

INVITED LECTURERS

8:00am - 9:00am

G19: SLEEP AS A PERFORMANCE OPTIMIZATION STRATEGY

J. Lynn Caldwell, PhD; and John Caldwell, PhD
Room 217AB

Target Audience: Beginner to Advanced

Objectives:

1. Review the scope of sleep-related problems in modern society.
2. Describe the relationship between off-the-job sleep and on-the-job performance.
3. Recognize feasible techniques for ensuring better sleep and better subsequent performance.

8:00am - 9:00am

G20: DEVELOPMENT AND APPLICATION OF THE PAP-NAP IN SLEEP MEDICINE PRACTICE

Barry Krakow, MD
Room 217CD

Target Audience: Beginner to Advanced

Objectives:

1. Summarize the history of PAP-NAP development.
2. Describe how to detect and respond to expiratory intolerance.
3. Apply the “control of breathing” paradigm.

SYMPOSIA

9:00am - 10:00am

G21: SEIZURES IN THE SLEEP CENTER: WHAT WILL I SEE & HOW SHOULD I RESPOND?

Debbie Campbell, RPSGT, REEGT
Room 217AB

Target Audience: Beginner to Intermediate

Objectives:

1. Recognize different types of seizures and what can clinically be determined during the various types of seizures.
2. Review the treatment options available and the socioeconomic impact for people who have seizures.
3. Identify seizure activity on the EEG during a sleep study.
4. Describe how to keep your patient safe during a seizure and when to activate emergency medical service.

9:00am - 10:00am

G22: THE SLEEP APNEA EDUCATOR: IS IT A NEW ROLE?

Robyn Woidtke, RN, RPSGT
Room 217CD

Target Audience: Intermediate

Objectives:

1. Describe the role of the sleep apnea educator.
2. Integrate principles of chronic care and disease management into daily practice.
3. Utilize theories of behavioral change to create individualized plan of care.

BREAK – 10:00am - 10:15am

DISCUSSION GROUP

10:15am - 11:15am

G23: A PRACTICAL APPROACH TO DELAYED SLEEP PHASE DISORDER, SHIFT WORK DISORDER AND JET LAG DISORDER (EASTWARD TRAVEL)

Lowery Thompson, MD
Room 217AB

Target Audience: Intermediate

Objectives:

1. Describe the circadian characteristics of core body temperature and human melatonin production.
2. Estimate circadian phase by the use of a careful patient history.
3. Describe the optimum time of administration of melatonin for sleep phase modification.
4. Describe the optimum time of administration of light therapy or light avoidance for sleep phase modification.

SYMPOSIA

10:15am - 11:15am

G24: THE ROLES OF THE HOSPITAL-BASED SLEEP DISORDERS PROGRAM: ITS EXPANSION AND FUTURE

William Beauchamp, RPSGT, RRT
Room 217CD

Target Audience: Intermediate to Advanced

Objectives:

1. Analyze clinical advantages and disadvantages of new protocols and technology in the evaluation of obstructive sleep apnea (OSA).
2. Develop diagnostics techniques for the diagnosis and treatment of OSA in the preoperative setting.
3. Implement a CPAP compliance program in the hospital setting.
4. Summarize unique considerations of the inpatient on CPAP therapy.

11:15am - 12:15pm

G25: PRESSURE FLOW SIGNALS

Richard Swanson, RPSGT, CRT
Room 217AB

Target Audience: Beginner

Objectives:

1. Describe how a pressure transducer turns pressure to an electrical signal.
2. Recognize what filter settings are required to get the best signal.
3. Explain how cannula position and types affect the signal.
4. Explain why the square root transformation is not required.

11:15am - 12:15pm

G26: OVERVIEW OF STATE LEGISLATION FOR SLEEP TECHNOLOGISTS

Ted Thurn, MPS
Room 217CD

Target Audience: Beginner to Advanced

Objectives:

1. Describe the current statutory educational and training requirements for sleep technologists.
2. Explain the current legislative activities affecting the sleep technology profession.
3. Review state sleep society initiatives.
4. Discuss the AAST/AASM/AARC communications regarding scope of practice.

LUNCH (ON YOUR OWN) – 12:15pm - 1:30pm

SYMPOSIA

1:30pm - 3:30pm

G27: DIAGNOSIS, TITRATION AND TREATMENT OF THE PATIENT WITH CSA, CSR AND/OR COMPLEX SLEEP APNEA

Don Causey, RPFT, RCPT, CRT, RCP
Room 217AB

Target Audience: Intermediate to Advanced

Objectives:

1. Describe the underlying physiology of central sleep apnea, cheyne stokes respiration and complex sleep apnea.
2. Explain the controls, settings, features and algorithms of the auto servo-ventilation (ASV).
3. Differentiate between bilevel spontaneous-timed and the ASV and when to use each.
4. Comprehend the use of the AutoSV during titration in the sleep center and for treatment after sleep studies are complete.

1:30pm - 3:30pm

G28: PROFESSIONAL DEVELOPMENT FOR THE SLEEP TECHNOLOGIST: IS THERE SUNSHINE AT THE END OF THE RAINBOW?

Chair: Marietta Bellamy-Bibbs, RPSGT
Faculty: Charmaine Brown, RPSGT, CCRP;
Mary Kay Hobby, RPSGT, RRT; Bonnie Robertson, RPSGT, CRT
Room 217CD

Target Audience: Advanced

Objectives:

1. Determine career paths that assist in professional development.
2. Apply knowledge to develop career advancement in education.
3. Discuss available areas where sleep technologists can advance and grow.
4. Identify methods to excel in research coordination.

BREAK – 3:30pm - 3:45pm

DISCUSSION GROUP

3:45pm - 4:45pm

G29: THE SUPPORT GROUP AS A MEANS OF IMPROVING APNEA PATIENT'S ADHERENCE TO THERAPY

Rochelle Goldberg, MD
Room 217AB

Target Audience: Beginner to Advanced

Objectives:

1. Recognize how support groups improve adherence to apnea therapy.
2. Review the elements of successful meetings.
3. Discuss how to measure improvement.

SYMPOSIUM

3:45pm - 4:45pm

G30: OPIOID INDUCED CENTRAL SLEEP APNEA

Kristie Dover, RPSGT
Room 217CD

Target Audience: Beginner to Advanced

Objectives:

1. Discuss opioids and their effect on the respiratory system.
2. Discuss what drugs can produce central sleep apnea.
3. Review how to recognize polysomnography features of this condition.
4. Discuss treatment options (i.e. bilevel, BiPAP with backup rate and servo-ventilation).