

## MODERATORS

**Alan Rudick, D.O., FACOI, FCCP, FAASM**

*Course Director*

7th Annual Afternoon Siesta

Mercy Medical Center

**Frederick C. Whittier, M.D., FACP**

*Chairman*

Continuing Medical Education Committee

Mercy Medical Center

## FACULTY

**Teri J. Barkoukis, M.D., FCCP, FAASM**

*Director*

Sleep Medicine Fellowship

Associate Professor of Medicine

University of Nebraska Medical Center

**Lawrence Lynn, D.O., FCCP, Executive Director**

The Sleep and Breathing Research Institute

Columbus, Ohio

**Alan Rudick, D.O., FACOI, FCCP, FAASM**

*Medical Director, Mercy Sleep Center*

*Assistant Professor, Northeastern Ohio Universities*

*College of Medicine*

*Master Clinical Faculty, Ohio University*

*College of Osteopathic Medicine*

## FACULTY/PLANNER DISCLOSURE

Mercy Medical Center has implemented a policy to comply with the current Accreditation Council for Continuing Medical Education/Ohio State Medical Association Standards for Commercial Support requiring resolution of all faculty and planner conflicts of interest. Declared relevant conflicts of interest will be identified in the activity syllabus.

## Agenda

**Wednesday, September 8, 2010**

**11:00 a.m. – 5:00 p.m.**

### MCKINLEY GRAND HOTEL

11:00 a.m.	Registration/Buffer Lunch/Exhibits
12:25 p.m.	Welcome & Opening Remarks <i>Drs. Rudick and Whittier</i>
12:30 p.m.	<b>Perioperative Assessment for Sleep Disordered Breathing and Arousal Disorder</b> <i>Dr. Lynn</i>
1:30 p.m.	<b>Missing Obesity-Hypoventilation: A Review of Critical Pathways</b> <i>Dr. Barkoukis</i>
2:30 p.m.	BREAK/Exhibits
3:00 p.m.	<b>Lung Disease and Sleep</b> <i>Dr. Rudick</i>
4:00 p.m.	<b>When REM Malfunctions: A Tale of Two Patients</b> <i>Dr. Barkoukis</i>
5:00 p.m.	Closing Remarks <i>Drs. Rudick and Whittier</i>

### MCKINLEY GRAND HOTEL

#### DIRECTIONS FROM NORTH

**From Akron:** Take I-77 south to Tuscarawas Street Exit. Turn left follow Tuscarawas Street to Market Avenue/Central Plaza and turn right. The McKinley Grand Hotel is located three blocks on left.

#### DIRECTIONS FROM SOUTH

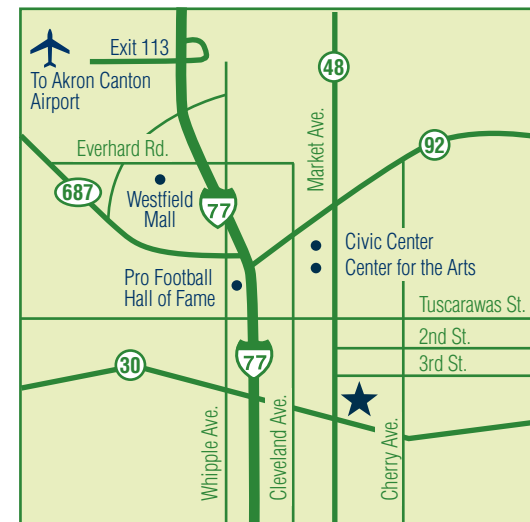
Take I-77 North to 30 East towards East Liverpool. Take Cherry Street Exit. Turn left at traffic light on 11th Street. Take 11th Street to next light (Market Avenue), turn right. The McKinley Grand Hotel is located on the right.

#### DIRECTIONS FROM EAST

**From Pittsburgh:** Take I-80 West to I-77 South. Take I-77 south to Tuscarawas Street Exit. Turn left on Tuscarawas Street. Follow Tuscarawas Street to Market Avenue/Central Plaza and turn right. The McKinley Grand Hotel is located three blocks on left.

#### DIRECTIONS FROM WEST

**From Columbus:** Take I-71 North to Route 30 East to Canton area (Cherry Street/Downtown Exit). Turn left at traffic light on 11th Street. Take 11th Street to next light (Market Avenue), turn right. The McKinley Grand Hotel is located on right.



**September 8, 2010**

7th Annual

MERCY SLEEP CENTER

**Afternoon Siesta**

A Multidisciplinary Sleep Medicine Conference

MERCY  
MEDICAL CENTER

A Ministry of the Sisters of Charity Health System



## STATEMENT OF NEED

As reported by the Institute of Medicine in Sleep Disorders and Sleep Deprivation: *An Unmet Public Health Problem*, "50-70 million Americans chronically suffer from a disorder of sleep and wakefulness, 80-90% of adults with clinically significant sleep-disordered breathing remain undiagnosed." Their committee found that sleep disorders continue to be under-diagnosed and recommend, "Academic health centers should integrate the teaching of somnology and sleep medicine into... continuing professional development programs."

## STATEMENT OF ACCREDITATION

Mercy Medical Center is accredited by the Ohio State Medical Association to provide continuing medical education for physicians. Mercy Medical Center designates this educational activity for a maximum of 4.0 *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

*\* Equal to 4.0 nursing contact hours per OAC 4723-14-05.*

Mercy Medical Center is approved by the Ohio State Board of Pharmacy as a provider of continuing pharmacy education. This program will award 0.4 CEUs based on participation and will be issued at the conclusion of the activity.

AAST CEC Program Number 2B315 has been approved for 4 AAST CECs.

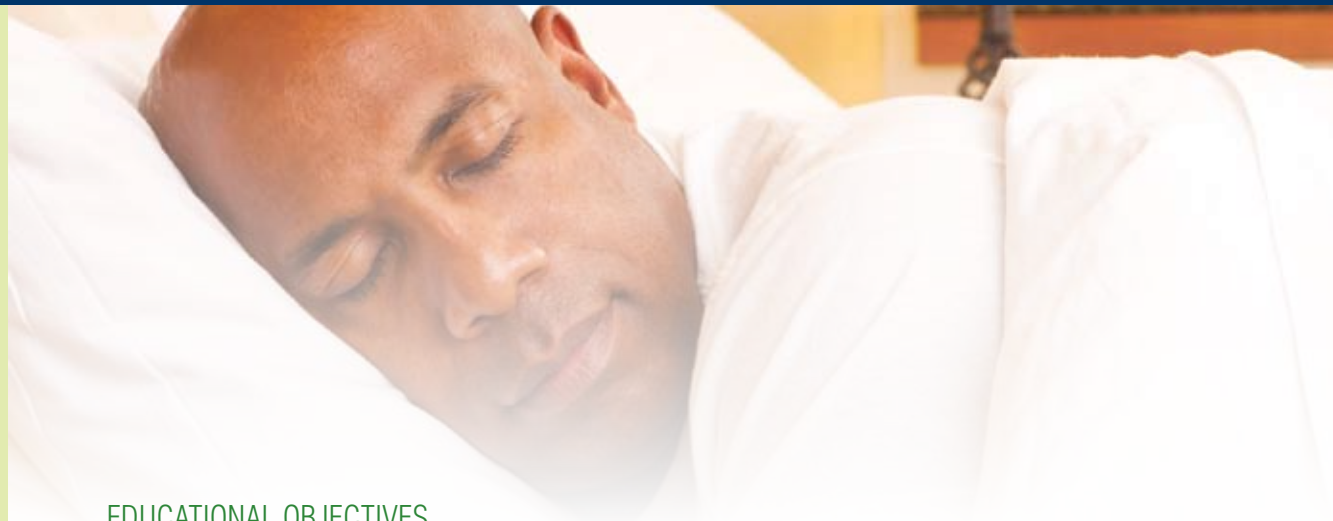
In accordance with Ohio administrative code OAC 4761-9-05, CME credit is acceptable under Ohio law for Respiratory Care Practitioners.

## AMERICANS WITH DISABILITIES ACT

Mercy Medical Center fully intends to comply with the legal requirements of the Americans with Disabilities Act. If you need assistance please notify Kathy Ruppert at 330-489-1409 or [kathy.ruppert@cantonmercy.org](mailto:kathy.ruppert@cantonmercy.org) prior to this activity.

## TARGET AUDIENCE

Physicians, dentists, nurses, technicians and other healthcare professionals in the Northeast Ohio Region, Central Ohio and Western Pennsylvania interested in the various aspects of sleep medicine.



## EDUCATIONAL OBJECTIVES

1. Identify the two primarily pathophysiologic mechanisms for Narcotic Associated Sudden Death Syndrome (NASADS) in hospitalized patients.
2. Explain why Occult Arousal Failure (OAF) is now presently perceived as a frequent cause of the dead-in-bed syndrome in patients with and without sleep apnea.
3. Describe recent discoveries relating to arousal neuroplasticity in response to hypoxemia during sleep and the potential role of neuroplasticity as a mechanism of OAF.
4. Recognize the potential role of pre-op questionnaires and objective testing in the preoperative assessment of sleep apnea and OAF.
5. Apply new post-op management considerations in patients with sleep apnea and/or OAF.
6. Describe the historical background and current epidemiology of obesity hypoventilation syndrome (OHS).
7. Identify the healthcare system gaps in missing the diagnosis, subsequent management, and consequences of OHS patients.
8. Formulate the definition, clinical presentation and diagnosis for OHS.
9. Describe the pathophysiology of OHS as it is currently understood.
10. Apply standard of care for OHS treatment guidelines.
11. Describe the pathophysiology of pulmonary diseases (COPD, Asthma, Restrictive Lung Disorder);
12. Explain the effects of pulmonary diseases of sleep;
13. Explain the effects of sleep on pulmonary diseases; and
14. Identify the treatments for lung diseases and sleeping disorders, addressing how they work and how they might interact.
15. Describe the background and demographics of Narcolepsy and REM behavior disorder.
16. Describe current mechanisms for REM abnormalities.
17. Identify the defining criteria and supporting criteria to diagnosing Narcolepsy and REM behavior disorder.
18. Explain the complicating factors in the diagnostic evaluation and differential diagnosis of REM abnormalities.
19. List the pharmacology interventions available for Narcolepsy and REM behavior disorder as well as other recommendations for lifestyle changes.

# 7th Annual Afternoon Siesta

A Multidisciplinary Sleep Medicine Conference

## Registration Required

MMC Physician/Staff  \$0  
Non-MMC Physician/Staff  \$30

Name \_\_\_\_\_

Phone \_\_\_\_\_

Dietary Restrictions\* \_\_\_\_\_

(\* If vegetarian, indicate whether vegan options are required)

## METHOD OF PAYMENT

Check  Visa  Mastercard  
(Payable to Mercy Medical Center)

Discover  American Express

Card # \_\_\_\_\_

Exp \_\_\_\_\_

Name on Card \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

PLEASE DETACH THIS FORM:

MAIL, FAX OR EMAIL REGISTRATION/PAYMENT TO:

Office of Medical Education

Mercy Medical Center

1320 Mercy Drive NW

Canton, Ohio 44708

PHONE: 330-489-1409

FAX: 330-489-1487

[kathy.ruppert@cantonmercy.org](mailto:kathy.ruppert@cantonmercy.org)