Management of SLEEP DISORDERS in Primary Care

Clinical Approaches to Improve that Very Important 1/3 of your Patients’ Lives

January 23–24, 2016
The Mills House Wyndham Grand Hotel
115 Meeting Street, Charleston, SC
Management of SLEEP DISORDERS in Primary Care

Clinical Approaches to Improve that Very Important 1/3 of your Patients’ Lives

MUSC Conference Faculty

CONFERENCE CHAIR
Robert J. Malcolm, MD
Professor, Division of Addiction Sciences
Department of Psychiatry and Behavioral Sciences
Associate Dean for Continuing Medical Education
College of Medicine

CONFERENCE FACULTY
Scott W. Bragg, PharmD, BCPS
Assistant Professor, Clinical Pharmacy and Outcome Sciences
College of Pharmacy

M. Boyd Gillespie, MD, MSc
Professor, Department of Otolaryngology - Head and Neck Surgery

Kelly Holes-Lewis, MD
Assistant Professor, Division of Brain Research and Integrative Neuropsychopharmacology
Department of Psychiatry and Behavioral Sciences

Daniel T. Lackland, DrPH, FACE, FASH, FAHA
Professor, Division of Translational Neurosciences and Population Studies
Department of Neurology

Allison S. Nissen, CNM
Certified Nurse Midwife
Department of Obstetrics & Gynecology

Andrea M. Rinn, MD
Assistant Professor, Division of Pulmonary, Critical Care, Allergy and Sleep Medicine

C. Maria Riva, MD
Clinical Professor, Department of Pediatrics
Pulmonology and Sleep Medicine
Director, Pediatric Sleep Program

Clint Ross, PharmD
Clinical Pharmacy Specialist in Psychiatry
Adjunct Assistant Professor, SC College of Pharmacy

Gregory Sahlem, MD
Clinical Instructor, Brain Stimulation
Department of Psychiatry

Marian Taylor, MD
Associate Professor, Division of Cardiology
Department of Medicine

Thomas Uhde, MD
Professor and Chair, Department of Psychiatry and Behavioral Sciences

Credit Designation
The Medical University of South Carolina designates this live activity for a maximum of 10.75 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP: Application for Continuing Medical Education credits has been filed with the American Academy of Family Physicians. Determination of credits is pending

Nurses: Most states accept CMEs that apply to a specific nursing specialty as nursing continuing education. Please check with your respective State Board of Nursing to ascertain the equivalent number of contact hours offered for 10.75 AMA PRA Category 1 Credit(s)™.

Accreditation
The Medical University of South Carolina College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Disclosure Statement
In accordance with the ACCME Essentials and Standards, anyone involved in planning or presenting this educational activity will be required to disclose any relevant financial relationships with commercial interests in the healthcare industry. This information will be made available to participants at the beginning of the activity. Speakers who incorporate information about off-label or investigational use of drugs or devices will be asked to disclose that information at the beginning of their presentation.

Course Description
This course will address evaluation and management strategies of sleep problems, including insomnia, sleep apnea, excessive daytime sleepiness, and medication-induced sleep disorders. We will incorporate flipped classroom learning, didactic lectures, Q & A sessions and break-out sessions to provide primary care providers with strategies to implement when managing sleep disorders.

Target Audience
Primary Care Physicians, nurse practitioners, and physician assistants who regularly encounter patients with sleep complaints.

Overall Conference Objectives
Upon conclusion of this live activity, participants should be better able to:

- Formulate a practical approach for the management of major sleep disorders in adults, including insomnia, obstructive sleep apnea, and abnormal motor activity during sleep
- Recognize the fact that insomnia is often co-morbid with other disease states
- Discuss the pharmacological and behavioral management of insomnia
- Identify issues and challenges in the diagnosis/treatment of pediatric sleep disorders
- Recognize the causes of sleepiness in children and adults
- Manage excessive sleepiness in the setting of hypersomnia including narcolepsy.
# Course Agenda

## Friday, January 22, 2016

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</table>
| 3:00 pm | Early Registration  
Queen Street Gallery                               |
| 6:00 pm | Registration Closed for the evening         |

## Saturday, January 23, 2016

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>7:30 am</td>
<td>Registration and Continental Breakfast</td>
</tr>
</tbody>
</table>
| 8:00 am | Welcome and Announcements  
Robert Malcolm, MD                                                |
| 8:15 am | Obstructive Sleep Apnea: Screening/Diagnosis,  
Management Strategies and Case Studies,  
Andrea M. Rinn, MD                                                  |

## SLEEP DISORDERS AND OTHER DISEASE STATES

<table>
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<th>Time</th>
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</table>
| 9:15 am | Insomnia and Cardiovascular Disease  
Marian Taylor, MD                                             |
| 9:45 am | Insomnia and Hypertension  
Daniel Lackland, DrPH                                         |
| 10:15 am | Medication Induced Insomnia  
Clinton Ross, PharmD                                         |
| 10:45 am | Coffee Break                                                      |
| 11:10 am | Insomnia and Obesity  
Kelly Holes-Lewis, MD                                          |
| 11:40 am | Insomnia and Menopause  
Allison Nissen, CNM                                              |
| 12:10 pm | Q & A Panel with Mini-Symposium Speakers                          |
| 12:30 pm | Lunch (table topics) with Today’s Presenters                      |

## Sunday, January 24, 2016

<table>
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<tbody>
<tr>
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</table>
| 8:00 am | Surgical Management of Sleep Apnea,  
Marion B. Gillespie, MD                                             |
| 9:00 am | Case Presentations from Participants  
Thomas Uhde, MD                                                      |
| 10:00 am | Break (Travel to Breakout Rooms)                                    |

## BREAKOUT SESSIONS (10:30 - 12:30 PM)

- **Breakout 1**  
  10:30 - 11:30 am  
  Behavioral Management of Insomnia  
  Gregory Sahlem, MD

- **Breakout 2**  
  11:30 am - 12:30 pm  
  Behavioral Management of Insomnia  
  Gregory Sahlem, MD

## Accommodations

A block of rooms has been reserved for this conference. To secure your room at the Mills House Wyndham Grand Hotel at 115 Meeting Street, please call 866-781-3643 and state that you are attending the Medical University of South Carolina Sleep Disorders Conference. The room rate is $179.00 single/double per night plus any applicable city, county, state or federal taxes that may apply at the time of room occupancy. Currently, the guestroom tax rate is 13.5%. When you make your reservation, please be sure to ask about any early departure fees or cancellation penalties. The hotel room block is scheduled to be held until January 6, 2016 at 5:00pm EST but may be sold out before this date. Therefore, we advise you to register for the program and reserve your lodging as soon as possible. You may visit the hotel website at http://www.millshouse.com. The Hotel's check-in time is after 3:00pm. Check-out is 11:00am.

### Parking:

Parking: Current Parking fees per day are as follows: The Valet Parking rate is currently $29.00 per day and will be charged to individual guestrooms on a nightly basis. Self-parking is located in the Charleston County Municipal Parking Garage located behind the Hotel. Self-parking is a separate charge paid directly to the garage upon exiting. The Charleston airport is approximately 8 miles (30 minutes with traffic) from the downtown area.
Registration Methods

Please use ONE of the following methods to register for this conference.

- **Online:** Visit [www.musc.edu/cme](http://www.musc.edu/cme). Please select “CME Conferences” in the left hand menu, then scroll down to find this conference and select the “Register” button on the right hand side.
- **Telephone:** (843) 876-1925. Registration by Credit Card Only.
- **Fax:** (843) 876-1931. Registration by Credit Card Only (Secured Area).
- **Email:** Send registration form with Credit Card Information to cmeoffice@musc.edu
- **Mail:** Registration form with check payable to “Medical University of South Carolina” or credit card info to: Office of CME, Medical University of South Carolina, 19 Hagood Avenue, Suite 1004, MSC 754, Charleston, SC 29425

Registration Fees

<table>
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<tr>
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<th>Before January 4</th>
<th>On or After January 4</th>
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<tbody>
<tr>
<td>Physicians in Practice</td>
<td>$325</td>
<td>$375</td>
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<tr>
<td>All other Health Professionals</td>
<td>$250</td>
<td>$300</td>
</tr>
<tr>
<td>Printed Course Syllabus</td>
<td>$30</td>
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Early registration fees apply if registration is postmarked before January 4, 2016. The Registration fee includes tuition, continental breakfast, lunch on Saturday, breaks, and certificates of attendance. Pre-Registrations will be accepted until January 20, 2016 or until conference capacity is reached. After January 20, call the MUSC Office of CME at 843-876-1925 to see if space is still available. If space is still available you must register at the conference.

Cancellations

A refund will be made upon written request by January 4, 2016, however $75 will be retained for administrative costs. No refunds will be made after January 4, 2016. We reserve the right to cancel the program if necessary. Full registration fees will be refunded for canceled programs. The University cannot be responsible for reimbursement of airline or other transportation fares, hotel or rental car charges, including penalties. By registering for this course, you agree to this cancellation policy.

We encourage participation by all individuals. If you have a disability, advance notification of any special needs will help us better serve you. Please call the Office of CME at 843-876-1925 or attach a note to your registration form by January 4, 2016.

We're on Facebook!

Search for “MUSC Office of Continuing Medical Education” and like our page to stay current with all of our upcoming conferences and other news!

Online Syllabus - SAVE $30!

In our efforts to “go green”, we are offering a reduced registration ($30 off the registration fee) if you choose to access the electronic conference syllabus online. Information will be emailed to you the week prior to the conference so that you may download a copy, and have access to the online version during and following the conference. By choosing this option, you can select the reduced conference registration fee marked on the online and paper registration. However, you will not receive a printed syllabus book. If you would like the printed syllabus (Formatted 3 slides per page), select the full registration fee.

More Information

For more information, please call the Office of CME at 843-876-1925, send a fax to 843-876-1931, email cmeoffice@musc.edu or visit our website at: [www.musc.edu/cme](http://www.musc.edu/cme)
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Name/Degree: ____________________________________________________________
Personal ID: (Last 4 digits of your SSN) ____________________________________
Specialty: ______________________________________________________________
Address: __________________________________________________________________________________________
Phone: ___________________________ Fax: ___________________________
Email: ____________________________________________________________________________________________
Special Dietary/Food Allergy Requirements: __________________________________________________________________
(Please use your active email address to ensure receipt of all CME Credit emails & Documentation)

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Total Fee Enclosed: $ _______

Payment Must Accompany Registration:
☐ Check Payable to Medical University of South Carolina
☐ Visa    ☐ MasterCard    ☐ AmEx    ☐ Discover

Cardholder’s Name: ____________________________________________________________
Card Number: ___________________________ Expiration Date: _______________________

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By registering for this course, you agree to the cancellation policy outlined on the reverse side of this brochure.