

REGISTER NOW: <http://gpsleep.eventbrite.com.au>

The Woolcock GP Sleep Symposium

March 16 & 17, 2013

Interdisciplinary Approaches to Sleep Health

Application for RACGP QI & CPD CAT1 40 POINTS TBC

Join Professor Ron Grunstein and the Woolcock Sleep Clinic's researchers and specialists for the first GP Sleep Symposium for 2013 designed to resolve some sleep conundrums commonly faced by GP's when treating at-risk patients. Explore and discuss patient case-studies through the lens of assessment, diagnosis, and treatment of sleep disorders and their interrelationship with cardio-metabolic disease states.

Register for this two day course by ringing 9114 0000 to record your details, or go on-line to register at www.gpsleep.eventbrite.com.au or fax the form overleaf to 9114 0010. Further enquires can be made via email to reception@woolcock.org.au. The course is fully catered for and conducted at the Woolcock Level 5 Education Centre, 431 Glebe Point Road GLEBE NSW 2037.

Course Outcomes

1. Define the screening process for sleep disorders
2. Describe the diagnostic process for sleep disorders
3. Identify patients in their practice who should be assessed for sleep disorders
4. Identify the impact of sleep disorders on cardio-metabolic diseases.
5. Establish a local practice system for identifying and providing follow up care for patients with a sleep disorder

DAY ONE AGENDA: Saturday March 16, 2013

9:45	<i>Registration Day 1</i>	Facilitators
10:00 – 10:15	Welcome and Opening: <i>What is Interdisciplinary Sleep Health? The Patient Centred Approach</i>	Prof Ron Grunstein MD BS PhD FRACP Professor of Sleep Medicine, Sleep Medicine Physician
10:15 – 11:00	Sleep Disorders – Application to General Practice How common are sleep disorders? Examples and clinical implications of the Busselton Sleep Cohort?	Dr Nathaniel Marshal PhD Research Fellow, NHMRC (CIRUS) Senior Lecturer in Clinical Trials
11:00 – 12:15	<ul style="list-style-type: none"> • Uncontrolled hypertension – how does it relate? • How do we medically manage sleepy drivers/professional drivers diagnosed with sleep disorders in the short and long term? 	Dr Keith Wong MBBS (Hons), FRACP, MMed (Clin Epi), PhD Sleep and Respiratory Physician
12:15 – 13:00	Lunch	
13:00 – 13:45	The Sleep Continuum: Sleepiness, Tiredness and Fatigue – How do we sort it all out?	Dr Peter Buchanan MB BS, MD, FRACP Consultant Respiratory & Sleep Medicine Physician

13:45 – 14:45	Case Presentations - Treatments <ul style="list-style-type: none"> • Snoring and Sleep Apnoea – what’s new in diagnosis and treatment? • Modern Upper Airway Surgery for OSA - Issues and Cases 	Dr Nick Stow MBBS (Hons I, USyd) FRACS MD(Geneva) Ear Nose Throat Surgeon, Nasal and Sinus Surgeon
14:45 – 15:15	<ul style="list-style-type: none"> • Mandibular advancement splints 	Dr Michelle Donegan BDS. Dentist Area of Special Interest OSA/MAS
15:15 – 15:30	Afternoon Break	
15:30 – 16:30	Management of Sleep Disorder -Case Based Discussions for GPs <ul style="list-style-type: none"> • The Rhinitis-Snoring Interface • Struggling with CPAP? –what are the alternatives? • CPAP refusers – where to next? 	Panel Prof Ron Grunstein & Dr Nick Stow <i>Facilitator – Dr Michael Tam</i>

DAY TWO AGENDA: Sunday March 17, 2013

8:30 – 8:45	<i>Registration Day 2</i>	Facilitators
8:45 – 9:30	Impact of Sleep Disorders on Cardio-Metabolic Health Cross-Disciplinary Approaches to Better Sleep and Better Cardio-Metabolic health – what is the research telling us?	Dr Kishani Kannangara MBBS.BSc(Hons) FRACP Endocrinologist and Andrologist
9:30 – 10:15	<ul style="list-style-type: none"> • Is bad sleep bad for cardio-metabolic health? 	Dr Craig Phillips BSc, GDipCompSci, PhD Sleep Research Fellow
10:15 – 11:00	<ul style="list-style-type: none"> • Sleep Disorders and Obesity – which comes first? 	Ms Elizabeth Machan BAppSc (Hons) AEP PhD Scholar Accredited Exercise Physiologist/Nutritionist
11:00 – 11:15	Morning tea	
11:15 – 12:00	<ul style="list-style-type: none"> • Sleep Apnoea and Diabetes – what is the connection? 	<i>TBC: Dr Sheila Sivam</i>
12:00 – 12:45	Sleep Conundrums Q & A without Tony Jones	Prof Ron Grunstein MD BS PhD FRACP Professor of Sleep Medicine, Sleep Medicine Physician
12:45 – 13:00	Feedback and Close	Dr Darren O’Brien PhD RN Woolcock Institute L2 Clinical Services Manager

RSVP FAX RETURN: GP Sleep Symposium March 16 & 17

Register your attendance by completing all details below by March 13, 2013 latest and

Fax to 9114 0010

Please confirm my attendance for the GP Sleep Symposium on March 16 & 17

NAME:	RACGP QI & CPD Number:
Phone:	Fax:
Email:	
Dietary Requests:	