

Introductory course in sleep medicine IARS/IICMS, ISS

January 26th and 27th 2017

Auditorium Connolly Hospital

Day 1

8.00 am Registration & coffee

8.20 am Welcome & Introduction

8.30am Review of background reading (mandatory attendance)

Session 1 Overview of anatomy & biology of Sleep

9.15-9.45 Physiology of respiration & control of breathing during sleep

9.45-10.15 Overview of Normal sleep

10.15-10.45 Overview of sleep disorders

10.45-11.15 Morning Coffee

Session 2 Pathophysiology of sleep

11.15-11.45 Pathophysiology of the upper airway in OSA

11.45-12.15 Pathophysiology of cardiovascular and metabolic consequences : cardiovascular morbidity in OSA

12.15-12.45 Pathophysiology of CSA and heart failure

12.45-1.30 Lunch

Session 3 Clinical assessment of OSA with case studies

1.30-2.00 Medical History taking

2.00-2.30 Physical examination

2.30-3.00 Impact of medications and lifestyle on sleep

3.00-3.15 Coffee

3.15-3.45 Subjective vs. objective indicators of sleep disorders

3.45-4.30 Case studies

4.30- 4.45 Q & A and close

Day 2

8.00 am Registration & coffee

8.15 am Welcome & Introduction

Session 1 Diagnostics techniques used in the diagnosis of respiratory sleep disorders

8.30-9.00 Polysomnography: measurement techniques

9.00-9.30 Equipment and Sensor technology used in sleep diagnostics

9.30-10.00 Scoring of sleep EEG according to the AASM rules

10.00-10.30 Scoring of abnormal respiratory events with trace case studies

10.30-11.00 Morning Coffee

Session 2 Practical Workshops

11.00-11.30 Electrode placement and patient setup

11.30-12.00 Respiratory scoring using case studies and trace samples

12.00-12.30 EEG Scoring workshop using case studies and trace samples

12.30-1.15 Lunch

Session 3 Treatment options for respiratory sleep disorders

1.15-1.45 Overview of OSA treatment

1.45-2.15 Oral devices

2.15-2.45 Non-invasive ventilation (CPAP/BiPAP/ASV)

2.45-3.00 Coffee

3.00-3.45 Final MCQ examination

3.45-4.00 Q & A and Close

Speakers to be confirmed