

9TH ANNUAL PA SLEEP SOCIETY MEETING

Saturday • May 6 • 2017



pasleep.org



HILTON HARRISBURG
One North Second Street
Harrisburg, PA 17101

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<http://bit.ly/E604617>

A continuing education service of Penn State College of Medicine,
in partnership with the Pennsylvania Sleep Society



PennState
College of Medicine



**PENNSYLVANIA
SLEEP SOCIETY**

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

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.

This publication is available in alternative media on request.

The Pennsylvania State University is committed to the policy that all persons shall have equal access to programs, facilities, admission, and employment without regard to personal characteristics not related to ability, performance, or qualifications as determined by University policy or by state or federal authorities. It is the policy of the University to maintain an academic and work environment free of discrimination, including harassment. The Pennsylvania State University prohibits discrimination and harassment against any person because of age, ancestry, color, disability or handicap, genetic information, national origin, race, religious creed, sex, sexual orientation, gender identity, or veteran status and retaliation due to the reporting of discrimination or harassment. Discrimination, harassment, or retaliation against faculty, staff, or students will not be tolerated at The Pennsylvania State University. Direct all inquiries regarding the Nondiscrimination Policy to the Affirmative Action Director, The Pennsylvania State University, 328 Boucke Building, University Park, PA 16802-5901; tel 814-863-0471/TTY. U.Ed. MED E6046-17-Z

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

RATE
\$142+ tax per room per night

RESERVATIONS
Online: hilton.com
Call: 1-717-233-6000
Use the code name: Sleep

DEADLINE
Tuesday, April 4, 2017

Rooms are available on a first-come, first-served basis, so make reservations as early as possible. Rooms reserved after this date are at regular rates and will be based on availability.

CREDIT

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Penn State College of Medicine and Pennsylvania Sleep Society. Penn State College of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

AMA
Penn State College of Medicine designates this live activity for a maximum of 7 *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.

AARC
Application has been made to the American Association for Respiratory Care (AARC) for 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.

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

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**PENNSYLVANIA
SLEEP SOCIETY**

PROGRAM / 7 a.m.–4:45 p.m.

7:00

Check In / Breakfast / Exhibits

8:00

Welcome / Orientation

OBSTRUCTIVE SLEEP APNEA (OSA)

8:10

Sleep and Cancer

Diane C. Lim, MD, MTR

8:40

Managing Difficult Titrations

Robert Warrell, RPSGT, RST

9:10

Effects of OSA and its Treatment on Partners

Faith S. Luyster, PhD

9:40

Morning Break / Visit Exhibits

KEYNOTE

10:00

Can We Sleep Our Way to Better Health?

Daniel J. Buysse, MD

FELLOW'S CORNER

11:00

Obesity Hypoventilation Syndrome

Yoong Hee A. Chang, MD

11:30

The Impact of Insomnia on Physical

and Mental Health

Isabella Soreca, MD

12:00

Lunch / Visit Exhibits

PROGRAMMATIC APPLICATIONS

- 1:00 Sleep Science Coaching in the World of Sports
Brendan Duffy, RPSGT, RST
- 1:30 OSA in Commercial Drivers: Practical Consideration for Clinicians
Indira Gurubhagavatula, MD, MPH
- 2:00 Sleep Deprivation: Determinants, Measurement, and Consequences
Mathias Basner, MD, PhD, MSc
- 2:30 Afternoon Break / Visit Exhibits

PEDIATRIC

- 2:45 Cross-Cultural Differences in Infant and Toddler Sleep
Jodi A. Mindell, PhD
- 3:15 New Treatment Modalities for Pediatric Obstructive Sleep Apnea Syndrome
Ignacio E. Tapia, MD, MSTR
- 3:45 Sleep and Circadian Rhythm Effects on Substance Use in Adolescents and Young Adults
Brant P. Hasler, PhD
- 4:15 Understanding the Connection Between Autism and Sleep Via Overlapping Genetic Mechanisms
Olivia J. Veatch, MS, PhD
- 4:45 Adjournment

NETWORKING RECEPTION

There is no cost for this event.

Held at the Hilton Harrisburg on Friday, May 5, 2017, from 6:30 - 9 p.m. This social reception is an additional activity and not part of the conference itself. Please select whether you plan to attend on the training request form, when you register for the conference.



FEES

Fee Includes: Instruction | Listed Meals | Handout Materials | Refreshments

\$100 per person

\$25 OFF – PA Sleep Society Member Discount

Contact Marcy Guido-Posey – mlguidoposey@geisinger.edu to get the discount code. You must have this code prior to registering for the conference, to receive the discount.

Registrations received after Friday, May 5, 2017, will incur a \$25 late fee.

CANCELLATION POLICY

Cancellations received later than:

Friday, April 28, 2017

will incur a \$25 processing fee

No refunds after:

Tuesday, May 2, 2017

The University reserves the right to cancel or postpone any course or activity because of insufficient enrollment or other unforeseen circumstances. If a program is canceled or postponed, the University will refund registration fees but cannot be held responsible for any related costs, charges, or expenses, including cancellation/change charges assessed by airlines or travel agencies. Preregistered participants will be notified if a program is filled or canceled.

REGISTRATION

Register online using COMPASS, our registration and records system. New users are required to set up an account, which will provide access to your CE certificates and conference materials.

Register Online Today!



<http://bit.ly/E604617>

QUESTIONS?

Course: E6046-17-Z

Call: 717-531-6483

Email: ContinuingEd@hmc.psu.edu

Mail: Registrar, College of Medicine
Continuing Education, G220
P. O. Box 851
Hershey, PA 17033-0851



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