

About the Course:

This course is designed for ENT specialists and doctors in training who have an interest in the management of Snoring and Obstructive Sleep Apnoea (OSA) and aims to give participants a balanced and comprehensive view of the management of Snoring and Obstructive Sleep Apnoea. It is a three-day course consisting of a series of core lectures on sleep medicine and the basics of OSA, with lectures on surgical techniques and hands-on cadaveric dissections. In addition, participants can also opt to sign up for Hands-on CPAP Workshop on 1 Nov.

Objectives:

The participants of this course are expected to fulfill the following objectives:

- Have an overview of all sleep disorders
- Understand the approach to managing symptoms due to OSA and other sleep disorders
- Appreciate the pathophysiology and consequences of OSA
- Know how to interpret the polysomnogram report beyond the AHI
- Be familiar with how to stage and assess a patient with OSA
- Understand the various surgical techniques used for the treatment of snoring and OSA
- Be able to optimise and reduce perioperative risks for a patient going for OSA surgery

Organising & Scientific Committee

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To register, please visit www.pgmi.com.sg/sleep08

Singapore

Sleep

Symposium 2008

Sleep Medicine Update
1- 2 November 2008

Snoring & Sleep Apnoea Surgery Course
1- 3 November 2008

www.pgmi.com.sg/sleep08

Organised by

Singapore General Hospital

KK Women's and Children's Hospital

In conjunction with

Singapore Sleep Society



Welcome Message

The Singapore General Hospital and KK Women's and Children's Hospital in conjunction with the Singapore Sleep Society are pleased to invite you to the Singapore Sleep Symposium 2008. This consists of the Sleep Medicine Update and the Snoring and Sleep Apnoea Surgery Course. Mark your calendars from 1 – 2 November for the Sleep Medicine Update or 1 – 3 November for the Snoring and Sleep Apnoea Surgery Course. It will be an exciting and comprehensive program designed to provide you with a concise update on the latest developments in sleep medicine. There will be didactic lectures as well as interactive workshops designed to allow participants hands-on practical experience in polysomnography as well as continuous positive airway pressure. The Snoring and Sleep Apnoea Surgery Course also includes lectures on surgical techniques and sessions on cadaveric dissection. We have a distinguished faculty lined up which includes both local and eminent overseas speakers.

Overseas speakers: Prof Richard Goode, Stanford University, USA and Prof Wayne Hening, University of Medicine and Dentistry of New Jersey, USA

Dr Lim Li Ling
Co-Chairperson

Dr Ignatius Mark
Co-Chairperson

Dr Ong Thun How
Co-Chairperson

Target Audience

Healthcare providers interested in the Laboratory Evaluation and Management of Sleep Disorders: Physicians-in-training, General Practitioners, Specialists (Dental & ENT surgeons, Neurologists, Paediatricians, Psychiatrists, Respiratory Physicians), PSG Technologists and Respiratory Therapists should attend this course.

To register, please visit www.pgmi.com.sg/sleep08

Sleep Medicine Update } 1- 2 November 2008

Health Promotion Board, Auditorium &
SGH, B6L9 Void Deck

About the course

This 2-day course will give an overview of sleep medicine from a multidisciplinary perspective, with an emphasis on practical polysomnography with clinical correlation. The following subjects will be discussed in lectures and workshops:

Objectives:

- Basic mechanisms of normal sleep
- Obstructive sleep apnoea – epidemiology, pathogenesis, clinical implications, medical, dental and surgical approaches to management
- Approach to other common adult & paediatric sleep disorders including insomnia, parasomnias, restless legs syndrome, central sleep apnoea and many more.
- Management of sleep related breathing disorders, including CPAP therapy and upper airway surgery
- Laboratory evaluation of sleep with clinical correlation
- Fundamentals of polysomnography technology & interpretation of sleep studies (including staging of sleep, scoring rules, MSLT and MWT)
- Demonstration of common adult & paediatric polysomnographic abnormalities, pitfalls in PSG interpretation (including recognition of physiologic & non-physiologic PSG artifacts)

Add workshops to your Sleep Symposium Courses now!

Continuous Positive Airway Pressure (CPAP) Workshop –1 Nov

This will provide a hands-on and practical approach to management of patients on CPAP, from mask fitting to initiation of CPAP, introduction to the various modes of CPAP, as well as common problems encountered by patients on CPAP and how to trouble-shoot these.

Polysomnography (PSG) Workshop – 2 Nov

This is a hands-on workshop which will cover the basic fundamentals of polysomnography technology & interpretation of sleep studies (including staging of sleep, new american academy of sleep medicine scoring rules). The workshop stations will demonstrate common adult & paediatric polysomnographic abnormalities, pitfalls in PSG interpretation (including recognition of physiologic & non-physiologic PSG artifacts)