Course Description:

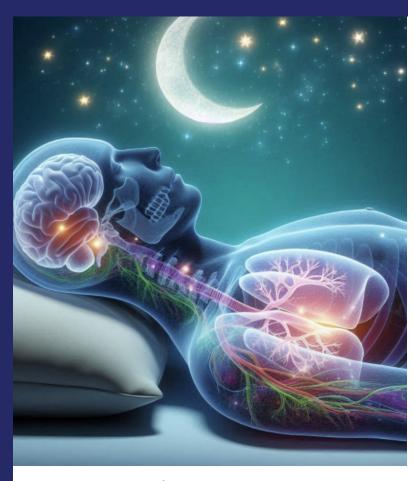
Sleep health is pivotal to our well-being, intricately linked to the function of nearly every organ system. Obstructive sleep apnea (OSA), a condition plaguing over 30 million U.S. adults, can affect cognitive sharpness, alertness and concentration, cardiovascular health, and more. Yet, a staggering 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



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

connect@metrohealthcle



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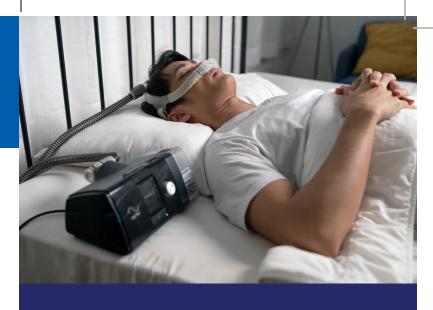




AGENDA

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
10:15 a.m. 10:25 a.m.	 Break / Vendor Visit Diagnostics of Sleep Disorders Workshop: PSG Home Sleep Studies Actigraphy Cognitive Behavioral Therapy for Insomnia (CBT-i)

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
1:55 p.m. 2:05 p.m.	Break / Vendor Visit Sleep Disordered Breathing Treatment Workshop: CPAP and BPAP Masks Oral Appliance Hypoglossal Nerve Stimulator
•	Sleep Disordered Breathing Treatment Workshop: CPAP and BPAP Masks Oral Appliance



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)TM Physicians should only claim credit commensurate with the extent of their participation in the activity.