

The Virginia Academy of Sleep Medicine



and the



Sleep Disorders Center

Presents:

The Inaugural Virginia Academy of Sleep Medicine Meeting

October 9, 2009

CHARLOTTESVILLE, VIRGINIA

Jointly Sponsored by:

The University of Virginia Office of Continuing
Medical Education, The UVA Sleep Disorders
Center and the Virginia Academy of Sleep
Medicine (www.vasleepmedicine.org)

Course Directors

Paul M. Suratt, MD, Kathe Henke, PhD
and Robert D. Vorona, MD

Target Audience:

Sleep Disorders Professionals: Physicians,
Nurse Practitioners, Polysomnographic
Technologists and others interested in the
practice of Sleep Medicine

Conference Agenda: Friday, October 9, 2009

1100-1300	<i>Registration and Exhibits</i>	
1100-1245	<i>VASM Meeting</i> Robert D. Vorona, MD VASM President	
1100-1145	<i>AASM Update on Tech Licensure</i>	
1145-1245	<i>VASM Business and Lunch</i>	
1230-1300	<i>Exhibits</i>	
1300-1310	<i>Welcome and Announcements</i> Paul M. Suratt, MD	
1310-1350	<i>Ambulatory Management of Sleep Apnea: Is There a Home for Portable Monitoring?</i> Samuel T. Kuna, MD	
1350-1415	<i>An Internet Intervention for Insomnia</i> Lee M. Ritterband, PhD	
1415-1440	<i>Hypnotics</i> J. Catesby Ware, PhD	
1440-1505	<i>Pneumatic Compression for Restless Legs</i> Christopher Lettieri, MD	
1505-1525	<i>Break and Exhibits</i>	
1525-1550	<i>Effects of Weight Loss Surgery in OSA</i> Susheel Patil, MD, PhD	<i>Breakout Sessions for Polysomnographic Techs (AAST CECs and AARC CRCEs only will be offered for these two sessions - no CME credit offered)</i>
1550-1615	<i>Environmental Light and Circadian Disruption in Disease</i> Ignacio Provencio, PhD	
1615-1640	<i>Sleep Disorders in Obstructive Lung Disease</i> Cynthia Brown, MD	
1640-1705	<i>Listening for Sleep Apnea: Detection with High Frequency Sounds</i> Paul M. Suratt, MD	<i>1525-1615 Central Sleep Apnea: Physiology or Pathophysiology?</i> Kathe Henke, PhD
1705-1730	<i>Panel Discussion: Practical Issues in Sleep Center Management</i> Richard Parisi MD, Marc Raphaelson MD, William Cale, MD	
1730-1745	<i>Questions and Answers Conference Wrap Up</i>	

Conference Faculty:

Cynthia Brown, MD
Assistant Professor of Medicine, Division of Pulmonary and Critical Care; University of Virginia

William Cale, MD
Director, RMH Center for Sleep Medicine
Rockingham Memorial Hospital

Michael Dubik, MD
Director of Sleep Medicine
Children's Hospital of the King's Daughters

Kathe Henke, PhD
Laboratory Director
Sleep Disorders Center of Virginia

Samuel T. Kuna, MD
Associate Professor of Medicine; Chief, Pulmonary, Critical Care & Sleep Section; Philadelphia Veterans Affairs Medical Center

Christopher Lettieri, MD
Director of Sleep Medicine
Walter Reed Army Medical Center

Richard Parisi, MD
Medical Director, Sleep Disorders Center of Virginia
Associate Professor of Medicine, Virginia Commonwealth University

Susheel P. Patil, MD, PhD
Assistant Professor of Medicine, Pulmonary & Critical Care Medicine
Johns Hopkins University

Ignacio Provencio, PhD
Associate Professor of Biology
University of Virginia

Marc Raphaelson, MD
Medical Director, Shady Grove Sleep Disorders Center

Lee M. Ritterband, PhD
Associate Professor
Dept. of Psychiatry and Neurobehavioral Sciences
University of Virginia

Paul M. Suratt, MD
Professor of Pulmonary and Critical Care Medicine
Director, Sleep Disorders Center
University of Virginia

J. Catesby Ware, PhD
Professor and Director Division of Sleep Medicine
Eastern Virginia Medical School

Conference Description:

This conference will provide the sleep professional with opportunities to learn about the latest advances in assessment and treatment of individuals with sleep disorders.

Course Objectives:

At the conclusion of this program, participants will be able to:

- Identify the latest advances in the monitoring and measurement of sleep disordered breathing
- Contrast methods to enhance diagnostic and treatment decisions
- Evaluate the diagnoses and treatments of sleep disorders and sleep related symptoms

Conference Site:

*Jordan Hall Conference Center
University of Virginia Health System
Charlottesville, VA 22908*

Important Reminder: Conference parking for activities at the UVA Health System is limited to the **14th Street Parking Garage**. For driving directions to Wertland 14th Street Garage, go to www.cmevillage.com and click on "Directions, Maps and Parking". **The CME office is unable to reimburse conference attendees for parking.**

Accommodations:

For a list of nearby hotels/motels, go to: www.cmevillage.com and click on "Lodging".

Cancellation Policy:

- If the program is cancelled by VASM or UVA, all registration fees will be returned to participants within 30 days.
- Refunds less a 10% administrative fee will be provided to participants who cancel (in writing) 15 days prior to the program.
- No refunds will be provided for participants canceling less than two weeks prior to the program.

Other Information:

Disclosure of faculty financial affiliations

The University of Virginia School of Medicine, as an ACCME accredited provider, endorses and strives to comply with the Accreditation Council for Continuing Medical Education (ACCME) Standards of Commercial Support, Commonwealth of Virginia statutes, University of Virginia policies and procedures, and associated federal and private regulations and guidelines on the need for disclosure and monitoring of propriety and financial interests that may affect the scientific integrity and balance of content delivered in continuing medical education activities under our auspices. The University of Virginia School of Medicine requires that all CME activities accredited through this institution be developed independently and be scientifically rigorous, balanced and objective in the presentation/discussion of its content, theories and practices. All faculty presenters participating in an accredited CME activity are expected to disclose relevant financial relationships with commercial entities occurring within the past 12 months (such as grants, or research support, employee, consultant, stock holder, member of speakers bureau, etc.) The University of Virginia School of Medicine will employ appropriate mechanisms to resolve potential conflicts of interest to maintain the standards of fair and balanced education to the reader. Questions about specific strategies can be directed to the Office of Continuing Medical Education, University of Virginia School of Medicine, Charlottesville, Virginia. The faculty and staff of the University of Virginia Office of Continuing Medical Education have no financial affiliations to disclose.

Disclosure of discussion of non-FDA approved uses for pharmaceutical products and/or medical devices

The University of Virginia School of Medicine, as an ACCME provider, requires that all faculty presenters identify and disclose any "off label" uses for pharmaceutical and medical devices/products. The University of Virginia School of Medicine recommends that each physician fully review all the available data on new products or procedures before instituting them with patients.

Disclosure for attendance records & certificate distribution

The University of Virginia Office of Continuing Medical Education requires that all participants sign attendance sheets daily to confirm participation in the CME activity for that day. Certificates of attendance, designating the maximum number of hours of participation, are distributed to each participant at the CME activity. Replacement certificates can be obtained from the Office of Continuing Medical Education by submitting a request for a replacement certificate accompanied by the \$10 fee.

Special Needs

The Americans with Disabilities Act of 1992 requires that all individuals, regardless of their disabilities, have equal access. The Office of Continuing Medical Education of the University of Virginia School of Medicine is pleased to assist participants with special needs. **Requests need to be made in writing and sent to the Office of Continuing Medical Education, Box 800711, 6202 Hospital West, University of Virginia School of Medicine, Charlottesville, VA 22908-0711.**

Joint-Sponsorship Accreditation and Designation Statement

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 University of Virginia School of Medicine and the Virginia Academy of Sleep Medicine. The University of Virginia School of Medicine is accredited by the ACCME to provide continuing medical education for physicians. The University of Virginia School of Medicine designates this educational activity for a maximum of 4 *AMA PRA Category 1 Credits*.™ Physicians should only claim credit commensurate with the extent of their participation in the activity

The University of Virginia School of Medicine awards 0.1 CEU per contact hour to each non-physician participant who successfully completes this activity. The CEU (Continuing Education Unit) is a nationally recognized unit of measure for continuing education and training activities that meet specific educational planning requirements. The University of Virginia School of Medicine maintains a permanent record of participants who have been awarded CEUs. This program is being offered for up to 4 contact hours (0.4 CEU).

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

Application has been made to the American Association of Sleep Technologists for Continuing Education Credits for Sleep techs

For further conference information or to request special needs accommodation, please contact:

Pam MacIntyre, M.Ed., M.S.
Faculty/Program Planner
University of Virginia Office of CME
Phone: 434-982-4136; Fax: 434-982-1415
pam2n@virginia.edu

REGISTRATION FORM

The Inaugural Virginia Academy of Sleep Medicine Meeting October 9, 2009

Jordan Hall Conference Center, University of Virginia, Charlottesville, VA Please PRINT legibly to ensure accuracy.

Please visit our website, www.cmevillage.com, to see if online registration is available for this conference.

Pre-registration for this conference will close two business days (three days for online registrations) prior to the conference date. Please call to confirm that onsite registration will be available.

Mr. Mrs. Ms. Dr. First Name: _____ M.I.: _____ Last Name: _____

Credentials: (MD, PhD, RN, etc.): _____ Specialty: _____

Affiliation/Business./Organization: _____

Primary Address: This is: home work Street: _____

City: _____ State/Province: _____ Zip: _____

Country: _____ Phone: _____ Fax: _____

Email: _____ Please print clearly for successful email delivery of your confirmation letter.

Are you an employee of the University of Virginia? Yes No Are you a resident physician? Yes No Are you a fellow? Yes No

Do you require special assistance because of a disability, or have any dietary restrictions? If so, please describe:

Birth date (required for tracking CME credits/CEU): ____ MM ____ / ____ DD ____ / ____ YYYY

REGISTRATION FEES

VASM and Washington DC Sleep Society Members (Doctoral Level).....	\$50
VASM and Washington DC Sleep Society Members (Affiliate/Allied Level)	\$25
Non-members (Doctoral Level).....	\$100
Non-members (Allied Sleep Professionals).....	\$50

Payment is required with registration. An exception is made for institutional checks; however, these must be received at least 4 days prior to the scheduled CME activity. If payment is not received by the deadline, you will NOT be registered for the conference. You will receive written confirmation (by email) upon receipt of your payment.

PAYMENT OPTIONS

Check or money order made payable to "UVA-CME." Please indicate the name of the conference on your check.

Charge payment to:

Visa MasterCard American Express Discover Your credit card number: _____ -- _____ -- _____ -- _____ Expiration date ____ MM/YY

Signature: _____

SEND REGISTRATIONS TO:

Bebe Moore, Registrar: The Inaugural Virginia Academy of Sleep Medicine Meeting
Office of Continuing Medical Education, P.O. Box 800711
University of Virginia School of Medicine, McKim Hall
Charlottesville, VA 22908
Tel: (434) 924-5310, Fax: (434) 243-6393, MIRS Tel: 1-800-552-3723