MARYLAND SLEEP SOCIETY
SEVENTH ANNUAL CONFERENCE
APRIL 29 AND 30, 2016
THE CONFERENCE CENTER AT SHEPPARD PRATT
PROGRAM

APRIL 29, 2016
7:00 – 8:00 am  REGISTRATION, CONTINENTAL BREAKFAST AND VISIT EXHIBITS
8:00 – 8:15 am  Welcome and Introductions
Emerson M. Wickwire, PhD
President, Maryland Sleep Society
8:15 – 8:45 am  Literature Review in Sleep: Highlights of 2015
Speakers: Omar Mesarwi, MD and Sriharsha Vajjala, MD
Objective: Discuss recent papers in sleep medicine over prior year
*Dr. Mesarwi and Vajjala have no financial relationships to disclose.
8:45 – 9:45 am  Implementing Quality Metrics to Improve Patient Outcomes in OSA:
Dream or Nightmare?
Speaker: R. Nisha Aurora, MD, MHS
Objectives: Review the process measures for the management of OSA; Review the outcome measures for the management of OSA; Identify the challenges and limitations in the development and implementation
*Dr. Aurora has no financial relationships to disclose.
9:45 – 10:00 am  BREAK AND VISIT EXHIBITS

The Greater Baltimore Medical Center is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Maryland Sleep Society is designated as an Approved PACE Program Provider by the Academy of General Dentistry. The formal continuing education programs of this program provider are accepted by AGD for Fellowship, Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 3/1/2016 to 2/28/2019.

BRPT and AARC Accredited
10:00 - 11:30 am  
**Sleep Deficiency and Motor Vehicle Crashes**  
**Speaker:** Charles A. Czeisler, PhD, MD  
**Objectives:** Review scope of problem; Identify pathophysiology; Discuss approaches to prevention and implications for public policy  

11:30 – 12:30 pm  
**Addressing Sleep Health and Safety through Law and Public Policy**  
**Speaker:** Clark J. Lee, JD, MPH, CPH  
**Objectives:** Examine how law and policy can be used to promote sleep health and safety in society; Identify areas for future research and advocacy to improve legal and policy interventions that promote sleep health and safety.  
*Mr. Lee has no financial relationships to disclose.*

12:30 - 1:45 pm  
**LUNCHEON AND VISIT EXHIBITS**

1:45 – 2:45 pm  
**The Role of the Pediatric Sleep Laboratory in the Management of Children with Neuromuscular Disease**  
**Speaker:** Laura Sterni, MD  
**Objectives:** List common sleep problems, particularly sleep related respiratory issues, in children with neuromuscular disease; List the indications for polysomnography in a patient with neuromuscular disease; Outline the management of sleep disordered breathing in children with neuromuscular disease  
*Dr. Sterni has no financial relationships to disclose.*

2:45 – 3:45 pm  
**The Nature and Treatment of Shift Work Disorder**  
**Speaker:** Christopher Drake, PhD  
**Objectives:** Review of chronobiology; Sleep/wake and alertness regulation and circadian principles; Review of shift work disorder, and interactions between work schedules, fatigue, sleep and health; Describe the use of light, behavioral and pharmacological approaches for the treatment of shift work disorder  
*Dr. Drake discloses relationships with TEVA Pharmaceuticals, Pernix Therapeutics, Jazz Pharmaceuticals and Merck.*

3:45 – 5:00 pm  
**RECEPTION, VISIT EXHIBITS AND POSTER PRESENTATIONS**

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**AARC ACCREDITATION**  
This program has been approved for 10 contact hours Continuing Respiratory Care Education (CRCE) credit by the American Association of Respiratory Care, 9425 N. MacArthur Blvd., Suite 100, Irving, TX 75063.

**BRPT ACCREDITATION**  
The Board of Registered Polysomnographic Technologists (BRPT) designates this educational activity for a maximum of 10 Continuing Sleep Technology Education credits. Individuals should claim only those credits that he/she actually earned in the educational activity.
APRIL 30, 2016

7:30 – 8:00 am  REGISTRATION, CONTINENTAL BREAKFAST AND VISIT EXHIBITS

8:00 - 9:00 am  Therapy for Snoring and Sleep Apnea
   Speaker: Steven C. Scherr, DDS
   Objectives: Appraise the relative impact of various treatments for snoring; Evaluate oral appliance influence on cardiovascular sequellae; Review latest clinical practice guidelines for use of oral appliances in the treatment of OSA and snoring

   *Dr. Scherr has no financial relationships to disclose.

9:00 - 10:00 am  Neurophysiology of Sleep
   Speaker: Gholam Motamedi, MD
   Objectives: Review the basic neurophysiology of sleep and wakefulness; apply the neurophysiological concepts to clinical sleep disorders; Identify the facts and current trends and gaps in sleep research

   *Dr. Motamedi has a relationship with Merck.

10:00 – 10:15 am  DISTINGUISHED SERVICE AWARD

10:15 – 10:30 am  BREAK AND VISIT EXHIBITS

10:30 – 11:30 am  Sleep and Athletic Performance
   Speaker: Scott G. Williams, MD, FACP, FAPA, AASM
   Objectives: Review the importance of adequate sleep; Discuss the relationship between sleep and physical performance; Discuss the metabolic effects of insufficient sleep

   *Dr. Williams has no financial relationships to disclose.

11:30 – 12:30 pm  New Models of Care for Sleep Medicine: Transitioning to Population Health and Value-Based Care
   Speaker: Carol Ash, DO, MBA, FAASM
   Objectives: State the objectives of the Affordable Care Act and define Population Health; Recognize how these objectives relate to the practice of sleep medicine; Identify how these objectives can be applied to their sleep programs to establish growth opportunities, and to develop new services for patients that will improve their sleep health

   * Dr. Ash has a relationship with Merck.

12:30 – 12:45 pm  CLOSING
TARGET AUDIENCE
Sleep medicine physicians and dentists, sleep technicians and sleep technologists, NPs, RCTs and other allied health professionals.

FACULTY DISCLOSURE
It is the policy of GBMC HealthCare to ensure balance, independence, objectivity and scientific rigor in all of its educational activities. In accordance with our policy, faculty is required to disclose all relevant financial relationships.

GBMC ACCREDITATION
This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of GBMC and The Maryland Sleep Society.

GBMC designates this live activity for a maximum of 10 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ENTERING CONTINUING EDUCATION CREDITS INTO THE BRPT’S RECERTIFICATION PORTAL
BRPT credential holders are solely responsible for entering their continuing education credits into the online recertification portal. The BRPT office is not responsible for entering continuing education credits. For a quick reminder on how to input continuing education credits and upload certificates into the online portal, go to: http://www.brpt.org/downloads/recertification/Recert_Walkthrough.pdf.