Sleep Apnea: Applications for Primary Care

Friday, October 26, 2012

Omaha Marriott Regency
10220 Regency Circle
Omaha, Nebraska

Designed for:
• Physicians
• Nurse Practitioners
• Physician Assistants
• Pharmacists
• Nurses
• Dentists
• Respiratory Therapists
• Sleep Technologists
• Mental Health Providers
• Public Health Professionals
• Fellows
• Residents
• Students
• Other Interested Healthcare Providers

NEW THIS YEAR:
Complimentary Evening Program on Sleep Apnea for the Community
Friday, October 26, 4:00-5:30 p.m.
Omaha Marriott Regency
Provided by a grant from Total Respiratory
Encourage Your Patients to Attend!

SPONSORED BY:
Creighton University School of Medicine
Department of Family Medicine
and
Health Sciences Continuing Education
PURPOSE AND OBJECTIVES

**Purpose:** The conference will provide practitioners with the most recent information that will enhance knowledge, skills, and performance in the assessment and treatment of sleep apnea and other common sleep disorders.

**Objectives:** At the end of this program, the participants should be able to:
- Outline the symptoms, causes and treatment of central and obstructive sleep apnea
- Examine positive airway pressure therapies and surgical treatment options for sleep apnea
- Explain the pathogenesis, clinical presentation and co-morbidity associated with sleep apnea
- Define insomnia, its impact on patients and various psychological strategies used in the treatment of insomnia
- Describe the role of the primary care practitioner with testing and diagnosing patients with sleep apnea
- Discuss key definitions, diagnostic protocol and treatment modalities for sleep apnea from a dental perspective
- Examine the relationship between gastro-esophageal reflux disease (GERD) and obstructive sleep apnea
- Describe the risk factors, complications and effects of sleep apnea disorder when evaluating patients
- Discuss the neurological basis and findings of sleep disorders and assess if there is a link to brain chemistry
- Question and discuss current information in the management of sleep apnea

EDUCATION CREDIT

The Creighton University School of Medicine designates this live activity for a maximum of 6.25 AMA PRA Category 1 Credits™. Physicians should claim only credit commensurate with the extent of their participation in the activity.

AAPA accepts AMA category 1 credit for the PRA from organizations accredited by ACCME.

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

The Creighton University Health Sciences Continuing Education designates this activity for 6.25 contact hours for nurses. Nurses should claim only credit commensurate with the extent of their participation in this activity.

The Sleep Apnea: Applications for Primary Care is sponsored by Creighton University Health Sciences Continuing Education (HSCE). HSCE is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. This activity is assigned Universal Activity (UAN) # 0839-0000-12-017-L04-P and is accredited for 6.25 hours for attendance of all CE sessions on October 26, 2012. The Sleep Apnea: Applications for Primary Care is a knowledge-based CE activity.

Application has been made to the American Association for Respiratory Care (AARC) for continuing education contact hours for respiratory therapists.

The American Association of Sleep Technologists designates this education activity for a maximum of 6.00 AAST Continuing Education Credits. Individuals should claim only those credits that he/she actually earned in the educational activity.

The Board of Mental Health Practice does not approve continuing education offerings, but may accept as continuing education for licensure and certification renewal, learning experiences, provided they are planned and conducted for mental health practitioners and if they are related to mental health practice. For more information visit the Nebraska Department of Health and Human Services website at: http://www.hhs.state.ne.us/crl/mhcs/mental/mentalhealth.htm

SCHEDULE

7:30 a.m.  Registration & Continental Breakfast
8:00 a.m.  Introduction & Overview of Sleep Apnea & Treatment of Sleep Apnea Using CPAP, BIPAP or Surgery  
   *Shailendra K. Saxena, MD, PhD*
8:45 a.m.  Sleep Apnea – An Expert Perspective  
   *Naresh A. Dewan, MD*
9:30 a.m.  Psychological Strategies for the Management of Insomnia  
   *Michael G. Kavan, PhD*
10:15 a.m.  Break
10:30 a.m.  Evaluation of Sleep Apnea in Primary Care  
   *Sanjeev K. Sharma, MBBS, FRCS Ed, MBA*
11:15 a.m.  Sleep Apnea: A Dentist’s Perspective  
   *Alvin G. Wee, DDS, MS, MPH*
12:00 p.m.  Lunch & Networking
1:00 p.m.  Relationship Between Gastro-Reflux Disease and Obstructive Sleep Apnea  
   *Laeth S. Nasir, MBBS*
1:45 p.m.  Why Should We Evaluate Patients For Sleep Apnea  
   *Chloe R. Steinshouer, MD*
2:30 p.m.  Break
2:45 p.m.  Sleep Disorders and The Brain  
   *Sanjay P. Singh, MD*
3:30 p.m.  Open Discussion With Faculty
3:45 p.m.  Evaluation & Adjournment

Planning Committee: Shailendra K. Saxena, MD, PhD; Sally C. O’Neill, PhD; Cate Pogge, BA; Michael C. Caldwell, BSBA, RN, RRT; Kristine McMahan, RN

HSCE Program Review Committee: Mark Malesker, PharmD; Philip Brauer, PhD; Scott DiLorenzo, BA, DDS; Lesa Grovas, MN, APRN-NP; Dennis Higginbotham, DDS, MD; Linda Lazure, PhD, RN; Sally C. O’Neill, PhD; Amy Pick, PharmD
**FACULTY**

**COURSE DIRECTOR**
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Omaha, Nebraska

**REGISTRATION**

**Sleep Apnea: Applications for Primary Care**  
Friday, October 26, 2012

Physicians, Nurse Practitioners, Physician Assistants & Pharmacists: ........................................... $130.00

Nurses, Dentists, Respiratory Therapists, Sleep Technologists, Mental Health Providers, Public Health & Other Healthcare Professionals ....................... $85.00

Fellows, Residents & Students................................................................................................. $50.00

Letter of verification of resident or student status is required to accompany registration

Fee includes continental breakfast, lunch and breaks.

**NEW HANDOUT OPTIONS:** Please be advised that handout materials for this conference will not be included in the registration fee and be distributed as paper copies, but rather, made available online ahead of time (to the best extent possible). Participants can download and print the presentations prior to the conference, or follow along on their own laptop during the conference.

- A link will be sent by email a week prior to the Conference to download and print the handouts needed before the event.
- For those needing a traditional handout, they will be available by pre-order at a cost of $15.00. Please pre-order your handout by October 12, 2012. No additional handouts will be available to purchase the day of the conference.

Please note if you require special accommodations (dietary, mobility, hearing, etc) for the meeting, there will be an opportunity to enter them through the online registration.

Walk-Ins are welcome, however seating or conference materials cannot be guaranteed. If registration/handout fee is being paid by check in advance, please mail to Creighton University HSCE, 601 N 30th St, Ste 2130, Omaha, NE 68131.

**CANCELLATION:** Please call 402-280-5659 or 1-800-548-2633 by Friday, October 19, 2012. Refund less $20.00 if cancelling by Friday, October 19, 2012. No refunds after Friday, October 19, 2012.

**DON’T MISS OUT – REGISTER ONLINE TODAY AT:**

http://cusleepapnea.eventbrite.com

For questions or more information, please call Health Sciences Continuing Education (HSCE) at 402-280-1830.

**ACCREDITATION STATEMENT:** In support of improving patient care, Creighton University Health Sciences Continuing Education is accredited by the American Nurses Credentialing Center (ANCC), the Accreditation Council for Pharmacy Education (ACPE), and the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education for the healthcare team.

**DISCLOSURE POLICY:** It is the policy of Creighton University, Health Sciences Continuing Education to ensure balance, independence, objectivity and scientific rigor in all its educational activities. All faculty participating in this activity are expected to disclose to the audience any significant financial interest or other relationship he/she has with the manufacturer(s) of any commercial product(s) discussed in an educational presentation.
FOR YOUR INFORMATION

EMERGENCY PHONE: (402) 399-9000. Ask for the Creighton HSCE Program.


LODGING: The Omaha Marriott Regency is offering a rate of $129.00/night plus tax to guests who would like to stay during the meeting. Please reference the Creighton University program to receive the discounted rate. Reservations should be made prior to October 12, 2012, after this date subject to availability.

Or visit www.visitomaha.com for a list of hotels in the area.

CLIMATE AND DRESS: Casual dress is encouraged for the entire meeting. Temperature in meeting rooms can fluctuate. Layered clothing is suggested.

A NOTE FOR THOSE WITH SPECIAL NEEDS: Creighton University Health Sciences Continuing Education wishes to ensure that no individual with special needs is excluded, denied services, segregated, or otherwise treated differently from other individuals because of the absence of auxiliary aids and services. If you are in need of auxiliary aids or services, please contact Health Sciences Continuing Education (HSCE) at 1-800-548-2633 or 402-280-1830.

COURTESY: For the concentration and comfort of our participants, we ask that all cell phones and pagers be silenced during the conference. Breaks are provided for your communication convenience. Thank you for your cooperation.

For more information or to register on-line visit
Creighton University Health Sciences Continuing Education website:
http://cme.creighton.edu

FOR FURTHER INFORMATION
Creighton University
Health Sciences Continuing Education
1-800-548-CMED or 1-402-280-5659
Web Site: http://cme.creighton.edu

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We are convinced you’ll leave our programs with more than enough information to earn back your investment in these programs many times over. But if you feel you haven’t received your money’s worth by the end of the program, you will receive a 100% refund of your registration.

In the unlikely event this program is cancelled, your will be notified by phone.