Sleep & Health Symposium:
Focus on Childhood Obstructive Sleep Apnea (OSA)

This continuing education program is presented by Cleveland Clinic Sleep Disorders Center. It is directed towards primary care providers, nurses and other healthcare professionals interested in learning about disorders of breathing during sleep in children.

Obstructive sleep apnea will be emphasized. The symposium will include presentations by speakers whose training spans pediatrics, psychology, otolaryngology and pulmonology.

WHERE:
Cleveland Clinic Administrative Campus
3050 Science Park Drive, Building 3
Ground Level Auditorium
Beachwood, OH 44122

WHEN:
Friday, November 4, 2011
8 a.m. – 12:00 p.m.

REGISTER TODAY
Full course details, program cost and registration are available online at: ccfcme.org/sleep11.

For more information about the Sleep Disorders Center visit clevelandclinic.org/sleep

SYMPOSIUM FACULTY
Jyoti Krishna, MD
Symposium Director, Sleep Disorders Center

Sally Ibrahim, MD
Sleep Disorders Center

Prashant Malhotra, MD
Pediatric Institute

Margaret Richards, MD
Center for Pediatric Behavioral Health

Fred Royce, MD
Center for Pediatric Pulmonary Health

AGENDA
8:00 – 8:30 a.m.  Registration and continental breakfast
8:30 – 8:40 a.m.  Opening remarks
8:40 – 9:20 a.m.  Could Snoring Suzie Have OSA? What the Primary Provider Needs to Know
  Sally Ibrahim, MD
  Pediatric Sleep Disorders
  Cleveland Clinic Sleep Disorders Center
  Discussion Points
  • Epidemiology and clinical manifestations of childhood OSA
  • The impact of OSA on childhood health
9:20 – 9:55 a.m.  Say Aaah! The Upper Airway Examination and Surgery for OSA
  Prashant Malhotra, MD
  Pediatric ENT (Otolaryngology)
  Cleveland Clinic Head and Neck Institute
  Discussion Points
  • Normal endoscopic upper airway anatomy relevant for obstructive sleep apnea in children.
  • The sites of anatomic obstruction in OSA, and
  the endoscopic findings of such obstruction.
  • Surgical options to address OSA.

(Agenda continued on next page)
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AGENDA
9:20 – 9:55 a.m.  School Performance & Behavior: When is it Sleep Related?
Margaret Richards, Ph.D.
Pediatric Behavioral Medicine
Cleveland Clinic Center for Pediatric Behavioral Health
Discussion Points
• Associations between sleep-related breathing disorder and daytime behavior in school children
• Relationship between sleep and academic performance
• Recommendations for assessment and intervention

9:55 – 10:10 a.m.  Break / Refreshments will be served

10:10 – 10:45 a.m.  Let's Get You Wired Up! Indications for Polysomnography (PSG) in Childhood
Frederick Royce, Jr., MD
Pediatric Pulmonology
Cleveland Clinic Center for Pediatric Pulmonary Medicine
Discussion Points
• Indications for a PSG
• Attended versus non-attended studies
• Alternatives to polysomnography
• American Academy of Sleep Medicine (AASM) guidelines for PSG

10:45 – 11:25 a.m.  Potpourri: Sleep Tests and Cases in Childhood OSA
Jyoti Krishna, MD
Pediatric Sleep Disorders
Cleveland Clinic Sleep Disorders Center
Discussion Points
• Instrumentation and hook-up in the sleep lab.
• Different case scenarios in the management of pediatric OSA.

11:25 – 12:00 p.m.  Q&A session
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Accreditation
The Cleveland Clinic Foundation Center for Continuing Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Cleveland Clinic Foundation Center for Continuing Education designates this live activity for a maximum of 3 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Participants claiming CME credit from this activity may submit the credit hours to the American Osteopathic Association Council on Continuing Medical Education for Category 2 credit.

The Ohio Board of Nursing will accept at face value the number of contact hours awarded for a continuing education activity that has been approved by a nationally recognized accreditation system of continuing education approval.

Disclaimer
The information in this educational activity is provided for general medical education purposes only and is not meant to substitute for the independent medical judgment of a physician relative to diagnostic and treatment options of a specific patient’s medical condition. The viewpoints expressed in this CME activity are those of the authors/faculty. They do not represent an endorsement by The Cleveland Clinic Foundation. In no event will The Cleveland Clinic Foundation be liable for any decision made or action taken in reliance upon the information provided through this CME activity.

Objectives
• Describe the impact of obstructive sleep apnea on child health.
• Discuss the sites of anatomic obstruction and treatment options for obstructive sleep apnea.
• Review the association between sleep-related breathing disorders and daytime behavior in school children.
• Describe the indications for polysomnography in childhood.
• Discuss the management of pediatric obstructive sleep apnea.

Special Needs
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 Laura Vasile at 216-448-1054 at least two weeks prior to the activity.