



Department of Pediatrics  
University of Alabama at Birmingham  
1600 Seventh Avenue South  
Birmingham, AL 35233

# Pediatric Sleep Disorders



Saturday, May 13, 2006  
The Peabody Hotel  
Memphis, TN

Sponsored by  
Pediatric Pulmonary Center,  
Department of Pediatrics  
University of Alabama at Birmingham (UAB)  
& Methodist Le Bonheur Healthcare,  
Memphis, TN

**UAB** THE UNIVERSITY OF  
ALABAMA AT BIRMINGHAM

 **Le Bonheur**  
Children's Medical Center

Supported in part by Project #T72 MC 0001 from the Maternal and Child  
Health Bureau (Title V, Social Security Act), Health Resources and Services  
Administration, Department of Health and Human Services

NON-PROFIT  
U.S. POSTAGE  
PAID  
BIRMINGHAM, AL  
PERMIT NO. 1

## Conference Description/Purpose

The purpose of this conference is to present a state-of-the-art program on the diagnosis and management of pediatric sleep disorders. The desired result of attending this CME activity will be that primary care providers and other professionals working in the area of sleep disorders will be able to recognize pediatric sleep disorders, implement appropriate treatment, integrate the patient's/parent's perspective into the care plan, and make appropriate referrals to sleep disorder centers.

## Target Audience

The target audience is primary care providers, including pediatricians, family physicians, and pediatric or family nurse practitioners; polysomnographic technologists; respiratory care practitioners; and mental health providers.

## Objectives

Upon completion of this course, the participant should be able to:

- Explain normal pediatric sleep patterns and identify common or major disorders.
- List the indications for a pediatric sleep study, explain the limitations of pediatric sleep studies, and identify parameters measured.
- Diagnose obstructive sleep apnea and explain treatment options.
- Identify children and youth with excessive daytime sleepiness, outline the components of a workup, and list appropriate tests.
- Define the pathophysiology of narcolepsy and its clinical course, treatment, complications, and family implications.
- Identify behavioral sleep problems in infants, toddlers, children, and children with special health care needs; identify behavioral strategies for improving sleep difficulties in children; and explain adolescent sleep difficulties and treatments.
- Describe the connection between sleep deprivation and epilepsy, the relationship between epilepsy and sleep-related disorders, and outline the impact of sleep-related disorders and epilepsy on behavior and learning.

## Accreditation

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of Methodist Le Bonheur Healthcare and the Pediatric Pulmonary Center, Department of Pediatrics, University of Alabama at Birmingham (UAB). Methodist Le Bonheur Healthcare is accredited by the ACCME to provide continuing medical education for physicians.

## Continuing Medical Education Credit

Methodist Le Bonheur Healthcare designates this continuing medical education activity as meeting the criteria for up to 6 credit hours in Category 1 of the Physician's Recognition Award of the American Medical Association. Application for CME credit has been filed with the American Academy of Family Physicians. **Determination of credit is pending.** AAPA accepts AMA category 1 credit for the PRA from organizations accredited by ACCME. Each attendee should claim only those hours of credit that he/she actually spent in the activity.

## Faculty Disclosure

All faculty participating in continuing medical education activities sponsored by Methodist Le Bonheur Healthcare are expected to disclose to the activity audience any real or apparent conflict(s) of interest related to the content of their presentation. Full disclosure of faculty relationships will be made at the activity. Faculty members are required to inform the audience when they are discussing off-label or unapproved uses of devices or drugs. Devices or drugs that are still undergoing clinical trials also should be identified as such and should not be portrayed as standard, accepted therapy.

## CONFERENCE AGENDA

- 7:00 AM – 7:50 AM Meeting Registration / Continental Breakfast  
Visit Exhibits
- 7:50 AM – 8:00 AM Welcome/Meeting Overview  
James S. Hagood, MD
- 8:00 AM – 9:00 AM Overview of Sleep  
Robert A. Schoumacher, MD
- 9:00 AM – 10:00 AM Pediatric Nocturnal Polysomnographic Studies:  
What the Primary Care Provider Needs to Know  
David Lozano, MD
- 10:00 AM – 10:30 AM Break/ Beverage Service  
Visit Exhibits
- 10:30 AM – 11:30 AM Sleep-related Upper Airway Obstruction in Children: Clinical Features, Diagnosis and Management  
John Carroll, MD
- 11:30 AM – 12:30 PM The Sleepy Child: Misunderstood and Often Misdiagnosed  
David Lozano, MD  
Mr. Carl Owens
- 12:30 PM – 1:15 PM Lunch/Box lunch provided  
Visit Exhibits
- 1:15 PM – 2:15 PM Behavior Management of Pediatric Sleep Disorders  
Kristin Avis, PhD
- 2:15 PM – 3:15 PM The Co-Morbidity of Sleep and Epilepsy  
Dave Clarke, MD
- 3:15 PM – 3:30 PM Wrap-up / Evaluation

## CONFERENCE FACULTY

- \* **KRISTIN AVIS, PhD**, Assistant Professor, Department of Pediatrics, UAB, Pediatric Psychologist, Sleep Disorders Center, Children's Hospital, Birmingham, AL
- JOHN CARROLL, MD**, Medical Director, Pediatric Sleep Disorders Center, Arkansas Children's Hospital, Little Rock, AR
- DAVE CLARKE, MD**, Assistant Professor, Department of Pediatrics and Neurology, University of TN Health Science Center, Le Bonheur Children's Medical Center, Memphis, TN
- DAVID LOZANO, MD**, Assistant Professor, Department of Pediatrics, UAB, Associate Medical Director, Sleep Disorders Center, Children's Hospital, Birmingham, AL
- CARL OWENS**, Parent of Cory, Madison, AL
- \* **ROBERT A. SCHOUMACHER, MD**, Associate Professor of Pediatrics, University of TN Health Science Center, Medical Director, Le Bonheur Pediatric & Adolescent Sleep Disorders Center, Le Bonheur Children's Medical Center, Memphis, TN
- \*Conference Planning Committee Members

## UAB Pediatric Pulmonary Center Faculty Members

- \* James S. Hagood, MD  
\* Janet Johnston, MSN, CRNP  
Claire Lenker, MSW, LCSW, CCM  
Raymond Lyrene, MD  
\* Chris Makris, MD  
Julie McDougal, MAE, RRT  
\* Nancy H. Wooldridge, MS, RD  
\*Conference Planning Committee Members

### For more information contact:

Nancy H. Wooldridge, MS, RD  
Co-Director, Pediatric Pulmonary Center  
University of Alabama at Birmingham  
1600 7th Avenue South, ACC 620  
Birmingham, AL 35233  
(205) 939-5498  
[nwooldridge@peds.uab.edu](mailto:nwooldridge@peds.uab.edu)  
[www.health.uab.edu/ppc](http://www.health.uab.edu/ppc)

### Location/Accommodations

The world famous Peabody Hotel, "the South's Grand Hotel," in historic downtown Memphis is the setting for this conference. Area attractions include Graceland, Beale Street, the National Civil Rights Museum, the Smithsonian-affiliated Rock and Soul Museum, and, of course, the Peabody ducks, strutting their stuff. "Memphis in May", a popular annual festival, will feature "International Weekend" May 12-14, 2006 and the honored country is Costa Rica. [www.memphisinmay.org](http://www.memphisinmay.org)

Conference participants should make reservations directly with the Peabody by calling 1-800-PEABODY and identifying that they are with the "Pediatric Sleep Disorders Conference". **Reservations must be made by 5:00 PM on April 12, 2006** in order to receive the conference rates of \$200 for single rooms, \$210 for double rooms, \$220 for triple rooms, and \$230 for quad rooms. Participants are encouraged to reserve a room early, as space is limited. Currently, parking for registered guests is \$16.00 per day.

The Peabody Hotel  
149 Union Avenue  
Memphis, TN 38103  
901-529-4000

[www.peabodymemphis.com](http://www.peabodymemphis.com)

For those interested in playing golf on Friday afternoon, individual tee times may be arranged based on availability and for an additional fee. Indicate your interest on the registration form.

### Continuing Education Credits

#### Respiratory Therapists:

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

#### Polysomnographic Technologists:

Application has been made to the Association of Polysomnographic Technologists for continuing education contact hours for Polysomnographic Technologists.

## REGISTRATION FORM Pediatric Sleep Disorders Meeting

May 13, 2006

The Peabody Hotel  
Memphis, TN

### Registration Fee

(Please check one)

- Physicians - \$120  
 Allied Health Professionals - \$100

Please complete entire form. Make check payable to the Department of Pediatrics, UAB and mail to the address below.

Mail to:

Nancy H. Wooldridge, MS, RD  
Pediatric Pulmonary Center  
University of Alabama at Birmingham  
1600 7th Avenue South, ACC 620  
Birmingham, AL 35233

### Please print or type:

Name \_\_\_\_\_  
Place of Employment \_\_\_\_\_  
Mailing Address \_\_\_\_\_  
City/State/Zip Code \_\_\_\_\_  
Home Phone (\_\_\_\_) \_\_\_\_\_  
Business Phone (\_\_\_\_) \_\_\_\_\_  
E-mail address \_\_\_\_\_  
Discipline:  Medicine  Nurse Practitioner  Polysomnographic  
 Respiratory Care  Other - please specify \_\_\_\_\_  
 Check here if interested in receiving information about Friday afternoon golfing.

**CONFERENCE REGISTRATION DEADLINE: MONDAY, MAY 8, 2006**  
**Please make hotel reservations directly with the Peabody Hotel by April 12, 2006.**