

Course Description:

Sleep health is pivotal to our well-being, intricately linked to the function of nearly every organ system. Obstructive sleep apnea (OSA), a condition plaguing over 30 million U.S. adults, can affect cognitive sharpness, alertness and concentration, cardiovascular health, and more. Yet, a staggering 80% of those with OSA remain undiagnosed, while the diagnosed are often undertreated. Insomnia, the most pervasive sleep disorder, touches the lives of two-thirds of adults, and non-pharmacologic treatment can be the most effective therapy to improve patient quality of life. Restless legs syndrome, too, poses a threat to sleep health, with recent updates in management guidelines signaling a new dawn in treatment strategies. Together, these conditions underscore the importance of primary care clinicians and sleep specialists to work collaboratively to optimize the sleep health for our patients.

Objectives:

1. Identify best practices in the diagnosis and management of obstructive sleep apnea.
2. Review available treatments for obstructive sleep apnea, including continuous positive airway pressure (CPAP) and positive airway pressure alternatives for patients who do not tolerate CPAP therapy.
3. Review pharmacologic and nonpharmacologic treatments for short-term and chronic insomnia.
4. Review best practice guidelines for the treatment of restless legs syndrome.
5. Describe the diagnosis and management of hypersomnolence disorders, including narcolepsy.



The ABC's of ZZZ's for Primary Care Clinicians: Diagnosis and Management of Sleep Disorders and Promotion of Sleep Health



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Friday, February 28, 2025

8:00 a.m. – 3:30 p.m.

Registration beginning at 7:30 a.m.

Main Campus, Alfred F. Connors R170
2500 MetroHealth Drive Cleveland, OH 44109

AGENDA

7:30 a.m.	Registration / Breakfast
8:00 a.m.	Introduction to Symposium
8:05 a.m.	Sleep Health and Health Disparities J. Daryl Thornton, MD MPH
8:35 a.m.	Sleep Disordered Breathing - Diagnosis and Testing Dennis Auckley, MD
9:05 a.m.	Hypersomnias and Excessive Sleepiness Vidya Krishnan, MD MHS
9:35 a.m.	Insomnia Ziad Shaman, MD
10:05 a.m.	Question / Answer Session
10:15 a.m.	Break / Vendor Visit
10:25 a.m.	Diagnostics of Sleep Disorders Workshop: <ul style="list-style-type: none"> • PSG • Home Sleep Studies • Actigraphy • Cognitive Behavioral Therapy for Insomnia (CBT-i)
11:30 a.m.	Lunch / Break

12:15 p.m.	Treatment of SDB – PAP and troubleshooting PAP Faiza Khalid, MD
12:45 p.m.	OA, Surgery, Inspire, Meds John Carter, MD
1:15 p.m.	RLS Diagnosis and Management Nicoleta Olteanu, MD
1:45 p.m.	Question / Answer Session
1:55 p.m.	Break / Vendor Visit
2:05 p.m.	Sleep Disordered Breathing Treatment Workshop: <ul style="list-style-type: none"> • CPAP and BPAP • Masks • Oral Appliance • Hypoglossal Nerve Stimulator
3:05 p.m.	Break / Vendor Visit
3:15 p.m.	Conclusion



Registration Link:

<https://MetroHealth.cloud-cme.com/ABCsZZZs>

Pricing:

MHS employees.....\$50.00
 Non-MHS employees.....\$75.00
 Trainees (Residents and Fellows).....FREE
 Method of Payment: Credit Card

Accreditation/Designation

Statement: The MetroHealth System is accredited by the Ohio State Medical Association to provide continuing medical education for physicians. The MetroHealth System designates this educational activity for a maximum of 6.25 AMA PRA Category 1 Credit(s)™ Physicians should only claim credit commensurate with the extent of their participation in the activity.