



# 11<sup>TH</sup> ANNUAL MEETING

October 24 & 25, 2019

*Richmond Hilton Hotel & Spa at Short Pump*



## 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 should 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.

## Continuing Medical Education

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 11th Annual Conference: Maximum of 11.00*

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.

### Continuing Education Credit (CECS) For Technologists

The American Academy of Sleep Medicine (AASM) offers Continuing Education Credits (CECs) to sleep technologists who attend the *Virginia Academy of Sleep Medicine 11th Annual Conference*. A maximum of 11.00 credits will be awarded. Individuals should only claim those credits earned as a result of this activity.



The Virginia Academy of Dental Sleep Medicine is designated as an Approved PACE Program Provider by the Academy of General Dentistry. The formal continuing education programs of this program provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 04/07/19 to 04/06/22.

Provider ID# 359642.

## Target Audience

Sleep Medicine Physicians. Dentists, otolaryngologists, sleep technicians, non-physician sleep specialists, other medical professionals, and medical students will also benefit from this educational opportunity.

# AGENDA Thursday, October 24<sup>th</sup>

## PREFUNCTION AREA

3:00 – 3:55 PM **Registration**

## CAPITAL A-D BALLROOMS

3:55 – 4:00 PM **Welcome**

4:00 – 4:35 PM **Obstructive Sleep Apnea and Cardiovascular Disease**

Naresh M. Punjabi, MD, PhD

Professor of Medicine and Epidemiology

Division of Pulmonary and Critical Care Medicine

Johns Hopkins University | Baltimore, MD

4:35 – 5:05 PM **Integrating Cognitive-behavioral Treatment for Insomnia with PAP Adherence Treatment for Individuals with Comorbid Insomnia and Sleep Apnea**

Joseph M. Dzierzewski, PhD

Assistant Professor, Department of Psychology

Virginia Commonwealth University | Richmond, VA

5:05 – 5:35 PM **Sleep Deprivation and Circadian Rhythm Considerations in High-Risk Military Operations**

J. Kent Werner, Jr., MD, PhD

LCDR, MC, USN

Assistant Professor, Department of Neurology, USUHS

Adjunct Assistant Professor, Department of Neurology, Johns Hopkins

Bethesda, MD

5:35 – 6:05 PM **What Goes Bump in the Night? A Review and Update on Parasomnias**

Anne Marie Morse, DO

Co-Director, Division of Child Neurology

Janet Weis Children's Hospital - Geisinger | Danville, PA

6:05 – 6:35 PM **Hypoglossal Nerve Stimulation Therapy in the Treatment of OSA**

Timothy Egan, MD

Fairfax ENT | Fairfax, VA

## PREFUNCTION AREA

6:35 – 8:00 PM **Welcome Reception**

# AGENDA

Friday, October 25<sup>th</sup>

## PREFUNCTION AREA

7:00 – 8:00 AM **Registration**  
**Continental Breakfast**  
**Exhibit Hall Opens**  
**Poster Presentations**

## CAPITAL A-F BALLROOMS

8:00 – 8:25 AM **Welcome & VASM Business Meeting**

8:25 – 8:40 AM **Recognition of Physician, Dental & Sleep Technologist Award Winners**  
**Recognition of Katherine Florio Vorona Scholarship Recipient**

8:40 – 9:30 AM **Year in Review**  
Ruth Benca, MD, PhD  
Chair, Psychiatry & Human Behavior, School of Medicine  
University of California, Irvine | Irvine, CA

9:30 – 10:10 AM **Update on Oral Appliance Therapy for Obstructive Sleep Apnea**  
Harmeet K. Chiang, DDS  
AADSM Steering Committee Member  
Associate Professor  
VCU School of Dentistry | Richmond, VA

10:10 – 10:50 AM **Pediatric Narcolepsy... Wake Up to the Diagnosis**  
Anne Marie Morse, DO  
Co-Director, Division of Child Neurology  
Janet Weis Children's Hospital - Geisinger | Danville, PA

## PREFUNCTION AREA

10:50 – 11:10 AM **Morning Break**  
**Poster Presentations**  
**Visit Exhibitors**

## CAPITAL A-F BALLROOMS

11:10 – 11:50 AM **Circadian Rhythms and Teens: Translating Science into School Policy**

Michael Strunc, MD

Child Neurologist & Sleep Doctor

Children's Hospital of the Kings Daughters | Norfolk, VA

Sandy Evans

Fairfax County School Board Member, Mason District

SLEEP in Fairfax Co-Founder

Phyllis Payne, MPH

Start School Later Implementation Director

SLEEP in Fairfax Co-Founder

11:50 – 12:30 PM **The Role of Light in Sleep through the Ages**

Helene Emsellem, MD

Director, The Center for Sleep & Wake Disorders | Chevy Chase, MD

12:30 PM **\$25 Gift Card Raffle** { *Thank you QualityDME!* }

## PREFUNCTION AREA / CAPITAL G BALLROOM

12:30 – 1:15 PM **Lunch | Poster Presentations | Visit Exhibitors**

## CAPITAL A-F BALLROOMS

1:15 PM **\$25 Gift Cards Raffle** { *Thank you HandCraft Services & PAD A CHEEK!* }  
**Poster Winner Announcement**

1:15 – 1:30 PM **Legislative Update**

Joshua Sill, MD

EVMS Pulmonary and Critical Care | Norfolk, VA

1:30 – 2:10 PM **Science of Noninvasive Ventilation**

Teofilo Lee-Chiong, Jr., MD

Pulmonologist, National Jewish Health

Associate Professor, University of Colorado School of Medicine | Denver, CO

2:10 – 2:50 PM **Integrity and Medicine**

J. Catesby Ware, PhD

Professor Emeritus, Division Sleep Medicine

Department of Internal Medicine &

Department of Psychiatry and Behavioral Medicine

Eastern Virginia Medical School | Norfolk, VA

2:50 PM **\$25 Gift Cards Raffle** { *Thank you KEGO USA, ABC Healthcare, & SLP, Inc.!* }

**PREFUNCTION AREA**

2:50 – 3:10 PM **Afternoon Break | Visit Exhibitors | Poster Presentations**

**PHYSICIAN BREAKOUT | CAPITAL G BALLROOM**

3:10 PM **\$100 Gift Card Raffle**

3:10 – 5:00 PM **Board Review**

Teofilo Lee-Chiong Jr., MD

Pulmonologist, National Jewish Health

Associate Professor

University of Colorado School of Medicine | Denver, CO

**SLEEP TECH BREAKOUT | CAPITAL A-F BALLROOMS**

3:10 PM **\$100 Gift Card Raffle**

3:10 – 4:05PM **Respiratory & Sleep, Technology, Disease State Cross-Over**

Peter Allen, BSRC, RRT-NPS-SDS,RPSGT

Sleep Lab Clinical Coordinator

Main Line Health | Media, PA

4:05 – 5:00 PM **An Active Shooter in the Sleep Lab – What Would You Do?**

Joseph Anderson, CCSH, RPSGT, RST, RPFT, CRT-NPS

EEG & Sleep Services Patient Care Coordinator

SOVAH Health | Martinsville, VA

**DENTAL BREAKOUT | HENRICO ROOM**

3:10 PM **\$100 Gift Card Raffle**

3:10 – 5:00 PM **A Fully Digital Pathway in DSM**

**&**

**Improved Outcomes in DSM: The Patient Experience**

Mark T. Murphy, DDS, D.ABDSM

Lead Faculty ProSomnus Sleep Technologies

UDM School of Dentistry, The Pankey Institute | Pleasanton, CA

5:00 PM **Adjourn**

# poster PRESENTATIONS Friday, October 25<sup>th</sup>

7:00 – 8:00 AM | 10:50 – 11:10 AM | 12:30 – 1:15 PM | 2:50 – 3:10 PM

## **Prevalence of Anxiety and Depression Symptoms in Patients with Obstructive Sleep Apnea and the Relationship to Disease Severity**

Wahida Akberzie, MD, MS

Eastern Virginia Medical School | Norfolk, VA

## **Mandibular Titration using George Gauge during DISE May Identify the Optimal Advancement Position for Oral Appliance Success**

Michael Bauschard, MD

Virginia Commonwealth University Health System | Richmond, VA

## **Epworth Sleepiness Scale as a Reliable Predictor of Sleep-Disordered Breathing**

Alexander J. Choi, MD

Eastern Virginia Medical School | Norfolk, VA

## **Obstructive Sleep Apnea with Insomnia Overlap: Characterization of a Distinct Phenotype**

Phillip Nye, MD

Eastern Virginia Medical School | Norfolk, VA

## **Atypical Presentation of OSA in an Adult with Retinal Nerve Fiber Layer Thinning**

Phillip Nye, MD

Eastern Virginia Medical School | Norfolk, VA

## **Drug-Induced Sleep Endoscopy: A Single Institution Study**

Nima Vahidi, MD

Virginia Commonwealth University Health System | Richmond, VA

## **Multidisciplinary Sleep Apnea Clinic at VCU Health: A First Year Retrospective**

Nima Vahidi, MD

Virginia Commonwealth University Health System | Richmond, VA



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Children's Specialty Group  
Norfolk, VA

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## Exhibitors

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NATUS Neuro  
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Pulmonary Associates of Richmond  
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SLP, Inc.  
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VCU Health  
Vyaire Medical  
Zephyr Sleep Technologies