



2021 Summer Sleep Conference

Sponsored by the Kentucky Sleep Society
August 7, 2021 9:00 AM to 01:00 PM EST.



This is a WebEx virtual event

Program Description

The overarching goal of this conference is to provide a forum for all interested professionals to come together and discuss the future of sleep medicine. Topics to be discussed include New Sleep Gizmos Technology that is changing our sleep world, Sleepwalking and Violence cardio-cerebrovascular consequences of OSA, and REM Sleep Disorder as a predictor for MSA and LBD. This conference is designed to meet a critical need expressed by many educators and health advocates to address, and manage, the growing number of patients with complaints of poor sleep.

The Kentucky Sleep Society encourages sleep professionals, nurse practitioners, and primary care providers to take steps to collaborate with experts in sleep medicine, who are contributing standards for practice at this conference.

This educational program will focus on clinical practices in the care of the sleep patient. The speakers will present the latest diagnostic and treatment options that will lead to optimal outcomes for patients suffering with sleep disorders.

AGENDA:

9:00- **New Sleep Gizmos, Technology that is changing our sleep world.**

Michael Zachek MD; Bowling Green, KY

Learning Objectives:

1. How do personal device apps affect how our patients perceive sleep?
2. How will Artificial Intelligence alter our scoring of polysomnography?
3. What new technologies for treatment change the way we approach our patients?

10:00- **Sleepwalking and Violence**

Robert N Pope MD; Owensboro, KY

Learning Objectives:

1. Discuss definitions, epidemiology, pathophysiology, and diagnosis of the NREM parasomnias in adults.
2. Examine sleepwalking and the forensic aspects of sleep medicine.
3. Explore treatment of parasomnias.

11:00- **The Heart and Brain of Sleep: cardio-cerebrovascular consequences of OSA.**

Abinash Joshi MD; Owensboro, KY

Learning Objectives:

1. Discuss the pathophysiology of obstructive sleep apnea and how it affects cardiovascular and cerebrovascular systems.
2. Overview of different cardiovascular and cerebrovascular consequences of sleep apnea.
3. Discuss the impact of positive-airway pressure therapy on the cardio/cerebrovascular consequences of obstructive sleep apnea.

12:00- **REM Sleep: Unlock the Secret of Parkinson's Disease**

Daniel Lee, MD, FAAN, FAASM - Lexington, KY

Learning Objectives:

1. Be able to identify where our Rem sleep is generated in our brain.
2. Be aware of any degeneration of the descending pathway from the pons can lead to RBD.
3. Be able to discuss that REM sleep behavioral disorder is extremely powerful as a prodromal marker of neurodegenerative disorders involving synucleinopathies such as PD, LBD and Multi-system atrophy.



Continuing Education

Physician, Physician Assistant, Nurse Practitioner: The Southern Kentucky Area Health Education Center is accredited by the Kentucky Medical Association (KMA) to provide continuing medical education for physicians.

The course is pending approval for a maximum of 4 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity. All persons participating in continuing medical education programs accredited by the Southern AHEC are expected to disclose any or perceived conflict of interest related to the content of their presentations.

The Southern Kentucky AHEC office of continuing medical education presents this activity for educational purposes only. Participants are expected to use their own expertise and judgement while engaged in the practice of medicine. The content of the presentation is provided solely by presenters who have been selected for presentations because of recognized expertise in the field.

Nursing: KBN Approval: Has been applied for.

Content Overview:

Provide a forum to discuss the future of sleep medicine.

Respiratory Care: The American Board of Respiratory Care program application has been applied for 4 CE hours for the program. Participants should only claim those hours of credit spent in the educational activity.

Sleep Techs: CSTE Program application has been applied for by the Board of Polysomnographic Technologists. Individuals must accurately and legibly complete all required provider documents. Participants should only claim those hours of credit spent in the educational activity. The program is applied for up to a maximum of 4 CSTE hours.

Speaker Disclosures

All persons participating in continuing medical education programs sponsored by the Kentucky Sleep Society are expected to disclose any real or perceived conflict of interest related to the content of their presentations. The Kentucky Sleep Society presents this activity for educational purposes. Attendees are expected to use their own judgment while engaged in the practice of medicine.

Abinash Joshi MD—no conflicts to disclose

Daniel Lee MD- no conflicts to disclose

Robert Pope, MD—no conflicts to disclose

Michael Zachek, MD – Harmony Biosciences speakers bureau, Phillips Respironics



Register online at: <http://events.constantcontact.com/register/event?llr=mu7wgvxab&oeidk=a07ei8ujn6db6642b8c>

Registration can also be done by completing and mailing this form to the address listed below:

Last Name _____ First Name _____

License No. _____ Circle credential: (RPSGT, RRT/CRT, RN/APRN, MD, DMD/EILA)

Home Address _____

City _____ State _____ Zip _____

Phone # _____ Email _____

Payment

___ VISA ___ MasterCard ___ Check (payable - KYSS)

Card # _____ Security Code: _____ Exp. Date _____

Name on Card _____

Upon registration and payment, the Kentucky Sleep Society will promptly send a confirmation email.

An invitation email will be sent before the start of the conference with an access code to join

***License number required for Contact Hours.**

Registration **MUST** be received prior to August 6th (registration will close at midnight August 6th)

___ \$70.00 RNs/MD/DMD non-KYSS member

___ \$60.00 RNs/MDs/DMD KYSS member

___ \$50.00 Sleep Techs/RTs non-KYSS member

___ \$40.00 Sleep Tech/ RTs KYSS member

___ \$10.00 Students in Sleep Medicine (must show ID)

**Brittany Myers
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If you have questions, please reach out to us at: jjones0302@gmail.com or 270-300-0050