

After attending this conference, you should be able to:

- Generalize and describe normal sleep
- Discuss causes of sleep deprivation
- Discuss health effects of sleep deprivation
- Discuss socio-economic effects of sleep deprivation
- List 3 signs of sleepiness in children
- List 3 causes of sleepiness
- Differentiate a sleep health network from a sleep disorders center
- Discuss upper-airway stimulation (UAS) for OSAS
- Discuss contra-indications to upper-airway stimulation
- Discuss the benefits to UAS
- Identify patients that may benefit from upper-airway stimulation
- Define insomnia disorder and typical assessment tools
- Discuss typical components of CBT-I
- Discuss outcome data for CBT-I
- List indicators for treatment with CBT-I
- Identify components anatomically modern humans malocclusion (AMH-M)
- Discuss craniofacial-nasorespiratory complex (CFNC) as it relates to AMH-M
- Discuss prevalence of SDB/OSA in AMH-M phenotypes
- Discuss how resolution of AMH-M early in life may improve health outcomes later in life
- Discuss implantable system for treatment of Central Sleep Apnea (CSA)
- Discuss aspects of phrenic nerve stimulators
- Discuss contra-indications for phrenic nerve stimulators

Purpose

The purpose of this conference is to bring the latest information in the Sleep Medicine field to physicians, doctors, sleep technologists, respiratory therapists, nurses, EEG technologists, and other healthcare providers involved in the care of patients with sleep disorders.

Directions

Conference is located at the Education and Research Center, UnityPoint-Methodist.

Address:
1415 Woodland Ave
Des Moines, IA 50309

Overnight accommodations have been set aside at Marriott Downtown Des Moines. Tell them you are with the Iowa Sleep Society when making reservations. Special rate of \$127 plus tax. Hotel located approx. 3.1 miles from hospital

Hotel Address:
700 Grand Ave
Des Moines, IA 50309
Phone (515) 245-5500



Iowa Sleep Society Annual Conference

11th Annual Iowa Sleep Society
Conference on
September 14, 2018.

www.ialseepsociety.org



Educational Program

Friday September 14, 2018

Program Committee:

Penny Grunder, Melissa Walsh, Linda Berry, Vicki Richmond, Stacie Baker, Pat Aldrich ARNP, Lisa Leibold, Brandon Butters

PLEASE NOTE THAT WE WILL BE ELECTING ALL NEW OFFICERS AND 1 BOARD MEMBER AT LARGE

Continuing Education

- AARC CRCE Program Application has been submitted for approval
- BRPT CEC Program Application has been submitted for approval
- Application for Nursing Contact hours has been made by IBON Provider #22 DMACC

• Full attendance is required. No partial credit will be given. It is the licensee's responsibility to determine if the continuing education programs they attend meet the requirements of their professional licensure.

Intended audience: physicians, physician assistants, nurse practitioners, nurses, respiratory therapists, sleep technologists, END technologists, other healthcare providers involved in sleep medicine

Conference Cost:

Physician: \$200

Nurse, RT, Sleep Tech, END: \$100

Student (NO CEU/Contact Hours): \$50

Registrations after 9/1/18 add \$30

Time	Topic	Speaker
7:00am	Registration and Continental Breakfast	Iowa Sleep Society Board Members
8:00-9:00	Wearable Cardioverter Defibrillator	Julie Hergenrader
9:00-10:00	CBT for Insomnia	Janis Smith, PhD—Clinical Psychologist
10:00-10:20	Break—Vendor Hall open	Sponsored by Eastern Iowa Sleep Center
10:20-11:20	Transforming a Generation Malocclusion: An Easily Identifiable Comorbidity of SDB	Kevin Body, DDS, M.Sc.—Board Certified Pediatric Dentist
11:20-12:20	The Tipping Point: Why We Need to Think Differently About Sleep	Darius Logmanee, MD—Advocate Children's Hospital
12:20-1:30	Lunch	Sponsored by Respicardia
1:30-2:30	Integrating Sleep Medicine and Population Health	John Brady, DO—QVS Medical Consulting
2:30-2:50	Break—Vendor Hall Open	
2:50-3:50	Inspire—Upper Airway Stimulator for OSA	Douglas Van Daele, MD Alexandra Iannone, DO
3:50-4:50	Sleep: Underrated or Overrated?	Akshay Mahadevia, MD—Mahadevia Sleep Consultants
4:50-5:30	Close/Evaluations	ISS Board
	Register and pay online using PayPal at: www.iasleepsociety.org/education-conference.html Mail in checks to: Iowa Sleep Society % Vicki Richmond 5136 69th Street Urbandale, IA 50322	REFUNDS: NO REFUNDS AFTER SEPTEMBER 10. <i>Attendees will not be officially registered until fees have been received. Registration Fees cover cost of conference, continuing education, and all meals and breaks.</i>

