

# 2009 Sleep Conference

Thursday, November 5, 2009 | 7:30 am-4 pm  
Lambeau Field Atrium

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The Green Bay Packers



## Program Agenda

7:30 am-4 pm

7:30-8:00	Registration, Continental Breakfast, and Educational Displays
8:00-8:10	Welcome and Program Overview <i>Mark Reinke, MD</i>
8:10-9:10	Cardiac Arrhythmias and Sleep Apnea <i>James Rider, MD, FACC</i>
9:10-10:10	Surgery for Sleep Apnea and Snoring <i>B. Tucker Woodson, MD, FACS</i>
10:10-10:30	Break and Vendor Displays
10:30-11:30	Anesthesia and Complications of Untreated Obstructive Sleep Apnea <i>Franz Iglar, MD, PhD</i>
11:30-12:30	Home Sleep Testing (HST): The Impact on Wisconsin <i>Panel discussion with Board Members of the Wisconsin Sleep Society:</i> <i>Dave Arnold, RPSGT      Lori Frederick, RPSGT      Sue Hoefs, RPSGT</i> <i>Michael Katzoff, MD      Mary Meyer, RPSGT      Pete Weber, RPSGT</i> <i>B. Tucker Woodson, MD, FACS</i>
12:30-1:30	Lunch and Educational Displays
1:30-2:30	Interaction of Circadian Rhythms and Sleep-Wake Regulatory Systems: Effect on Sleep Patterns <i>Mary A. Carskadon, PhD</i>
2:30-2:45	Break and Educational Displays
2:45-3:45	Changes in Circadian and Sleep-Wake Regulation during Adolescent Development <i>Mary A. Carskadon, PhD</i>
3:45-4:00	Closing and Evaluation

# — Overall Program Objective —

Develop an extensive understanding of various specialties and treatments within the field of sleep medicine.

## — Objectives —

At the conclusion of this seminar, the participant should be able to:

### Cardiac Arrhythmias and Sleep Apnea

*James Rider, MD, FACC*

1. Describe the relationship between sleep apnea and arrhythmias.
2. Recognize the morbidity associated with atrial fibrillation.
3. Discuss the diagnosis and treatment of atrial fibrillation.

### Surgery for Sleep Apnea and Snoring

*B. Tucker Woodson, MD, FACS*

1. Explain the differences in ancillary, curative, and salvage surgical treatment of OSA and anatomic levels of surgical treatment.
2. Discuss nursing issues related to sleep apnea surgery related to anesthesia, pain and medical risks.

### Anesthesia and Complications of Untreated Obstructive Sleep Apnea

*Franz Iglar, MD, PhD*

1. Describe the pathophysiology of Obstructive Sleep Apnea (OSA).
2. Explain the effects of OSA on Anesthetic Care.
3. Identify the Perioperative significance of OSA.

### Interaction of Circadian Rhythms and Sleep-Wake Regulatory Systems:

#### Effect on Sleep Patterns

*Mary A. Carskadon, PhD*

1. Review circadian rhythms terminology and basics of circadian biology.
2. Describe how the circadian timing system and sleep-wake homeostatic processes interact to enhance or interfere with sleep.

### Changes in Circadian and Sleep-Wake Regulation during Adolescent Development

*Mary A. Carskadon, PhD*

1. Review developmental stages in adolescence and secular trends in puberty.
2. Describe how circadian phase is changed during adolescence.

### Home Sleep Testing (HST):

#### The Impact on Wisconsin

*Panel discussion with Board Members of the Wisconsin Sleep Society:*

*Dave Arnold, RPSGT*

*Lori Frederick, RPSGT*

*Michael Katzoff, MD*

*Mary Meyer, RPSGT*

*Pete Weber, RPSGT*

*B. Tucker Woodson, MD, FACS*

1. Discuss Home Sleep Testing (HST) current practices in Wisconsin.
2. Describe HST data acquisition quality and reliability factors.
3. Explain the impact HST will have on Gold Standard Polysomnography studies.

## — Statement of Need —

Chronic sleep loss and untreated sleep disorders have a profound and diverse impact on health, behavior, and quality of life. The health consequences of sleep disorders, sleep deprivation, and excessive daytime sleepiness annually affect 50 to 70 million Americans. In this CME and nursing contact hours activity, the presenters will examine the many facets of sleep disorders and offer clinicians strategies for enhancing recognition and treatment to improve patient outcomes.

# Registration



2009 Sleep Conference  
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(please print)

Name: \_\_\_\_\_ MD, DO, RRT, RPSGT, REEGT, RN, Other (please specify): \_\_\_\_\_

Dept. & Position: \_\_\_\_\_

Health Care Facility / Type of Practice: \_\_\_\_\_

Business Address: \_\_\_\_\_

Business Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Fee: \$90 (before October 1st)  
\$75 Wisconsin Sleep Society Members with coupon  
(before October 1st)  
\$120 (for all registrations received after October 1st)  
Free to Bellin Health Employees

*Please return completed form with check payable to Bellin Health:*  
Pete Weber, Bellin Sleep Center, P.O. Box 23400, Green Bay, WI 54305-3400  
or register online at [bellin.org/sleep](http://bellin.org/sleep)

## Disclosure

As a sponsor accredited by the Wisconsin Medical Society Council on Medical Education, and approved as a provider of continuing nursing education by the Wisconsin Nurses Association Continuing Education Approval Program Committee, Bellin Health must insure balance, independence, objectivity, and scientific rigor in all educational activities. Learners are advised that being approved as a provider does not imply endorsement by the approver (WNA CEAP) or ANCC of any commercial products displayed in conjunction with an activity. All individuals who are in a position to control the content of the educational activity are required to disclose all financial relationships he/she has with any commercial interest(s) that is relevant to the topic of the presentation. The intent of this disclosure is not to prevent speakers with significant financial or other relationships from making presentations. Rather, disclosure allows listeners to determine if the content is evidence-based and free from commercial bias, and it demonstrates how speakers will resolve conflict when it exists. A complete disclosure statement and acknowledgement of commercial support for this program will be included in the syllabus provided at the activity.

### James Rider, MD, FACC

Board certified in Internal Medicine and Cardiovascular Medicine. Fellow of the American College of Cardiology. Staff cardiologist at Cardiology Associates of Green Bay, Ltd.

### B. Tucker Woodson, MD, FACS

Professor and Chief, Division of Sleep Medicine, Department of Otolaryngology & Communication Sciences, Medical College of Wisconsin, Milwaukee, WI.

### Franz Iglar, MD, PhD

Anesthesiologist  
Bellin Anesthesia Associates - Partner

### Mary A. Carskadon, PhD

Professor, Psychiatry and Human Behavior, Warren Alpert Medical School of Brown University. Director, Chronobiology and Sleep Research Laboratory, E. P. Bradley Hospital, Providence, RI.

### Board Members of the Wisconsin Sleep Society:

Dave Arnold, RPSGT	Lori Frederick, RPSGT
Michael Katzoff, MD	Mary Meyer, RPSGT
Pete Weber, RPSGT	B. Tucker Woodson, MD, FACS

## Planning Committee

Amy Emmer, NP  
Sharon Gerrits, RN, MSN  
Tina Hephrey, RRT, RPSGT  
Janis Mielke, RN, BSN, MS, ONC, CNOR

Kathy Meyer, Administrative Assistant  
Kathie Nysten, CME Coordinator  
Mark Reinke, MD  
Karen Sentowski, Marketing

Paula Voskuil, RRT, RPSGT  
Pete Weber, RRT, RPSGT  
Beth Wynos, RRT

## **Bellin Health Systems, Inc.**

744 S. Webster Ave.

P.O. Box 23400

Green Bay, WI 54305-3400

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### **Intended Audience**

This conference is designed for physicians, sleep technicians, respiratory therapists, EEG technicians, nurses and other allied health professionals.

### **Location**

Legends Club, Lambeau Field Atrium  
1265 Lombardi Avenue, Green Bay, Wisconsin

### **Lodging**

Rooms have been made available for conference participants at Hilton Garden Inn in close proximity to the conference location.

To make reservations:

Hilton Garden Inn: 1015 Lombardi Avenue, Green Bay.

Call (920) 405- 0400. Refer to group name "Sleep" when making reservations. Rate is \$95 per night for double occupancy. Registrations may be made up to the date of the conference depending on availability.

### **Registration Fee**

\$90 (before October 1st)

\$75 Wisconsin Sleep Society Members with coupon (before October 1st)

\$120 (for all registrations received after October 1st)

Free to Bellin Health Employees

Registration fee includes continental breakfast, refreshment breaks, lunch, and conference materials. Advance registration is necessary and limited. Registration closes October 16, 2009. No refunds will be given after that date. Confirmation will be sent. If the conference is full, notification will be sent. Visit [bellin.org](http://bellin.org) for more information.

### **CME**

Bellin Health designates this educational activity for a maximum of 6.25 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

### **Accreditation**

Bellin Health is accredited by the Wisconsin Medical Society to provide continuing medical education for physicians.

### **Contact Hours**

Bellin Health is an approved provider of continuing nursing education by the Wisconsin Nurses Association Continuing Education Approval Program Committee, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Attendance for entire conference and completion of evaluation is required to receive the contact hours. No partial credit awarded.

6.4 Contact Hours will be awarded.

Application has been made to the American Association of Sleep Technologists (AAST) and the American Association of Respiratory Care (AARC) to accredit this program.

### **ADA Compliance Statement**

Bellin Health Systems complies with the Americans with Disabilities Act of 1990. If any conference participant is in need of reasonable accommodation, please call Pete Weber at (920) 433-3669 for consideration at least one week prior to the activity.

### **Financial Support**

This course is supported in part by educational grants and exhibit fees from companies in accordance with ACCME Standards of Commercial Support. At the time of this printing a complete listing of commercial supporters was not available. Appropriate acknowledgment will be given to all supporters at the time of the conference.