SLEEP SURGERY BREAKOUT

NOVEMBER 13, 2026
RICHMOND HILTON HOTEL & SPA AT SHORT PUMP



Virginia Academy of Sleep Medicine

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.

TARGET AUDIENCE

Sleep Medicine Physicians, Physician Assistants, Advanced Practice Providers, Sleep Technologists, Dentists, Otolaryngologists, Other medical professionals, Residents and Medical Students.

COURSE OBJECTIVES

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

- Apply current evidence and treatment approaches for OSA, including pharyngeal surgery, PAP therapy timing, oral appliance titration, and orofacial myofunctional therapy
- Evaluate emerging tools and programs for sleep care, including patient-reported outcome measures, wearable sleep trackers, and multi-hospital sleep navigation models
- Identify recent research, clinical developments, and updated AASM guidelines shaping sleep medicine practice, including factors affecting treatment adherence

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.

AASM designates this live activity for AMA PRA Category 1 Credits™:
Virginia Academy of Sleep Medicine 2026 - Maximum of 10.5

AASM Continuing Education Credits (CECs) for sleep technologists are offered for this live activity. AASM designates this live activity for AASM CECs:
Virginia Academy of Sleep Medicine - Maximum of 10.5

The AASM will issue all other non-physicians a letter of attendance for activities designated for AMA PRA Category 1 Credits™.

Physicians and all other participants should claim only the credit commensurate with the extent of their participation in the activity.

PACE
ACADEMY of GENERAL DENTISTRY
PROGRAM APPROVAL FOR CONTINUING EDUCATION

Virginia Academy of Sleep Medicine (local Approval in VA Only)
Locally Approved PACE Program Provider for FAGD/MAGD credit.
Approval does not imply acceptance by
any regulatory authority or AGD endorsement.
4/7/2026 until 4/6/2030
Provider ID# 359642

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AGENDA | FRIDAY, NOVEMBER 13, 2026

1:00 – 1:05 PM **HENRICO ROOM**
Welcome & Objectives
Ryan Nord, MD
Virginia Commonwealth University

1:05 – 1:30 PM **Patient Selection for Hypoglossal Nerve Stimulation: Pearls Beyond the FDA Criteria**
Brian Gross, MD
Lewis Gale Physicians-Otolaryngology Head and Neck Surgery

1:30 – 1:55 PM **Hypoglossal Nerve Stimulation Surgical Pearls: Optimizing Outcomes and OR Efficiency**
Brian Gross, MD
Lewis Gale Physicians-Otolaryngology Head and Neck Surgery

1:55 – 2:20 PM **Advanced HGNS Troubleshooting: The Suboptimal Responder**
Michael Polsky, MD
Pulmonary Associates of Richmond

2:20 – 2:35 PM **PREFUNCTION AREA**
Afternoon Break
Poster Session | Visit Exhibitors

HENRICO ROOM

2:35 – 3:00 PM **Bilateral Hypoglossal Nerve Stimulation: Is It Right for My Patient?**
Maurits Boon, MD
Thomas Jefferson University

3:00 – 3:25 PM **Barbed Reposition Pharyngoplasty: Technique, Outcomes, and Patient Selection**
Delaney Carpenter, MD
Assistant Professor of Otolaryngology
University of Virginia

SLEEP SURGERY BREAKOUT

3:25 – 3:50 PM

HENRICO ROOM

The Role of Nasal Obstruction in the Pathophysiology of OSA

Thomas Heineman, MD

Physicians' Clinic of Iowa

3:50 – 4:35 PM

Challenging Case Panel (multidisciplinary, interactive)

Ryan Nord, MD

Virginia Commonwealth University

4:35 – 5:00 PM

2026 Sleep Surgery Literature: A Year in Review

Ryan Nord, MD

Virginia Commonwealth University

5:00 PM

Closing Remarks

Adjourn

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