



BROWN
Alpert Medical School

November 7-10, 2013
Omni Amelia Island Plantation Resort
Amelia Island, Florida



Seventh Bi-Annual Conference on Pediatric Sleep Medicine

Advances in Research, Patient Care, Policy, and Education

November 7th - Polysomnography Course

November 8th - Best Practices Course

November 9th and 10th - Annual Pediatric Sleep Medicine Meeting

- ★ This bi-annual conference is designed to bring together a multi-disciplinary group of basic and clinical researchers, clinicians, educators, policy makers, and trainees involved in pediatric sleep medicine.
- ★ The Pediatric Sleep Medicine Conference 2013 has a very distinctive perspective and offers pediatric practitioners and trainees the opportunity to unite to learn about state of the art developments in clinical and research arenas of pediatric sleep medicine.
- ★ The meeting represents an exceptional opportunity to network, share knowledge and ideas, and establish collaborative projects.

Target Audience: Pediatric researchers/practitioners and trainees from various disciplines (physicians, psychologists, nurses, polysomnography technologists, adult sleep medicine practitioners)



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November 7-10, 2013
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Co-Chairs

Jodi A. Mindell, PhD
Professor of Psychology
Saint Joseph's University
Associate Director, Sleep Center
Children's Hospital of Philadelphia
Philadelphia, PA

Judith A. Owens, MD, MPH
Professor of Pediatrics
George Washington University School of
Medicine and Health Sciences
Director of Sleep Medicine
Children's National Medical Center
Washington, DC

Incoming Co-Chairs

Lisa J. Meltzer, PhD
Associate Professor of Pediatrics
Director, Pediatric Behavioral Sleep Clinic
National Jewish Health
Denver, CO

Manisha Witmans, MD, FRCPC, FAASM
Clinical Associate Professor
University of Alberta
Alberta, Canada

Planning Committee

Dean W. Beebe, PhD, ABPP
Professor of Clinical Pediatrics
University of Cincinnati College of Medicine
Director, Neuropsychology Program
Cincinnati Children's Hospital Medical Center
Cincinnati, OH

Julie Boergers, PhD
Associate Professor of Psychiatry &
Human Behavior; Pediatrics (Clinical)
Department of Psychiatry & Human Behavior
Alpert Medical School of Brown University
Co-Director, Pediatric Sleep Disorders Clinic
Rhode Island Hospital - Providence, RI

Mary Carskadon, PhD
Professor of Psychiatry & Human Behavior
Alpert Medical School of Brown University
Director, Chronobiology and Sleep Research
EP Bradley Hospital - Providence, RI

Jeffrey S. Durmer, MD, PhD, D.ABSM
Adjunct Professor
College of Health and Human Services
Georgia State University
Chief Medical Officer
Fusion Health & Fusion Sleep - Johns Creek, GA

Kelli A. Landry
CME Coordinator
Office of Continuing Medical Education
Alpert Medical School of Brown University
Providence, RI

Yasunori Oka, MD, MSc., PhD
Director and Associate Professor
Center for Sleep Medicine
Ehime University Hospital
Department of Sleep Medicine
Ehime University Graduate School of Medicine
Ehime, Japan

Teresa Paiva, MD, PhD
Department of Neurology
Center Electroencephalography & Clinical Neurophysiology
Lisbon, Portugal

Teresa Rebelo Pinto, MSc.
Center Electroencephalography & Clinical Neurophysiology
Lisbon, Portugal

Robyn Stremler, RN, PhD
Assistant Professor
Lawrence S. Bloomberg Faculty of Nursing
University of Toronto
Adjunct Scientist & Research Associate
Hospital for Sick Children (SickKids) - Toronto, Canada

Maria Sullivan, BS
Director, Office of Continuing Medical Education
Alpert Medical School of Brown University
Providence, RI

See Conference Website For More Details: brown.edu/cme/pedsleepmedconference

Pediatric PSG Course

Thursday, November 7, 2013

Target Audience

Intermediate to advanced sleep medicine specialists, fellows, psychologists, (physicians, psychologists, nurses, nurse practitioners, researchers, polysomnography technicians and technologists, respiratory therapist)

Program Description

This course will highlight specialized aspects of pediatric sleep medicine as they relate to polysomnography in children across various pediatric sleep disorders including discussion of pediatric considerations for polysomnography, review of the new AASM scoring rules and their implementation in clinical practice, titration of positive airway pressure in children with sleep disordered breathing and polysomnography findings in children with non-respiratory sleep disorders.

At the conclusion of this conference attendees should be able to:

- Discuss the respiratory and non-respiratory indications for pediatric polysomnography
- List recommended technical, personnel, education and environmental specifications for conducting nocturnal polysomnograms (NPSG) in infants, children and adolescent
- Describe the key elements of the “child friendly” sleep lab
- Discuss differences between adults and children in the scoring and interpretation of NPSG, including recent changes in AASM scoring rules
- List indications for and challenges in conducting positive airway pressure titration in children
- Discuss pros and cons of in-home portable monitoring for children

1:00–2:15 pm	Registration
2:15 – 2:30	Welcome Co-Chairs: Manisha Witmans, MD, FRCPC, FAASM and Judith A. Owens, MD, MPH
2:30 – 3:00	Respiratory Indications for Polysomnography in Children Madeleine M. Grigg-Dramberger, MD
3:00–3:30	Non-Respiratory Indications for Polysomnography in Children Suresh Kotagal, MD, BS
3:30 – 4:00	Scoring Pediatric Studies -AASM Rules and Normative Values in Pediatric Polysomnography Manisha Witmans, MD, FRCPC, FAASM
4:00 – 4:30	Positive Airway Pressure Therapy in Children and Optimizing Titration Carole L. Marcus, MD, MBBCh
4:30 – 5:00	Home Sleep Testing: Its Role in Pediatrics Carol Rosen, MD
5:00 – 5:30	Special Considerations in Studying Children in the Sleep Lab Patrick Sorenson, MA, RPGST and Judith A. Owens, MD, MPH
5:30–6:00	Dinner Service
6:00 – 7:00	Scoring Studies and Interpretation: Technical Nuts and Bolts Patrick Sorenson, MA, RPGST, Laree Fordyce, RPSGT, RST, CCRP and Manisha Witmans, MD, FRCPC, FAASM
7:00 – 8:00	Clinical Cases and Review of Pediatric PSG Records (with Faculty Discussion) Moderators: Manisha Witmans, MD, FRCPC, FAASM and Judith A. Owens, MD, MPH Laree Fordyce, RPSGT, RST, CCRP Madeleine M. Grigg-Dramberger, MD Suresh Kotagal, MD, BS Carole L. Marcus, MD, MBBCh Carol Rosen, MD Patrick Sorenson, MA, RPSGT
8:00 pm	Adjourn

Best Practices Course

Friday, November 8, 2013

Target Audience

Clinicians (physicians, psychologists, nurses, nurse practitioners, researchers, polysomnography technicians and technologists, respiratory therapists)

Program Description

This course will offer best practice, up-to-date, evidence based information in the treatment of pediatric sleep disorders across a range of sleep disorders, including pediatric insomnia, sleep disordered breathing, narcolepsy, restless legs syndrome/periodic limb movement disorder, circadian rhythm disorders and parasomnias.

At the conclusion of this conference attendees should be able to:

- Understand normal sleep development and assessment of sleep and sleep disorders in children and adolescents
- Identify and diagnose pediatric sleep disorders
- Apply up-to-date, evidence based treatments for pediatric sleep disorders

7:00 – 8:00 am	Registration and Breakfast Buffet
8:00 – 8:15	Welcome Co-Chairs: Jodi A. Mindell, PhD & Lisa J. Meltzer, PhD
8:15 – 8:45	Normal Sleep in Children and Adolescents Jodi A. Mindell, PhD
8:45 – 9:15	Evaluation of Sleep Disorders Lisa J. Meltzer, PhD
9:15 – 10:00	Obstructive Sleep Apnea Carole L. Marcus, MD, MBBCh
10:00 – 10:15	Break and Visit Exhibits
10:15 – 11:00	Narcolepsy and Disorders of Daytime Sleepiness Suresh Kotagal, MD, PhD
11:00 – 11:45	Restless Legs Syndrome and Periodic Limb Movement Disorder Daniel L. Picchietti, MD
11:45 – 12:15 pm	Parasomnias Thornton B. Alex Mason, MD, PhD, MSCE
12:15 – 1:30	Lunch
1:30 – 2:15	Circadian Rhythm Disorders James K. Wyatt, PhD, D.ABSM, C.BSM
2:15 – 3:00	Insomnia in Young Children Julie Boergers, PhD
3:00 – 3:45	Insomnia in Adolescents Allison Harvey, PhD
3:45 – 4:00	Break and Visit Exhibits
4:00 – 4:30	Enuresis Valerie M. Crabtree, PhD
4:30 – 5:15	Pharmacology and Pediatric Sleep Disorders Jeffrey S. Durmer, MD, PhD, D.ABSM
7:00 – 8:00 pm	Welcome Reception

2013 Pediatric Sleep Medicine Meeting

Saturday, November 9th

Target Audience

Researchers and Clinicians (physicians, psychologists, nurses, nurse practitioners, researchers, polysomnography technicians and technologists, respiratory therapists)

Program Description

Attendance at Pediatric Sleep Medicine 2013 will give participants a broad understanding of the current state-of-the-art of pediatric sleep and pediatric sleep medicine, including current clinical practices and recent basic science research in pediatric sleep.

At the conclusion of this conference attendees should be able to:

- Summarize relevant information on the latest in pediatric sleep research and clinical practice
- Identify issues and challenges in the diagnosis/treatment of pediatric sleep disorders
- Understand public policies that potentially impact children's/adolescent's sleep

Friday, November 8, 2013

7:00 – 8:00 pm Welcome Reception

Saturday, November 9, 2013

7:00 – 7:45 am	Registration and Breakfast Buffet	11:15 – 12:15	The Future of Clinical Pediatric Sleep Medicine
7:45 – 8:00	Welcome Jodi A. Mindell, PhD & Judith A. Owens, MD, MPH		Chair: Judith A. Owens, MD, MPH
8:00 – 9:30	Beyond Burgers and Fries: The Effect of Sleep & Circadian Rhythms on Childhood Obesity Chair: Jeffrey S. Durmer, MD, PhD, D.ABSM		The Case for Pediatric Accreditation Judith A. Owens, MD, MPH
	How Sleep and Sleep Disorders Effect Metabolism and Childhood Obesity Dorit Koren, MD		ICSD III: What does It Mean to Pediatric Providers Richard Ferber, MD
	Relationship Between Sleep, Diabetes and Childhood Obesity Stephanie J. Crowley, PhD		Sleep Coaches: Friend or Foe? Jodi A. Mindell, PhD
	The Role of Chronobiology in Metabolism and Childhood Obesity Karen Spruyt, PhD	12:15 – 12:30	Developing a Multi-Disciplinary Organization: Society of Developmental Behavioral Pediatrics as a Model Robyn S. Mehlenbeck, PhD
9:30 – 10:00	Young Investigator Presentations Co-Chairs: Yasunori Oka, MD, MSc., PhD & Robyn Stremler, RN, PhD	12:30 – 2:00	Questions & Answers
10:00 – 10:15	Break	12:30 – 2:00	Lunch
10:15 – 11:15	Addressing the Most Pressing Research Question in Pediatric Sleep Medicine Chair: Daniel Lewin, PhD, D.ABSM	2:00 – 3:30	Trainee Event/Lunch Teresa Rebelo Pinto, MSc.
	Overview and Clinical Trials Susan Redline, MD, MPH		Real World Challenges for Adolescent Sleep-Wake Behavior Chair: Mary Carskadon, PhD
	Early Childhood/Development Monique K. LeBourgeois, PhD		Electronic Media and Young People's Sleep Michael Gradisar, PhD
	Adolescence Stephanie J. Crowley, PhD		Sleep, Light, and Occupational Safety and Health in Student Workers Luc Laberge, PhD
			Parenting and Possibilities to Change Adolescent Sleep Problems Anne Marie Meijer, PhD

2013 Pediatric Sleep Medicine Meeting Saturday, November 9th, 2013 (Cont.)

- 3:30-4:45pm **Sleep Problems in Children with Cancer**
Chair: Gerald Rosen, MD
- Psychosocial Functioning of Pediatric Oncology Patients and Their Parents**
Sarah R. Brand, PhD
- Teasing Apart Excessive Daytime Sleepiness and Fatigue in Children with Cancer**
Valerie McLaughlin Crabtree, PhD
- What is Different About Evaluating Sleepiness and Treating Insomnia in Children with Cancer**
Gerald Rosen, MD
- 4:45-5:30D **Poster Session/Reception**
Co-Chairs: Yasunori Oka, MD, MSc., PhD & Robyn Stremmler, RN, PhD

Sunday, November 10th, 2013

- 7:30-8:30am **Breakfast Buffet**
- 8:30-9:45 **Increasing Access to Evidence-based Sleep Services for Children: Training Needs of Front-line Health Professionals**
Chair: Manisha Witmans, MD, FRPC, FAASM
- Sleep Content and Training in entry-to-practice Health Professional Programs in Canada**
Robyn Stremmler, RN, PhD
- Barriers and Facilitators of Evidence-Based Sleep-Related Care Among Pediatric Health Professionals: A Focus on Training and Current Practices**
J. Aimee Coulombe, PhD
- Determining Core Competencies for Health Professionals' Training in Pediatric Behavioral Sleep Care: A Delphi Study**
Katelynn Boerner, BSc
- 9:45-10:15D **Young Investigator Presentations**
Co-Chairs: Yasunori Oka, MD, MSc., PhD & Robyn Stremmler, RN, PhD
- 10:15-10:45D **Poster Session**
Co-Chairs: Yasunori Oka, MD, MSc., PhD & Robyn Stremmler, RN, PhD
- 10:45-12:00 **Parent-based Sleep Education for Children with Neurodevelopmental Disorders: Dissemination Into Clinical Practice and Community Settings**
Chair: Beth Malow, MD, MS
- Best Practices in Sleep Education for Children with Autism**
Terry Katz, PhD
- Successful Models for Sleep Education Dissemination**
Margaret Souders, PhD, CRNP
- Measuring the Effectiveness of Sleep Education**
Beth Malow, MD, MS
- 12:00-12:15 **Closing Remarks**

D—Not Accredited for CME

See Conference Website For More Details: brown.edu/cme/pedsleepmedconference

Guest Faculty

Julie Boergers, PhD

Associate Professor of Psychiatry & Human Behavior;
Pediatrics (Clinical)
Department of Psychiatry & Human Behavior
Alpert Medical School, Brown University
Co-Director, Pediatric Sleep Disorders Clinic
Rhode Island Hospital
Providence, RI

Mary Carskadon, PhD

Professor of Psychiatry & Human Behavior
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Assistant Member
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Memphis, TN

Stephanie J. Crowley, PhD

Assistant Professor
Rush University Medical Center
Chicago, IL

Jeffrey S. Durmer, MD, PhD, D.ABSM

Adjunct Professor, College of Health and Human Services
Georgia State University
Chief Medical Officer, Fusion Health & Fusion Sleep
Johns Creek, GA

Richard Ferber, MD

Associate Professor of Neurology
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Boston, MA

Laree Fordyce, RPSGT, RST, CCRP

Technical Director
Sound Sleep Solutions
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Michael Gradisar, PhD

Senior Lecturer in Clinical Child Psychology
Director, Child & Adolescent Sleep Clinic
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University of Amsterdam
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James K. Wyatt, PhD, D.ABSM, C.BSM

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Director, Sleep Disorders Service and Research Center
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Chicago, IL

CME/CE Accreditations

CME/CE Accreditations

The Warren Alpert Medical School of Brown University is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The American Nurses Credentialing Center (ANCC) and the American Academy of Nurse Practitioners (AANP) accept *AMA PRA Category 1 Credit™* from organizations accredited by the ACCME.

The American Association of Sleep Technologists designates this educational activity for a maximum of 22.00 AAST Continuing Education Credits. Individuals should claim only those credits that he/she actually earned in the educational activity.

Credit Designations

Pediatric Polysomnography (PSG) Course — November 7, 2013

Physicians and Nurse Practitioners: Alpert Medical School designates this live activity for a maximum of 5.0 *AMA PRA Category 1 Credit(s)™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Psychology: The Children's Hospital of Philadelphia is approved by the American Psychological Association to Sponsor continuing education for psychologists. The Children's Hospital of Philadelphia maintains responsibility for the program and its content. This activity has been designated for a maximum of 5 one hour credits.

Sleep Technologists: This educational activity is designated for 5.0 Continuing Education Credits.

Best Practices Course — November 8, 2013

Physicians and Nurse Practitioners: Alpert Medical School designates this live 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.

Psychology: The Children's Hospital of Philadelphia is approved by the American Psychological Association to Sponsor continuing education for psychologists. The Children's Hospital of Philadelphia maintains responsibility for the program and its content. This activity has been designated for a maximum of 7 one hour credits.

Sleep Technologists: This educational activity is designated for 7.25 Continuing Education Credits.

Bi-Annual Pediatric Sleep Medicine Meeting — November 9-10, 2013

Physicians and Nurse Practitioners: Alpert Medical School designates this live activity for a maximum of 9.0 *AMA PRA Category 1 Credit(s)™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Psychology: The Children's Hospital of Philadelphia is approved by the American Psychological Association to Sponsor continuing education for psychologists. The Children's Hospital of Philadelphia maintains responsibility for the program and its content. This activity has been designated for a maximum of 10 one hour credits.

Sleep Technologist: This educational activity is designated for 9.75 Continuing Education Credits.

Other Professionals: Please contact the Brown University Office of Continuing Medical Education for other credit designation approvals at 401-863-3337 or contact us at Kelli_Landry@brown.edu.

 To request reasonable accommodations for a disability, please notify the CME Office in writing at least two weeks prior to the conference.

Venue and Accommodations

The Omni Amelia Island Plantation Resort is proud to announce their \$85 million “re-imagination” renovation. The lure of stunning ocean sunrises and brilliant marsh sunsets have drawn generations of guests to our beach resort. Now the resort is being enhanced- though our sense of true Southern hospitality and relaxed travel will remain. The re-imagination project includes the following additions: The Conference Center will gain 30,000 square feet – inclusive of a 16,825-square-foot ballroom and new pre-function area – for a total of 80,000 square feet of flexible meeting and event space. An additional 155 ocean view guest rooms, including 27 suites, will be constructed on the north end of the resort, increasing our total resort rooms to 404 to better serve you through the year and key holiday times! For further information please visit: www.omnihotels.com/FindAHotel/AmeliaIsland/Reimagination



Room Reservations

A block of oceanfront guest rooms have been reserved at a special conference rate of \$229.00 (single or double occupancy). plus a resort fee of \$20.00 per night plus sales tax, currently 11%. Rate includes: self parking, unlimited internet access, on-property resort transportation, unlimited use of health & fitness center, inroom coffee services, local & toll free phone, resort beach access. Our conference rate will expire on October 7, 2013. You have two options to make your reservations:

1. Call the Omni Reservations line at 1-800-THE-OMNI and identify yourself as part of the Brown University Pediatric Sleep Medicine Conference and request our special conference rate if still available.
2. Reserve online at www.omnihotels.com/FindAHotel/AmeliaIsland/MeetingFacilities/PediatricSleepMedicineConference

Shuttle Reservations

Airport Transportation is available at a rate of \$60 per person, each way (plus tax) and can be booked at 904-261-6161 or online at www.villasofameliaisland.com/stay-here/get-here/transportation.

Continuing Education credits for Psychologists are not included with the registration for this meeting. Psychologists who need this credit will need to register. The fee for credits will be \$20.00.

Conference Fees

Includes online syllabi, resource materials, meals as outlined in each course schedule, and welcome reception Friday evening.

Early Bird Registration Fees: Register By September 6, 2013

	PSG Course Nov. 7	Best Practices Course Nov. 8	Annual Meeting Nov. 9-10	Best Practices & Annual Meeting Nov. 8-10	All 3 Courses Nov. 7-10
Physicians/Psychologists/ Allied Health Professionals	\$225.00	\$350.00	\$295.00	\$620.00	\$820.00
Technologists	\$200.00	\$350.00	\$295.00	\$620.00	\$795.00
Trainees	\$125.00	\$175.00	\$150.00	\$310.00	\$425.00

Register After September 7, 2013

	PSG Course Nov. 7	Best Practices Course Nov. 8	Annual Meeting Nov. 9-10	Best Practices & Annual Meeting Nov. 8-10	All 3 Courses Nov. 7-10
Physicians/Psychologists/ Allied Health Professionals	\$250.00	\$375.00	\$350.00	\$670.00	\$895.00
Technologists	\$225.00	\$375.00	\$350.00	\$670.00	\$870.00
Trainees	\$125.00	\$175.00	\$150.00	\$310.00	\$425.00

How to Register

Pre-registration is required. On-site registrations cannot be accommodated.

Online - https://apps.biomed.brown.edu/cme_registration/

Cancellation/Substitution Deadline - October 7, 2013

Substitutions may be made by phone or email without additional charge. Refunds minus a \$25.00 administrative fee will be issued if cancellation is received in writing by October 7, 2013. This conference is subject to change or cancellation.

Contact Information

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