

Sleep and Pulmonary Disease Symposium

Management of a wide range of sleep, pulmonary & critical care problems is exceptionally prevalent in all arenas of clinical practice – the office, the emergency room, or hospital in-patient services. Sleep Apnea, Insomnia, Asthma or COPD *require complex management decisions about interactions with medications, co-morbid conditions and when to refer to specialists.*

Adequate, restful sleep is necessary for both physical and mental health and studies have shown that sleep is essential to maintain normal functioning of both the immune and nervous system. Yet, sleep disorders are common and treatment has advanced significantly. More importantly, advances in this science have shown that conditions that interrupt sleep are far more than just an irritation leading to daytime fatigue. They can be risk factors for life-threatening diseases such as *hypertension, heart disease and diabetes.* Patients are inundated with the promotion of “sleep aids” of all types – and they clamor for advice and prescriptions.

In eastern NC, *pulmonary disease represents three of the top ten causes of morbidity & mortality.* Physicians and mid-levels in both the office and the hospital setting are confronted with a variety of respiratory diagnostic and therapeutic decisions and dilemmas which challenge clinical acumen.

This conference, offered by the Division of Pulmonary, Critical Care Medicine is designed to provide the most current, practical and concise information available on recent advances in clinical sleep and pulmonary medicine. Designed to help you make the most complex of decisions, this conference will address daily clinical dilemmas and recent advances impacting management. Lectures and discussion periods will offer opportunities for both formal and informal exchanges between faculty and participants, and a comprehensive course syllabus will provide useful information and references for future practice.

Target Audience

This conference has been designed for Internists, Family Medicine, Emergency Medicine physicians and others, including PAs and NP’s providing primary care management of adult and adolescent medical problems.

Upon completion of this course, those attending should have greater understanding and knowledge of strategies to integrate into practice new developments in the following:

THE FUTURE OF SLEEP MEDICINE: WHAT SHOULD WE BE PREPARED FOR?

■ Identify local, regional and national trends that will affect the clinical practice of sleep medicine ■ Discuss the changes in the delivery of medical care for patients with sleep complaints ■ Describe the technological advances that will transform the way sleep medicine is practiced

WATCH WHAT YOU PRESCRIBE: MEDICATIONS AFFECTING SLEEP! ■ Recognize the impact of common OTC medications on sleep ■ Discuss how commonly prescribed medications may inadvertently affect sleep ■ Discuss common sleep inducing medications and best practices

“WHY DO WE LIVE IN A SLEEPY WORLD?” ■ Recognize the causes of excessive daytime somnolence ■ Outline the pathogenesis of sleepiness ■ Identify what health care providers can do to decrease somnolence in patients

COMMON PEDIATRIC SLEEP PROBLEMS ■ Develop screening questions to assess sleep quantity and quality at various ages (infants, toddlers, children and teenagers) ■ Outline healthy sleep habits for the same age groupings ■ Discuss important sleep disorders at various ages including behavioral disorders, parasomnias, sleep disordered breathing and excessive daytime sleepiness

HOW TO GET PEOPLE TO SLEEP...EVALUATION AND MANAGEMENT OF INSOMNIA ■ Describe the clinical features and risk factors for chronic insomnia ■ Discuss non-pharmacologic cognitive behavioral therapy for chronic insomnia ■ Identify the indications for hypnotic therapy for chronic insomnia

EVALUATING SHORTNESS OF BREATH...THE ELUSIVE ENEMY ■ Discuss how to suspect pulmonary artery hypertension ■ Discuss appropriate work up for pulmonary artery hypertension ■ Recognize when to refer to PAH centers

“YOU ARE WHAT YOU INHALE” ■ Identify the manifestations of asbestos pulmonary diseases ■ Examine the difficulties of obtaining disability for diseases like welder’s lung ■ Describe the pathogenesis of inhalational lung diseases

WHEN AND WHY TO SEND COPD TO A SPECIALIST ■ Update on recent ACCP guidelines on COPD ■ Discuss management options ■ Discuss the role of pulmonary rehabilitation

LUNG CANCER SCREENING: IS IT READY FOR PRIME TIME? ■ Explore the evidence to support the screening for lung cancer ■ Review the methods used to screen for lung cancer ■ Discuss who should be screened for lung cancer

PRACTICAL CASE REVIEWS WITH PANEL DISCUSSION ■ Recognize unusual presentations of common pulmonary disorders ■ Discuss the diagnostic work-up for specific cases presented

Agenda

7:30 Registration and Breakfast Buffet

MODERATOR: Sunil Sharma, MD

8:00 Welcome and Overview
Sunil Sharma, MD

8:15 The Future of Sleep Medicine: What Should We Be Prepared For?
Teofilo Lee-Chiong, MD

9:00 Watch What You Prescribe: Medications Affecting Sleep!
Sunil Sharma, MD

9:45 Break

10:00 “Why Do We Live In a Sleepy World?”
Robert Shaw, MD

10:45 Common Pediatric Sleep Problems
Ronald Perkin, MD

11:30 How to Get People to Sleep...Evaluation and Management of Insomnia
Teofilo Lee-Chiong, MD

12:00 Lunch

MODERATOR: Robert Shaw, MD

1:00 Evaluating Shortness of Breath...The Elusive Enemy!
Sunil Sharma, MD

1:45 “You Are What You Inhale”
Robert Shaw, MD

2:20 When and Why to Send COPD to a Specialist
John Fogarty, MD

3:05 Break

3:20 Lung Cancer Screening: Is it Ready for Prime Time?
Mark Bowling, MD

4:00 Practical Case Reviews With Panel Discussion
Mark Bowling, MD, Yash P. Kataria, MD
Sunil Sharma, MD, Robert Shaw, MD

4:45 Evaluation/Wrap Up

5:00 ADJOURN

ACCREDITATION The Brody School of Medicine at East Carolina University is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

CREDIT The Brody School of Medicine of East Carolina University designates this live activity for a maximum of 7 AMA PRA Category 1 Credits™. Physicians should claim only those credits commensurate with the extent of their participation in the activity.

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

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

Application for CEU credit has also been filed. Determination of credit is pending.

FACULTY

PROGRAM DIRECTOR

Sunil Sharma, MD, FCCP, D'ABSM
Director, ECU/PCMH Sleep Disorders and Research Center/Outpatient Pulmonary Services
Director, Pulmonary Hypertension Program
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GUEST FACULTY

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REGISTRATION INFORMATION

PREREGISTRATION IS REQUIRED to assure space and availability of handout materials; fee is payable with registration. For your convenience, payment may be made by check or by VISA, MasterCard, American Express or Discover (your signature is required), and checks should be made payable to THE OFFICE OF CME.

Full refund will be made if registration is canceled **prior to** February 25, 2012. Cancellations between February 26th and March 10th will be subject to a 20% handling charge. ALL CANCELLATIONS AFTER MARCH 10TH WILL RESULT IN NO REFUND.

REGISTRATION FEE: (Includes Scientific Session, Lunch, Breaks, and Materials)
\$125 Physicians/Other Doctorates
\$75 Other Health Professionals
\$50 ECU residents, med students*

*After February 15th, on a space available basis, full-time students, residents, may register for the scientific session ONLY at no fee. HOWEVER, THOSE WISHING TO RECEIVE MATERIALS, BREAKS AND LUNCH MAY REGISTER AT ANYTIME FOR THE REDUCED FEE OF \$50.

A letter of confirmation, maps and other pertinent information will be sent upon receipt of your registration. Any individual requiring accommodation under ADA or for general information and registration assistance call: Office of CME at (252) 744-5208. For emergency calls to participants during program, call the Hilton Greenville (252) 355-5000.