

Virginia Academy of Sleep Medicine

16TH ANNUAL CONFERENCE

OCTOBER 17 & 18, 2024 | RICHMOND HILTON HOTEL & SPA AT SHORT PUMP



#VASM2024

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, Nurse Practitioners, Sleep Technologists, Dentists, Otolaryngologists, other medical professionals, Residents and Medical Students.

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

ACCREDITATION STATEMENT | CME

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 Macon and Joan Brock Virginia Health Sciences at Old Dominion University and Virginia Academy of Sleep Medicine. Macon and Joan Brock Virginia Health Sciences at Old Dominion University is accredited by the ACCME to provide continuing medical education for physicians.

CREDIT DESIGNATION

Macon and Joan Brock Virginia Health Sciences at Old Dominion University designates this live activity for a maximum of 10.5 AMA PRA Category 1 CreditsTM. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



2024 SPEAKERS



Year in Review
Ruth Benca, MD, PhD
Wake Forest University
School of Medicine



**Sleep in the Military:
Spanning Field to Clinic**
Connie Thomas, MD
Walter Reed Army
Institute of Research



**Evaluating
the Sleepy Child**
Pearl Yu, MD
VCU Health



**Update on the Evaluation &
Management of Pediatric
Obstructive Sleep Apnea**
Cristina Baldassari, MD
Children's Hospital
of the King's Daughters



**Maternal and Fetal
Implications of Sleep
Disturbance during
Pregnancy**
Louise M. O'Brien, PhD
Michigan Medicine



**Updates to Pediatric MSLT
and MWT Protocols**
Wendy Edlund, MD
Children's Hospital of the
King's Daughters



Narcolepsy
Michael Strunc, MD
Children's Hospital
of the King's Daughters



**The Dark Side of the Moon-
Hospital Sleep Medicine**
Sunil Sharma, MD, MBA
West Virginia University



**Evolving Approaches to
OSA and Snoring from
the Dental Community**
Michael Simmons, DMD
Encino Center for Sleep
& TMJ Disorders



**History of Sleep
in Virginia**
J. Catesby Ware, PhD
EVMS-ODU



**The Present and Future
of Sleep Surgery**
Mike Hutz, MD
RUSH University
Medical Group



Legislative Update
Maha Alattar, MD (VCU) &
Joshua Sill, MD (EVMS)



**Accreditation Preparedness,
Readiness, & Maintenance:
Technologist Opportunities
Beyond Clinical Care**
Dottie Covey-Elleby, BS, RPGST
Fayetteville Technical
Community College



Education Update
Sean Hesselbacher, MD
(Hampton VA Medical
Center) & Eric Davis, MD
(UVA Health)



AGENDA | THURSDAY, OCTOBER 17, 2024

3:30 - 4:30 PM

PREFUNCTION AREA

Registration Opens | Visit Exhibitors

4:25 - 4:30 PM

CAPITAL A-E BALLROOM

Welcome

Elsa V. Mathew, MD

VASM President

4:30 - 5:10 PM

Ware's Limited History of PSG Sleep

J. Catesby Ware, PhD

Emeritus Professor, Department of Internal Medicine

EVMS-ODU

5:10 - 5:50 PM

Evaluating the Sleepy Child

Pearl Yu, MD

Professor of Pediatrics

Medical Director, VCU Pediatric Sleep Medicine Program

Children's Hospital of Richmond at VCU

5:50 - 6:30 PM

Maternal and Fetal Implications of Sleep Disturbance in Pregnancy

Louise M. O'Brien, PhD, MS

Professor

Division of Sleep Medicine, Department of Neurology

Department of Obstetrics & Gynecology

Research Scientist, Oral & Maxillofacial Surgery

Michigan Medicine

6:30 - 7:30 PM

PREFUNCTION AREA

Welcome Reception | Poster Session

7:30 PM

CAPITAL G BALLROOM

Optional Sponsored Dinner | Harmony Biosciences

#VASM2024

AGENDA | FRIDAY, OCTOBER 18, 2024

7:00 - 8:00 AM	PREFUNCTION AREA Registration Opens Continental Breakfast Exhibit Hall Opens Poster Session
7:00 - 8:00 AM	CAPITAL G BALLROOM Optional Sponsored Breakfast Avadel
8:00 - 8:15 AM	CAPITAL A-E BALLROOMS Welcome & VASM Business Meeting Elsa V. Mathew, MD <i>VASM President</i>
8:15 - 8:30 AM	Recognition of Physician, Dental & Sleep Technologist Award Winners Recognition of Katherine Florio Vorona Scholarship Recipients
8:30 - 9:20 AM	Year in Review Ruth Benca, MD, PhD <i>Kate Mills Snider Professor and Chair</i> <i>Department of Psychiatry and Behavioral Medicine</i> <i>Wake Forest University School of Medicine</i>
9:20 - 10:00 AM	The Dark Side of the Moon- Hospital Sleep Medicine Sunil Sharma, MD, MBA <i>N. Leroy Lapp Professor and Chief of Pulmonary</i> <i>Critical Care & Sleep Medicine</i> <i>West Virginia University</i>
10:00 - 10:30 AM	PREFUNCTION AREA Morning Break Poster Session Visit Exhibitors

#VASM2024

AGENDA | FRIDAY, OCTOBER 18, 2024

10:30 - 11:50 AM

VASM BREAKOUT 1 | CAPITAL A - E BALLROOMS

10:30 – 11:10 AM

Updates to Pediatric MSLT and MWT Protocols

Wendy Edlund, MD

Medical Director, Sleep Medicine

Children's Hospital of the King's Daughter's

11:10 – 11:50 AM

Accreditation Preparedness, Readiness, and Maintenance: Technologist Opportunities Beyond Clinical Care

Dottie Covey-Elleby, BS, RPSGT, CSE

Department Chair- Polysomnography

Fayetteville Technical Community College

10:30 - 11:50 AM

VASM BREAKOUT 2 | CAPITAL F BALLROOM

10:30 – 11:10 AM

Central Sleep Apnea

Sunil Sharma, MD, MBA

N. Leroy Lapp Professor and Chief of Pulmonary

Critical Care & Sleep Medicine

West Virginia University

11:10 – 11:50 AM

Updates in Narcolepsy

Michael Strunc, MD

Children's Hospital of the King's Daughter's

10:30 - 11:50 AM

VASM BREAKOUT 3 | SHORT PUMP ROOM

10:30 - 11:10 AM

Addressing Treatment Failures in Sleep Related Breathing Disorders

Michael Simmons, DMD, MScMed, MPH, MSc, FAASM, FAAOP, FAGD

Director, Encino Center for Sleep & TMJ Disorders

11:10 – 11:50 AM

Novel Ideas / Challenging Case

AGENDA | FRIDAY, OCTOBER 18, 2024

- 11:50 - 12:40 PM **PREFUNCTION AREA**
Boxed Lunches | Poster Session | Visit Exhibitors
**seating in Henrico Room or Capital A-E Ballroom*
- 11:50 - 12:40 PM **CAPITAL G BALLROOM**
Sponsored Lunch | Jazz
**ticket required*
- 12:40 - 1:20 PM **CAPITAL A - E BALLROOMS**
Evolving Approaches to OSA and Snoring from the Dental Community
Michael Simmons, DMD, MScMed, MPH, MSc, FAASM, FAAOP, FAGD
Director, Encino Center for Sleep & TMJ Disorders
- 1:20 - 2:00 PM **Emerging Trends in Sleep Surgery**
Michael Hutz, MD
RUSH University Medical Group
- 2:00 - 2:15 PM **Legislative Update**
Joshua Sill, MD | *EVMS &*
Maha Alattar, MD | *VCU Health*
- 2:15 - 2:30 PM **Education Update**
Sean Hesselbacher, MD | *Hampton VA Medical Center &*
Eric Davis, MD | *UVA Health*
- 2:30 - 3:00 PM **PREFUNCTION AREA**
Afternoon Break
Poster Session | Visit Exhibitors

AGENDA | FRIDAY, OCTOBER 18, 2024

3:00 PM

Raffle Winners

3:00 - 3:40 PM

Sleep in the Military: Spanning the Field to the Clinic

Connie L. Thomas, MD, FAPA

LTC, MC

Deputy Director, Center for Military Psychiatry and Neuroscience

Walter Reed Army Institute of Research

Assistant Professor, Uniformed Services University

Bethesda, MD

3:40 - 4:20 PM

Update on the Evaluation and Management of Pediatric Obstructive Sleep Apnea

Cristina Baldassari, MD, FAAP, FACS

Professor, Department of Otolaryngology Head and Neck Surgery

Eastern Virginia Medical School, Division of Pediatric Sleep Medicine

Children's Hospital of The King's Daughters

4:20 - 4:25 PM

Closing Remarks | Adjourn

Non-CME Product Theaters



THURSDAY, OCTOBER 17 | 7:30 PM

HILTON SHORT PUMP | CAPITAL G BALLROOM

Dinner sponsored by Harmony Biosciences

Explore WAKIX® (pitolisant) as a Treatment Option for Your Patients

Laura Bogan Herpel, MD, FCCP



FRIDAY, OCTOBER 18 | 7:00 AM

HILTON SHORT PUMP | CAPITAL G BALLROOM

Breakfast sponsored by Avadel

The First and Only Once-At-Bedtime Sodium Oxybate

Michael Strunc, MD



Jazz Pharmaceuticals

FRIDAY, OCTOBER 18 | 11:50 AM

HILTON SHORT PUMP | HENRICO ROOM

Lunch sponsored by Jazz Pharmaceuticals

A Treatment for Patients with Idiopathic Hypersomnia or Narcolepsy

Shane Drahos, MD

POSTER PRESENTATIONS

Impact of Nasal Pathology on Hypoglossal Nerve Stimulation Efficacy in Treating Obstructive Sleep Apnea

Iman Adibi, BS

Virginia Commonwealth University School of Medicine

Richmond, Virginia

Does Insomnia Affect Therapy on Time in Hypoglossal Nerve Stimulation

Kareem Elhigzi, BS

Otolaryngology – Head & Neck Surgery, Virginia Commonwealth University

Richmond, Virginia

Safety of Hypoglossal Nerve Stimulation with Pre-existing Implants

Kareem Elhigzi, BS

Otolaryngology – Head & Neck Surgery, Virginia Commonwealth University

Richmond, Virginia

Hypoglossal Nerve Stimulation versus Barbed Reposition Pharyngoplasty Outcomes in Obstructive Sleep Apnea without Complete Concentric, Tongue Base, or Epiglottic Collapse

Arman Saeedi

Otolaryngology – Head & Neck Surgery, Virginia Commonwealth University

Richmond, Virginia

Effects of Solriamfetol on Cognition in Obstructive Sleep Apnea with Excessive Daytime Sleepiness and Impaired Cognition in the SHARP Clinical Trial

Hans P. A. Van Dongen, PhD

Department of Translational Medicine and Physiology & Sleep and Performance

Research Center, Washington State University

Spokane, WA

2024 VASM OFFICERS AND DIRECTORS

PRESIDENT

Elsa Mathew, MD
Central Virginia
VA Health Care System
Richmond, VA

TREASURER

Aarthi Vemana, MD
Inova
Fairfax, VA

DIRECTOR

Shekar Raman, MD
Central Virginia
VA Health Care System
Richmond, VA

PRESIDENT-ELECT

Sean E. Hesselbacher, MD
Hampton VA Medical Center
Norfolk, VA

DIRECTOR

Suraiya Haider, MD
Inova
Fairfax, VA

DIRECTOR

AJ Quaranta, MD
Sentara Healthcare
Norfolk, VA

IMMEDIATE PAST PRESIDENT

Joshua Sill, MD
Sleep Disorders Center
Norfolk, VA

DIRECTOR

Ronnie Hayes, RPSGT
VCU Health
Richmond, VA

DIRECTOR | DENTAL SLEEP

Harmeet Chiang, DDS
VCU School of Dentistry
Richmond, VA

SECRETARY

Amy Boykin, RPSGT
Health Point Neurodiagnostics
Courtland, VA

DIRECTOR

Cheryl Ketchum, RPSGT
CHKD
Norfolk, VA

PROGRAM COMMITTEE

Sean Hesselbacher, MD - *Chair*

Cristina Baldassari, MD

Harmeet Chiang, DDS

Ronnie Hayes, RPSGT

Elsa Mathew, MD

Ryan Nord, MD

Joshua Sill, MD

Michael Strunc, MD

Mariana Szklo-Coxe, PhD

Marion Wotring, RPSGT

#VASM2024

THE VASM IS GRATEFUL FOR THE SUPPORT OF OUR VENDORS!

GOLD SUPPORTERS



Aeroflow  Sleep



THE VASM IS GRATEFUL FOR THE SUPPORT OF OUR VENDORS!

DIAMOND SUPPORTERS

