

THE PENNSYLVANIA STATE UNIVERSITY
PENN STATE MILTON S. HERSHEY MEDICAL CENTER
DEPARTMENT OF CONTINUING EDUCATION G220
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Medical Center



PENNSYLVANIA SLEEP SOCIETY
pasleep.org

SATURDAY • MAY 3 • 2014



6TH ANNUAL PA SLEEP SOCIETY MEETING

Hilton Harrisburg
One North Second Street
Harrisburg, PA 17101

A continuing education service of Penn State College of Medicine

PENNSTATE HERSEY
 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

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

Educational Goals

Upon completion of this program, 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 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 live activity for a maximum of **5.75 AMA PRA Category 1 Credit(s)**[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAST CEC program application has been submitted for approval for **6.0 continuing education credits**.

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

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.

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.

Accommodations

Accommodations are the responsibility of the participant. A block of rooms has been reserved at the Hilton Harrisburg One North Second Street, Harrisburg, PA at a rate of \$139+tax, per room per night. To receive conference rates when making your reservation, call 717-233-6000 and mention "PA Sleep Society." Rooms are available on a first-come, first-served basis, so make reservations as early as possible but no later than 4/9/2014. After this date, room rates are subject to availability.

Pennsylvania Sleep Society

The Pennsylvania Sleep Society is a non-profit organization representing sleep research and sleep medicine professionals within Pennsylvania.

For more information

Website: pasleep.org

Email: info@pasleep.com

Mailing Address: Pennsylvania Sleep Society
P.O. Box 175, Neffs, PA 18065

Board of Directors

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Visit our website: pasleep.org



Program

7:00 - 8:00 AM Registration, Breakfast and Exhibits

8:00 - 8:15

Welcome and Orientation

Stephanie Betz, RPSGT

President 2014

Pennsylvania Sleep Society

SESSION 1 / 8:15–10:00 AM

WIDENING THE SCOPE OF THE SLEEP CENTER

8:15 - 8:45

Dental Devices and Obstructive Sleep Apnea

Barry Glassman, DMD

Dentist

Allentown Pain Center

Allentown, PA

8:45 - 9:15

Role of Home Sleep Tests

Richard J. Strobel, MD

Pulmonologist and Sleep Specialist

Lehigh Valley Hospital Sleep Disorders Center

Allentown, PA

9:15 - 10:00

Occupational Sleep Medicine Panel

Michael Grandner, PhD

Instructor in Psychiatry

University of Pennsylvania

Philadelphia, Pennsylvania

Indira Gurubhagavatula, MD, MPH

Associate Professor

Division of Sleep Medicine

University of Pennsylvania Health System

Philadelphia, PA

Alex B. Platt, MD, MSCE, FCCP

Adjunct Assistant Professor of Medicine

Perelman School of Medicine University of Pennsylvania

Respiratory Specialist

Wyomissing, PA

10:00 - 10:30 Break and Exhibits

SESSION 2 / 10:00–NOON

THE CHANGING FIELD OF SLEEP MEDICINE

10:30 - 11:00

Behavioral Approaches for PAP Adherence

Matthew Anastasi, BS, RPSGT, RST

Clinical Coordinator

Sleep Medicine Services

Main Line Health

Bryn Mawr Hospital

Bryn Mawr, PA

11:00 - 11:30

Role of Sleep Technicians in Dental Offices

James E. Metz, DDS

General Dentist

The Metz Center for Sleep Apnea

Columbus, OH

11:30 - 12:30 The Nirav P. Patel Keynote Address

Role of Sleep Professionals in a Changing Field

Charles W. Atwood Jr., MD, FCCP, FAASM

Associate Professor of Medicine

Director, Sleep Medicine Fellowship

University of Pittsburgh

Assistant Chief of Medicine

Director, Sleep Disorders Program

VA Pittsburgh Healthcare System

Pittsburgh, PA

12:30 - 1:45 Lunch and Exhibits

SESSION 3 / 1:45 – 4:00 PM

EMERGING ISSUES IN SLEEP SCIENCE: FROM BRAIN TO BEHAVIOR

1:45 - 2:15

Emerging Interventions for Obstructive Sleep Apnea

Patrick J. Strollo, Jr., MD, FCCP, FAASM

Professor of Medicine and Clinical and Translational Science

Medical Director, Sleep Medicine Center

University of Pittsburgh

Pittsburgh, PA

2:15 - 2:45

Noise and Sleep

Mathias Basner, MD, PhD, MSc

Assistant Professor, Division of Sleep and Chronobiology

Department of Psychiatry

Perelman School of Medicine University of Pennsylvania

Philadelphia, PA

2:45 - 3:15

Neural Injury in Obstructive Sleep Apnea

Sigrid Veasey, MD

Professor of Medicine

Perelman School of Medicine University of Pennsylvania

Philadelphia, PA

3:15 – 3:30 Break and Exhibits

3:30 – 4:00

Sleep and Autism

Margaret C. Souders, PhD, CRNP

Assistant Professor of Human Genetics

University of Pennsylvania School of Nursing

Philadelphia, PA

4:00 - 4:30

Town Hall Meeting

4:30 - 4:40 Program Evaluation and Adjournment

Networking Reception

Held at the Hilton Harrisburg on Friday, May 2, 2014, from

6:30–9:00PM. This social event is sponsored by RESMED, and is an additional activity and not part of the conference itself.

There is no cost for this event. Please check the appropriate box on the registration form, and you will receive more details closer to the program.

Fees

PA Sleep Society Members:

Physicians \$75

Others \$50

Non–Members:

Physicians \$100

Others \$75

Fee Includes:

Instruction • Lunch • Refreshments • Materials

For PSS nonmembers who would like to become members, check the box on the registration form under the nonmember fees. Checking that box will designate \$25 of the fee to pay 2014 PSS dues.

Members of neighboring state sleep societies (DE, MD, NJ, NY, OH and WV) may register at the PSS member rate.

Cancellation Policy

- **Cancellations received later than: April 26, 2014 will incur a \$25 processing fee.**

- **No refunds after: May 1, 2014. Substitute attendees are accepted at any time.**

Please provide a cell phone number so we can reach you in the event of last-minute change or cancellation.

The University reserves the right to cancel or postpone any course because of insufficient enrollment or other unforeseen circumstances. If a program is canceled or postponed, the University is not responsible for any related costs, charges, or expenses. Preregistered participants will be notified if a program is filled or canceled.

Registration

Enrollment is limited. Register online, by fax, or by mail.

Registrations will be confirmed by email 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.

Call 717-531-6483

Fax 717-531-5604

Email ContinuingEd@hmc.psu.edu

Mail Registrar, Penn State Hershey, Continuing Education, G220

P. O. Box 851, Hershey, PA 17033



Register Online Today! pennstatehershey.org.ce

6TH ANNUAL PA SLEEP SOCIETY MEETING

May 3, 2014 • D5503–14–Z

Name (First Name, M.I., Last Name)

Male Female

Degree(s)/Credentials

Email Address (Print legibly. Used for confirmation, registration status, and program materials.)

Home Address

City

State

Zip Code

Daytime Phone

Cell Phone (For last-minute changes/cancellations)

Hospital or Organization Specialty/Position

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

City

State

Zip Code

Special Needs (Dietary, access, etc.)

Do you plan to attend the networking reception?

(There is no fee) yes no

Please Check the Appropriate Fee

PA Sleep Society Members: \$75 physician \$50 others

Out-of-state sleep society member—State: _____

PSS Non-Members: \$100 physician \$75 others

I am not a member of PSS but would like to become a member—
designate \$25 of my fee to pay 2014 PSS dues.

Method of Payment:

Check enclosed—payable to Penn State

Bill sponsoring organization—attach a letter of authorization

HMC/COM employee—bill department

Cost center/budget #: _____

Charge my: VISA

MasterCard

AMEX

Account Number

Exp.

Cardholder's Signature

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