Training course in diagnostic methods in sleep medicine

The training course will be held in Copenhagen, Denmark, at the University of Copenhagen from October 1 to October 3, 2008. Participants will meet at the residence at the Danish Epilepsy Centre, Dianalund, Denmark in the evening of September 30. Leave may be possible from Saturday.

The course is aimed at: junior and senior physicians with experience in clinical sleep medicine including trainees in clinical neurophysiology.

The course consists of a series of lectures and practical sessions for sleep scoring which should facilitate informal contacts among the participants and between the participants and leading European experts in the field. The teaching model will be based on the Harvard training method. The theoretic education will be associated with practical sessions, patient-examples and video-cases. The participants are expected to be postgraduate and present interest into sleep medicine on a professional level.

The following topics will be addressed:

Sleep functional anatomy; sleep regulation; physiology of sleep; methods in sleep medicine: EEG signal analysis, polygraphic recording principles and analysis including principles and clinical examples of polygraphic recording and analysis, polysomnography including video-recordings, respiratory (O₂/CO₂), EMG, cardiac, autonomic and other physiologic measures.), actigraphy and standardized questionnaire information. Participants will be exposed to normal and abnormal polygraphic, polysomnographic and EEG-recordings which includes respiratory, movement, degenerative and movement disorders. Other technologies (SPECT, MR, functional MR), molecular methods (hypocretin, diurnal cortisone, melatonin, DNA methods etc.) will be discussed. For participants training sessions including nocturnal recordings and evaluation of sleep recordings are offered. Use of sleep recordings during treatment follow-up, e.g. CPAP treatment.

The faculty include: Poul Jennum (Denmark), Jørgen Alving (Denmark), Joan Santamaria (Spain), Marco Zucconi (Italy), Eva Svanborg (Sweden), Ludger Grothe (Sweden), Ejgil Rostrup (Denmark), Niels Tommerup (Denmark).

For all participants a special session “Communication about sleep” will be organized, in which each participant will have the opportunity to present/communicate/address a brief oral presentation (3 min) aimed to spread information amongst a general audience about the scientific or clinical relevance of his/her own work in sleep research/medicine.

Scandinavian applicants may use the course for the grandfathering in sleep medicine.

Economy:
The price for the training course is 800 Euro which includes overnight stay, daily course and food. The course is supported by European Sleep Research
Society and by the European Chapter of the International Federation of Clinical Neurophysiology.

Application for 2008 course

Requirements for participation: A medical doctor, who is active within clinical or research sleep medicine. The number of participants is limited to 30.

Please submit this form together with a short curriculum vitae and a letter signed by the head of your department or clinic certifying that you are working in the field of sleep medicine. The form should be submitted no later than September 1, 2008 to:

Birgitte Bang
Department of paediatrics
Glostrup University Hospital
DK 2600 Glostrup
Denmark
Denmark
bibaglo.regionh.dk

Poul Jennum
Danish Centre for Sleep Medicine
Department of Clinical Neurophysiology
Glostrup Hospital
Dk 2600 Glostrup
Denmark
poje@glo.regionh.dk
The training course will be held by the University of Copenhagen in Dianalund, Denmark from September 30 to October 3, 2008.

Send to (preferential by mail)

Birgitte Bang
Department of pediatrics
Glostrup University Hospital
DK 2600 Glostrup
Denmark
Denmark
biba@glo.regionh.dk

Name:  
Title:  
Institution:  
Address:  
City:  
Country:  
Mail address:  
Mobile phone:  
Short description of areas of interest:  

Preliminary Programme

Moderators: Poul Jennum (Denmark), Jørgen Alving (Denmark),

Catedral sessions:

- Poul Jennum (Denmark). Sleep functional anatomy and physiology. Sleep methods, basics. Polysomnography
- Eva Svanborg (Sweeden). Methods to determine hypersomnias: Multiple Sleep Latency, Maintainess Wakefulness Test and other tests
- Joan Santamaria (Spain). Scoring of polygraphic signals in patients with neurodegenerative disorders. REM behaviour disorders.
- Marco Zucconi (Italy) Scoring of polygraphic signals in NREM parasomnias and epilepsies.
• Jørgen Alving (Denmark): Use of Video in the determination of nocturnal motor and behaviour phenomena during sleep.

• Ludger Grothe. Determination of respiratory signals. Scoring of polygraphic variables: respiration.

• Eva Svanborg (Sweeden). Actigraphy and other methods for long-term diurnal recordings.

• Poul Jennum (Denmark). Use of laboratory methods in the evaluation of sleep disorders (melatonin, cortisol, csv-hypocretin etc).

• Niels Tommerup (Denmark). Use of DNA methods in determination of sleep disorders.

• Egill Rostrup (Denmark). MRI methods. Use of functional MRI in state-dependent physiology.

The following practical topics will be evaluated during the course (faculty, PSG-nurses, PSG-technicians). Evaluation of

• normal and abnormal PSGs
• evaluation of MSLT, MWT
• Video-PSG-EEG
• Use of nocturnal recordings in treatment control: CPAP, BiPAP etc.
• Practical demonstrations including PSG/polygraphy on patients and participants
• Use of standardised questionnaires (Stanford & Epworth Sleepiness Scale, Swiss Narcolepsy Scale), depression scale
• Actigraphy – is it of any value?
• Multiple choice, quiz
• Demonstrations of examples by participants
• Evaluation and report creation
• Accreditation
• Organisation of a sleep laboratory

- by the use of patient examples, practical scoring, hands out.