



Cleveland Clinic

Wake Up to Sleep Disorders 2014

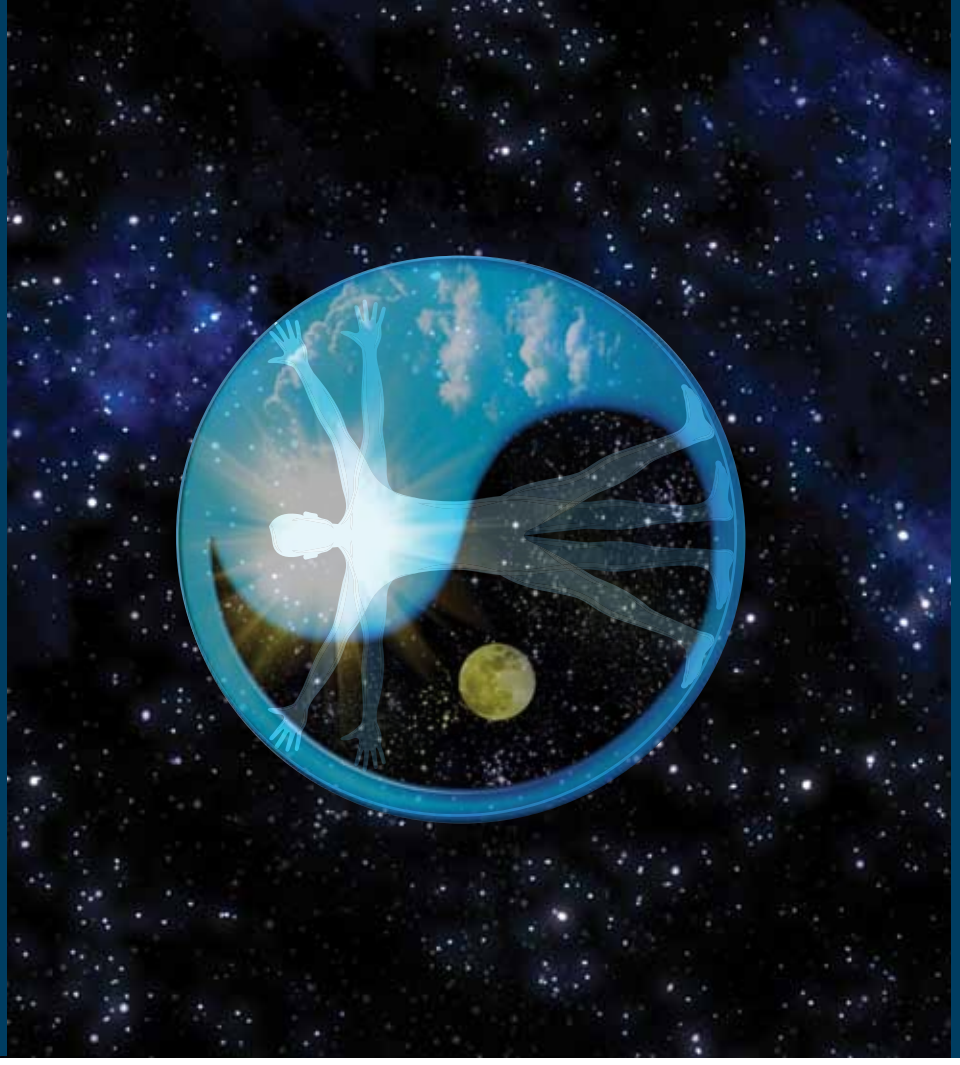
A Cleveland Clinic Sleep Disorders Center Update

March 10–12, 2014

Embassy Suites Cleveland - Rockside
5800 Rockside Woods Blvd.
Independence, OH



The Cleveland Clinic Foundation
9500 Euclid Ave., S40
Cleveland, OH 44195



www.ccfcmc.org/sleepdisorders14

About the Symposium



The importance of the inter-relationships of Sleep Medicine and overall mind and body health is becoming increasingly apparent. Yet it is estimated that up to 85% of certain sleep disorders remain undiagnosed which therefore will result in high population attributable health risks specific to unrecognized and untreated sleep disorders. This combined with the changing landscape of Sleep Medicine in terms of diagnostic testing and treatment of sleep disorders sets the stage for the 5th Cleveland Clinic Sleep Medicine symposium entitled “Wake Up to Sleep Disorders 2014: A Cleveland Clinic Sleep Disorders Center Update.”

We invite you to join us for an exciting program which involves a state-of-the-art overview of sleep disorders spanning the age spectrum and targeted to health care providers. The symposium will feature lectures and interactive workshops presented by experts from a variety of disciplines with a focus on highlighting diagnostic and treatment pearls for busy clinicians. We hope you will join us for what promises to be an informative and stimulating program.

Target Audience

This symposium is intended for physicians and other health care practitioners in the fields of Internal Medicine, Family Practice, Neurology, Otolaryngology, Pulmonary, Psychiatry, Psychology and Sleep Medicine who provide care to patients with sleep disorders.

Learning Objectives

At the completion of this activity, the participant should be able to:

1. Discuss the prevalence, cardinal features, and co-morbid conditions of common sleep disorders, including sleep apnea, insomnia and movement disorders as well as less common sleep disorders such as parasomnias and narcolepsy across the lifespan.
2. Appreciate the impact of sleep disorders on overall health and co-morbid conditions in the primary care setting, but especially their impact on cardiovascular health and neurologic disorders such as seizure disorders.
3. Formulate a practical approach for the diagnosis, evaluation and management of the common sleep disorders including sleep apnea, restless legs syndrome, insomnia, narcolepsy and circadian rhythm disorders.
4. Review and gain familiarity with the pathophysiology of insomnia, sleep apnea, restless legs syndrome and narcolepsy.
5. Discuss the pharmacologic, surgical and behavioral treatment approaches for common sleep disorders, including sleep apnea, insomnia, circadian rhythm disorders and central nervous system hypersomnia disorders.
6. Identify and discuss the unique presentations of sleep disorders in children, women and the elderly.

Faculty

Course Co-Directors

Tina Waters, MD

Staff, Sleep Disorders Center
Cleveland Clinic
Cleveland, OH

Reena Mehra, MD, MS

Director of Sleep Disorders Research
Sleep Disorders Center
Pulmonary, Allergy and Critical Care
Medicine

Nancy Foldvary-Schaefer, DO, MS

Director, Sleep Disorders Center
Cleveland Clinic
Cleveland, OH

Cleveland Clinic Faculty

Loutfi Aboussouan, MD

Pulmonary, Allergy and Critical Care Medicine
Sleep Disorders Center

Zahr Alsheikhtaha, RPSGT

Sleep Disorders Center

Kyerewaa Asare-Bediako, MSN, FNP-C

Sleep Disorders Center

Charles Bae, MD

Sleep Disorders Center

David Berzon, MD

Sleep Disorders Center
Hillcrest Hospital

Subhra Chakrabarti

Sleep Disorders Center

Mina Chung, MD

Cardiovascular Medicine

Todd Coy, DMD

Department of Dentistry

A. Romeo Craciun, MD

Center for Regional Neurosciences
Sleep Disorders Center

Sara Davin, PsyD, MPH

Neurological Center for Pain

Ketan Deoras, MD

Sleep Disorders Center
Psychiatry and Psychology

Michelle Drerup, PsyD

Sleep Disorders Center

Paul Ford, PhD

NeuroEthics Program

Puneet Garcha, MD

Pulmonary, Allergy and Critical Care Medicine
Sleep Disorders Center

Sally Ibrahim, MD

Sleep Disorders Center

Robert Jones, Jr., MD

Internal Medicine

Roop Kaw, MD

Hospital Medicine

Nancy Kempke, RN

Sleep Disorders Center

Guest Faculty

Dennis Auckley, MD

Director, MetroHealth's Center for Sleep
Medicine
Associate Director, Division of
Pulmonary/Critical Care/Sleep Medicine
MetroHealth Medical Center
Cleveland, OH

Shahrokh Javaheri, MD

Professor Emeritus of Medicine, University
of Cincinnati
College of Medicine
Medical Director, Sleepcare Diagnostics
Cincinnati, OH

Kingman Strohl, MD

Director, Center for Sleep Disorders
Research
Division of Pulmonary, Critical Care and
Sleep Medicine
University Hospitals Case Medical Center
Cleveland, OH

Krystyna Kolaczynski, MD

Sleep Disorders Center

Alan Kominsky, MD

Head and Neck Institute
Sleep Disorders Center

Joseph Krajekian, DMD, MD

Oral and Maxillofacial Surgeon
Head and Neck Institute

Jyoti Krishna, MD

Head, Pediatric Sleep Disorders
Sleep Disorders Center

Kelly Lacko, LPN

Internal Medicine

Megan Lavery, PsyD

Bariatric and Metabolic Institute

Douglas Moul, MD, MPH

Sleep Disorders Center

Silvia Neme-Mercante, MD

Sleep Disorders Center

Nancy Papesch, MBA, RN, BSN

Administrative Director, Clinical Integration
Neurological Institute

Petra Podmore, RPSGT, RST, REEGT

Sleep Disorders Center

Carlos Rodriguez, MD

Sleep Disorders Center

Frederick Royce, Jr., MD

Center for Pediatric Pulmonary Medicine

Raymond Salomone, MD

Pulmonary, Allergy and Critical Care Medicine

Philip Schauer, MD

Director, Bariatric and Metabolic Institute

W.H. Wilson Tang, MD

Cardiovascular Medicine

Rebecca Thorne, MSN, ANP-BC

Internal Medicine

Robon Vanek, MSN, MA, FNP-BC

Sleep Disorders Center

Jessica Vensel Rundo, MD, MS

Sleep Disorders Center

Harneet Walia, MD

Sleep Disorders Center



Location

Embassy Suites Cleveland - Rockside
5800 Rockside Woods Blvd.
Independence, OH 44131
Phone: 216.986.9900

Hotel Accommodations

A block of rooms has been reserved at the Embassy Suites Cleveland - Rockside for a special rate of \$119 single/double (plus tax). To secure this rate, you must make your reservation by 5:00 pm (EST) on February 5, 2014. Contact the hotel reservations department at 216.986.9900 and identify yourself as part of the Cleveland Clinic Sleep Meeting.

Accreditation

The Cleveland Clinic Foundation Center for Continuing Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Cleveland Clinic Foundation Center for Continuing Education designates this live activity for a maximum of 23.25 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Participants claiming CME credit from this activity may submit the credit hours to the American Osteopathic Association for Category 2 credit.

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Ohio Psychological Association – OPA-MCE Provider – Approved for 23.25 credits.

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

Sleep Technologist – Credit is being applied for with AAST – Approval is pending.

The Ohio Board of Nursing will accept at face value the number of contact hours awarded for a continuing education activity that has been approved by a nationally recognized accreditation system of continuing education approval. Therefore 23.25 physician *AMA PRA Category 1 Credits™* will be accepted for nursing credits. Nurses from other states should contact their State Board of Nursing.

Faculty Disclosure Statement

The Cleveland Clinic Foundation Center for Continuing Education has implemented a policy to comply with the current Accreditation Council for Continuing Medical Education Standards for Commercial Support requiring resolution of all faculty conflicts of interest. Faculty declaring a relevant commercial interest will be identified in the activity syllabus.

Registration and Cancellation

Register at www.ccfme.org/sleepdisorders14. Registration deadline is **5:00 pm (EST), Wednesday, March 5, 2014**. A request for a refund must be received in writing by February 24, 2014. No refunds will be given after February 24, 2014. A \$25 cancellation fee will be deducted from the refund for all cancellations.

For questions about registration, please call 216.448.0777 or email cmeregistration@ccf.org.

Americans with Disabilities Act

The Cleveland Clinic Foundation Center for Continuing Education fully intends to comply with the legal requirements of the Americans with Disabilities Act. If you need assistance, please notify Monet Smith at 216.444.9380 at least two weeks prior to the activity.

Information

For further information about this activity, contact Monet Smith at Local: 216.444.9380; Toll Free: 800.223.2273 x49380; Email: smithm8@ccf.org

For more information about the Cleveland Clinic Sleep Disorders Center, go to www.clevelandclinic.org/sleep.

Self Assessment Examination

Application has been made to The American Board of Psychiatry and Neurology for the Wake Up to Sleep Disorders 2014: A Cleveland Clinic Sleep Disorders Center Update as part of a comprehensive Self-Assessment Program, which is mandated by the ABMS as a necessary component of maintenance of certification. Approval is pending for 12 Category-1 CME credits for Self Assessment.

Cleveland Clinic Sleep Disorders Center

At Cleveland Clinic Sleep Disorders Center, our multidisciplinary program is dedicated to the diagnosis and treatment of sleep disorders in adults and children. Our team approach unites adult neurologists, internal medicine, family medicine, pediatric sleep experts, pulmonary and critical care medicine specialists, psychologists, psychiatrists and otolaryngologists, under one roof. Together, they will work with patients to uncover the cause of sleep problems and tailor the treatment that is best for each patient's lifestyle.

For symposium attendees interested in viewing the main campus Sleep Disorders Center at Fairhill, tours will be coordinated after the program on Monday and Tuesday. Demonstration hookups of home sleep tests will be also offered after the program on Monday and Tuesday. Sign-up for either of these activities is required and will be available onsite at the symposium.



Monday, March 10, 2014

Morning Plenary: Sleep Related Breathing Disorders

Plenary Chairperson: Tina Waters

7:00 am	Registration/Continental Breakfast/Exhibits Self Assessment Examination
8:00 am	Welcome and Introduction – <i>Tina Waters</i>
8:05 am	Sleep Apnea Epidemiology and Pathophysiology <i>Harneet Walia</i>
8:35 am	Sleep Apnea and Cardiovascular Health <i>Reena Mehra</i>
9:05 am	Screening and Diagnosis of Sleep Apnea <i>Tina Waters</i>
9:35 am	Positive Airway Pressure for Sleep Apnea: What Clinicians Need to Know – <i>Loutfi Aboussouan</i>
10:00 am	Refreshment Break & Exhibits
10:20 am	Sleep Apnea in the Hospital – <i>Dennis Auckley</i>
10:50 am	Pediatric Sleep Apnea – <i>Jyoti Krishna</i>
11:10 am	Surgical Interventions for Sleep Apnea <i>Alan Kominsky</i>
11:30 am	Weight Loss Treatments for Sleep Apnea <i>Philip Schauer</i>
11:50 am	Novel Therapies for Sleep Apnea – <i>Kingman Strohl</i>
12:15 pm	Panel Q&A
12:30 pm	Lunch Buffet

1:30-3:15 pm Case-Based Breakout Sessions I

Breakout A: Advanced PAP Therapy

Moderator: *Loutfi Aboussouan*

Panel: *Zahr Alsheikhtaha, Dennis Auckley, David Berzon, Shahrokh Javaheri, Reena Mehra*

Breakout B: Beyond PAP Therapy – Surgical and Dental Therapies

Moderator: *Alan Kominsky*

Panel: *Todd Coy, Joseph Krajekian, Fredrick Royce, Kingman Strohl*

3:15 pm Refreshment Break & Exhibits

3:30-5:15 pm Case-Based Breakout Sessions II

Breakout C: Ethics in Sleep

Moderator: *Paul Ford*

Panel: *Michelle Drerup, Sally Ibrahim, Douglas Moul, Tina Waters*

Breakout D: Sleep and the Heart

Moderator: *Shahrokh Javaheri*

Panel: *Mina Chung, Roop Kaw, Reena Mehra, Kingman Strohl, W.H. Wilson Tang*

5:15 pm	Adjourn
5:15-6:00 pm	Home Sleep Test Demo and Hookup* <i>Subhra Chakrabarti</i>
6:15-7:15 pm	Tour of Sleep Laboratory*

*Sign up is required and will be available onsite.

Tuesday, March 11, 2014

Morning Plenary: Disorders Associated with Insomnia and Restless Legs Syndrome

Plenary Chairperson: Reena Mehra

7:00 am	Registration/Continental Breakfast/Exhibits Self Assessment Examination
8:00 am	Announcements – <i>Reena Mehra</i>
8:05 am	Insomnia from A to Zzzzs – <i>Douglas Moul</i>
8:35 am	Cognitive Behavioral Therapy for Insomnia <i>Michelle Drerup</i>
9:00 am	Insomnia Pharmacotherapy – <i>Ketan Deoras</i>
9:30 am	Sleep and Chronic Pain Disorders – <i>Sara Davin</i>
10:00 am	Refreshment Break & Exhibits
10:20 am	Restless Legs Syndrome in Clinical Practice <i>Jessica Vensel Rundo</i>
10:50 am	Management Strategies for Restless Legs Syndrome <i>Charles Bae</i>
11:20 am	Sleep and Aging – <i>Harneet Walia</i>
11:45 am	Sleep in Females Across the Lifespan – <i>Sally Ibrahim</i>
12:10 pm	Panel Q&A
12:30 pm	Lunch Buffet

1:30-3:15 pm Case-Based Breakout Sessions III

Breakout E: Treatment Options for Insomnia: To Prescribe or Not to Prescribe Across the Ages

Moderator: *Michelle Drerup*

Panel: *Charles Bae, Jyoti Krishna, Megan Lavery, Douglas Moul*



Tuesday, March 11, 2014 *(continued)*

Breakout F: The Sleep Apnea Carepath: Case Discussions

Moderator: *Nancy Foldvary-Schaefer*

Panel: *Robert Jones, Robon Vanek, Tina Waters*

3:15 pm Refreshment Break & Exhibits

3:30-5:15 pm Case-Based Breakout Sessions IV

Breakout G: Challenging RLS Cases

Moderator: *Carlos Rodriguez*

Panel: *Charles Bae, A. Romeo Craciun, Jessica Vensel Rundo*

Breakout H: Sleep and Driving: Safety Concerns in the Management of Narcolepsy, Shift Work and Sleep Apnea

Moderator: *Harneet Walia*

Panel: *Silva Neme-Mercante, Raymond Salomone, Robon Vanek*

5:15 pm Adjourn

5:15-6:00 pm Home Sleep Test Demo and Hookup*
Subhra Chakrabarti

6:15-7:15 pm Tour of Sleep Laboratory*

*Sign up is required and will be available onsite.

Wednesday, March 12, 2014

Morning Plenary: Sleep and Neurology: Basic Mechanisms, Narcolepsy, Parasomnias and Circadian Rhythm Disorders

Plenary Chairperson: *Nancy Foldvary-Schaefer*

7:00 am Registration/Continental Breakfast/Exhibits
Self Assessment Examination

8:00 am Announcements – *Nancy Foldvary-Schaefer*

8:05 am Basic Mechanisms of Sleep for the Clinician
Douglas Moul

8:30 am Neuropsychiatric Implications of Sleep Deprivation
Silvia Neme-Mercante

9:00 am Advances in the Diagnosis and Treatment of Narcolepsy – *Nancy Foldvary-Schaefer*

9:30 am Larks and Night Owls: Diagnosis and Treatment of Circadian Rhythm Disorders – *Douglas Moul*

10:00 am Refreshment Break & Exhibits

Wednesday, March 12, 2014 *(continued)*

10:20 am Use of Wake Promoting Medications in Narcolepsy and Other Hypersomnias – *Krystyna Kolaczynski*

10:45 am Complex Nocturnal Behaviors: Differentiating Seizures and Disorders of Arousal
Nancy Foldvary-Schaefer

11:15 am REM Behavior Disorder: A Precursor to Neurodegenerative Disorders – *Carlos Rodriguez*

11:45 am Disorders of Hypersomnias in Pediatrics
Jyoti Krishna

12:10 pm Panel Q & A

12:30 pm Lunch Buffet

1:30-3:15 pm Case-Based Breakout Sessions V

Breakout Session I: Sleep in Neurology

Moderator: *Jessica Vensel Rundo*

Panel: *Charles Bae, Nancy Foldvary-Schaefer, Carlos Rodriguez, Tina Waters*

Breakout Session J: The Role of Nursing in the Management of Sleep Disorders

Moderator: *Robon Vanek*

Panel: *Kyerewaa Asare-Bediako, Sally Ibrahim, Nancy Kempke, Kelly Lacko, Nancy Papesh, Rebecca Thorne*

3:15 pm Refreshment Break & Exhibits

3:30-5:15 pm Case-Based Breakout Sessions VI

Breakout Session K: Management of Narcolepsy and Disorders of Hypersomnia

Moderator: *Silvia Neme-Mercante*

Panel: *Ketan Deoras, Nancy Foldvary-Schaefer, Krystyna Kolaczynski, Jyoti Krishna*

Breakout Session L: Troubleshooting the PAP-Challenged Patient

Moderator: *Tina Waters*

Panel: *Michelle Drerup, Puneet Garcha, Petra Podmore, Carlos Rodriguez*

5:15 pm Adjourn



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March 10-12, 2014
Embassy Suites Cleveland - Rockside
Independence, OH

Course 02010231 • Office Use Only

Fee _____ Date _____

M.O.P. _____ CXL/Fee _____

Payment must be received prior to admittance to the conference. Purchase orders are not accepted.

REGISTER ONLINE AT www.ccfcmc.org/sleepdisorders14
CCF Employees should check fees and register online at the above web address.

Registration Fee includes syllabus, continental breakfast, refreshment breaks and lunch each day.

	FULL Symposium March 10-12	Monday March 10	Tuesday March 11	Wednesday March 12
Physician/Surgeon/PhD	☐ \$495.00	☐ \$255.00	☐ \$255.00	☐ \$255.00
CompreCare Affiliate # _____	☐ \$321.75	☐ \$165.75	☐ \$165.75	☐ \$165.75
Resident/Fellow	☐ \$395.00	☐ \$215.00	☐ \$215.00	☐ \$215.00
Physician Assistant/ Nurse Practitioner/Nurse	☐ \$395.00	☐ \$215.00	☐ \$215.00	☐ \$215.00
Allied Health: Sleep Technician/ Respiratory Therapist/Other	☐ \$395.00	☐ \$215.00	☐ \$215.00	☐ \$215.00

☐ I require vegetarian meals

CCF Employees should check fees and register online at the above web address.

Please Print

First Name _____ MI _____ Last Name _____ Degree _____

Company _____

Address _____

City, State/Province, Zip, Country _____

Phone _____ Fax _____

Specialty _____ Email _____

Total amount enclosed: \$ _____

Make check payable and mail to:

The Cleveland Clinic Educational Foundation, PO Box 931653, Cleveland, OH 44193-1082

If you would like to register using a credit card, please go to www.ccfcmc.org/sleepdisorders14 or call 216.448.0777 where it will be handled directly by a certified processor.

Breakout Session Sign-Up Choose one per session

Monday, March 10

Session I: (1:30-3:15 pm)

☐ A - Advanced PAP Therapy

☐ B - Beyond PAP Therapy

Session II: (3:30-5:15 pm)

☐ C - Ethics in Sleep

☐ D - Sleep and Heart

Tuesday, March 11

Session III: (1:30-3:15 pm)

☐ E - Treatment Options for Insomnia

☐ F - Sleep Apnea Carepath

Session IV: (3:30-5:15 pm)

☐ G - Challenging RLS Cases

☐ H - Sleep and Driving

Wednesday, March 12

Session V: (1:30-3:15 pm)

☐ I - Sleep in Neurology

☐ J - Role of Nursing

Session VI: (3:30-5:15 pm)

☐ K - Narcolepsy & Hypersomnia

☐ L - PAP-challenged Patient