- \$25, PA Sleep Society member
 \$50, nonmember

Method of payment:

- Check enclosed payable to Penn State.
 Bill sponsoring organization. **Attach a letter of authorization.**
 HMC/COM employees' fees: \$50 for nonmembers, \$25 for members—bill department budget.
Cost center/budget #: _____
 Charge my VISA MasterCard or AMEX

Account Number _____ Exp. Date _____

Verification Code* _____ Cardholder's Signature _____

* Last 3 digits (4 for AMEX) of number in signature box on back of card

Online: www.hmc.psu.edu/ce/register/htm

Mail: Registrar
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