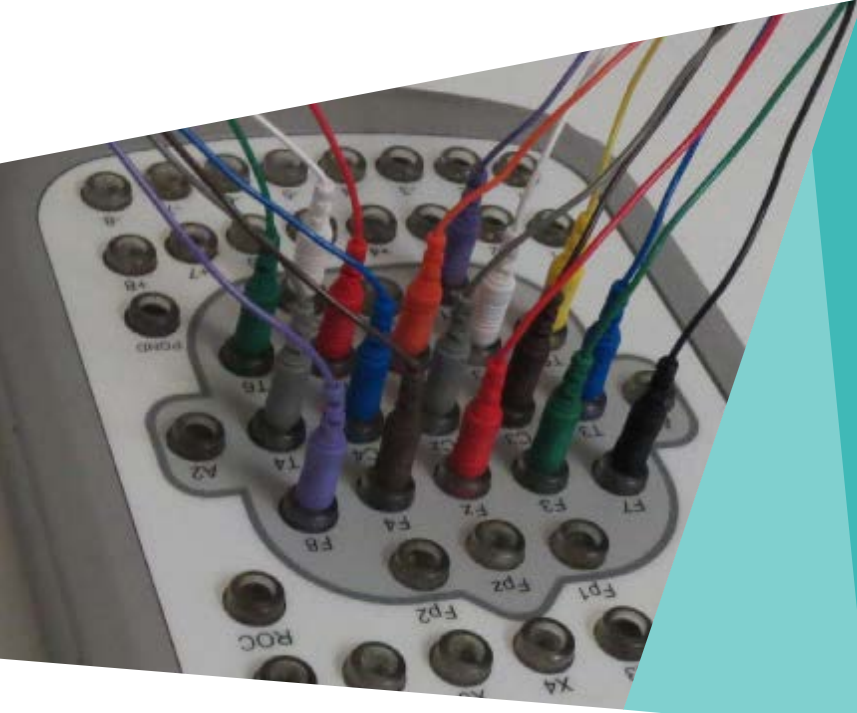




International Conference: Clinical Update Sleep 2016

26 February 2016

The Royal College of Physicians
London, UK



KING'S HEALTH PARTNERS

An Academic Health Sciences Centre for London

Conference

Date

26 February 2016

Venue

The Royal College of Physicians
11 St Andrew's Place
Regent's Park
London
NW1 4LE



Overview

Modern lifestyle has resulted in a significant increase in patients reporting symptoms of hypersomnia and insomnia. The association of obesity with obstructive sleep apnoea and sleep-disordered breathing further emphasizes the importance of sleep medicine to public health.

However, sleep disorders remain under-recognised by the medical community, which is largely due to the failure to question patients about their sleep quality and related symptoms.

This International Conference on sleep disorders will review the latest evidence for the diagnosis and treatment of patients with sleep disorders, including obstructive sleep apnoea, hypersomnia, parasomnia and insomnia.

The Conference includes multi-disciplinary approaches to the management of patients with sleep disorders and advances in the management of patients with sleep disorders, with an update on recent clinical trials. Workshops are included for allied healthcare professions focused on CPAP therapy and difficult scoring of polysomnography.

Who should attend?

This one-day international conference is aimed at doctors, nurses, respiratory physiotherapists, neurologists, psychiatrists, scientists, sleep technicians and other professionals with an interest in sleep medicine.

Format

The Conference combines presentations, interactive lectures, case studies, examples of good medical practice, and evidence-based medicine, together with Q&A sessions. Accreditation for CPD points has been applied for from The Royal College of Physicians.

Conference materials

Delegates will receive comprehensive conference materials to take away, including a conference abstract of the day's presentations.

The Journal of Thoracic Disease (JTD) have been appointed as the exclusive publishers of the conference proceedings.

Key topics covered include

Sleep-disordered breathing, diagnostics and therapy

Drug-induced sleep endoscopy
Treatment of paediatric sleep apnoea
Hypoglossal nerve stimulation

Hypersomnia

Residual excessive daytime sleepiness
Kleine-Levine Syndrome
Narcolepsy and Cataplexy syndrome

Insomnia and Circadian Rhythm Disorders

Diagnosis and treatment of insomnia
Physiology of circadian rhythm disorders
Cognitive behavioural therapy for sleep disorders

Parasomnia

REM-sleep behaviour disorder and neurodegenerative conditions
Restless Legs Syndrome and Periodic Limb Movements
Slow Wave Sleep Arousal Disorders

Sleep-disordered breathing and comorbidities

COPD and sleep apnoea
Obstructive sleep apnoea and hypertension
Cognition and neurology in sleep apnoea

Hot topics

Update on clinical trials of patients with nocturnal hypercapnia
Executive summary of the SERVE-HF trial
Retinopathy and obstructive sleep apnoea

Workshops

CPAP therapies and interface management
Difficult cases of scoring in polysomnographies

Conference director

Dr Joerg Steier | [Conference Director](#)

Joerg is a Consultant Physician, Respiratory Medicine and Sleep at Guy's and St Thomas' and Senior Lecturer in Respiratory Medicine at King's College London School of Medicine. Joerg is also a member of the Association of ERS Fellows.

Joerg has published several papers on the physiology of sleep-disordered breathing and the respiratory muscles in international peer-reviewed and high-impact factor journals.

His current research is focused on novel treatment options for sleep apnoea and patient based biomarkers of respiratory symptoms and neural respiratory drive. Besides Joerg's scientific publications, he has edited a book about lung function testing and he supports research in public health for the sleep apnoea awareness campaign of the British Lung Foundation.

Dr Steier will be joined by an international faculty of sleep experts.

Faculty

Juliane Winkelmann, Professor of Neurology and of Psychiatry and Behavioural Sciences, Stanford School of Medicine, USA

Gian Paolo Rossi, Professor of Medicine, Chair of Internal Medicine, University of Padua, Italy; President-elect of the European Council for Cardiovascular Research

Alexander Nesbitt, Clinical Research Fellow, University of Surrey

Ian Smith, Consultant Physician and Associate Lecturer, Papworth Hospital and University of Cambridge

Wolfgang Oertel, Professor of Neurology, Hertie Senior Research Professor, Phillips University of Marburg, Germany; Vice President of the German Neurological Society; President International RBD Study Group

Guy Leschziner, Consultant Physician, Guy's and St Thomas' NHS Foundation Trust; Senior Lecturer, King's College London

Adrian Williams, Professor of Sleep Medicine, King's College London

Anita Simonds, Professor of Respiratory and Sleep Medicine, National Heart and Lung Institute, Imperial College London; Chair European School of Respiratory Medicine / Education section European Respiratory Society

Nicholas Hart, Clinical and Academic Lead Lane Fox Unit, Guy's and St Thomas' NHS Foundation Trust; Reader in Respiratory Medicine, King's College London; upcoming Editor-in-Chief 'Thorax'

Rexford Muza, Consultant Physician, Guy's and St Thomas' NHS Foundation Trust

Brian Kent, Consultant Physician, Guy's and St Thomas' NHS Foundation Trust

Hugh Selsick, Consultant Physician, Guy's and St Thomas' NHS Foundation Trust

Julia Chapman, Department Manager and Technical Director, Sleep Disorders Centre, Guy's and St Thomas' NHS Foundation Trust

Richard Brown, Senior Chief Medical Technologist and CPAP Co-ordinator, Sleep Disorders Centre, Guy's and St Thomas' NHS Foundation Trust

Sean Higgins, Chief Technologist, Sleep Disorders Centre, Guy's and St Thomas' Foundation Trust

Joerg Steier, Consultant Physician, Guy's and St Thomas' NHS Foundation Trust; Senior Lecturer in Respiratory Medicine, King's College London

Sophie West, Consultant Physician and Senior Lecturer, University of Newcastle

Helmut Teschler, Professor of Respiratory Medicine, University of Duisburg-Essen, Germany; Past President German Thoracic Society

Olivier M Vanderveken, Professor of ENT/Head and Neck Surgery, University of Antwerpen, Belgium

Mary Morrell, Professor of Sleep and Respiratory Physiology, Imperial College London

Bhik Kotecha, Ear, Nose and Throat Consultant, Royal National Throat, Nose and Ear Hospital, University College London; Past President Sleep Medicine Section at the Royal Society of Medicine

Dieter Riemann, Professor of Clinical Psychophysiology at the Department of Psychiatry and Psychotherapy, Freiburg University Medical Centre, Germany; Treasurer ESRS; Founder European Insomnia Network (EIN)

Hui-Leng Tan, Consultant in Paediatric Respiratory and Sleep Medicine, Royal Brompton and Harefield NHS Foundation Trust

Ivana Rosenzweig, Senior Clinical Scientist Fellow, King's College London; Wellcome Fellow

Conference fees

£185 for Consultants and General Practitioners
£135 for AHP's and Trainee Doctors

Further information

To book please visit our website at www.guysandstthomasevents.co.uk

If you have any enquiries about the conference, please contact the Events Team:
events@gstt.nhs.uk

Tel: + 44 (0) 20 7188 1622

Sleep Disorders Centre, Guy's and St Thomas'

The Sleep Disorders Centre is a nationally and internationally renowned centre of excellence for the investigation and treatment of disorders of sleep. It is one of only two British Sleep Society accredited sleep centres providing diagnosis and treatment for any sleep condition. In collaboration with the paediatric sleep service we offer the only Lifetime Sleep Service in the UK and working with the Lane Fox Respiratory unit we have access to healthcare for patients on non-invasive ventilation.

Common Sleep Disorders that are relevant to primary care and that are frequently diagnosed include:

- Sleep disordered breathing
- Hypersomnias
- Parasomnias, including unusual behaviours during sleep
- Insomnia

The main sleep unit is located in Nuffield House at Guy's Hospital, where we have access to nine beds with full polysomnography for overnight sleep studies. We offer home-based overnight pulse oximetries, limited respiratory sleep studies, polysomnography, telemetry, multiple sleep latency testing, and maintenance of wakefulness test, as well as Osler tests and actigraphy. We have an active research department currently running several NIHR Portfolio studies, and we are supporting the British Lung Foundation in the sleep apnoea awareness campaign.

Daily outpatient clinics are held at Nuffield House, with some clinics being offered at St Thomas'. In addition, we are reaching out into the community by providing ambulatory screening equipment, predominantly for sleep apnoea, but also for circadian rhythm disorders. We are actively involved in training of respiratory trainees in medicine and AHP.

Visiting the Sleep Disorders Centre

If you are interested in visiting the Sleep Disorders Centre, this can be arranged during the conference or on a separate date.

Internships

We offer a range of Internships for clinicians and AHP's, ranging from one week to six weeks in duration, providing a unique opportunity to gain practical clinical experience in a ward environment. We work with you to tailor the programme to meet your specific needs and interests.

For further information and costs please contact:

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Guy's and St Thomas'
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