

VIRGINIA ACADEMY OF SLEEP MEDICINE 12th Annual (*Virtual!*) Conference



November 12 - 13, 2020

This is a joint conference for the Virginia Academy of Sleep Medicine & Southern Sleep Society



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:

1. Define how sleep medicine can be integrated with other medical specialties such as dentistry, otolaryngology, and sports medicine
2. Contrast methods of evaluation and treatment of sleep disorders across the life span
3. 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.

AMA CREDIT DESIGNATION STATEMENT

The American Academy of Sleep Medicine (AASM) designates this activity for a maximum of **11.5 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Attendees are eligible to earn CME or CEC credits. The course is available for attendees on a "Virtual" platform on November 12-13th for a maximum of 10.5 CME and 11.5 AASM CECs for sleep technologists. This course material is also available "OnDemand" until December 31, 2020. Attendees who utilize the course in the "Virtual" format and "OnDemand" can avail a maximum of 11.5 CME/CEC credits if they watch all sessions.

PROGRAM COMMITTEE MEMBERS

Michael Strunc, MD (Chair), Jonathan Clark, RPSGT, Erika Mason, DDS, Joshua Sill, MD, Mariana Szklo-Coxe, PhD, Marion Wotring, RPSGT, Pearl Yu, MD.

SPEAKERS



RYAN ACDA, RPSGT

Bedside Manners in Time of
Pandemic
Veterans Affairs Medical Center



NANCY COLLOP, MD

Wearable Technology-- Devices
that Measure and Quantify Sleep
Director Emory Sleep Center



DALILA LEWIS, MD

Sleep and Epilepsy in the Pediatric
Population
Medical University of South
Carolina



DEBBIE AKERS, RPSGT

Developing a Seamless Link
Between the Sleep Study & DME
Medical Equipment Distributors



SHAFROKH JAVAHERI, MD

The Prevalence and the
Mechanisms of EDS in OSA
& Update in Pharmacological
Therapy
University of Cincinnati College of
Medicine



WILLIAM ORR, PHD

Sleep and Gastroenterology: What
Every Sleep Doctor Should Know
University of Oklahoma Health
Sciences Center



RICK BOGAN, MD

New Medications for the Treatment
of Narcolepsy
University of South Carolina School
of Medicine



JOYCE LEE-IONNATTI, MD

Running a Sleep Lab during COVID
University of Arizona College of
Medicine-Phoenix



JUDITH OWENS, MD

COVID-19 and Pediatric Sleep
Harvard Medical School

SPEAKERS



BEN POTENZIANO

Sleep / Baseball Performance
Pittsburgh Pirates



JOSHUA SILL, MD

Legislative Update
Eastern Virginia Medical School



RUSSELL ROSENBERG, MD

Cannabis for Sleep Disorders:
Smoke and Mirrors?
Atlanta School of Sleep Medicine
and Technology



NARESH PUNJABI, MD

Johns Hopkins Medicine



ALEXANDER VAUGHAN, DDS

Oral Appliance Therapy
Virginia Total Sleep



ASIM ROY, MD

Difficult OSA patients - Tricks for
Successful CPAP
Northeast Ohio Medical University



CAROL ROSEN, MD

How COVID-19 has Affected Sleep
Health
UH Cleveland Medical Center



KENT WERNER, MD

TBI-sleep-glymphatics System-
neurodegeneration
Uniformed Services University

AGENDA

THURSDAY, NOVEMBER 12 | GENERAL SESSION

- 3:00 – 4:00 PM** **Break**
Visit vendors in Virtual Exhibit Booths & Poster Sessions
Participate in the Virtual Raffle
- 4:00 – 4:05 PM** **Welcome**
Mike Strunc, MD
VASM President
- 4:05 – 4:40 PM** **Running a Sleep Lab during COVID**
Joyce K. Lee-Iannotti MD
Director, Banner University Medical Center Sleep Disorders Center-Phoenix
Program Director, Sleep Medicine Fellowship, University of Arizona College of Medicine-Phoenix
- 4:40 – 5:15 PM** **Difficult OSA patients - Tricks for Successful CPAP**
Asim Roy, MD
Medical Director, Ohio Sleep Medicine Institute
Assistant Clinical Professor, Northeast Ohio Medical University
- 5:15 – 5:20 PM** **Stretch Break**
- 5:20 – 5:55 PM** **Sleep and Epilepsy in the Pediatric Population**
Dalila Lewis, MD, FAAP
Pediatric Epileptologist
Division Chief, Pediatric Neurology
Medical University of South Carolina
- 5:50 – 6:30 PM** **Sleep / Baseball Performance**
Ben Potenziano
Assistant Athletic Trainer
Pittsburgh Pirates
- 6:45 – 7:30 PM** **Virtual Happy Hour!**

AGENDA

FRIDAY, NOVEMBER 13 | MORNING SESSION

- 7:00 – 8:00 AM** **Virtual Coffee Chat with Vendors**
- 8:00 – 8:30 AM **Welcome & VASM Business Meeting**
Recognition of Physician, Dental & Sleep Technologist Award Winners
Recognition of Katherine Florio Vorona Scholarship Recipient(s)
- 8:30 – 9:20 AM **How COVID-19 has Affected Sleep Health**
Carol Rosen, MD
Professor of Pediatrics
Medical Director
Pediatric Sleep Center, UH Cleveland Medical Center
- 9:20 – 10:00 AM **Cannabis for Sleep Disorders: Smoke and Mirrors?**
Russell Rosenberg, Ph.D., D.ABSM
Founder and Director
Atlanta School of Sleep Medicine and Technology
- 10:00 – 10:05 AM** **Stretch Break**
- 10:05 – 10:45 AM **TBD**
Naresh Punjabi, MD
Professor of Medicine
Johns Hopkins Medicine
- 10:45 – 11:00 AM **Legislative Update**
Josh Sill, MD
Eastern Virginia Medical School
- 11:00 – 11:35 AM **Oral Appliance Therapy**
Alexander Vaughan, DDS
Virginia Total Sleep | Glen Allen, VA
- 11:35 – 12:35 PM** **Virtual Vendor Break | Visit Posters**
Participate in the Virtual Raffle

AGENDA

FRIDAY, NOVEMBER 13 | AFTERNOON SESSION

- 12:35 – 1:15 PM **TBI-sleep-glymphatics System-neurodegeneration**
Kent Werner, MD
Assistant Professor, Department of Neurology
Uniformed Services University
- 1:15 – 1:55 PM **Sleep and Gastroenterology: What Every Sleep Doctor Should Know**
William C. Orr, PhD
Clinical Professor of Medicine
University of Oklahoma Health Sciences Center
- 1:55 – 2:00 PM **Stretch Break**
- 2:00 – 2:40 PM **New Medications for the Treatment of Narcolepsy**
Rick Bogan, MD, FCCP
Associate Clinical Professor
University of South Carolina School of Medicine
- 2:40 – 3:20 PM **The Prevalence and the Mechanisms of EDS in OSA and Update in Pharmacological Therapy**
Shahrokh Javaheri, MD
Professor Emeritus of Medicine
University of Cincinnati College of Medicine
- 3:20 – 4:00 PM **Wearable Technology- Devices that Measure and Quantify Sleep**
Nancy Collop, MD
Director
Emory Sleep Center

AGENDA

4:00 – 4:40 PM

COVID-19 and Pediatric Sleep

Judith Owens, MD, MPH

Director, Center for Pediatric Sleep Disorders

Professor of Neurology

Harvard Medical School

SLEEP TECH SESSION

5:05 – 5:35 PM

Bedside Manners in Time of Pandemic

Ryan Acda, RPSGT

Veterans Affairs Medical Center

5:35 – 6:05 PM

Developing a Seamless Link Between the Sleep Study and DME

Debbie Akers, RRT, RPSGT

Medical Equipment Distributors



POSTER PRESENTATIONS

MULTIDISCIPLINARY APPROACH TO TREAT PATIENT WITH SEVERE OBSTRUCTIVE SLEEP APNEA: A CASE REPORT

Elsa Mathew (1), Ryan Nord (2), Harmeet Chiang (2)

(1) *Richmond VAMC*

(2) *Virginia Commonwealth University*

AROUSAL THRESHOLD IN SLEEP APNEA PATIENTS WITH EXCESSIVE DAYTIME SLEEPINESS

Pahnwat Tonya Taweeseedt (1), Shyamsunder Subramanian (2), Sean Hesselbacher (3,4),
Salim R. Surani (1,5)

(1) *Bay Area Medical Center, Corpus Christi, TX*

(2) *Sutter Gould Medicine Foundation, CA*

(3) *Eastern Virginia Medical School, Norfolk, VA*

(4) *Hampton VA Medical Center, Hampton, VA*

(5) *Texas A&M University*

AROUSAL THRESHOLD IN SLEEP APNEA PATIENTS AND OBESITY

Pahnwat Tonya Taweeseedt (1), Salim R Surani (1,2), Sean Hesselbacher (3,4),
Shyamsunder Subramanian (5)

(1) *Bay Area Medical Center, Corpus Christi, TX*

(2) *Texas A&M University*

(3) *Eastern Virginia Medical School, Norfolk, VA*

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(5) *Sutter Gould Medicine Foundation, CA*





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