MANAGING SLEEP HEALTH IN THE PRIMARY CARE SETTING

March 6, 2015 – 12:15pm to 4:00pm
Frances C. Arrillaga Alumni Center
Stanford, CA

A Continuing Medical Education Conference Presented by the Department of Sleep Sciences and Medicine at the Stanford University School of Medicine. Sponsored by the Stanford University School of Medicine in Collaboration with the National Sleep Foundation.

PROGRAM (subject to change)

12:15-12:25 pm  Introduction and Welcome Remarks
Shannon Sullivan, MD
William Dement, MD

12:25-1:15 pm  Optimizing Sleep for Children and Adolescents
Stephen Sheldon, DO
Rafael Pelayo, MD

1:15-2:05 pm  Sleep Behaviors and Movement Disorders for the Primary Care Provider: RLS and Parasomnias
Juliane Winkelmann, MD
Mark Mahowald, MD

2:05-2:20 pm  Break

2:20-3:10 pm  Hypersomnia in Primary Care
Emmanuel Mignot, MD, PhD
Paul Doghramji, MD, FAAFP

3:10-3:50 pm  Sleep, Circadian Rhythms, and Performance
Charles Czeisler, MD, PhD, FRCP

3:50-4:00 pm  Closing Remarks
Christian Guilleminault, MD

4:00 pm  Adjourn

Opportunities for Q&A will be provided at the conclusion of each presentation

FACULTY

All faculty are affiliated with Stanford University School of Medicine unless otherwise noted.

Course Director, Moderator & Course Content Validation Reviewer:
Shannon Sullivan, MD
Clinical Assistant Professor, Psychiatry and Behavioral Sciences Stanford Center for Sleep Sciences and Medicine

Charles A. Czeisler, MD, PhD, FRCP
Baldwin Professor of Sleep Medicine
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Family Medicine, Collegeville Family Practice

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Professor of Psychiatry and Behavioral Sciences, Director of the Stanford Center for Sleep Sciences and Medicine

Rafael Pelayo, MD
Clinical Professor, Psychiatry and Behavioral Sciences, Stanford Center for Sleep Sciences and Medicine

Mark W. Mahowald, MD
Former Director of the Minnesota Regional Sleep Disorders Center
Professor, Department of Neurology (Retired), University of Minnesota Medical School
Adjunct Clinical Professor, Department of Psychiatry and Behavioral Sciences, Stanford University

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SPONSORED BY THE STANFORD UNIVERSITY SCHOOL OF MEDICINE IN COLLABORATION WITH THE NATIONAL SLEEP FOUNDATION
STATEMENT OF NEED
This CME conference will focus on gaps in medical knowledge and competence related to sleep disorders. The course will present didactic lectures and Q&A sessions that will provide the learner with strategies to implement when addressing sleep disorders that are prevalent, readily identified using appropriate tools, and can be largely managed by primary providers. Topics will include pediatric sleep, sleep behaviors and movements that are commonly encountered, evaluating the complaint of sleepiness in primary care and circadian rhythms, sleep timing, and performance.

TARGET AUDIENCE
This regional conference is designed to meet the specialty and subspecialty needs of internists, family practitioners, primary care physicians, pediatricians, neurologists, psychiatrists, psychologists, residents/fellows in training, and interested allied health professionals.

LEARNING OBJECTIVES
At the conclusion of this activity, participants should be able to:
• Work-up and manage:
  a) Common issues in pediatric sleep (such as behavioral insomnia, understanding changes in normal sleep through childhood, and the influence of “screens” on sleep).
  b) Sleep behaviors and movements that are commonly encountered in clinic.
• Evaluate the complaint of sleepiness in primary care using clinical tools (such as questionnaires) and resources.
• Evaluate and treat patients with circadian rhythm disturbance; including sleep timing and performance.

ACCREDITATION
The Stanford University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

CREDIT DESIGNATION
Stanford University School of Medicine designates this live activity for a maximum of 3.00 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The California Board of Registered Nursing recognizes that Continuing Medical Education (CME) is acceptable for meeting RN continuing education requirements, as long as the course is certified for AMA PRA Category 1 Credit(s)™ (rn.ca.gov).

Nurses will receive a Certificate of Attendance following this activity that may be used for license renewal.

REGISTRATION
Managing Sleep Health in the Primary Care Setting
Please register early – space is limited. Registration fee includes: refreshment break and course materials. Tuition may be paid by check, Visa, or MasterCard. Cash is not accepted. Onsite registration is subject to space availability.

Please register and pay online by credit card at http://cme.stanford.edu/sleep/

If you prefer to pay by phone or check, please contact the Stanford Center for CME at (650) 497-8554 for assistance (Note that your registration is not confirmed until payment is received).

REGISTRATION FEES:
All practitioners registration fee: $50.00

Stanford Center for Continuing Medical Education
1070 Arastradero Road, Suite 230 • Palo Alto, CA 94304
Phone: 650.497.8554 • Email: stanfordcme@stanford.edu
• Web: http://cme.stanford.edu/

Stanford University School of Medicine is fully ADA compliant. If you have needs that require special accommodations, including dietary concerns, please contact ycervant@stanford.edu.

CONFERENCE LOCATION
The Frances C. Arrillaga Alumni Center is located on the Stanford campus at 326 Galvez Street, at the intersection of Campus Drive and Galvez Street. For an interactive campus map visit http://ucomm.stanford.edu/map/.

Conference parking is available in Galvez lot (L-96) on Friday, March 6. The discounted conference parking rate is $8.00/day. One week before the conference parking information will be emailed to all registered attendees. A parking code for the Galvez lot will be provided at that time. The parking code allows for an $8.00 conference rate.

CONTACT
For questions about the symposium, please contact Yolanda Cervantes, CME Conference Coordinator, at (650) 724-9549 or email ycervant@stanford.edu

ACCOMMODATIONS
For lodging near the Stanford campus, please visit http://visit.stanford.edu/plan/lodging to view the Stanford Lodging Guide.

CANCELLATION POLICY
A written notice of cancellation must be received by February 27, 2015. A $25 cancellation fee will be assessed at that time; after that date, cancellation requests cannot be honored. Please send requests to stanfordcme@stanford.edu. Stanford University School of Medicine reserves the right to cancel this program. In the event of cancellation, course fees will be fully refunded.