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

NANCY COLLOP, MD
Wearable Technology-- Devices that Measure and Quantify Sleep
Director Emory Sleep Center

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-glyphmatics System-neurodegeration
Uniformed Services University
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!
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
<table>
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<tr>
<th>Time</th>
<th>Session Title</th>
<th>Speaker(s)</th>
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| 12:35 – 1:15 PM | TBI-sleep-glymphatics System-neurodegeration                               | 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

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**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
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 Taweesedt (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 Taweesedt (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
(4) Hampton VA Medical Center, Hampton, VA
(5) Sutter Gould Medicine Foundation, CA
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