

5th Biennial

Optimizing Care Team Approach for Sleep Disorders: Sleep Essentials for Nursing

Hot Topics in Pediatric and Adult Sleep Medicine

Saturday, September 21, 2024 | 8 a.m. - 3:30 p.m. EST

Virtual live stream



Course Description

Sleep disorders affect over 70 million Americans and cost the United States nearly \$150 billion annually. Underdiagnosed and undertreated chronic sleep disturbances are associated with adverse medical, psychiatric and psychosocial outcomes. The *5th Biennial Optimizing Care Team Approach for Sleep Disorders: Sleep Essentials for Nursing* will highlight common sleep disorders and strategies to combat them.

This exciting program will focus on the diagnosis and treatment of sleep disorders and review their psychosocial outcomes and effects on cardiovascular and brain health. Attendees will receive updates on new and emerging technologies and treatments for sleep disorders while learning how to optimize their success. The role of nursing in improving sleep care delivery will be emphasized.

Target Audience

This course is intended for advanced practice nurses, nurses, medical assistants and other healthcare providers who manage adult and pediatric patients with common sleep disorders.

Objectives

At the conclusion of the program, the participant will be able to:

- » Discuss the epidemiology and diagnosis of sleep apnea, including the interpretation of sleep study results.
- » Discuss how to optimize positive airway pressure (PAP) and alternative treatment options for sleep apnea.
- » Explore potential negative health consequences of untreated sleep disorders in both adults and children.
- » Describe pediatric concerns related to poor sleep quality.

Cleveland Clinic Course Codirectors

Robon Vanek, MSN, MA, APRN

Christen Cheuvront, MSN, APRN

Margaret Heidenreich, MSN, APRN

Cleveland Clinic Planning Committee

Robon Vanek, MSN, MA, APRN

Christen Cheuvront, MSN, APRN

Margaret Heidenreich, MSN, APRN

Dawn M. Schultz, MSN, RN

Cleveland Clinic Sleep Disorders Center Faculty

Brian Chen, MD

Nancy Foldvary-Schaefer, DO, MS

Lauren Goldman, MD

Betty Haberkamp, DDS

Catherine Heinzinger, DO, MS

Brittany McLaughlin Bartok, MSN, APRN, AGNP

Winnie Pao, MD

Guest Faculty

Valerie M. Crabtree, PhD

Vice President, Psychosocial Services

Faculty Member, Department of Psychology
& Biobehavioral Sciences

St. Jude Children's Research Hospital

Stacy Miner, PhD, RN, CCRP

Assistant Professor, College of Nursing

Kent State University

Clinical Research Nurse

University Hospitals of Cleveland

Agenda*†

8:00-8:10 a.m.	Welcome and Introduction <i>Robon Vanek, MSN, MA, APRN</i>
8:10-8:45 a.m.	Wearables and Nearables <i>Brian Chen, MD</i>
8:45-9:45 a.m.	Obstructive Sleep Apnea (OSA) and Sleep Study Interpretation 101 <i>Brittany McLaughlin Bartok, MSN, APRN, AGNP</i>
9:45-10:00 a.m.	Break
10:00-10:30 a.m.	PAP Therapy Troubleshooting: Problems and Interventions <i>Christen Cheuvront, MSN, APRN</i>
10:30-11:00 a.m.	Oral Appliance: Alternative Treatment Option for OSA <i>Betty Haberkamp, DDS</i>
11:00-11:30 a.m.	Indications and Outcomes of Hypoglossal Nerve Stimulation (HNS) in the Treatment of OSA <i>Margaret Heidenreich, MSN, APRN</i>
11:30 a.m.-12:00 p.m.	Cardiovascular Health and Sleep Disorders <i>Catherine Heinzinger, DO, MS</i>
12:00-12:30 p.m.	Brain Health and Sleep Disordered Breathing in the Elderly <i>Winnie Pao, MD</i>
12:30-1:00 p.m.	Lunch Break
1:00-1:30 p.m.	Insufficient Sleep and Brain Health in Children <i>Lauren Goldman, MD</i>
1:30-3:15 p.m.	Sleep Disruption in Youth with Chronic Illness & Common Behaviors in Autism Spectrum Disorder <i>Valerie Crabtree, PhD, and Stacy Miner, PhD, RN, CCRP</i>
3:15-3:30 p.m.	Sleep by Cleveland Clinic: Get your Smart Phones Out! <i>Nancy Foldvary-Schaefer, DO, MS</i>
3:30 p.m.	Adjourn

*Time for questions and answers will be included in each presentation.

† EST time zone

Faculty Disclosure

The Cleveland Clinic Center for Continuing Education has implemented a policy to comply with the current Accreditation Council for Continuing Medical Education Standards for Integrity and Independence requiring mitigation of all faculty conflicts of interest. Faculty declaring a relevant financial relationship will be identified in the activity syllabus.

GENERAL INFORMATION

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 neurology, psychiatry and psychology, internal and family medicine, pulmonary and critical care medicine, and pediatrics. More than 28,000 sleep studies are performed each year.

Americans with Disabilities Act

The Cleveland Clinic Center for Continuing Education fully intends to comply with the legal requirements of the Americans with Disabilities Act. If you need assistance, please notify Liz Eaton at 216.445.5431 or eatonl3@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.

Accreditation

In support of improving patient care, Cleveland Clinic Center for Continuing Education is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

CREDIT DESIGNATION

American Nurses Credentialing Center (ANCC)

Cleveland Clinic Center for Continuing Education designates this internet live activity for a maximum of 6.75 ANCC contact hours.

REGISTER ONLINE AT: www.ccfcmc.org/sleep24

CCF Employees should check fees and register online at the above web address.

Fee includes: Virtual meeting attendance and online syllabus.

RN/LPN/MA	\$25
APRN	\$80
Other	\$80

Registration and Cancellation

Preregistrations are accepted online until **1:00 PM ET, Friday, September 20, 2024**. In case of cancellation, a full refund will be made if canceled by **Thursday, September 19, 2024**. After **September 19**, a \$10 cancellation fee will be deducted from your refund. Written notification of your cancellation is required in order to process your refund.

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

Cleveland Clinic Center for Continuing Education reserves the right to cancel or postpone activity in our sole discretion. In the unlikely event that this occurs, any registration fee(s) paid will be refunded.