Course Description
This program is designed to educate primary care providers about recognizing sleep apnea and other sleep disorders in their patients. Participants will hear from experts about the proper diagnosis and treatment of these often misdiagnosed conditions.

Target Audience
Physicians, Physician Assistants, Nurse Practitioners and others who work in both adult and pediatric primary care settings.

Needs Assessment
Sleep Apnea is a common disorder affecting millions of Americans. The American Sleep Apnea Association estimates that over 10 million men and women have undiagnosed sleep apnea. Untreated, sleep apnea can be life threatening. Excessive daytime sleepiness can cause people to fall asleep at inappropriate times, such as while driving. Sleep apnea also appears to put individuals at risk for stroke and transient ischemic attacks, and is associated with coronary heart disease, heart failure, irregular heartbeat, heart attack, and high blood pressure. Although there is no cure for sleep apnea, recent studies show that successful treatment can reduce the risk of heart and blood pressure problems (National Institute of Neurological Disorders and Stroke). As childhood obesity continues to become a nationwide problem, sleep apnea has become more prominent in young children, through adolescence, and into adulthood. In addition, patients who are not recognized as suffering from sleep apnea are at higher risk of adverse outcomes if they receive sedation, analgesia, or anesthesia for diagnostic or therapeutic procedures (American Society of Anesthesiologists, 2006).

Other sleep disorders may also display as behavioral problems, attribute to a reduction in performance in school and athletics, and increase susceptibility to illness. The American Academy of Sleep Medicine defines insomnia as unsatisfactory sleep that impacts daytime functioning. More than one third of adults report some degree of insomnia within any given year, and 2 to 6 percent use medications to aid sleep. Insomnia is associated with increased morbidity and mortality caused by cardiovascular disease and psychiatric disorders and has other major public health and social consequences, such as accidents and absenteeism.

Objectives
Upon completion of this course, participants should be able to:

- Develop diagnostic techniques for diagnosing sleep apnea in a primary care setting.
- Implement sleep apnea and insomnia practice guidelines as a standard part of clinical practice.
- Recognize sleep apnea symptoms that display as symptoms of other health anomalies.
- Implement clinical techniques designed to recognize sleep apnea in children and adolescents.
- Differentiate treatment plans for patients who cannot FALL asleep versus those that cannot STAY asleep (insomnia).
- Identify different behavioral and pharmacological therapies for insomnia options for sleep apnea and apply these options based on patient needs.
- Utilize CPAP, oral appliance and surgical interventions for the treatment of sleep apnea.
- Implement measures to evaluate and treat secondary insomnia related to underlying psychiatric disorders.
- Utilize different treatment options related to Restless Leg Syndrome.
Saturday, May 10, 2008

7:30 AM  Registration/Visit Exhibits

8:30 AM – 8:40 AM  Welcome and Introductions

8:40 AM – 9:20 AM  Diagnosis of Sleep Apnea in the Primary Care Setting
   W. McDowell Anderson, MD

9:20 AM – 10:00 AM  Childhood Sleep Apnea: From Toddler to Adult
   Bill Kohler, MD

10:00 AM – 10:40 AM  Sleep Apnea Treatment Guidelines
   W. McDowell Anderson, MD

10:40 AM – 11:00 AM  Break, Visit Exhibits

11:00 AM – 11:40 AM  Insomnia: When You Just Can’t FALL Asleep
   W. McDowell Anderson, MD

11:40 AM – 12:20 PM  The ZZZs of Sleep Medications
   Kevin Sneed, PharmD

12:20 PM – 1:00 PM  Insomnia: When You Just Can’t STAY Asleep
   James Brownlee, MD

Accreditation

Physicians: 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 the University of South Florida College of Medicine and Tampa General Hospital. The University of South Florida College of Medicine is accredited by the ACCME to provide continuing medical education for physicians. The University of South Florida College of Medicine designates this educational activity for a maximum of 5.0 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Physician Assistants: AAPA accepts certificates of participation for educational activities certified for Category 1 credit from AOACCME, Prescribed credit from AAFP, and AMA PRA Category 1 Credit™ from organizations accredited by ACCME or a recognized state medical society. Physician assistants may receive a maximum of 5.0 hours of Category 1 credit for completing this program.

Nurses: The University of South Florida College of Nursing is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. This activity is for 5.0 contact hours.

Registration

$75.00 per person, includes program, syllabus, continental breakfast and break.

The University of South Florida College of Medicine reserves the right to cancel these seminars due to unforeseen circumstances. In the case of cancellation, a full refund will be given to participants. The USF COM will not be responsible for travel expenses incurred by the participant due to the seminar cancellation.

Events, activities and facilities of the University of South Florida are available without regard to race, color, sex, national origin, disability, age, or Vietnam veteran status as provided by law and in accordance with the University’s respect for personal dignity.
Course Directors

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University of South Florida College of Medicine

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Chief, Pulmonary, Critical Care and Sleep Medicine
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Faculty Disclosure: The University of South Florida College of Medicine adheres to the ACCME Standards regarding commercial support of continuing medical education. It is the policy of the USF College of Medicine that the faculty and planning committee disclose real or apparent conflicts of interest relating to the topics of this educational activity, that relevant conflict(s) of interest are resolved and also that speakers will disclose any unlabeled/unapproved use of drug(s) or device(s) during their presentation. Detailed disclosure will be made in the course syllabus.

Location

Ruth’s Chris Steak House
813-282-1118
1700 N. Westshore Blvd., Tampa, FL 33607

Refund Policy

Registration fees will be refunded minus a cancellation fee of $20.00 until May 3, 2008. No refunds will be made after May 3, 2008. The University of South Florida Office of Continuing Professional Development reserves the right to cancel the course due to unforeseen circumstances. The University of South Florida will not be responsible for travel expenses incurred by the participant in the case of cancellation.
Registration Form
The Wake-Up Call for Primary Care Providers: Sleep Apnea and Other Sleep Disorders.

May 10, 2008

Name: __________________________________________

Gender:  ☐ Male    ☐ Female    Birth Date: (MM) _____ (DD) _____

Title/Degrees: ____________________________ Specialty: ______________________________

☐ Physician    ☐ PA    ☐ Nurse Practitioner    ☐ Nurse    ☐ Other _________________________

Address: ____________________________________________________________

City: ____________________________ State: _____ Zip: _______ County: __________________

Daytime Phone: ____________________________ Fax: ____________________________

Cell Number: ____________________________

E-mail Address: __________________________________________________________

“Burning Question” I would like the faculty to address during the program: ______________

________________________________________________________________________

Registration Fee
$75 per person.
A confirmation letter will be sent upon receipt of your registration and payment
(no registration is confirmed without FULL payment)

Payment Method
☐ Enclosed is my check made payable to USF HPCC
    (USF Health Professions Conferencing Corporation) in the amount of $ ________________

☐ Charge my Credit Card: ☐ Visa ☐ MasterCard ☐ AmEx    Amount: $ ________________

Card Number: ____________________________ Exp. Date: _____ Security CCV code: _____

(Amex-4 digits on front, MC/Visa-3 digits on back)

Name on Card (please print): ____________________________

Signature: ________________________________________

Please mail or fax registration form to:
University of South Florida Office of Continuing Professional Development
P.O. Box 864240, Orlando, Florida 32886-4240
Register online at: www.cme.hsc.usf.edu or Fax to: (813) 974-3217
For further assistance, please call the Office of Continuing Professional Development at (813) 974-4296 OR (800) 852-5362.

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Ruth's Chris Steak House
Tampa, Florida
Jointly sponsored by
USF Health
Tampa General Hospital