



West Virginia Sleep Society

14th Annual Sleep Retreat Sleep at Blackwater Falls April 13-14, 2018

Join your colleagues in sleep medicine for an exceptional educational experience with outstanding speakers and opportunities to network with your peers in a beautiful setting within one of West Virginia's most scenic state parks.

WVSS Sleep Retreat Goals & Objectives

After the conclusion of the program, the attendees should be able to:

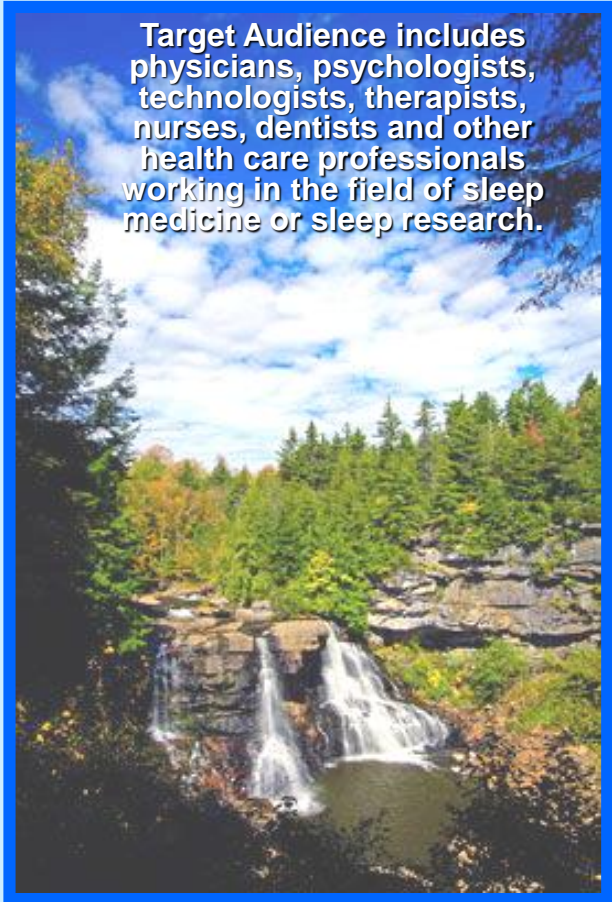
- Discuss current best practice based on evidence based medicine and current research in various sleep medicine topics.
- Be able to implement these best practice recommendations in clinical settings.
- Improve patient outcomes based on changes in clinical practice.

This activity has been planned in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the WVU School of Medicine and the West Virginia Sleep Society.

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

The WVU Office of CME designates this live activity for a maximum of ? *AMA PRA Category 1 Credits*TM. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Application has been made to The American Association of Sleep Technologists for CECs. These credits have historically been accepted by the WVBORC as continuing education for respiratory therapists.



Target Audience includes physicians, psychologists, technologists, therapists, nurses, dentists and other health care professionals working in the field of sleep medicine or sleep research.

Sleep Retreat Program

REGISTER ON LINE AT THE NEW WEBSITE: www.sleepsocietywv.org

Thursday, April 12: Evening event TBA

Friday, April 13th

8:00 am Continental breakfast and registration

8:45 am Welcome & announcements

9:00 am Surgical Treatment of OSA Beyond T&A

Speaker: Steven Coutras, MD, FACS

10:00 am Obesity Hypoventilation Syndrome

Speaker: Robert Stansbury, MD

11:00 am Break & Visit the Vendors

11:30 am Pediatric OSA and Oral Appliances

Speaker: Peter Ngan, DMD

12:30 am Lunch & Visit the Vendors

1:30 pm Opiates and PAP Titration...the Good the Bad and the Ugly

Speaker: Michele Kowaleski, RPSGT, RST

2:30 pm Infection Control in the Sleep Center (working title)

Speaker: Kathy Johnson, R.EEG/EP T., RPSGT, FASET

3:30 pm Treating Sleep Apnea, One Breath at a Time

Speaker: Robin Germany, MD

Saturday, April 14th

8:00 am Continental breakfast and registration

8:45 am Welcome & announcements

9:00 am Shhhhh....Secret Ways to Rule the Night

Speaker: Heather Clawges, MD

10:00 am Cognitive-Behavioral Therapy for Insomnia

Speaker: Amy Fiske, PhD

11:00 am Break & Visit the Vendors

11:30 Periodic Limb Movement and Restless Leg Disorders

Speaker: Adnan Alghadban, MD

12:30 Pediatrics: The Complex Cases

Speaker: Maple Landvoigt, MD

Disclosure

All those in a position to control content of this program have indicated that they have no relevant interests to disclose.

Handouts will be available on the website one week prior to the meeting.

**Time TBA: WEST VIRGINIA SLEEP SOCIETY
BUSINESS MEETING: Everyone welcome! Please
attend—we will discuss the 2019 meeting site**

Faculty

Stephen Coutras, MD is Board Certified by the American Board of Otolaryngology and the American Board of Sleep Medicine and is currently Assistant Professor of Otolaryngology and Head & Neck Surgery at West Virginia University.

Robert Stansbury, MD is Assistant Professor in Pulmonary and Critical Care at West Virginia University with board certification in Internal Medicine, Critical Care Medicine, Sleep Medicine, and Pulmonary Disease.

Peter Ngan, D.M.D. is the Chair of the WVU Department of Orthodontics. He received his dental degree from the Harvard University School of Dental Medicine and certificates in orthodontics, pediatric dentistry, and hospital dentistry from the University of Pennsylvania School of Dental Medicine/ Children's Hospital of Philadelphia.

Michele Kwoalewski, RPSGT, RST is employed by The Center for rRespiratory and Sleep Disorders in Ann Arbor, MI. She travels theCountry providing lectures on many topics and has a special interest in opiates and the epidemic in the US.

Kathy Johnson is the manager of the Regional Sleep Center at St. Mary's Medical Center in Huntington, WV. She has over 25 years experience in sleep technology and 45 years experience in neurodiagnostic technology and is a fellow of ASET, The Neurodiagnostic Society.

Robin Germany, MD is a board certified cardiologist specializing in heart failure and electrophysiology and has spent the last 9 year researching central sleep apnea.

Heather Clawges, MD is board certified in Sleep, Internal Medicine and Pediatrics. She has been practicing sleep medicine for 11 years and has a special focus in pediatric sleep medicine.

Amy Fiske received her BA Degree in English from Stanford University and master of Arts from San Francisco of Southern California. joined WVU Dept of Psychology in 2005

Adnan Alghadban MD received his medical degree from the University of Tichneed in Syria and completed his fellowship in neurophysiology at Duke University. He has been in practice for 20 + years practicing Neurology and Sleep Medicine.

Maple Landvoigt, MD is currently an Assistant Professor of pediatric pulmonology at West Virginia University School of Medicine and the West Virginia School of Osteopathic Medicine. She is board-certified in Internal Medicine, Pediatrics with subspecialty certification in pediatric pulmonology. She completed fellowships at WVU and Children's Hospital of Pittsburgh and has participated in multiple published research projects within her speciality.

Blackwater Falls State Park

Lodge and cabin reservations are now available by calling: 304-259-5216.

Be sure to mention the West Virginia Sleep Society to get the discounted rate of \$79.04 per night. With only 54 lodge rooms and 39 cabins, space is **very limited** so please make your reservations early to be assured of on site accommodations.

LET'S FILL THE LODGE WITH WVSS ATTENDEES!



GPS US !
1584 Blackwater Lodge Road
Davis, West Virginia 26260



THINGS TO DO



attraction is located outside of the park.



Biking



Boating



Camping



Fishing



Geocaching



Golf



Hiking



Hunting



Outdoor
Adventures



Scenic Train
Rides



Snow Sports



Swimming

Visit the Blackwater Falls website at: <https://wvstateparks.com/park/blackwater-falls-state-park/>



Blackwater Lodge sits on the Blackwater Canyon's south rim and provides a sweeping view of the densely forested gorge below. The lodge features a full-service restaurant, indoor pool and conference center, as well as a sitting room with a cozy fireplace and an on-site game room for the kids! Each of the 54 guest rooms has a private bath, phone and color television.

Blackwater Falls State Park has 39 cabins — 26 vacation and 13 deluxe. The vacation cabins are in a wooded area about a mile from the lodge. Each cabin has a bath with a shower and is completely furnished for your convenience. The 13 deluxe cabins sit on the north side of the park and are all four-bedroom units. Blackwater Falls State Park even has 10 pet-friendly cabins so your furry friends don't have to miss out!



Registration

Register now for the best rate. On-line registration with payment is available on the **NEW AND IMPROVED** website at www.sleepsocietywv.org

Your registration fee includes **complimentary** membership in the West Virginia Sleep Society.

To register by mail, check the appropriate category below and complete the registration form on the following page.

Mail to:

West Virginia Sleep Society

c/o Martha DiGiovine

West Virginia University Hospitals, P.O. Box 8022

Morgantown, WV 26506

EARLY BIRD (received by midnight April 6th)

- Technologist registration: \$100
- Physician (includes CME charge): \$200
- I will attend the Thursday evening event: n/c

STANDARD (received after April 6th)

- Technologist registration: \$150
- Physician (includes CME charge): \$250
- I will attend the Thursday evening event: n/c

2018-2019 West Virginia Sleep Society Registration and Membership Application
COMPLIMENTARY MEMBERSHIP FEE TO MEETING ATTENDEES

NAME (please print): _____

ADDRESS: _____

CITY/STATE/ZIP: _____

TELEPHONE DAY: _____ **EVENING:** _____

E-MAIL (please print): _____

CREDENTIALS:(circle one): **DABSM** **MD** **DO** **PhD**
RPSGT/RST **RRT** **REETG** **OTHER:** _____

To receive the latest information via e-mail about upcoming programs and services please read and sign the following required statement:

I agree to receive newsletters, notices, advertisements, announcements, brochures, invoices and other information from the West Virginia Sleep Society and it's representatives via facsimile and/or e-mail. My express permission to e-mail me such notices, invoices and other information will continue and have no date of expiration.

Signature: _____ **Date:** _____

Additional donation enclosed: \$ _____

Please make checks payable to: West Virginia Sleep Society

Mail to: West Virginia Sleep Society

c/o Martha DiGiovine

West Virginia University Hospitals, P.O. Box 8022

Morgantown, WV 26506

I would like to join a committee, please contact me.

Specific interest(s): _____

For additional information contact: Martha DiGiovine: (304)598-4770 (digiovinem@wvuhealthcare.com)