Optimizing Care Team Approach for Sleep Disorders

Sleep Essentials for Nursing Providers

Saturday, April 13, 2019

Cleveland Clinic Administrative Campus, Building #4
3175 Science Park Drive
Beachwood, OH
Course Description

Sleep disorders affect over 70 million Americans and cost the U.S. economy nearly $150 billion annually in lost productivity and preventable accidents. At the 1st Cleveland Clinic Nursing Sleep Symposium, we are fighting back. Frequently undiagnosed or untreated, chronic sleep disturbances are associated with a host of adverse health and psychosocial outcomes. The goals of this symposium are to increase awareness of common sleep disorders and their treatments and discuss opportunities for advanced practice nurses, physician assistants, nurses and medical assistants to participate in the management of sleep disorders and innovate team-based sleep care delivery models.

The program will highlight prevalent disorders including obstructive sleep apnea and insomnia that have broad implications on population health and lend themselves to team-based care. The stimulating agenda will provide a comprehensive update of sleep disorders including focused breakout sessions on novel therapeutic interventions presented by multidisciplinary teams. The role of nursing in sleep medicine care delivery and the impact of shift work and chronic sleep loss on healthcare providers will be emphasized.

We invite you to join us for what promises to be an innovative and informative program.

Target Audience

This course is intended for advanced practice nurses, physician assistants, nurses, medical assistants and other care providers in general medicine and specialty areas caring for patients with sleep complaints and comorbidities associated with common sleep disorders.

Objectives

At the completion of the sleep symposium, you'll be better equipped to spot common sleep disorders, discuss evidence-based treatment modalities and contribute to improved population health through better care delivery. You'll also be able to:

- Review the epidemiology, diagnosis and treatment of common sleep disorders including obstructive sleep apnea, insomnia and shift work disorder.
- Identify practical management strategies for obstructive sleep apnea including regulatory aspects of positive airway pressure therapy, adherence optimization and the role of alternative treatments including oral appliances and neurostimulation.
- Demonstrate team-based care delivery models emphasizing the role of nursing in screening, treatment adherence and patient and process outcomes for sleep apnea and insomnia population health.
- Discuss the implications of chronic sleep loss on the health and wellness of medical professionals and the implementation of effective countermeasures.

Cleveland Clinic Sleep Disorders Center

Established in 1978, Cleveland Clinic’s Sleep Disorders Center was among the first in the nation dedicated to the diagnosis and treatment of sleep disorders in people of all ages. Accredited by the American Academy of Sleep Medicine, Cleveland Clinic’s Sleep Disorders Center is staffed by physicians specializing in sleep disorders from a variety of disciplines, including pediatrics, internal medicine, family medicine, neurology, pulmonary and critical care medicine, psychology, psychiatry, otolaryngology and family medicine. More than 15,000 sleep studies are performed each year.
Saturday, April 13, 2019

8:00-8:30 am  Registration and Continental Breakfast

8:30-8:35 am  Welcome and Introduction
Robon Vanek, APRN

8:35-9:00 am  Prioritizing Sleep in Health Care: An Unmet Need
Nancy Foldvary-Schaefer, DO, MS

9:00-9:30 am  ABCs of Obstructive Sleep Apnea: Epidemiology, Pathophysiology and Consequences
Reena Mehra, MD, MS

9:30-10:00 am  Introduction to Sleep Testing: Who, What, Where and Why?
Ralph Downey, III, PhD

10:00-10:30 am  Positive Airway Pressure Basics for Obstructive Sleep Apnea
Reena Mehra, MD, MS

10:30-10:45 am  Panel Q&A

10:45-11:00 am  Refreshment Break

11:00-12:15 pm  Breakout Session I
Breakout 1: Optimizing Adherence: Care Team Approach to Positive Airway Pressure Therapy
Moderator: Nancy Foldvary-Schaefer, DO, MS
Panel: Dennis Kelley, NP-C, Scott Marlow, RRT, Sherilynne Silva, RN, Katie Tran, MD

Breakout 2: Group On: Achieving Quality Sleep Outcomes with Group Therapy
Moderator: Harneet Walia, MD
Panel: Nancy Kempke, APRN, Kristina Vaji, APRN, Robon Vanek, APRN, Emily White, PhD

12:15-1:10 pm  Lunch

1:10-1:30 pm  What’s in a Sleep Study Report and What’s Not?
Harneet Walia, MD

1:30-2:00 pm  The Sleep Deprivation Epidemic: How Sleep Loss Impacts Health and Wellness
Ralph Downey, III, PhD

2:00-2:30 pm  Shiftwork Sleep Disorder in Medical Professionals
Robon Vanek, APRN

2:30-3:00 pm  Insomnia 101: What All Nursing Professionals Should Know
Ketan Deoras, MD

3:00-3:15 pm  Panel Q&A

3:15-3:30 pm  Refreshment Break

3:30-4:45 pm  Breakout Session II
Breakout 3: The Role of Cognitive Behavioral Therapy and Sleep Pharmacotherapy in Insomnia Care
Moderator: Ketan Deoras, MD
Panel: Samina Ahmed-Jauregui, PsyD, Robert Hammond, PsyD, Brittany McLaughlin-Bartok, APRN, Douglas Moul, MD, MPH, Emily White, PhD

Breakout 4: When PAP Therapy Fails: Alternatives for Obstructive Sleep Apnea
Moderator: Vaishal Shah, MD, MPH
Panel: Kassandra Bernard, APRN, Betty Haberkamp, DDS, Christina Sandor, RN, Harneet Walia, MD

4:45-5:45 pm  Reception: Meet and Greet
Americans with Disabilities Act
The Cleveland Clinic Foundation Center for Continuing Education fully intends to comply with the legal requirements of the Americans with Disabilities Act. If you need assistance, please notify Shana Spade at 216.444.9380 or spades@ccf.org at least two weeks prior to the activity.

Faculty Presentations
Faculty presentation slides will be available online in PDF format. You will have access prior to the activity to allow you to download or print the slides. Complimentary Wifi will be available at the meeting facility.

Accreditation
Cleveland Clinic Enterprise is accredited with distinction as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

This program is not yet approved for CME credit. Conference organizers plan to request 6.75 AAPA Category 1 CME credits from the AAPA Review Panel. The total number of approved credits is yet to be determined.

Registration

Fee includes: Online Syllabus, continental breakfast, refreshment breaks, lunch and reception.

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Registration and Cancellation
Preregistrations are accepted online until **9:00 AM ET, April 5, 2019**. To register after this date, please do so onsite. In case of cancellation, a full refund will be made if canceled by **March 31, 2019**. After **March 31, 2019**, a $10 cancellation fee will be deducted from your refund. Written notification of your cancellation is required in order to process your refund. NO REFUNDS WILL BE ISSUED AFTER **April 12, 2019**.

For questions concerning registering, email cmeregistration@ccf.org or call 216.448.8710.