

Virginia Academy of Sleep Medicine 13th Annual Conference

Thursday, October 28 & Friday, October 29



#VASM2021

CONFERENCE DESCRIPTION

Sleep Medicine is a rapidly expanding field and this conference will provide attendees with an effective and efficient forum to keep up with the latest research and continually update their clinical knowledge.

COURSE OBJECTIVES

At the conclusion of this program, participants will be able to:

- Define how sleep medicine can be integrated with other medical specialties such as dentistry, otolaryngology, and sports medicine.
- Contrast methods of evaluation and treatment of sleep disorders across the life span.
- Evaluate the diagnoses and treatments of sleep disorders and sleep related symptoms.

ACCREDITATION STATEMENT

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of The American Academy of Sleep Medicine and The Virginia Academy of Sleep Medicine. The American Academy of Sleep Medicine is accredited by the ACCME to provide continuing medical education for physicians. The AMA Council on Medical Education mandates that accredited providers only offer *AMA PRA Category 1 Credits™* to physicians. Non-physicians will be provided a letter of attendance indicating the number of *AMA PRA Category 1 Credits™* awarded for the sessions they attended.

AMA CREDIT DESIGNATION STATEMENT

Continuing Medical Education (CME) Credit for Physicians

The American Academy of Sleep Medicine designates this live activity for a maximum of 12.25 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Continuing Education Credit (CECS) For Sleep Technologists

This activity has been approved by the American Academy of Sleep Medicine for a maximum of 12.25 AASM CECs. Individuals should only claim those credits earned as a result of this activity.

Physician Assistant (PA) Credit

PAs may claim a maximum of 12.25 Category 1 credits for completing this activity. NCCPA accepts *AMA PRA Category 1 Credit™* from organizations accredited by ACCME or a recognized state medical society.

Nurse Practitioner (NP) Credit

NPs may claim a maximum of 12.25 Category 1 credits for completing this activity. The American Academy of Nurse Practitioners Certification Board (AANPCB) accepts *AMA PRA Category 1 Credit™* from organizations accredited by the ACCME. Individuals are responsible for checking with the AANPCB for further guidelines.

Technologist Continuing Education (CEC)

The American Academy of Sleep Medicine (AASM) will offer AASM Continuing Education Credits (CECs) to sleep technologists who attend the Virginia Academy of Sleep Medicine 13th Annual Conference. A maximum of 12.25 credits will be awarded.

Letter of Attendance

Individuals who are not eligible for any type of continuing education credits offered at this meeting may receive a letter of attendance outlining the number of *AMA PRA Category 1 Credits™* designated for the sessions they attend at the Virginia Academy of Sleep Medicine 13th Annual Conference.

SPEAKERS



CAROL ROSEN, MD

Year in Review
Case Western Reserve University
School of Medicine



KIRAN MASKI, MD

Pediatric Narcolepsy: Diagnostic
Challenges and Solutions
Harvard Medical School



AMIR SHARAFKHANEH, MD, PHD

Telemedicine & Sleep
Baylor College of Medicine



TIMOTHY MORGENTHALER, MD

Impact of Covid on Sleep
Mayo Clinic



JACOB COLTEN, MD

Sexsomnia and Forensic
Sleep Medicine
Uniformed Services University
of Health Sciences



LAUREN HALE, PHD

Sleep Health Disparities
Stony Brook Medicine



MITCHELL LEVINE DMD, MS

The White Water of Pediatric
Orthodontics in Sleep
Saint Louis University
CADE School of Medicine



**CRISTINA BALDASSARI MD,
FAAP, FACS**

Update on the Evaluation and
Management of Pediatric OSA
Children's Hospital
of The King's Daughters



MAURITS BOON, MD

Update on Hypoglossal Nerve
Stimulator Implantation
Jefferson University Hospitals



LEILA KHEIRANDISH-GOZAL, MD, MSC.

Pediatric Sleep / ADHD
University of Missouri
School of Medicine



JOSHUA SILL, MD

Legislative Update
Eastern Virginia Medical School



JOSEPH ANDERSON, RPSGT

The Future of
Sleep Technologists
Sovah Health

SPEAKERS



SKYE OSCHNER MARGOLIES, PHD
Cognitive Behavioral Treatment for
Insomnia: Lessons Learned from
the Covid-19 Pandemic
UNC School of Medicine



PATRICK SORENSON, RPSGT
EEG of Sleep
The National Institutes of Health



**GREG ESSICK, DDS, PhD,
D.ABDSM**
Evidence for an Association
between Obstructive Sleep Apnea
(OSA) and Temporomandibular
Disorders (TMD)
UNC School of Medicine



J. KENT WERNER, Jr. MD, PhD
Impact of TBI on Sleep
Uniformed Services University
of Health Sciences



**SYLVAN MINTZ, DDS, MSCD,
ABOP, ABDSM**
Pediatric Dentistry's Role in OSA
Children's National Medical Center

COMPLEX OSA PANEL



RYAN NORD, MD
VCU Health System



JOSHUA SILL, MD
Eastern Virginia Medical School



HARMEET CHIANG, DDS
VCU Health System



MAURITS BOON, MD
Jefferson University Hospitals



SKYE OSCHNER MARGOLIES, PHD
UNC School of Medicine



THURSDAY, OCTOBER 28

2:30 – 3:30 PM

Visit Virtual Exhibit Booths

Poster Session

3:30 – 3:35 PM

Welcome

Joshua Sill, MD | VASM President

3:35 – 4:10 PM

Pediatric Narcolepsy: Diagnostic Challenges and Solutions

Kiran Maski, MD

Harvard Medical School | Boston, MA

4:10 – 4:45 PM

Telemedicine & Sleep

Amir Sharafkhaneh, MD, PhD

Baylor College of Medicine | Houston, TX

4:45 – 5:20 PM

Impact of Covid on Sleep

Timothy Morgenthaler, MD

Mayo Clinic | Rochester, MN

5:20 – 5:25 PM

Stretch Break

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AGENDA

THURSDAY, OCTOBER 28

5:25 – 6:00 PM

Sexsomnia and Forensic Sleep Medicine

Jacob Collen MD, FACP, FCCP, FAASM

COL, MC, USA

Uniformed Services University | Bethesda, MD

6:00 – 6:35 PM

Sleep Health Disparities

Lauren Hale, PhD

Stony Brook Medicine | Stonybrook, NY

6:45 – 7:30PM

Virtual Wine Tasting



AGENDA

FRIDAY, OCTOBER 29

7:00 – 8:00 AM

Visit Virtual Exhibit Booths

Poster Session

8:00 – 8:30 AM

VASM Business Meeting

Recognition of Physician, Dental & Sleep Technologist Award Winners

8:30 – 9:20 AM

Year in Review

Carol Rosen, MD | Professor Emerita

Case Western Reserve University School of Medicine

9:20 – 10:05 AM

The White Water of Pediatric Orthodontics in Sleep Medicine

Mitchell Levine DMD, MS

Saint Louis University | CADE School of Medicine

10:05 - 10:10 AM

Stretch Break

10:10 – 10:55 AM

Update on the Evaluation and Management of Pediatric OSA

Cristina Baldassari MD, FAAP, FACS

Eastern Virginia Medical School

Children's Hospital of The King's Daughters | Norfolk, VA

AGENDA

FRIDAY, OCTOBER 29

10:55 – 11:40 AM

Update on Hypoglossal Nerve Stimulator Implantation

Maurits Boon, MD

Jefferson University Hospitals | Cherry Hill, NJ

11:40 AM – 12:40 PM

Visit Virtual Exhibit Booths

Poster Session

11:40 – 12:40 PM

Jazz Sponsored Virtual Lunch Presentation

Beyond Sleepy: Quantity of Sleep Isn't Everything in Idiopathic Hypersomnia (IH)

Presented by Logan Schneider, MD

When it's time, click [here](#) to join

12:40 – 12:55 PM

Legislative Update

Joshua Sill, MD

Eastern Virginia Medical School | Norfolk, VA

12:55 – 1:40 PM

Neurocognitive Consequences in OSA

Leila Kheirandish-Gozal, MD, MSc.

University of Missouri School of Medicine | Columbia, MO

1:40 – 1:45 PM

Stretch Break

AGENDA

FRIDAY, OCTOBER 29

1:45 – 2:25 PM

Impact of TBI on Sleep

J. Kent Werner, MD, PhD

Uniformed Services University of Health Sciences | Bethesda, MD

2:25 – 3:35 PM

Complex OSA Panel

Moderator: Ryan Nord, MD | *Panelists:* Maurits Boon, MD | Skye Oschner Margolies, PhD |

Harmeet Chiang, DDS | Joshua Sill, MD

3:35 – 4:10 PM

**Cognitive Behavioral Treatment for Insomnia: Lessons Learned
from the COVID--19 Pandemic**

Skye Oschner Margolies, PhD

UNC School of Medicine | Chapel Hill, NC

4:10 – 4:15 PM

Stretch Break

4:15 – 4:45 PM

The Future of Sleep Technologists

Joseph Anderson, RPSGT

Sovannah Health | Martinsville, VA

4:45 – 5:15 PM

EEG of Sleep

Patrick Sorenson, RPSGT

The National Institutes of Health | Reston, VA

AGENDA

FRIDAY, OCTOBER 29

5:15 – 5:45 PM

Evidence for an Association between Obstructive Sleep Apnea (OSA) and Temporomandibular Disorders (TMD)

Greg Essick, DDS, PhD, D.ABDSM

Adams School of Dentistry | University of North Carolina | Chapel Hill, NC

5:45 – 6:15 PM

Pediatric Dentistry's Role in OSA

Sylvan Mintz, DDS, MScD, ABOP, ABDSDM

Childrens National Medical Center | Rockville, MD

6:15 PM

Adjourn

POSTER PRESENTATION

IMPACT OF HYPOGLOSSAL NERVE STIMULATOR IMPLANTATION ON DAYTIME FUNCTIONING IN OLDER ADULTS WITH OBSTRUCTIVE SLEEP APNEA

Joseph M Dzierzewski, PhD; Elliottneil Perez, MA; Pablo Soto, MS;

Emma G West, MD; Ryan Nord, MD

Virginia Commonwealth University Health System



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