



Bellin Health Systems, Inc.
744 S. Webster Avenue
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GREEN BAY, WI
PERMIT NO. 125

15TH ANNUAL SLEEP MEDICINE CONFERENCE

Thursday, November 3, 2016

7:30 am-4 pm

Lambeau Field Atrium

bellinhealth



Official Healthcare Partner of
the Green Bay Packers

bellin.org/sleep



PROGRAM AGENDA & OBJECTIVES

Overall objective is to develop an extensive understanding of various specialties and treatments within the field of sleep medicine.

THURSDAY, NOVEMBER 3, 2016

7:30-8 am

Registration, Breakfast, and View Exhibits

8-8:10 am

Welcome and Program Overview

8:10-9:10 am

Sleep the Rising Star for Sports

Meeta Singh, MD

- Identify how sleep and sleep wake cycles affect player performance.
- Emphasizing affect of sleep on player readiness and performance, reaction time and accuracy, injury susceptibility and recovery time, and strategic thinking and decision making.
- Review strategies to recognizing this fatigue as it develops through the season and managing it.
- Discuss travel management for athletic teams.

9:10-10:10 am

Sleep and Stroke

Kelley Parnell, MD

- Identify the risk factors of stroke in sleep disorders.
- The assessment of stroke patients for sleep disorders.

10:10-10:30 am

Break, Networking and View Exhibits

10:30-11:30 am

**Approaching Difficult Patients:
Convincing Your Patients to Wear CPAP Mask**

David Kohls, APNP

- Define adherence to PAP therapy and recognize the relatively high rate of nonadherence.
- Identify equipment and technology factors which can influence adherence.
- Recognize and understand how to use treatment monitoring data.
- Identify patient factors, which influence adherence to PAP therapy.
- Recognize principles of behavioral therapies, which can be used to improve adherence to PAP therapy.

11:30 am-12:30 pm

**Asthma and Obstructive Sleep Apnea
(The Chicken or the Egg)**

Juan Ruiz, MD

- Discuss the intrinsic relationship between asthma and obstructive sleep apnea.
- Discuss likely mechanism by which obstructive sleep apnea worsens asthma.
- Review general management principles of obstructive sleep apnea in asthma patients.

12:30-1:30 pm

Break and Get Lunch

1:30-2:30 pm

Sleep Disorders: Management in Primary Care Clinics

Kavita Ratarasarn, MD

- Discuss screening recommendations for common sleep disorders.
- Identify common behavioral factors that contribute to sleep disorder symptoms.
- Identify common medical and pharmacologic factors that contribute to sleep disorder symptoms.
- Discuss correct patient triage for initial treatment in PCP clinic verses referral to sleep specialist.

2:30-3:30 pm

Neuromodulation for Obstructive Sleep Apnea

Tucker Woodson, MD

- Describe the physiologic method of action of neuromodulation devices.
- Contrast neuromodulation with conventional soft tissue surgeries.
- Describe evidence-based clinical outcomes for neuromodulation.

3:30-3:45 pm

Closing and Evaluation

REGISTRATION

2016 Sleep Conference

Thursday, November 3, 2016, 7:30 am-4 pm

(please print)

Name: _____

MD, DO, RRT, RPSGT, REEGT, RN, Other (please specify): _____

Department & Position: _____

Health Care Facility/Type of Practice: _____

Business Address: _____

Business Phone: _____

E-mail Address: _____

(Required for confirmation and course link)

Fee: Closes October 28

\$130 (for registration received by October 14, 2016, before midnight)

\$150 (October 18-28, 2016, before midnight)

\$60 Bellin Health employees (by mail-in registration only)

In an effort to go green, your registration fee includes access to course materials online, which will be available approximately one week prior to the conference. Additional information and instructions will be provided by e-mail, so please make sure to provide us your e-mail address.

Please return completed form with check payable to Bellin Health:

Carrie Karcz, Bellin Sleep Center, PO Box 23400, Green Bay, WI 54305-3400 or **register online at bellin.org/sleep.**

CONFERENCE SPEAKERS

David Kohls, APNP

Prevea Health
Pulmonology/Sleep & Respiratory
Green Bay, WI

Kelley Parnell, MD

Neurologist
Board Certified in Sleep Medicine
Neuroscience Group
Neenah, WI

Kavita Ratarasarn, MD

Assistant Professor
Director, Sleep Medicine Fellowship
Program
Medical College of Wisconsin
Milwaukee, WI

Juan Ruiz, MD

Pediatrics, Pulmonary Medicine
Children's Hospital of Wisconsin
Milwaukee, WI

Meeta Singh, MD

Henry Ford Health System
Sleep Medicine
Detroit, MI

Tucker Woodson, MD

Professor
Chief, Division of Sleep Medicine
Medical College of Wisconsin
Milwaukee, WI

PLANNING COMMITTEE

Isam Habib, MD
Crystal Belunes, RRT, RPSGT
Carrie Karcz, RN, BSN, RPSGT
Alyssa Huebner, Administrative Assistant

Tina Helphrey, RRT, RSPGT
Kerry Winkler, CME Coordinator
Lindsey Moore, Graphic Designer
Beth Wynos, RRT, RPSGT

Intended Audience

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

Location

Lambeau Field Atrium
1265 Lombardi Avenue
Green Bay, WI

Lodging

SpringHill Suites
1011 Tony Canadeo Run, Green Bay, WI
Tel (920) 569-8500
Fax (920) 569-8555

Rooms are being held under the Bellin block through the morning of October 4, 2016. Bellin rate - \$119 per night. Refer to group name "Bellin Sleep Conference" when making reservations.

Registration Fee

Closes October 28
\$130 (for registration received by October 18, 2016)
\$150 (October 18-28, 2016)
\$60 Bellin Health employees (by mail-in registration only)

Advance registration is required and limited. Payment must be received prior to the day of the event – no payments will be accepted at the door. **Registration closes October 28, 2016.** Registration fee includes continental breakfast, refreshments, lunch, and conference materials. No refunds will be given after the conference. Confirmation will be sent. Visit bellin.org for more information.

CME Credit Designation

Bellin Health designated this education activity for a maximum of 6 AMA PRA Category 1 Credits™. 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.

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 Beth Wynos at (920) 433-7451 for consideration at least one week prior to the activity.

Financial Support

This course is supported in part by 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 acknowledgement will be given to all supporters at the time of the conference.

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 activity, the presenters will examine the many facets of sleep disorder and offer clinicians strategies for enhancing recognition and treatment to improve patient outcomes.

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 ensure 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.