

# 21<sup>st</sup> Annual Current Concepts in Sleep

The Ritz-Carlton, Sarasota • Sarasota, Florida



August 27-28, 2021

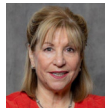
## Hands-on Simulations:

Dynamic and Interactive Small Group Sessions Focused on:  
Emergencies in the Sleep Center • Masks • Orthodontic Devices • Cardiac Arrhythmias

Keynote Presenters:



**Jennifer Arnold, MD, MSc, FAAP**  
Medical Director,  
Simulation Center  
Johns Hopkins  
All Children's Hospital  
St. Petersburg, FL



**Carol L. Rosen, MD**  
Professor Emerita,  
Department of Pediatrics  
Case Western Reserve University  
School of Medicine  
Cleveland, OH

Register Now at [CurrentConceptsInSleep.com](https://CurrentConceptsInSleep.com)

Hosted by:



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Registration and hotel reservations:  
[CurrentConceptsInSleep.com](https://CurrentConceptsInSleep.com)



The Ritz-Carlton, Sarasota • Sarasota, Florida



Continuing Medical Education  
501 6th Avenue South  
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St. Petersburg, FL 33701  
Email: [achcme@jhmi.edu](mailto:achcme@jhmi.edu)  
[HopkinsAllChildrens.org/CME](https://HopkinsAllChildrens.org/CME)

### MARK YOUR CALENDAR

Innovations in Maternal, Fetal and Neonatal Medicine  
*The Continuum of Care Conference*  
March 5–6, 2021 • Internet Live Conference

44th Annual Florida Suncoast Pediatric Conference\*  
June 10–13, 2021 • The Ritz-Carlton, Sarasota, FL

\*Because the health and safety of our attendees is our top priority, we will continue to monitor the impact of COVID-19. If it is unsafe or inadvisable to host the meeting in-person, all registrations will automatically transfer to a virtual format.

### MOBILE APP

Check out our mobile app, CloudCME, to have instant access to your transcript.

Organization Code: HopkinsCME

For website and CloudCME mobile app technical difficulties, email: [cmtechsupport@jhmi.edu](mailto:cmtechsupport@jhmi.edu)



## CONFERENCE FACULTY

### CONFERENCE CHAIR

**Bobbi Hopkins, MD**  
Medical Director, Sleep Center  
Johns Hopkins All Children's Hospital  
St. Petersburg, FL

### KEYNOTE PRESENTERS

**Jennifer Arnold, MD, MSc, FAAP**  
Medical Director, Simulation Center  
Johns Hopkins All Children's Hospital  
St. Petersburg, FL

**Carol L. Rosen, MD**  
Professor Emerita, Department of Pediatrics  
Case Western Reserve University  
School of Medicine  
Cleveland, OH

### FACULTY

**Fariha Abbasi-Feinberg, MD**  
Medical Director of Sleep Medicine  
Millennium Physician Group  
Fort Myers, FL

**Jeffrey Alvaro, MD, DFAACAP**  
Pediatric Psychiatrist, Center for Behavioral Health  
Johns Hopkins All Children's Hospital  
St. Petersburg, FL  
Affiliate Professor at the University of South Florida  
Department of Psychiatry and Behavioral Neurosciences

**W. McDowell Anderson, MD**  
Program Director, Sleep Medicine,  
Internal Medicine, Morsani College of Medicine  
Professor, Internal Medicine, Morsani College of Medicine  
Professor, College of Medicine Internal Medicine  
University of South Florida  
Tampa, FL

**Kathleen Armstrong, PhD**  
Professor Emeritus  
University of South Florida Pediatrics  
Tampa, FL  
Psychology Department  
Western Carolina University  
Cullowhee, NC

**Robby Beauchamp, BS, RRT, RPSGT**  
Sleep Disorders Program Coordinator  
Tampa General Hospital  
Tampa, FL

**Marietta B. Bibbs, BA, RPSGT, CCSH, FFAST**  
System Manager  
BayCare Health System  
Clearwater, FL

**Karel Calero, MD**  
Assistant Professor Pulmonary Critical Care and Sleep Medicine  
University of South Florida  
Tampa, FL

**Jose Colon, MD, MPH, ABLM**  
Medical Director  
Plantation Sleep Disorders Center and HealthPark Children's Sleep Disorder Center at Lee Health  
Fort Myers, FL

**Jamie A. Decker, MD**  
Director of Electrophysiology  
Johns Hopkins All Children's Hospital  
St. Petersburg, FL

**Will Frye, PhD, BC-TMH**  
Pediatric Psychologist  
Johns Hopkins All Children's Hospital  
St. Petersburg, FL

**Fareeha Hussaini, MD**  
Assistant Professor  
University of South Florida  
Department of Family & Sleep Medicine  
Tampa, FL

**Jaclyn Lewis-Croswell, PsyD**  
Licensed Clinical Psychologist  
Psychology Center of Tampa Bay  
Tampa, FL

**Judette Louis, MD, MPH**  
James Ingram Professor and Chair  
Department of OB/GYN  
University of South Florida  
Tampa, FL

**James A. Morrish Jr., DDS**  
Private Practice  
Bradenton, FL

**Risa Nakase-Richardson, PhD, FACRM, FNAN**  
Professor  
Division of Pulmonary and Sleep Medicine  
Department of Internal Medicine  
Morsani College of Medicine, University of South Florida and James A. Haley Veterans Hospital  
Tampa, FL

**Sagarika Nallu, MD**  
Assistant Professor, Division Chief of Pediatric Neurology, Epilepsy, and Sleep Medicine, Director of Adult Sleep Medicine  
University of South Florida, Morsani College of Medicine  
Tampa, FL

**Jay A. Nelson, DMD, D-ABDSM**  
Dental Director  
Nelson Dental Sleep Medicine  
Lutz, FL

**Luis E. Ortiz, MD**  
Pediatric Pulmonary and Sleep Medicine  
Johns Hopkins All Children's Hospital  
St. Petersburg, FL

**Tapan A. Padhya, MD**  
Professor and Chairman  
USF Morsani College of Medicine  
Department of Otolaryngology-Head and Neck Surgery  
Tampa, FL

**Pallavi P. Patwari, MD**  
Sleep Medicine (Primary Specialty)  
Pediatric Critical Care Medicine  
Rush University Medical Center  
Chicago, IL

**Cassandra Golden Sampson, MS, RD, LDN, MIEP**  
Registered Dietitian  
St. Petersburg, FL

**Daniel Schwartz, MD**  
Assistant Professor of Medicine  
University of South Florida  
Medical Director, Sleep Disorders Program  
James A. Haley VA Hospital  
Tampa, FL

**Nicole Sondermann, CCSH, RPSGT, RST**  
Polysomnographic Technologist II  
Johns Hopkins All Children's Hospital  
St. Petersburg, FL

**Lisa A. Whims-Squires, DO**  
Sleep and Pulmonary Medicine  
Clearwater, FL

**Lara Wittine, MD**  
Sleep Medicine Clinician  
Medical Director  
AdventHealth Sleep Center  
Tampa, FL

**Jason Wood, BS, CCSH, RPSGT, RST**  
Polysomnography Tech III  
Johns Hopkins All Children's Hospital  
St. Petersburg, FL

**Michelle Zetoon, DO, FCCP, FACOI**  
Board Certified Pulmonary, Critical Care, Sleep and Internal Medicine  
Private Practice with Affiliations to BayCare Health System and Johns Hopkins All Children's Hospital  
Associate Professor  
NOVA Southeastern University College of Osteopathic Medicine  
Pinellas Park, FL

*Agenda and faculty are subject to change.*

CONFERENCE AGENDA

Friday, August 27

JOINT SESSION	
7:00 – 8:00 a.m.	<b>Registration and Breakfast with Exhibitors</b>
8:00 – 8:10 a.m.	<b>Opening Remarks</b> Bobbi Hopkins, MD
8:10 – 9:10 a.m.	<i>Keynote Presentation:</i> <b>The Future of Sleep Medicine</b> Carol L. Rosen, MD
9:10 – 10:10 a.m.	<i>Keynote Presentation:</i> <b>Quality and Safety in the Sleep Laboratory</b> Jennifer Arnold, MD, MSc, FAAP
10:10 – 10:40 a.m.	<b>BREAK WITH EXHIBITORS</b>

CLINICAL TRACK	TECHNICAL TRACK
10:40 – 11:25 a.m. <b>Sleep During the Covid-19 Pandemic</b> W. McDowell Anderson, MD	10:40 – 11:25 a.m. <b>The Transitioning Role of the Sleep Technologist</b> Marietta B. Bibbs, BA, RPSGT, CCSH, FAAST
11:25 a.m. – 12:10 p.m. <b>Sleep and the Immune System</b> Lara Wittine, MD	11:25 a.m. – 12:10 p.m. <b>Patient Advocacy and Engagement in Sleep Medicine</b> Michelle Zetoony, DO, FCCP, FACOI
12:10 – 1:25 p.m. <b>LUNCH</b>	12:10 – 1:25 p.m. <b>LUNCH</b>
1:25 – 1:35 p.m. <b>ANNOUNCEMENTS</b>	1:25 – 1:35 p.m. <b>ANNOUNCEMENTS</b>
1:35 – 2:20 p.m. <b>Surgical Management of OSA</b> Tapan Padhya, MD	1:35 – 2:20 p.m. <b>The Use of Actigraphy in Sleep Medicine</b> Risa Nakase-Richardson, PhD, FACRM, FNAN
2:20 – 3:05 p.m. <b>Update on Oral Appliance Therapy</b> Jay A. Nelson, DMD, D-ABDSM	2:20 – 3:05 p.m. <b>Download Interpretation</b> Jason Wood, BS, CCSH, RPSGT, RST
3:05 – 3:35 p.m. <b>BREAK WITH EXHIBITORS</b>	3:05 – 3:35 p.m. <b>BREAK WITH EXHIBITORS</b>
3:35 – 4:05 p.m. <b>Central Sleep Apnea: Diagnosis and Management</b> Pallavi P. Patwari, MD	3:35 – 4:05 p.m. <b>Shift Work Disorders: Diagnosis and Management</b> Lisa Whims-Squires, DO
4:05 – 4:35 p.m. <b>Phrenic Nerve Pacing as a Treatment Modality for Central Sleep Apnea</b> Karel Calero, MD	4:05 – 4:35 p.m. <b>Shift Work and Good Nutrition</b> Cassandra Golden Sampson, MS, RD, LDN, MIEP
4:35 – 5:05 p.m. <b>Updates from the AASM and New Coding Guidelines</b> Fariha Abbasi-Feinberg, MD	4:35 – 5:05 p.m. <b>Evidence and Techniques for Use of Hypnosis and Meditation in the Treatment of Insomnia</b> Jose Colon, MD, MPH, ABLM and Jaclyn Lewis-Croswell, PsyD

JOINT SESSION	
5:05 – 5:35 p.m.	<b>Practical Guided Meditation</b> Jose Colon, MD, MPH, ABLM
5:35 – 7:00 p.m.	<b>WELCOME RECEPTION WITH EXHIBITORS</b>

Because the health and safety of our attendees is our top priority, we will continue to monitor the impact of COVID-19. If it is unsafe or inadvisable to host the meeting in-person, all registrations will automatically transfer to a virtual format.

Saturday, August 28

JOINT SESSION	
7:00 – 8:00 a.m.	<b>Registration and Breakfast with Exhibitors</b>
8:00 – 8:10 a.m.	<b>Opening Remarks</b> Bobbi Hopkins, MD
8:10 – 9:10 a.m.	<i>Keynote Presentation:</i> <b>Pediatric Obstructive Sleep Apnea (OSA): Diagnosis and Management Options to Improve Access</b> Carol L. Rosen, MD

JOINT SESSION	
9:10 – 10:10 a.m.	<b>Advances in Restless Legs Syndrome: Genetics, Iron-Dopamine Connection</b> TBD
10:10 – 10:40 a.m.	<b>BREAK WITH EXHIBITORS</b>

CLINICAL TRACK	TECHNICAL TRACK
10:40 – 11:25 a.m. <b>Pain and Sleep: Children and Adults</b> Will Frye, PhD, BC-TMH	10:40 – 11:25 a.m. <b>Servoventilation and Bilevel Titration</b> TBD
11:25 a.m. – 12:10 p.m. <b>Cannabis and Sleep</b> Sagarika Nallu, MD	11:25 a.m. – 12:10 p.m. <b>Top 5 Multiple Sleep Latency Test (MSLT) Mistakes</b> Daniel Schwartz, MD
12:10 – 1:25 p.m. <b>LUNCH</b>	12:10 – 1:25 p.m. <b>LUNCH</b>
1:25 – 1:35 p.m. <b>ANNOUNCEMENTS</b>	1:25 – 1:35 p.m. <b>ANNOUNCEMENTS</b>
1:35 – 2:20 p.m. <b>Narcolepsy Pharmacology: Understanding the Many New Stimulant Options</b> Jeffrey Alvaro, MD, DFAACAP	1:35 – 2:20 p.m. <b>Working with Special Patient Populations in the Laboratory: Adults</b> Robby Beauchamp BS, RRT, RPSGT
2:20 – 3:05 p.m. <b>Narcolepsy Pharmacology: New Agents</b> Luis E. Ortiz, MD	2:20 – 3:05 p.m. <b>Working with Special Patient Populations in the Laboratory: Pediatric</b> Nicole Sondermann, CCSH, RPSGT, RST
3:05 – 3:35 p.m. <b>BREAK WITH EXHIBITORS</b>	3:05 – 3:35 p.m. <b>BREAK WITH EXHIBITORS</b>
3:35 – 4:05 p.m. <b>Complicated Insomnia Management: How to Navigate Psychiatric Comorbidity</b> TBD	3:35 – 5:05 p.m. <b>HANDS-ON SESSION</b>
4:05 – 4:35 p.m. <b>Treatment Of Restless Legs Syndrome: Alpha-2-Delta Agents, Opioids and IV Iron</b> TBD	<b>Mandibular Advancement Devices</b> Jay A. Nelson, DMD, D-ABDSM
4:35 – 5:05 p.m. <b>Sleep Apnea and Maternal/Infant Health: What Do We Know?</b> Judette Louis, MD, MPH	<b>Mask Lab</b> Jason Wood, BS, CCSH, RPSGT, RST
	<b>Abnormal Rhythms Encountered During Sleep Studies</b> Jamie A. Decker, MD
	<b>Pediatric Emergencies in the Sleep Laboratory</b> TBD
	<b>Adult Emergencies in the Sleep Laboratory</b> TBD

PEDIATRIC TRACK
9:20 – 10:10 a.m. <b>Orthodontic Treatment for Pediatric Obstructive Sleep Apnea</b> James A. Morrish Jr., DDS
10:10 – 10:40 a.m. <b>BREAK WITH EXHIBITORS</b>
10:40 – 11:25 a.m. <b>Autism and Sleep</b> Kathleen Armstrong, PhD
11:25 a.m. – 12:10 p.m. <b>ADHD and Sleep</b> Bobbi Hopkins, MD
12:10 – 1:25 p.m. <b>LUNCH</b>
1:25 – 1:35 p.m. <b>ANNOUNCEMENTS</b>
1:35 – 2:20 p.m. <b>Adolescence, Polycystic Ovarian Syndrome (PCOS), and Sleep</b> Fareeha Hussaini, MD
2:20 – 3:05 p.m. <b>Central Apnea in Special Patient Populations</b> Pallavi Patwari, MD
3:05 – 3:35 p.m. <b>BREAK WITH EXHIBITORS</b>
3:35 – 4:05 p.m. <b>Case Base CBD and Melatonin</b> Sagarika Nallu, MD and Bobbi Hopkins, MD
4:05 – 4:35 p.m. <b>Evidence and Techniques for Use of Hypnosis and Meditation in the Treatment of Insomnia in Children</b> Jose Colon, MD, MPH, ABLM and Jaclyn Lewis-Croswell, PsyD
4:35 – 5:05 p.m. <b>Practical Guided Meditation in Children</b> Jose Colon, MD, MPH, ABLM

Conference Description

The 21st Annual Current Concepts in Sleep Conference promotes an interdisciplinary understanding of sleep-related disorders for physicians and allied health professionals. The focus of this conference includes clinical applications in management of both obstructive and central sleep apnea, insomnia, circadian rhythms, pharmacology, epilepsy, perioperative outcomes, dental sleep medicine, durable medical equipment (DME), and pediatrics.

Conference Objectives

After attending this activity, the learner will demonstrate the ability to:

- Describe current clinical practice for sleep disorders such as obstructive sleep apnea, insomnia, hypersomnia, parasomnias, and restless legs syndrome.
  - Coordinate multidisciplinary team members to improve delivery of sleep care.
- Integrate emerging technologies into clinical practice to improve diagnosis and management of sleep-related disorders.
  - Recognize sleep disorders within special patient populations and recommend evaluation and management strategies.

Contact & General Information

Americans with Disabilities Act (ADA)

Johns Hopkins All Children's Hospital and Johns Hopkins School of Medicine fully comply with the legal requirements of the ADA and the rules and regulations thereof. Please notify the CME Department at Johns Hopkins All Children's Hospital at 727-767-2564 or send an email to monica.mccommon@jhmi.edu a minimum of ten working days in advance of the event if a reasonable accommodation for a disability is needed.

Conference Coordinator

Monica McCommon | 727-767-2564 | monica.mccommon@jhmi.edu

Accreditation & Audience

Target Audience

This activity is intended for Sleep Medicine Physicians, Sleep Technologists, Behavioral Sleep Medicine Providers, Advanced Practice Providers, Respiratory Therapists, Psychologists and Nurses. The Pediatric Sleep Session is intended for Pediatricians, Advanced Practice Providers, Nurses, Psychologists and Sleep Medicine Professionals.

Accreditation Statement

The Johns Hopkins University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.



Credit Designation Statement

The Johns Hopkins University School of Medicine designates this live activity for a maximum of 14 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other Credit

The Florida Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists.

Application has been made to The Florida Psychological Association, who maintains responsibility for the program and its content.

Application has been made for AAST Continuing Education Credits (CECs) to the American Association of Sleep Technologists.

Application has been made to the American Association for Respiratory Care (AARC) for continuing education contact hours for respiratory therapists.

Application for the CSTE program has been made to the Board of Registered Polysomnographic Technologists for approval of continuing education credits.

Policy on Presenter and Provider Disclosures

It is the policy of the Johns Hopkins School of Medicine that the presenter and provider globally disclose conflicts of interest. The Johns Hopkins School of Medicine OCME has established policies that will identify and resolve conflicts of interest prior to this educational activity. Detailed disclosure will be made prior to presentation of the education.