

The 9th Annual

# Utah Sleep Society Conference

FEBRUARY 22, 2019

7:30 AM - 4:30 PM

Intermountain Medical Center



Course Director

Kevin A. Walker, MD

Purpose

This educational activity is to discuss current issues, trends, changes, and ways to better serve our patients in sleep medicine. Professionals who specialize in sleep medicine are scattered across the state of Utah and do not have a way to connect and learn from each other on a regular basis. A collaborative approach will allow caregivers to stay current with trends, changes, and provide the best possible care to our patients.

Objectives

Upon completion of this activity, participants should be able to:

- Recognize specific rules of scoring that will enable them to accurately score and evaluate a patient’s sleep data.
- Understand how weight and nutrition can impact sleep by providing tools to caregivers that will create a healthier lifestyle for patients besides sleep habits.
- Review the effects of different medications on how it influences sleep and treat sleep disorders like insomnia.

Target Audience

Sleep techs — registered and non-registered, respiratory therapists, nurses, physician assistants, advanced practice nurses, nurse practitioners, physicians, and electroencephalogram techs.

Accreditation

Intermountain Healthcare is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. Intermountain Healthcare designates this live educational activity for a maximum of 7.25 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosure

Intermountain Healthcare adheres to ACCME Standards regarding industry support of continuing medical education and disclosure of faculty and commercial sponsor relationships (if any) will be made known at the activity.

Syllabus

Click the button below to view the syllabus, password is sleep19

Registration

The registration fee is \$85. Utah Sleep Society members will receive a \$35 discount on their registrations.

Webcast

The Utah Sleep Society Conference will also be available via internet webcast for a \$50 registration fee. Sign-up here:

Agenda

Time	Speakers
7:30 AM	Breakfast and Registration
7:55 AM	Welcome and Conference Overview   <i>Kevin Walker, MD</i>
8:00 AM	Working Against the Clock: Shift Work Consequences and Strategies   <i>Andrew McHill, PhD</i>
8:45 AM	Updates from the A.A.S.M   <i>Jennifer L. Martin, PhD</i>
9:30 AM	Break
9:45 AM	Practical Polysomnography Pearls   <i>Kevin Walker, MD</i>
10:15 AM	To Sleep or Not to Sleep: That’s the Medication   <i>Megan Wheatley, PharmD, BCPS DCE</i>
11:15 AM	Tech Perspectives: Patient and tech safety, working with a difficult patient and mask fit tips   <i>Wayne Woodward, RPSGT; Geoffrey Punzal, RPSGT; Jason Burch, RPSGT</i>
11:45 AM	Lunch
12:30 PM	Sleep in Teens   <i>Francisco Uribe, MD</i>
1:15 PM	Sleep in Children   <i>Khalid Safi, MD</i>
2:00 PM	Break
2:15 PM	Consideration Regarding Sleep in the Elderly   <i>Jon McFarland, MD</i>
3:00 PM	Integrative Care in Sleep Medicine   <i>Sheetal Shah, MD</i>
4:00 PM	Lab Manager Perspective: Reimbursement and cost control, and career opportunities for sleep technicians   <i>Ian Humes; Jennifer Despain, MBA; Sanjana Black, RPSGT</i>
4:30 PM	Adjourn

ADA

Intermountain Healthcare fully complies with the legal requirements of the ADA and the rules and regulations thereof. If any participant of this program needs accommodation, please do not hesitate to call and/or write to the IPCE office at 801-442-3930 or ipce@imail.org in order to receive service.

