

Course Location

Embassy Suites Hotel

4337 South Padre Island Drive
Corpus Christi, TX 78411

Travel Information

Corpus Christi International Airport

- 15 minute drive to the Embassy Suites
- Green & Go Cab Company has an account with the hotel and if you let them know ahead of time, the fare is \$10.00
- Embassy Suites also will provide a shuttle but at a cost of \$10.00 each way
- Car rental available

Lodging

Embassy Suites Hotel

4337 South Padre Island Drive
Corpus Christi, TX 78411
Phone: 361.853.7899
Room Rate: \$149.00/night, King non-smoking

Physicians Accreditation

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of Northwest Research & Education Institute and Sleep Health Management Resources, Inc. The Northwest Research & Education Institute is accredited by the ACCME to provide continuing medical education for physicians.

Credit Designation – The Northwest Research & Education Institute designates this educational activity for a maximum of thirteen (13) AMA PRA Category 1 Credits for the PRA from organizations accredited by ACCME.

Check out the program online at:

<http://www.sleep-health.com/Default.aspx?ContentPageID=22>



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Sleep

Health Management Resources, Inc.

5818 N. Hales Corner Rd. | Stillman Valley, IL 61084



PHYSICIAN SLEEP MEDICINE exam course

June 24-25, 2010

Sleep

Faculty

Jon Atkinson, B.S., RPSGT

President of Ohio Sleep Consultants

Mary Kay Hobby, RRT, RPSGT

President of Sleep Health Management Resources, Inc.

Course Description

Physicians will have the ability to interpret results of polysomnography, multiple sleep latency testing, maintenance of wakefulness testing, actigraphy, and portable monitoring related to sleep disorders.

Course Objectives

At the end of this continuing medical education event, participants should be able to:

- discuss current theories on the neurophysiologic control of sleep.
- list pharmacological effects on the sleep/wake system.
- differentiate behavioral and physiological effects of sleep deprivation.
- summarize the effects of the circadian system on sleep and waking.
- recognize clinical aspects of sleep disorders.
- evaluate clinical aspects of sleep disorders.

Target Audience

Sleep Medicine professionals, neurologists, pulmonologists, physician assistants, nurse practitioners and other physicians practicing sleep medicine.

Course Content

- Normal Sleep and Variants
- Organ System Physiology in Sleep
- Sleep Evaluation
- Pharmacology
- Disorders Related to Sleep Wake Time including pathophysiology, epidemiology, and management
- Insomnia including pathophysiology, epidemiology, diagnosis, and management
- Hypersomnia including pathophysiology, epidemiology, diagnosis, and management
- Parasomnias including pathophysiology, epidemiology, diagnosis, and management
- Sleep Related Movement Disorders including pathophysiology, epidemiology, diagnosis, and management
- Sleep Related Breathing Disorders including pathophysiology, epidemiology, diagnosis, and management
- Sleep in other disorders
- Considerations specific to Childhood

Day 1 Itinerary

- 7:00-8:00am **Continental Breakfast Provided**
- 8:00-9:00am **Normal Sleep**
- Basic sleep-wake neurophysiology
 - Ontogeny of human sleep
- 9:00-9:45am **Circadian Rhythm Disturbances**
- Types of circadian rhythm disturbance
 - Treatment options
- 9:45-10:00am **Break**
- 10:00-11:00am **Organ System Physiology in Sleep**
- Respiratory physiology
 - The endocrine system
 - GI involvement (reflux)
- 11:00-12:00pm **Insomnias**
- Pathophysiology, epidemiology, diagnosis, and management
- 12:00-1:00pm **Continental Lunch Provided**
- 1:00-2:00pm **Hypersomnia**
- Pathophysiology, epidemiology, diagnosis, and management
- 2:00-3:00pm **Sleep Related Breathing Disorders**
- Pathophysiology, epidemiology, diagnosis, and management
- 3:00-4:00pm **Sleep Related Movement Disorders**
- Sleep related movement disorders
 - AASM scoring and recording recommendations

Day 2 Itinerary

- 7:00-8:00am **Breakfast**
- 8:00-9:00am **Sleep in Other Disorders**
- Sleep in other medical, neurological and psychiatric disorders
- 9:00-9:45am **Childhood Sleep Disorders**
- Principal sleep disorders of childhood
- 9:45-10:00am **Break**
- 10:00-11:00am **Parasomnias**
- Pathophysiology, epidemiology, diagnosis, and management
- 11:00-12:00pm **Pharmacology**
- Basic sleep-wake pharmacology
 - Drugs with effects on sleep/wake cycle
- 12:00-1:00pm **Continental Lunch Provided**
- 1:00-2:00pm **Sleep Evaluation**
- Screening patients for sleep disorders
- 2:00-3:30pm **Interpreting Sleep Results**
- Interpretation of PSG, MSLT, MWT reporting

Disclosure: All course itineraries that are sent out prior to courses are sample program itineraries. SHM reserves the right to adjust lecture times to accommodate guest lecturers. Start times or class end times will not vary more than 1/2 an hour.

Physician Sleep Medicine Exam Course REGISTRATION FORM

Dates: June 24-25, 2010

Advanced Registration: \$695.00 before June 1, 2010

Late Registration: \$750.00

Registration Closed: June 14, 2010

Please type or print clearly.

Name: _____

Degree: _____

Address: _____

City, State, Zip: _____

Country: _____

Phone: _____ Fax: _____

Email: _____

Specialty

- | | |
|--------------------------------------------|---------------------------------------------|
| <input type="checkbox"/> Sleep | <input type="checkbox"/> Neurophysiology |
| <input type="checkbox"/> Internal Medicine | <input type="checkbox"/> Pulmonary Medicine |
| <input type="checkbox"/> Otolaryngology | <input type="checkbox"/> Pediatrics |
| <input type="checkbox"/> Psychiatry | <input type="checkbox"/> Psychology |
| <input type="checkbox"/> Neurology | <input type="checkbox"/> Nursing |
| <input type="checkbox"/> Other _____ | |

Method of Payment - please check one

Please remit payment to:

Sleep Health Management Resources, Inc.
5818 N. Hales Corner Rd., Stillman Valley, IL 61084
Phone: 815.298.0696 Fax: 815.425.4055

- Please make checks payable to the SHMR
(U.S. funds drawn on a U.S. bank)
- For payment by credit card (Visa/MasterCard/AmEx)

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*For a Visa or Master Card, the validation code is the last 3 numbers in the signature box. For an American Express, the validation code is the 4 numbers above the credit card number.

You can also register online at:

www.sleep-health.com/Default.aspx?ContentPageID=22