

YOU'RE INVITED

»» TO THE ««

The background of the central section is a blue banner with a white border, featuring the Alaska state flag design: a blue field with eight yellow stars arranged in a semi-circle above the word "ALASKA" in a stylized, outlined font. Below "ALASKA" is the word "SLEEP CONFERENCE" in a similar outlined font, flanked by horizontal lines.

ALASKA — SLEEP CONFERENCE —

SEPT ■ SEPTEMBER 13th-14th ■
— 2014 —

at The Hotel Captain Cook

»» **REGISTER TODAY** ««

for this two day
Sleep Education Conference in Anchorage.
Online Registration at www.ganESCO.com

*Jointly provided/co-provided by Tufts University School of
Medicine Office of Continuing Education and Anchorage Sleep Center*

Tufts
UNIVERSITY

School of
Medicine



SEPT. 13-14 AT THE HOTEL CAPTAIN COOK, 939 W. 5TH AVE. ANCHORAGE, AK 99501

CONFERENCE AGENDA

Activities begin **Friday, September 12th**, for a Welcome Reception, before starting two days (13.25 hours) of continuing education over the weekend. Exhibits will be open at the Welcome, and close at 1:00 PM on Sunday prior to the meeting's 4:00 close.

Friday, September 12, 2014

6:30PM – 8:00PM Welcome Reception
Exhibits Open

Saturday, September 13, 2014

7:00AM – 7:45AM Registration for pre-registered and on-site registrations
Continental Breakfast and Exhibits Open

7:45AM – 8:00AM Welcome and Review of Accreditation Requirements

8:00AM – 9:00AM OSA and Cardiovascular Co-morbidities
Dr. Nicholas Hill

9:00AM – 10:00AM Heart Failure and Sleep Apnea
Dr. Shahrokh Javaheri

10:00AM – 10:30AM **Break and Exhibits Open**

10:30AM – 11:30AM Metabolic Implications of Sleep Disorders
Dr. Teofilo Lee-Chiong

11:30AM – 12:30PM Overview of Surgical Options for Sleep Apnea Patients
Dr. Jerome List

12:30AM – 1:30PM **Lunch and Exhibits Open**

1:30PM – 2:30PM Restless Leg Syndrome: Update and Treatment Challenges
Dr. Paul Raymond

2:30PM – 3:30PM Medications and their Effect on Sleep
Dr. Teofilo Lee-Chiong

3:30PM – 4:00PM **Break and Exhibits Open**

4:00PM – 5:15PM Panel Discussion: Health and Safety Issues Associated with OSA and Shift Work
Dr. Paul Raymond, Dr. Nicholas Hill, Dr. Jerome List, Dr. Ross Dodge, Dr. Teofilo Lee-Chiong, Dr. Shahrokh Javaheri, Dr. Graham Glass

Sunday, September 14, 2014

7:00AM – 8:30AM Registration/Sign-In for pre-registered and on-site registrations
Continental Breakfast and Exhibits Open

8:30AM – 9:30AM Management of Complicated Sleep Apnea: Advanced PAP Therapies
Dr. Teofilo Lee-Chiong

9:30AM – 10:00AM **Break and Exhibits Open**

10:00AM – 11:00AM Is Sleep Apnea a Cause of Death in Patients on Chronic Opiates?
Prevalence, Maintenance and Treatment of Sleep Apnea in Patients on Opiates
Dr. Shahrokh Javaheri

11:00AM – 12:00PM Sleep and Neurodegenerative Disorders
Dr. Graham Glass

12:00PM – 1:00PM **Lunch and Exhibits Open (exhibits will close at 1:00)**

1:00PM – 2:00PM Assessment and Management of Sleep-disordered Breathing in Chronic Respiratory Failure
Dr. Nicholas Hill

2:00PM – 3:00PM Home Sleep Apnea Testing
Dr. Paul Raymond

3:00PM – 4:00PM Pediatric Sleep Medicine
Dr. Ross Dodge

4:00PM Wrap Up - Conference ends

Conference Course Director

Paul D. Raymond, MD

Nurse Planner

Casey Balcells, RN, MSN,
PNP-BC, CPON

† REQUIREMENTS FOR SUCCESSFUL COMPLETION

In order to successfully complete this activity and receive a certificate you must

- (1) sign in;
 - (2) remain for the entire activity;
 - (3) complete and submit an evaluation form.
- Certificates/statements of credits are e-mailed approximately four to six weeks after the activity pending successful completion of required documentation.

TARGET AUDIENCE

This educational activity is targeted for physicians, physician assistants, sleep technologists, respiratory therapists, nurse practitioners, nurses and other healthcare practitioners involved or interested in the diagnosis and care of patients with sleep disorders. The conference is also available to industry representatives. This new symposium has a very distinctive perspective and will offer health care practitioners the opportunity to learn about state of the art developments in clinical and research arenas of sleep medicine.

GOAL

The goal of this activity is to provide attendees with an exceptional opportunity to learn, network, share knowledge and ideas, establish collaborative projects, and set priorities in sleep medicine. Attendance will give participants an opportunity to gain a broader understanding of the current state-of-the-art of sleep medicine, including current evidence-based guidelines, research and patient-centered outcomes.

LEARNER OBJECTIVES

At the conclusion of the activity, learners will be able to:

- 1) Identify the basic and advanced signs and symptoms of sleep disordered breathing, as well as recognizing and comprehending the signs of association with co-morbidities and Neurodegenerative disorders in adults and pediatrics.
- 2) Differentiate the types of commonly utilized sleep testing procedures and good practices in-lab and Home Sleep Testing.
- 3) Distinguish the different treatment options available for patients with different types of sleep-disordered breathing diagnoses in adults and pediatrics.
- 4) Discuss surgical options for sleep apnea patients.
- 5) Describe Restless Leg Syndrome and treatment challenges.
- 6) Review pharmacologic effects on sleep and breathing.
- 7) Debate health and safety issues associated with OSA and shift work.

ACCREDITATION

PHYSICIANS: 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 providership of Tufts University School of Medicine (TUSM) and Anchorage Sleep Center. TUSM is accredited by the ACCME to provide continuing medical education for physicians.

TUSM designates this live activity for a maximum of 13.25 **AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity. †

NURSES: Tufts University School of Medicine, Office of Continuing Education is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (COA).

This activity provides 13.25 contact hours for nurses. †

RESPIRATORY THERAPISTS: Application has been made for 13.25 traditional hours of Continuing Respiratory Care Credits (CRCE) through the American Association for Respiratory Care (AARC).

SLEEP TECHNOLOGISTS: Application has been made for 13.25 traditional hours of Continuing Education Credits (CEC) through the American Association for Sleep Technologists (AAST).

REGISTRATION FORM

Date: September 13-14, 2014

Location: The Hotel Captain Cook, Anchorage, Alaska 99501.

A limited number of rooms are available at the special rate of \$145 plus tax if reserved by **August 14th** for three days prior and post conference. Call the Hotel Captain Cook to reserve your room at 800.843.1950 or 907.276.6000 and refer to Alaska Sleep Conference. You may also make your reservation online at <https://gc.synxis.com/rez.aspx?Hotel=26969&template=ANCCC&shell=ANCCC&group=Sleep2014>.

On-site registration fees are \$25 higher than early registration fees. Registration fee includes record processing, course materials, continental breakfasts, refreshment breaks and lunch during the conference.

Cancellation Policy: Registration fee, less \$25 administration charge, is refundable if the cancellation request is made to Ganésco by 9/1/14 via fax (724.942.4729) or phone (412.370.1749).

Ganésco is the conference management company.

For more information on attending and/or to register online, please visit www.ganESCO.com.

Please **PRINT CLEARLY or TYPE**. Make checks payable to Ganésco, Inc.
MAIL this registration form with your check to Ganésco, PO Box 1161, Umatilla, FL 32784;
OR, register and pay online at www.ganESCO.com.
Mailed forms must be received by 8/22/14.

All the fields below are required to process your registration, attendance and post-meeting evaluation forms.

First Name				Last Name							
Credentials (circle)	MD	DO	PhD	PA	RN	RRT	RPSGT	Other			
Employer (Clinical or Business Affiliation)											
Mailing Address											
Telephone											
Email Address											
Accredited programs require that we collect this information; however, your name and contact information is not released for any other purpose not associated with this educational event.											
Meeting Fees (Circle one – one registration form per person)											
\$295	Physicians					\$295	Industry Attendees (non-booth personnel)				
\$255	All other medical professionals										

This activity addresses the following ACGME/ABMS/IOM competencies: Patient Care, Medical Knowledge, Interpersonal and Communication Skills, Professionalism, Systems-based Practice, Practice-based Learning and Improvement, Provision of Patient-centered Care, Work in Interdisciplinary Teams and Effective Use of Evidence-based Medicine.

Disclosure

Disclosure information from faculty and all other persons in control of content will be provided to participants prior to the beginning of the educational activity.

Commercial Support And Exhibitors

A list of commercial supporters and exhibitors will be provided to participants in activity materials.

Policy Disclosures

ADA/OEO Non-Discrimination Policy

Tufts University School of Medicine (TUSM) considers all applicants and activity participants without regard to race, color, national origin, age, religious creed, sex or sexual orientation. TUSM is an Equal Opportunity Employer. TUSM does not discriminate on the basis of a disability in admission, access to treatment, or employment in their programs and activities as identified in the Americans with Disabilities Act. If you have a physical disability, please inform Ganésco by 8/31/2014 at 412-370-1749 to help us better serve you.

Privacy And Confidentiality Policy

To view the privacy and confidentiality policy of Tufts University School of Medicine, Office Of Continuing Education (TUSM OCE), please see <http://md.tufts.edu/~media/MD/PDFs/Education/Continuing%20Education/OCEPPManual.pdf>

Certification

For questions regarding certification, please contact Tufts University School of Medicine, Office of Continuing Education at med-oce@tufts.edu or call 617.636.6579.

FACULTY AFFILIATIONS AND CREDENTIALS

Teofilo Lee-Chiong, M.D., Professor of Medicine, University of Colorado; Chief, Division of Pulmonary, Critical Care and Sleep Medicine, National Jewish Health, Denver, CO

Ross W. Dodge, M.D., Medical Director, Pediatric Sleep Medicine, Graham Glass MD, LLC, Anchorage, AK

Graham A. Glass, M.D., Assistant Clinical Professor of Neurology, University of California San Francisco School of Medicine, CA

Jerome List, D.D.S., M.D., Alaska Ear Nose & Throat, Inc, Anchorage, AK

Paul D. Raymond, M.D., Medical Director, Anchorage Sleep Center, Anchorage, AK; Medical Director, Fairbanks Sleep Center, Fairbanks, AK

Nicholas S. Hill, M.D., Professor of Medicine, Tufts University School of Medicine; Chief, Pulmonary, Critical Care and Sleep Medicine, Tufts Medical Center, Boston, MA

Shahrokh Javaheri, M.D., Professor Emeritus, University of Cincinnati School of Medicine, Cincinnati, OH

ACTIVITIES IN THE AREA

The Hotel offers its discounted rates for three days prior and post meeting – a perfect time to explore some of the many activities Alaska has to offer.

Please check with your travel agency or examine some of the following:

Experience Denali National Park

Fly to Fairbanks and take the Denali Star train (Alaska Railroad) to Anchorage. The route takes you through Denali National Park, and you can make reservations to stay in the park for a night or two. If you like this idea, you will need to make plans before the conference; the railroad does not run South after September 14th. Denali has many activities too, but be sure to check the dates because this is the end of the summer season and they may not be offered on your travel dates.

For more on Denali, visit www.nps.gov/dena/index.htm.

For tour packages, visit <http://www.princesslodges.com/alaska-rail-tours-packages.htm>.

Travel on the Alaska Railroad

What a great way to see Alaska – by train! For more information on routes and schedules, visit www.alaskarailroad.com.

Take an Alaska Cruise

Take a Day Cruise through Prince William Sound to see glaciers, waterfalls and marine and wild life. To learn more about these cruises, visit www.phillipscruises.com.

Visit the Alaska Wildlife Conservation Center (AWCC)

An hour's drive south of Anchorage, AWCC takes in injured and orphaned animals year-round and provides spacious enclosures and quality animal care. Their walking tours are led by the animal caregivers. Visit <http://www.alaskawildlife.org> for more information.

And there are many more tours to choose from

Whether it's a few hours touring Anchorage, or a drive and fly experience to view Mt. McKinley, there are an abundance of tours to choose from – check out www.salmonberrytours.com to see what you can fit in during your time in Alaska.