Central Europe Sleep Training Course

Aim: Provide basic knowledge of Sleep Disordered Breathing, especially obstructive sleep apnoea and practical experience of simple diagnostics and therapy.

Target Audience: Qualified and Trainee Physicians
Number of participants at the practical sessions: 20

Program

Day 1 – 18:00-18:20 Clinical Assessment & Polygraphy
Taking a history
Further investigations when OSA suspected
Questionnaires
Screening Devices

18:20-18:45 Diagnostic investigation
PSG
Polygraphy with SDII
Sensors and Parameters
Preparation, Initiation, Download, Validation & Reporting
Recording Under Therapy

18:45-19:30 Practical Session: Preparing a patient to undergo Polygraphy, Preparing the equipment, Preparing the patient, Fitting the sensors

19:30-19:45 Practical Session: Initiating Polygraphy

20:00 Dinner

Day 2

09:30-11:00 Practical Session: Downloading and scoring Polygraphy Recordings

Downloading the Recording
Running the Automatic Analysis
Confirming and Re-Classifying Respiratory Events
Running the Report
Hands-On

11-12 Round Table Discussion: Which Physician Specialty Groups Should we educate about OSA to Increase Referrals to the Sleep Laboratory and How?

12:00-13:00 Lunch

General Audience - open session
13 - Welcome at Central Europe Sleep Training Course,

13:10-13:30 – Sleep Medicine in Europe – an Overview -

13:35 – 14:00 – How is a Sleep Lab Organised?

14:00 – 14:10 – European Sleep Research Society

14:10-14:25 Normal Sleep
   Why do we sleep
   Normal Sleep
   Sleep Regulation
   Physiological changes during sleep
   Sleep Deprivation
   Sleep Hygiene

14:25-14:40 The Spectrum of Sleep Disorders –
   Hypersomnolence
   Sleep Disorders
   Sleep Related Breathing Disorders (SRBD)
   Consequences of SRBD
   Central Sleep Apnoea
   Complex Sleep Apnoea
   Periodic Breathing
   Cheyne Stokes Respiration
   SDB & CV Disease
   Treatment of CSR
   Other Sleep Disorders

14:40-15:10 Obstructive Sleep Apnea,
   Prevalence & Pathophysiology
   Obstructive Events
   Severity
   Short Term Consequences
   Work

15: 10 – 15:30 Break

15:30-15:40 Road Traffic Accidents and Sleep Disorders,
15: 40 – 15:55 Legislation, Economical Implication, Costs –

15: 55 – 16:15 COPD and Sleep Related Breathing Disorders,

16:15 – 16:35 Sleep Related Breathing Disorders at ENT Department,

16: 35 - 16:55 Sleep Related Breathing Disorders in Children,

16: 55 – 17:20 Long Term Consequences
   Hypertension
Heart disease
Heart Attack
Arrhythmias
Stroke

17: 20 – 17:40 - Impaired Glucose Tolerance
17: 40 – 18: 00 - Break

18:30-19:00 Practical Session: Initiating APAP Therapy
   Device Settings
   Mask Selection
   Education
   Acclimatisation

19:00-19:30 Practical Session: Preparing a patient to undergo Polygraphy on Therapy for Titration and Follow-up
   Preparing the equipment
   Preparing the patient
   Fitting the sensors

19:30-20:00 Practical Session: Initiating Polygraphy on Therapy
   Final setup
   Initiating the recording
   Troubleshooting

20:00-21:30 Dinner

Day 3

08:00-09:00 Practical Session: Downloading and interpreting Follow-Up
   Polygraphy Recordings
   Downloading the Recording
   Running the Automatic Analysis
   Confirming and Re-Classifying Respiratory Events
   Running the Report
   Interpretation

09:00-09:30 Encore Pro Download and Interpretation

09:30-10:15 Treatment Modalities for Obstructive Sleep Apnea
   Implementing CPAP
   Mask Fitting,
   CPAP and APAP,
   Flex,
   Side Effects
   Humidification
Troubleshooting, S Mihaicuta
Support
Other Treatment Options

10:15-10:30 Break
10:30-11:00 Treatment options for Difficult Patients
   BiPAP Auto
   BiPAP Auto SV
   Average Volume Assured Pressure Support

11:00-11:30 How to maximise compliance to PAP Therapy
   How much Compliance is Enough?
     House of Compliance
     Education
     Technology
     Follow-Up

11:30 Final remarks