Organized by

South East Asian Academy of Sleep Medicine

South-East Asian Academy of Sleep Medicine

5th International Conference on Sleep Disorders 2019

12TH-13TH OCTOBER 2019
CHITNAVIS CENTRE, NAGPUR



Endorsed By

WORLD SLEEP SOCIETY
ADVANCING SLEEP HEALTH WORLDWIDE

Founded by WORLD ASSOCIATION OF SLEEP MEDICINE and WORLD SLEEP FEDERATION

Co-Organizer

GETWELL HOSPITAL & RESEARCH INSTITUTE

Department of Respiratory, Critical Care and Sleep Medicine
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Scientific Program

Day 1 - 12th October 2019

WORKSHOP ON NON INVASIVE VENTILATION (LABURNUM HALL)

TIME	TOPIC	FACULTY
09.00am - 09.30am	Applied Physiology of Ventilation	Dr. Neeraja Shastri
09.30am - 10.00am	Indication & Contraindications of NIV : Current Guidelines and future use	Dr. Milind Baldi
10.00am - 10.30am	Machine, Mechanics & Modes	Dr. Milind Baldi
10.30am - 10.45am	NIV Pitfalls	Dr. Deepak Muthreja
10.45am - 11.00am	Adaptive Servo Ventilation	Prof. Anil Sontakke
11.00am - 11.30am	Clinical Applications & Case Studies	Dr. Rajesh Swarnakar
11.30am - 01.00pm	Hands on Workshop	
01.00pm - 01.45pm	LUNCH	

Scientific Program

Day 1 - 12th October 2019

WORKSHOP ON POLYSOMNOGRAPHY (TAMARIND HALL)

TIME	TOPIC	FACULTY
09.00am - 09.30am	OSA, an Overview	Dr Himanshu Garg
09.30am - 10.00am	Diagnostic tools in OSA	Dr Pratibha Dogra
10.00am - 10.30am	EEG Scoring, Inter pretention of various sleep stages	Dr Shivani Swami
10.30am - 10.45am	Tea Break	
10.45am - 11.00am	Respiratory Scoring	Dr Pratibha Dogra
11.00am - 11.20am	Initiation of PAP therapy in OSA	Dr David Cunnington
11.20am - 11.40am	Management of OSA – Beyond PAP therapy	Dr Milind Sovani
11.40am - 01.00pm	Work Stations 3 stations- A. PAP machines and masks B. Hooking of the patient C. Practice with Epochs	
01.00pm - 01.45pm	LUNCH	

Scientific Program

Day 1 - 12th October 2019

WORKSHOP ON PEDIATRIC SLEEP MEDICINE (ASHOKA HALL)

TIME	TOPIC	FACULTY
09.15am – 10.15am	**Introduction to pediatric sleep disorders and management of sleep disorder** Learning Objectives: i) Review the what, where, how, and why of sleep ii) Understand the physiologic changes associated with normal sleep iii)Conceptualize differences between pediatric and adult sleep iv)Learn common sleep disorders in the pediatric population and frequently utilized therapies o Sleep disordered breathing o NREM parasomnias o Central apnea	**Dr. Kevin Kaplan**
10.15am – 10.45am	**Impact of sleep disorders and sleep apnea in the pediatric population** Learning Objectives: i) Impact of Pediatric Sleep Disordered Breathing ii) Impact of Pediatric Parasomnias and Hypersomnia iii) Effects of Pediatric Circadian Rhythm Disorders (DSPS)	**Ms. Lata Casturi**
11.00am- 11.30am	**Predisposing factors for Pediatric sleep disorders**	**Dr. Srikantha Jingade**
11.30am – 12.30pm	**Treatment strategies utilized for treating sleep apnea in pediatrics** Learning Objectives: i) Review the basics of obstructive sleep apnea in pediatrics ii) Utilize proper methods to diagnose sleep apnea iii) Understand treatment options available in pediatric populations and who may benefit from which therapy	**Dr. Kevin Kaplan**
12.30pm – 1.00pm	**Pap therapy adherence importance and strategies** Learning Objectives: i) Discover a systematic approach to the session ii) Learn how to get children/families to commit to the process iii) Review educational tools specific for parents and pediatrics	**Ms. Lata Casturi**
01.00pm - 01.45pm	**LUNCH**	

Scientific Program

Day 1 - 12th October 2019

WORKSHOP ON DENTAL SLEEP MEDICINE (MIMOSA HALL)

TIME	TOPIC	FACULTY
09.00am –09.15am	Introduction to sleep related disorders	Dr. Rangarajan
09.15am – 09.35am	Sleep Apnoea – clinical presentation, health implications & safety	Dr. Milind Sovani
09.35am –09.55am	Pathophysiology of sleep apnoea	Dr. Dilip Srinivasan
09.55am - 10.15am	Examination	Dr. Dilip Srinivasan
10.15am – 10.35am	CPAP	Dr. Pratibha Dogra
11.00am – 11.20am	Introduction to sleep related disorders	Dr. Rangarajan
11.20am – 11.50am	'Giving way to airway' – Surgery for OSA	Dr. Ramakrishna Shenoi
11.50am – 12.20pm	Sleep related bruxism – Current status	Dr. Rangarajan
12.20 pm– 12.30pm	Summarize	Dr. Dilip Srinivasan
01.00pm - 01.45pm	LUNCH	

Scientific Program

Day 1 - 12th October 2019

BANYAN HALL

TIME	SESSION	FACULTY	CHAIRPERSON
01:45 pm - 02:15 pm	**Conference Inauguration**		
02:15 pm - 02:35 pm	**Keynote Talk** Visions for a sleep data, common challenges, opportunities and strategies **Symposium 1 (4 talks, 20 minutes each)** **#Why Sleep Matters**	Dr. Himanshu Garg	Dr. David Cunnigton Dr. Baba Ghewade
02:35 pm - 02:55 pm	Circadian Rhythm: Sleep and Metabolic Health	Dr. Vivek Nangia	Prof. Mrunal Pathak
02:55 pm - 03:15 pm	Sleep and Modern life – Including effects on Teens	Dr. Milind Sovani	Dr. Ravidra Sarnaik
03:15 pm - 03:35 pm	Occupational Sleep Medicine: Work Hours, Sleepiness and Sleep – Implications for traffic safety	Dr. Lanre Ogunyemi	Dr. Rajesh Ballal
03:35 pm - 03:55 pm	Sleep on the frontline- The relationship between sleep and performance in sports	Dr. Meeta Singh	Dr. Ajay Deshpande
	Symposium 2 (4 talks, 20 minutes each) **#Update on OSA Diagnosis and treatment**		
03:55 pm - 04:15 pm	New Concepts and Methods in Sleep state analysis-Beyond EPOCHS and Stages	Dr. David Cunnigton	Prof. Radha Munje
04:15 pm - 04:35 pm	Pharmacotherapy in OSA	Dr. Pratibha Dogra	Dr. Meenakshi Ghadge
04:35 pm - 04:55 pm	Type I v/s Type III sleep study – How to select the right study for the patient	Dr. Sujeet Rajan	Dr. Satish Gupta
04:55 pm - 05:15 pm	Upper Airway Collapse, Arousal and Muscle compensation: Traits for personalized therapy	Dr Deepak Talwar	Dr. Gautam Moharil

Scientific Program

Day 2 - 13th October 2019

BANYAN HALL (HALL A)

TIME	WORKSHOP	FACULTY	CHAIRPERSON
	Symposium 3 (4 talks, 20minutes each)		
	#Phenotypes and personalized treatment of OSA		
09:00 am - 09:20 am	Clinical screening and Polysomnography - OSA phenotypes	Dr. N Ramakrishna	Dr Deependra Kumar Rai
09:20 am - 09:40 am	Diagnosis and Management of Parasomnia	Dr. Amita Nene	Dr Vivekan Pillai
09:40 am - 10:00 am	Technical aspects and newer development in MAD	Dr. Rangarajan	Dr Kshitij Bang
10:00 am - 10:20 am	Sleep Surgery: From Past, Present to Precision	Dr. Dilip Srinivasan	Dr Vrinda Kolte
10:20 am - 10:40 am	**TEA / COFFEE BREAK**		
	Symposium 4 (4talks, 20minutes each)		
	#Sleep and Neurology		
10:40 am - 11:00 am	Association between Sleep, Learning, Cognition and Memory	Dr. Deepak Muthreja	Dr Dinesh Saroj
11:00 am - 11:20 am	Auto-titration V/s Manual Titration	Dr Sanjay Manchanda	Dr Ashish Tandon
11:20 am - 11:40 am	Advances and practical guidelines for Opoid, Iron treatments and Augmentation management in RLS	Dr. Sheetu Singh	Dr Nainesh Patel
11:40 am - 12:00 pm	Hypersomnia – Improving Identification/Screening	Dr. Indranil Halder	Dr Praveer Waradkar
	Symposium 5 (4 talks, 20 minutes each)		
	#OSA and co-morbidities		
12:00 pm - 12:20 pm	Treating OSA improves control of Hypertension	Dr. Mr Sánchez-De-La Torre	Dr. Manoj Goel
12:20 pm - 12:40 pm	Obesity Hypoventilation Syndrome	Dr. Anoma Siribaddana	Dr Vivek Gupta
12:40 pm - 01:00 pm	COPD and OSA Overlap: Epidemiology and Treatment	Dr. Raja Dhar	Dr Vikrant Deshmukh
01:00 pm - 01:20 pm	OSA and Diabetes	Dr. Apar Jindal	Dr Ashish Nikhare
01:20 pm - 02:00 pm	**LUNCH**		
	Symposium 6 – (4 talks, 20 minutes each)		
	#The big questions in Sleep		
02:00 pm - 02:20 pm	Minimally symptomatic OSA-To Treat or not to treat	Dr. Kumar Doshi	Dr Akash Balki
02:20 pm - 02:40 pm	Is it insomnia or delayed Circadian Rhythm or Both: How to Diagnose and treat ?	Dr. David Cunnington	Dr L K Mohanty
02:40 pm - 03:00 pm	Central Sleep Apnoea in Heart Failure: To Treat or not to Treat	Dr. B P Singh	Dr Vipul Seta
03:00 pm - 03:20 pm	Multimodal Telemonitoring of sleep Apnoea co-morbidities.	Dr Devang Africawala	Dr Pratibha Dogra

Scientific Program

Day 2 - 13th October 2019

TAMARIND HALL (HALL B)

TIME	SESSION	SPEAKER	SPEAKER
	Symposium 7 (4 talks, 20minutes each)		
	#PAP Therapy		
09:00 am - 09:20 am	Advanced Titration Protocols for the Sleep Lab	Dr Paramez A R	Dr. Saurabh Karamkar
09:20 am - 09:40 am	Selecting the right PAP device	Dr. Sonia Dalal	Dr Vivek Gupta
09:40 am - 10:00 am	Managing Compliance Issues	Dr. H.J. Singh	Dr Sanjive Golhar
10:00 am - 10:20 am	Long term benefits of PAP Therapy	Dr. Rakesh Chawla	Dr Anil Sontakke
10:20 am - 10:40 am	**TEA / COFFEE BREAK**		
	Symposium 8		
	#Insomnia #Pediatric Sleep		
10:40 am - 11:00 am	Insomnia- Pathophysiology and Management	Dr. Saurabh Mehrotra	Prof B O Tayade
11:00 am - 11:20 am	Cognitive Behavioral Therapy- Non Pharmacotherapy treatment in Insomnia	Dr. Tarique Sani	Dr Vineet Niranjane
11:20 am - 11:40 am	Evaluation & Management of Residual sleepiness in OSA	Dr. Vikas Mittal	Dr Vishal Jhavar
11:40 am - 12:00 pm	MSLT and MWT Protocols	Dr. Prerana Garg	Dr. Samir Sahu
	Symposium 9		
12:00 pm - 12:40 pm	Live case studies: Voting pad	Dr. Milind Sovani	Dr Nikita Jajodia (Cordinator)
12:40 pm - 01:00 pm	An overview of Apps on Sleep Quality and Architecture	Dr. RM.PL.Ramanathan	Dr I S Sharma
01:00 pm - 01:30 pm	Meet the Experts	Dr. David Cunnington Dr. Mr Sánchez-De-La Torre Dr. Milind Sovani	
01:00 pm - 02:00 pm	**LUNCH**		
	Symposium 10	**Dr. Shubhranshu (Chairperson)**	
	(OSA & Special Consideration)		
02:00 pm - 02:20 pm	Pre and Post-operative care of OSA patients	Dr. Gopal Raval	Dr Shrikant Papinwar
02:20 pm - 02:40 pm	Metabolic regulation of Sleep	Dr. Mahavir Modi	Dr. Shubhranshu
02:40 pm - 03:00 pm	DISE in OSA evaluation – ENT view	Dr. Kaushal Sheth	Dr Nandu Kolwadkar
03:00 pm - 03:20 pm	OSA, Obesity and Bariatric Surgery	Dr Mayank Saxena	Dr Ahsan Badar

ADDRESS FOR CORRESPONDENCE:

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