

3rd Annual Sleep Medicine Symposium: What's New Under the Moon

Friday, November 20, 2015

LEARNING OBJECTIVES:

At the conclusion of this conference, participants should be able to:

- Summarize the role of emerging technologies such as home sleep testing in the diagnosis of obstructive sleep apnea syndrome (OSA).
- Identify the spectrum of treatment modalities for OSA and assimilate practice guidelines for treatment in the primary care and specialty settings.
- Examine the role of surgical procedures, oral appliances, non-invasive ventilation, and other novel therapies in the management of sleep-related breathing disorders.
- Assimilate a systematic, evidence-based, approach to the evaluation of treatment modalities for insomnia in light of newly emerging pharmacological agents.
- Develop a systematic approach to the evaluation of management of restless leg syndrome (RLS) and periodic limb movements of sleep (PLMS).
- Utilize various inventories such as the Epworth Sleepiness Scale and structured interviews in the identification and quantification of excessive sleepiness (ES) and identification of narcolepsy and idiopathic hypersomnia.
- Recognize the unique aspects of sleep in adolescents to develop a diagnostic and therapeutic approach to the sleepy adolescent.
- Assess their individual practice in light of the information and discussions during the course, and identify specific strategies to implement as part of a continuing improvement process for their practices.