



IICMS

Irish Institute of Clinical
Measurement Science

This programme is the 2nd Sleep course in the series from the IICMS

The course is specifically focused on a more skills-based training model to complement the theory course delivered in 2017.

IICMS Sleep Medicine and Skills Workshop Course (Preliminary Programme)

24th and 25th Jan 2019, Academic Centre, Connolly Hospital, Dublin

Day 1 Respiratory Sleep Disorders and Diagnostics

8.30-8.55 *Registration, tea/coffee & light breakfast*

8.55-9.00 Opening & Introduction to 2 day Course **Aisling McGowan**

Session 1

9.00-9.45 Overview of Normal Sleep and Sleep Disorders **Dr John Kiely**

9.45-10.30 Pathophysiology of the upper airway **Dr Barry Kennedy**

10.30-11.00 *Tea/Coffee & scones*

Session 2

11.00-11.45 Pathophysiology of CSA and heart failure **Prof Liam Cormican**

11.45-12.30 Medical history & physical Examination **Prof John Faul**

12.30-1.30 *Lunch*

Session 3

1.30-2.15 Polysomnography Overview **Peter Coss**

2.15-4.15 **Practical Workshops on Diagnostic Techniques (4 Groups in Rotation)**

- Hands On Polysomnography setup
- Hands On Polygraphy setup
- Polysomnography scoring (Sleep staging)
- Respiratory scoring (polygraphy)

4.15-4.30 Q&A and close



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Day 2 **Treatment options for Sleep disorders including Narcolepsy**

8.30-9.00 *Registration, tea/coffee & light breakfast*

Session 1

9.00-9.30 Treatment Options for Sleep Disorders **Dr Eddie Maloney**

9.30-10.00 Narcolepsy **Dr John Garvey**

10.00-10.30 Multiple Sleep Latency Tests **Breege Leddy**

10.30-11.00 *Tea/Coffee*

Session 2

11.00-11.30 Cognitive Behavioural Therapy (CBT) **Deirdre McSwiney**

11.30-12.00 Therapy Device Clinic- a physiologist approach **Kevin McEvoy**

12.00-12.45 Non-invasive Ventilation **Elaine Craven**

12.45-1.45 *Lunch*

Session 3

1.45-2.15 Oral Treatment Devices **Dr John O'Brien**

2.15-4.15 **Practical Workshops on Treatment Techniques (4 Groups in Rotation)**

- CBT **D McSwiney/B Leddy**
- Narcolepsy support **Lisa Slattery**
- CPAP **Kevin McEvoy**
- BiPAP & O2 therapy **Michelle Cuddihy**

4.15-4.30 Q&A and close