

Details

ACCREDITATION STATEMENT

The Yale School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

DESIGNATION STATEMENT

The Yale School of Medicine designates this live activity for a maximum of 5.5 *AMA PRA Category 1 Credits*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

FINANCIAL SUPPORT

The Yale School of Medicine, Department of Internal Medicine, Section of Pulmonary, Critical Care & Sleep Medicine is grateful to its supporters. They are acknowledged in all conference materials.

DISCLOSURE POLICY

It is the policy of Yale School of Medicine, Continuing Medical Education, to ensure balance, independence, objectivity and scientific rigor in all its educational programs. All faculty participating as speakers in these programs are required to disclose any relevant financial relationship(s) they (or spouse or partner) have with a commercial interest that benefits the individual in any financial amount that has occurred within the past 12 months; and the opportunity to affect the content of CME about the products or services of the commercial interests. The Center for Continuing Medical Education will ensure that any conflicts of interest are resolved before the educational activity occurs.

DIRECTIONS

This conference will be held at the Anlyan Center for Medical Research and Education, 1st Floor Auditorium, 300 Cedar Street, New Haven, CT.

From I-95 North or South:

Leave I-95 at Exit 47 (Downtown New Haven/Rte 34). This puts you onto an exit expressway. Merge onto CT-34 W via Exit 1 toward Downtown New Haven. Follow the short expressway, and merge into the left lane after the traffic light; the entrance to the parking garage will be on your left. Visitor parking available in Air Rights Garage (see parking information below) or use the Howard Avenue Garage (see below).

From I-91 South:

Leave I-91 South at Exit 1 (Downtown New Haven/Rte 34). This exit puts you onto a short expressway. Follow the short expressway, and merge into the left lane after the traffic light; the entrance to the garage will be on your left. Visitor parking available in the Air Rights Garage (see parking information below) or use the Howard Avenue Garage (see below).

PARKING INFORMATION

Air Rights Garage. is open 24 hours a day and located between North and South Frontage roads, straddling York St. Rates: 0-3 hours - \$3 per hour, 4-10 hours - \$12 flat rate, 10-24 hours - \$18 flat rate. Walking from the garage, head southwest on York Street toward Cedar Street, for approximately 80 feet. Turn left onto Cedar Street. Continue down Cedar Street until you arrive at the intersection of Congress Avenue and Cedar Street. The Anlyan Center will be across the street.

Howard Avenue Garage, 800 Howard Ave, New Haven, CT 06519, opposite from Yale-New Haven Hospital and next to the Yale Physicians Building. The garage is located in between the streets of Davenport and Congress. It is open from 6 am to 9 pm during week days only. Rates: \$3 per hour. Walking from the garage, head south toward Congress Avenue for approximately 300 feet. Turn left onto Congress Avenue and continue walking until you arrive at the intersection of Congress Avenue and Cedar Street. The Anlyan Center is located at this intersection.

The New Haven Parking Authority, (203) 946-8936, can provide further assistance for rate information.

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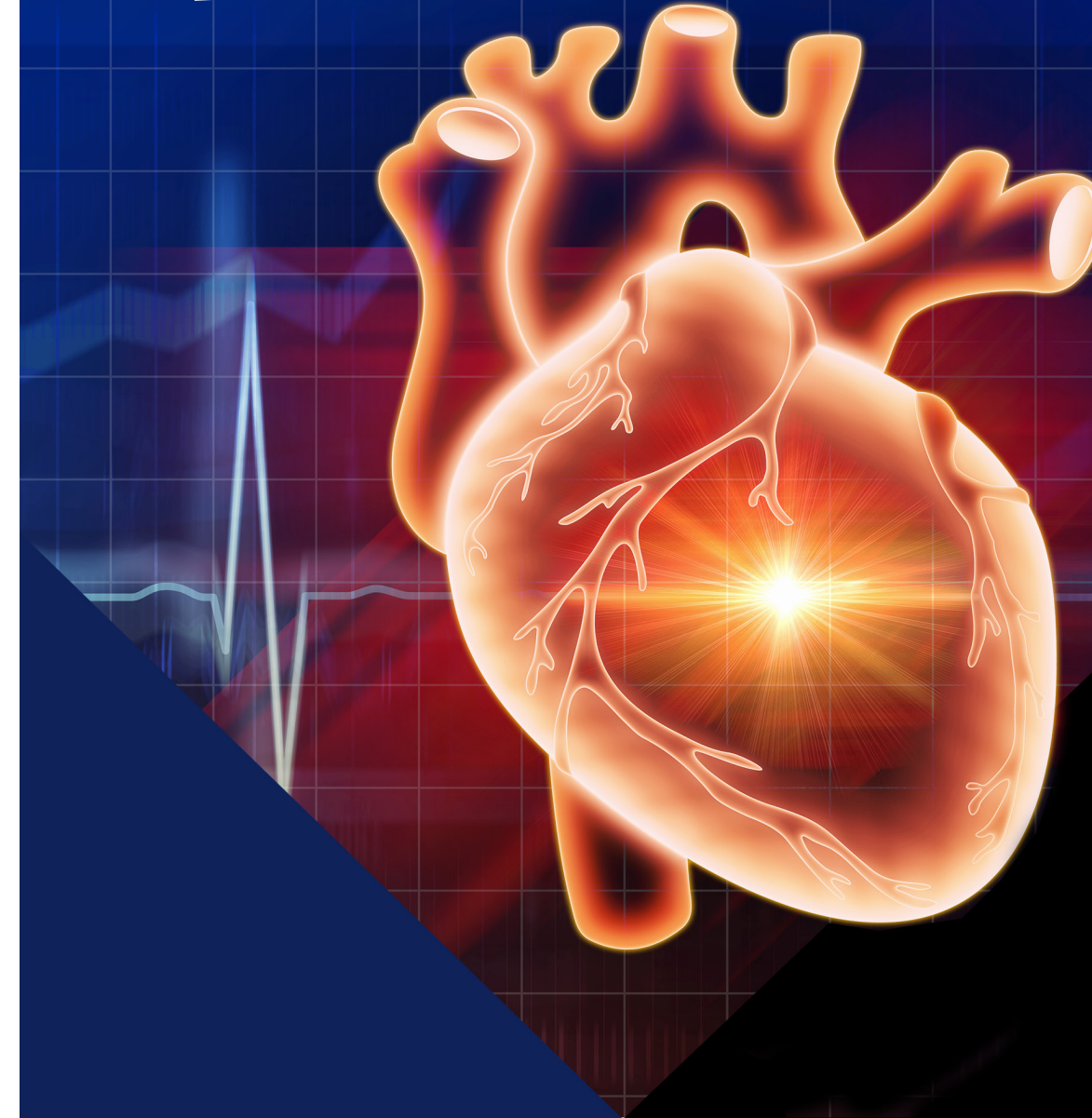


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CONTINUING MEDICAL EDUCATION

THIS LIVE ACTIVITY IS APPROVED FOR
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YaleMedicine

2019 Yale Sleep Symposium: *Sleep and the Heart*



Friday, December 6, 2019

*The Anlyan Center
for Medical Research and Education
New Haven, Connecticut*

Sleep disorders are important and highly prevalent in the general population, with elevated rates among those with cardiovascular disease. Sleep disorders may impact heart failure, atrial fibrillation and coronary artery disease. Clinicians frequently encounter patients in whom a sleep disorder is suspected and must be equipped with the tools to approach for these patients, including when to order further testing and or consultation with a sleep specialist. Successful management of cardiovascular disorders may be improved by ensuring appropriate identification and management of comorbid sleep disorders.

This course is aimed at a broad audience that includes cardiologists, sleep providers, and primary care providers. It contains an overview of the relationship between cardiovascular disease and sleep disorders. Presenters will review the evidence linking sleep duration, sleep-disordered breathing (both obstructive and central sleep apnea), and insomnia to cardiac outcomes including heart failure, arrhythmias, and coronary artery disease. Information presented will highlight the controversy regarding the management of central sleep apnea in patients with chronic heart failure, strategies for improving adherence to positive airway pressure therapy among intolerant patients, and approaches for screening patients for sleep disorders that may be incorporated into their medical practice.

Conference Faculty *subject to change*

COURSE DIRECTOR

Lauren Tobias MD
Medical Director,
VA Connecticut Healthcare Sleep Program
Assistant Professor of Medicine
Pulmonary, Critical Care and Sleep Medicine
Yale School of Medicine

FACULTY SPEAKERS

James V. Freeman MD
Associate Professor of Medicine (Cardiology)
Yale School of Medicine
Director of the Yale Atrial Fibrillation Program

Janet Hilbert MD
Assistant Professor of Clinical Medicine
Pulmonary, Critical Care and Sleep Medicine
Yale School of Medicine

Melissa Knauert MD, PhD
Assistant Professor of Medicine
Pulmonary, Critical Care and Sleep Medicine
Yale School of Medicine

Brian Koo MD
Sleep Lab Director,
VA Connecticut Healthcare Sleep Program
Associate Professor of Medicine (Neurology)
Yale School of Medicine

Daniel Jacoby MD
Director,
Comprehensive Heart Failure Program
Associate Professor of Medicine (Cardiology)
Yale School of Medicine

Reena Mehra MD, MS
Director, Sleep Disorders Research,
Sleep Center of the Neurological Institute
Professor, Department of Medicine
Cleveland Clinic

COURSE CO-DIRECTOR

Christine Won MD, MS
Medical Director,
Yale Centers for Sleep Medicine
Associate Professor of Medicine
Pulmonary, Critical Care and Sleep Medicine
Yale School of Medicine

Vahid Mohsenin MD
Professor of Medicine
Pulmonary, Critical Care and Sleep Medicine
Yale School of Medicine

Nancy Redeker PhD, RN
Beatrice Renfield Term Professor of Nursing
Yale School of Nursing

Lynelle Schneeberg PsyD
Assistant Professor of Clinical Psychiatry
Department of Psychiatry
Yale School of Medicine

Neomi Shah MD, MPH
Associate Division Chief
of Pulmonary Critical Care & Sleep Medicine
Associate Professor of Medicine
Icahn School of Medicine at Mount Sinai

Henry K. Yaggi MD, MPH
Director, Yale Centers for Sleep Medicine,
Yale Sleep Program
Associate Professor of Medicine
Pulmonary, Critical Care and Sleep Medicine
Yale School of Medicine

Conference Schedule *subject to change*

- 8:00 AM Registration and Continental Breakfast
- 8:55 AM Welcome and Introductions
Lauren Tobias MD
- 9:00 AM Sleep Apnea and Myocardial Infarction: Lessons from the Past Decade
Neomi Shah MD, MPH
- 9:30 AM Does Treatment of Obstructive Sleep Apnea Impact Cardiovascular Outcomes?
Henry K. Yaggi MD, MPH
- 9:55 AM Evidence-based Management of Atrial Fibrillation
James V. Freeman MD
- 10:20 AM Refreshment Break
- 10:45 AM Indications for Sleep Testing in Patients with Atrial Fibrillation and Other Arrhythmias
Reena Mehra MD, MS
- 11:15 AM Central Sleep Apnea in Heart Failure: To Treat or Not to Treat?
Christine Won MD, MSc
- 11:40 AM How Can I Help my Patient Get Used to CPAP?
Lauren Tobias MD
- 12:00 PM Lunch
- 12:45 PM Are You Getting Enough Sleep? Impact of Sleep Duration and Cardiovascular Disease
Melissa Knauert MD, PhD
- 1:10 PM Optimizing Heart Failure Management in 2019
Daniel Jacoby MD
- 1:35 PM Incorporating Brief OSA Screening into your Practice and Pre-Procedural Assessment
Janet Hilbert MD
- 2:00 PM Refreshment Break
- 2:15 PM Impact of Sleep Apnea on the Right Heart
Vahid Mohsenin MD
- 2:40 PM Insomnia in Heart Failure
Nancy Redeker PhD, RN and Lynelle Schneeberg PsyD
- 3:15 PM Periodic Limb Movements: A Risk Factor for Cardiovascular Disease?
Brian Koo MD
- 3:35 PM Questions and Closing Remarks
- 3:45 PM Adjourn

Learning Objectives

This course will enable participants to:

- ~ Identify sleep breathing disorders that commonly affect patients with cardiac disease
- ~ Appreciate the impact of positive airway pressure therapy on cardiovascular disorders including heart failure, coronary artery disease and atrial fibrillation
- ~ Identify the role of sleep disordered breathing on pulmonary hypertension and right heart failure
- ~ Discuss the relationship between sleep duration and circadian disruption on cardiovascular disease
- ~ Assess patients at high risk for adverse perioperative outcomes and incorporate screening into their practice
- ~ Review the relationship between insomnia and heart failure including implications for patient prognosis and management strategies

Registration Information

PLEASE NOTE: You must register online. This informational panel is not a registration form.

2019 Yale Sleep Symposium: *Sleep and the Heart*

Friday, December 6, 2019

Register online, at cme.yale.edu

ONLINE REGISTRATION INSTRUCTIONS:

1. Go to “Our Offerings”
2. Click “Find/Register for CME”
3. Scroll down and select “**2019 Yale Sleep Symposium**”
4. Click “Register” in order to proceed

Please note: You will be required to login or create a profile to register

OR, Please scan the image at right (QR Code) with your Smartphone or Tablet to be directed to the conference homepage and proceed with Step 4.



REGISTRATION FEES

Registration fee* includes CME credit, continental breakfast, refreshment break, and lunch:

Physicians – \$150

Nurses/PAs/Allied Health Professionals – \$100

Sleep Technologists – \$50

Non-Yale Residents/Fellows/Students† – \$25

Yale Residents/Fellows/Students† – complimentary

*All cancellations must be received in writing (or via e-mail) at least one week prior to the start of the conference to receive a refund. Any requests for refunds received after this date, or by telephone, will **not** be honored.

†A letter of verification from department head must accompany registration. Letter should be sent separately to Yale CME at the below address. You may also e-mail a pdf copy of your verification letter to cme@yale.edu.

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★Registration must be completed online. Please see above Online Instructions to complete the registration process.

If you have any questions, please contact Yale CME at cme@yale.edu or 203.785.4578.

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Pulmonary, Critical Care, and Sleep Medicine