

THE PENNSYLVANIA STATE UNIVERSITY
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PENNSYLVANIA SLEEP SOCIETY



Pennsylvania Sleep Society Meeting

Saturday, May 7, 2011
Hershey Lodge
325 University Drive
Hershey, Pennsylvania 17033

PENNSTATE HERSEY
 College of Medicine

A continuing education service of Penn State College of Medicine

Purpose

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.

Audience

Researchers, educators, clinicians, sleep technicians, and other health professionals involved in the field will benefit from attending the conference.

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 6.0 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 6.0 AAST credits. Final determination will be made by AAST.

Application has been made to the American Association for Respiratory Care (AARC) for 6.0 continuing education contact hours for respiratory therapists.

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.

This publication is available in alternative media on request.

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Pennsylvania Sleep Society

The Pennsylvania Sleep Society is an organization representing sleep research and sleep medicine professionals within Pennsylvania.

For more information—

Web: www.pasleep.org/pages/annualmeeting.html

E-mail: info@pasleep.com

Mailing address:

Pennsylvania Sleep Society

10551 Decatur Road, Suite 200

Philadelphia, PA 19154

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.pennstatehershey.org/ce

Program

PROGRAM NOTE: The bulleted items are the learner objectives for the session.

7:45 a.m.	Registration	12:00 noon	Lunch
8:15	Introduction to Conference <i>Anoop Karippot, MD, RPSGT, FAPA, FAASM</i> Medical Director AKANE Sleep Solutions Hummelstown, Pennsylvania Sleep Physician Pinnacle Health Hospitals Harrisburg, Pennsylvania	1:00 p.m.	General Session for Pennsylvania Sleep Society
8:30	Sleep and Epilepsy: It's Complicated <i>Jayant N. Acharya, MD, DM*</i> Professor of Neurology Director, Comprehensive Epilepsy Program Penn State Milton S. Hershey Medical Center Penn State College of Medicine Hershey, Pennsylvania	1:15	Indication for Polysomnography (PSG) in Children: Are they just small adults? <i>Anoop Karippot, MD, RPSGT, FAPA, FAASM</i> <ul style="list-style-type: none">• Explain the need for PSG as a test in children• Discuss the different disorders and indications to do PSG in children• Manage sleep disorders in children more effectively
9:30	Sleep and Society <i>Nirav P. Patel, MD, MPH, FCCP, FAASM</i> Attending Physician Respiratory Specialists The Reading Hospital and Medical Center Reading, Pennsylvania	2:15	CPAP Compliance: Does anything work? <i>Eric J. Shakespeare, MD</i> Internal Medicine/Pulmonary and Critical Care Medicine/Sleep Medicine Montgomery County Asthma and Lung Center Norristown, Pennsylvania
10:30	Break	3:15	Break
11:00	Sleep, Health, and Disease <i>Michael A. Grandner, PhD</i> NRSA Post Doctoral Fellow Division of Sleep Medicine University of Pennsylvania Philadelphia, Pennsylvania	3:30	Home Sleeping Testing for Obstructive Sleep Apnea <i>Indira Gurubhagavatula, MD, MPH</i> Assistant Professor of Medicine University of Pennsylvania School of Medicine Director, Philadelphia VA Sleep Disorders Clinic Philadelphia, Pennsylvania
	<ul style="list-style-type: none">• Discuss the differential diagnosis of nocturnal paroxysmal events• Describe the effects of sleep on epilepsy• Describe the effects of epilepsy on sleep		<ul style="list-style-type: none">• Discuss the importance of compliance• Review therapies directed at PAP compliance• Describe the side effects of and frequent patient complaints regarding PAP therapy
	<ul style="list-style-type: none">• Review the trends in sleep attainment• Identify the biological and societal influences upon sleep attainment• Discuss research models to study sleep attainment		<ul style="list-style-type: none">• Describe the classification system used for home sleep studies and its limitations• Describe the capabilities and limitations of portable monitors in ruling in or ruling out obstructive sleep apnea• Describe the indications for portable monitoring
	<ul style="list-style-type: none">• Summarize the health outcomes of poor sleep• Develop an evidence-based approach to the diagnosis and management of sleep apnea and insomnia• Outline an effective approach for maximizing sleep quality for health and performance	4:30	Wrap-Up
		5:00	Program Evaluation and Adjourment

Fees

The fees are \$50 per person for PSS members and \$75 per person for nonmembers. The fee includes the cost of instruction, lunch, break refreshments, and handout materials.

For PSS nonmembers who would like to become members, check the box on the registration form under the \$75 nonmember fee. Checking that box will designate \$25 of the \$75 fee to pay 2011 PSS dues.

There is a preconference social at the Hershey Lodge on Friday, May 6, 2011, from 6:30–8:30 p.m. There is no cost for this event. Please check the appropriate box on the registration form. You will receive more details closer to the program.

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 29, 2011, will be assessed a \$25 processing fee. No refunds will be made for cancellations received after May 4, 2011.

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.

Accommodations

Accommodations are the responsibility of the participant. A block of rooms has been reserved at the Hershey Lodge at a rate of \$159 per room per night. To receive conference rates when making your reservation, call Hershey Lodge at 717-533-3311 or 800-533-3131 and mention "PA Sleep Society." Because rooms are available on a first-come, first-served basis, we recommend making reservations as early as possible but no later than April 8, 2011.

A list of lodging in the Hershey area is available on request or online at www.pennstatehershey.org/web/guest/patientcare/patientvisitorinformation/lodging.

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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 daytime and evening phone numbers so we can contact you should last-minute changes occur.

Name (first name, MI, last name) _____ Credential(s)/Degree(s) _____

E-mail Address (Print legibly. Used for confirmation and printed materials.) _____

Home Address _____ Male Female

City _____ State _____ Zip Code _____

Daytime Phone _____ Evening Phone _____ Fax Number _____

Specialty/Position _____ Special Needs (dietary, access, etc.) _____

Hospital/Organization _____

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

City _____ State _____ Zip Code _____

Do you plan to attend the free preconference social on Friday evening, May 6, 2011? yes no

Please check the appropriate fee:

- \$50, PA Sleep Society member
 \$75, PA Sleep Society nonmember
 I am not a member of PSS but would like to become a member. Designate \$25 of the \$75 fee to pay 2011 PSS dues.

Method of payment:

- Check enclosed payable to **Penn State**.
 Bill sponsoring organization. **Attach a letter of authorization.**
 HMC/COM employees' fees are the same as above—bill department budget. Cost center/budget #: _____
 Charge my VISA MasterCard or AMEX

Account Number _____ Exp. Date _____

Cardholder's Signature _____

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