



Samedi et dimanche 30 et 31 mai 2020
Saturday and Sunday May 30 and 31, 2020

Canadian Sleep
Society



Société Canadienne
du Sommeil

JOURNÉES ÉDUCATIVES
EDUCATIONAL DAYS

PROGRAMME PRÉLIMINAIRE / PRELIMINARY PROGRAM

PHYSICIANS AND OTHER HEALTH PROFESSIONALS / MÉDECINS ET AUTRES PROFESSIONNELS DE LA SANTÉ

Saturday, May 30, 2020 / Samedi 30 mai 2020

AM

8:25-8:30	Welcome and introduction
8:30-9:00	Sleep physiology and assessments, from the lab to the patients' home (A. Lim, Toronto)
9:00-9:30	Chronic insomnia (J. Fernandez-Mendoza, Hershey, Pennsylvania)
9:30-10:00	OSA (J. Kimoff, Montreal)
10:00-10:30	Coffee break
10:30-11:00	Hypersomnia and narcolepsy (B. Murray, Toronto)
11:00-11:30	RLS (A. Desautels, Montreal)
11:30-12:00	Non-REM Parasomnias (A. Zadra, Montreal)

PM

12:00-1:30	Lunch break
1:30-2:30	First round of workshops *
2:45-3:45	Second round of workshops*
3:45-4:15	Coffee break
4:15-4:45	Circadian disorders (A. Videnovic, Boston)
4:45-5:00	Conclusion and acknowledgements

***CHOICE BETWEEN 4 WORKSHOPS:**

Insomnia: Updates in non-pharmacological treatments (CBT-I, MBT-I) (J. Fernandez-Mendoza, Hershey and C. Morin, Quebec city)

Non-CPAP therapies for OSA (J. Poirier, Montreal)

Pediatric sleep medicine (S. Weiss, Toronto and R. Gruber, Montreal)

Sleep and neurodegenerative disorders (A. Videnovic, Boston and R. Postuma, Montreal)

CLINICAL PSYCHOLOGISTS AND OTHER HEALTH PROFESSIONALS
PSYCHOLOGUES CLINIENS ET AUTRES PROFESSIONNELS DE LA SANTÉ

Saturday, May 30 and Sunday, May 31, 2020 / Samedi 30 mai et dimanche 31 mai 2020

English program: Saturday, May 30, 2020

AM/PM 8:30-4:00 CBT-I for all (A. Vallières, Quebec)

Programme en Français : dimanche 31 Mai 2020

AM/PM 9h-17h TCC-I pour tous (A. Vallières, Quebec)

TECHNOLOGISTS (ENGLISH TRACK)

Saturday, May 30 and Sunday, May 31, 2020

Saturday, May 30, 2020

AM	8:00-9:00	Dreams and Insomnia (C. Bastien, Quebec)
	9:15-10:45	WORKSHOP 1: PAP Modalities and Case Studies ResMed (D. Scullion)
	10:45-11:00	Coffee break
	11:00-12:30	WORKSHOP 2: PAP Modalities and Case Studies Philips (S. Bouchard)
	12:30-1:30	Lunch break
PM	1:30-2:30	Medications and Sleep (J. MacFarlane)
	2:30-3:30	Wearable Devices (A. Siemens)
	3:30-3:45	Coffee break
	3:45-5:15	Vendor Update (6 X 15mins)

Sunday, May 31, 2020

AM	8:30-9:30	Medical Ethics (M. Eden)
	9:30-11:00	Vendor Hall
	11:00-12:00	Athletes and Sleep (J. Charest)
	12:00-12:30	Lunch break
PM	12:30-2:00	WORKSHOP 3: Scoring Bootcamp (N. Morin)
	2:00-2:15	Closing remarks (L. Fordyce & A. Siemens)

TECHNOLOGUES (SESSIONS EN FRANÇAIS)

Samedi 30 Mai et dimanche 31 Mai 2020

Samedi 30 Mai 2020

MATIN	8 h-9 h	Rêves et insomnie (C. Bastien, Quebec)
	9 h 15-10 h 45	ATELIER 1 : Philips modalités PAP et études de cas (S. Bouchard)
	10 h 45-11 h	Pause
	11 h-12 h 30	ATELIER 2 : ResMed modalités PAP et études de cas (D. Scullion)
	12 h 30-13 h 30	Dîner
APRÈS-MIDI	13 h 30-14 h 30	Mélatonine et son effet sur d'autres problèmes de santé (douleur, anxiété, troubles gastrointestinaux) (K. Gagnon)
	14 h 30-15 h 30	La relation entre le sommeil, la démence et la maladie d'Alzheimer (A.A. Baril)
	15 h 30-15 h 45	Pause
	15 h 45-17 h 15	Mise à jour fournisseurs (6 X 15mins)

Dimanche 31 Mai 2020

MATIN	8 h 30-10 h	ATELIER 3 : Mise à jour Cotation du sommeil (N. Morin)
	10 h-11 h	Homéostasie du sommeil et ses marqueurs électrophysiologiques ainsi que sur leur déterminants moléculaires (V. Mongrain)
	11 h-12 h	Salle d'exposition des fournisseurs
	12 h-12 h 30	Dîner
APRÈS-MIDI	12 h 30-13 h 30	Athlètes et sommeil (J. Charest)
	13 h 30-14 h	Actigraphie, PCRS et vidéosomnographie en pédopsychiatrie (E. Chevrier)
	14 h-14 h 15	Remarques finales (E. Chevrier et C. Bastien)

DENTAL SLEEP MEDICINE FROM A TO ZZZ...



Fernanda Almeida

DDS, MSc, PhD

Vancouver, British Columbia

Obstructive Sleep Apnea (OSA) is a major health problem affecting over 10% of the adult population and is the cause of significant increases in healthcare costs, morbidity, and mortality. They can cause increased daytime sleepiness, fatigue, lead to crashes and injuries, predispose to cardiovascular disease, and lead to premature death in at-risk subjects.

There is increasing evidence suggesting that mandibular advancement splints (MAS) are a first line therapy for OSA.

Objectives:

- Review the current evidence of MAS splints efficacy, side effects and adherence
- Discuss state-of-the-art knowledge of combination therapy approaches to improve treatment effectiveness
- Understand the roles and responsibilities of dentists involved in the treatment of OSA

Doctor **Fernanda Almeida** is an associate professor at the University of British Columbia. She dedicates her career to research on dental sleep medicine as her clinic is restricted to OSA treatments.

Time	8:30 a.m. to 11:30 a.m.		
Category	Lecture		
ODQ	3 units	ADA CERP	3 hours
AGD code	730	RCDSO	Category 2 = 3 CE

OSA THERAPIES AND THEIR RESPECTIVE EFFECTIVENESS



Olivier Vanderveken

MD, PhD

Brasschaat, Belgium

This session will provide an overview on the available OSA therapies currently widely used to treat sleep-disordered breathing. This overview will include continuous positive airway pressure (CPAP) as well as the common non-CPAP options such as oral appliance therapy using mandibular advancement devices (MAD) and surgical options such as upper airway surgery including transoral robotic surgery (TORS) and upper airway stimulation (UAS) therapy using electrical neurostimulation of the hypoglossal nerve. Finally, also maxillofacial surgery will be discussed as a treatment option for OSA.

In the second part of the lecture, Professor Vanderveken will elaborate on the concept of 'true clinical effectiveness' also in the individual patient on a nightly basis. The measurement of self-reported and objectively measured adherence to oral appliance therapy will be discussed and be compared with the adherence to CPAP and other non-CPAP treatments.

Objective:

- Provide an update on the therapeutic options for OSA in adults
- Explain the different methods that allow for the subjective and objective measurement of adherence to therapy for sleep-disordered breathing
- Calculate and compare the overall effectiveness of the different OSA therapies

Prof. Dr. **Olivier M. Vanderveken**, MD, PhD, is a full-time ENT, Head and Neck Surgeon at the Antwerp University Hospital in Belgium where he is appointed as the Chair of the Department. He holds a position as Professor at the Faculty of Medicine of the University of Antwerp.

Time	12:30 p.m. to 3:30 p.m.		
Category	Lecture		
ODQ	3 units	ADA CERP	3 hours
AGD code	730	RCDSO	Category 2 = 3 CE



TARIFS / RATES

	Membership CSS	Avant le 1 ^{er} avril Before April 1st		Au 1 ^{er} avril On April 1st	
		Membres Members	Non membres Non-members	Membres Members	Non membres Non-members
Technologues – Technologists	70 \$	290 \$	375 \$	340 \$	425 \$
Dentistes – Dentists	230 \$	340 \$	625 \$	390 \$	675 \$
Médecins – Physicians	130 \$	340 \$	625 \$	390 \$	675 \$
Psychologues – Psychologists	70 \$	290 \$	400 \$	340 \$	450 \$
Chercheurs – Researchers	130 \$	340 \$	625 \$	390 \$	675 \$
Infirmiers(ères) – Nurses	130 \$	290 \$	565 \$	390 \$	675 \$
Autres prof. de la santé – Other Health Prof.	130 \$	290 \$	565 \$	390 \$	675 \$
Étudiants, stagiaires – Student, Resident	40 \$	75 \$	135 \$	120 \$	180 \$

