

Developments in Sleep Medicine

AN ADVANCED SLEEP COURSE

26th-27th October 2007, St Thomas' Hospital, London SE1 7EH

The course is an opportunity for sleep medicine practitioners to update their knowledge base and hone their clinical skills. The faculty is composed of academic researchers and leading clinicians in sleep medicine.

The course will cover new discoveries in the basic science of sleep and include discussions on public health issues related to sleep.

It will focus on new developments in clinical sleep medicine including the diagnosis and treatment of breathing related disorders, narcolepsy and hypersomnia, movement disorders in sleep and insomnia.

Each module will include case-based discussion and question and answer sessions to enhance interactions with the faculty. An informal 'stump the expert' session will allow participants to 'baffle' the faculty and get advice on difficult cases.

Course chair

Dr Adrian Williams

Consultant Physician

Sleep Disorders Centre

St Thomas' Hospital, London SE1 7EH

Course objectives:

- Discuss state-of-the-art research in the science of sleep and sleep disorders
- Translate this into a clearer picture of the management of sleep disorders
- Recognise new methods and standards for diagnosis of sleep disorders
- Evaluate the efficacy of treatment options in sleep disorders

The course will include case based discussions and question and answer sessions on:

Basic science for the clinician including molecular biology

Staging of sleep and disorders of arousal

Neurology based sleep disorders - RLS, narcolepsy and RBD

Sleep deprivation/Circadian rhythms - public health issues, circadian rhythm disorders

Pathogenesis of OSA

OSA co-morbidities

Parasomnias and medico-legal implications

Insomnia - behavioural approaches and pharmacotherapy

Sleep and ageing

Paediatrics - ADHD

'Stump the experts session' - bring you own difficult case to challenge the faculty

Guy's and St Thomas' 

NHS Foundation Trust

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Faculty will include:

Dr Ray Chaudhuri, Consultant Neurologist, King's College Hospital
Dr Peter Fenwick, The Neuropsychiatry Office, London
Dr Paul Gringras, Consultant Paediatrician, Guy's and St Thomas' Hospital
Prof Piet Haers, Consultant Cleft Surgeon, South Thames Cleft Service
Prof Chris Idzikowski, Director, Edinburgh Sleep Centre
Simone de Lacy, Sleep and Respiratory Services Manager, Guy's and St Thomas' Hospital
Dr Simon Merritt, Clinical Research Fellow, Guy's and St Thomas' Hospital
Dr Paul Reading, Consultant Neurologist, James Cook University Hospital
Prof P J Rees, Consultant Physician, Guy's and St Thomas' Hospital
Prof Debra Skene, School of Biological and Molecular Sciences, University of Surrey
Prof David White, Professor of Medicine, Harvard Medical School; Chief Medical Officer, Respironics Inc

The course plan is as follows:

Friday 26th October 2007

Full day interactive course from 9am to 5pm followed by the course dinner at St Thomas' Hospital

Saturday 27th October 2007

Sleep Practicum

Hands on experience with the technology and common problems from 9am to 1pm

Booking a place:

To book your place on this exciting new course please contact

Sue Jameson

alchemist consulting limited

sue@alchemistconsultancy.co.uk

mob: 07769 658 738

alchemist has secured some local accommodation for this course which will be available to delegates on a first come basis.

Cost of attending Friday 26th course and dinner is £115

For Friday course, dinner and Saturday Sleep Practicum the cost is £150

To find out more please contact course chairman:

Dr Adrian Williams

Adrian.Williams@gstt.nhs.uk

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