

PERSONAL DETAILS – please use block letters

Title _____ First name _____ Surname _____

Organisation _____ Position _____

Address _____

State _____ Postcode _____

Phone _____ Mobile _____ Fax _____

Email _____

Dietary Requirements _____

REGISTRATION FEES – all fees are quoted in Australian dollars and are inclusive of GST.

Package	Fee	Total
• Course	AUD 1,980.00	AUD _____
• Subsidised price available to Australian and New Zealand Technicians / Technologists	AUD 1,650.00	AUD _____

Registration fees include: attendance, workbook & handouts, Wednesday conference dinner, daily lunch, morning & afternoon refreshments.

- I wish to attend these tutorials: (included in your registration) – please tick the relevant box/les
- PSG Study NIV Tutorials Sleep Staging CPAP & Masks Cardiopulmonary Scoring
- I wish to attend the course dinner on Wednesday night (included in your registration)

PAYMENT DETAILS – please use block letters

Total Payment Enclosed **AUD** _____

My cheque, made payable to the Woolcock Institute of Medical Research, is enclosed.

Please debit my: Visa Mastercard Amex

Card No _____ Amex ID Number _____

Name on Card _____ Expiry Date _____

Signature _____

Please send form and payment to:
 Sleep Medicine Course
 PO Box M77, Missenden Rd,
 NSW 2050 Australia
T +61 2 9114 0000
F +61 2 9114 0010
E education@woolcock.org.au
www.woolcock.org.au/sleep.htm

ABN 88 002 198 905

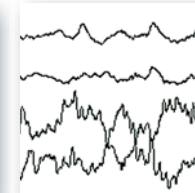
© 2008 Woolcock Institute of Medical Research



SLEEP MEDICINE

A Laboratory Based Approach

A practical course in the clinical and technical aspects of sleep science



Monday 17th – Friday 21st November 2008
 Woolcock Institute of Medical Research Education Centre
 431 Glebe Point Road,
 Glebe, Sydney, Australia

A course for nurses, physiotherapists, sleep technologists, respiratory scientists and training physicians.

The **Sleep and Circadian Research Group** of the Woolcock Institute of Medical Research consists of a multi-disciplinary team of researchers and clinicians.

The group is devoted to the highest standards of research and clinical care, recognised by the awarding of a NHMRC Centre for Clinical Research Excellence (CCRE) in Respiratory and Sleep Medicine in 2005.

This Sleep and Circadian Research Group has been assessing and managing patients with sleep disorders for over twenty years. The unit consists of an 18-bed Diagnostic / Sleep / Noise Clinical and Research Laboratory, and relies on a diverse team of

expert staff including physicians, nurses, technicians, psychologists, scientists and physiotherapists.

This course provides a comprehensive coverage of topics and skills for those wanting to: work in a sleep laboratory, embark on sleep research or for those just wishing to know more about sleep medicine.

This practical course in the clinical and technical aspects of sleep science incorporates both lectures and small group tutorials with ample opportunity for hands-on practice, discussion and questions.

Registration Information Package



© 2008 Woolcock Institute of Medical Research

PROGRAM*

* This programme is subject to amendment. A detailed programme will be sent to participants on registration.

	Monday 17th Nov	Tuesday 18th Nov	Wednesday 19th Nov	Thursday 20th Nov	Friday 21st Nov
08:50 – 09:30	Welcome & Introduction to Sleep	Epidemiology and Clinical Presentation OSA	Respiratory Scoring and Measurement	Basics of Circadian Medicine	Respiratory Failure and Sleep
09:30 – 10:10	Introduction to Polysomnography	Pathophysiology of OSA	Medico-Legal Aspects of Sleep Medicine	Central Sleep Apnea	Non-Invasive Ventilation
10:10 – 10:40	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea
10:40 – 11:20	Sleep Physiology: Basics	Initiating & Titrating CPAP Therapy	Neurological Disorders and Sleep Restless Legs Syndrome	MSLT/MWT	Paediatric PSG
11:20 – 12:00	Public Health and Epidemiology of Sleep Disorders (Non OSA)	Dental devices and OSA	Sleep Movement Disorders	Narcolepsy / Idiopathic Hypersomnolence and CNS Stimulants	Paediatric Sleep Medicine
12:00 – 13:00	Lunch	Group Photo / Lunch	Lunch	Lunch	Lunch & Course Review
13:00 – 13:40	Basic Respiratory Physiology	Non CPAP / MAS treatment OSA	Tutorial 3 PSG Setup	Drug Effects on Sleep and Alertness Cardiovascular and Endocrine Effects of OSA	NIV Tutorial
13:40 – 14:20	Basic Lung Function	Case Studies OSA			
14:20 – 14:50	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea
14:50 – 15:30	Arterial Blood Gas Interpretation	COPD and OSA	Tutorial 5 PSG Setup	Tutorial 6 Cardiopulmonary Scoring	Case Studies & Questions
15:30 – 16:10	Sleep and Breathing	Tutorial 1 Sleep Staging	Tutorial 2 CPAP & Masks	Tutorial 7 Cardiopulmonary Scoring	Tutorial 8 CPAP & Masks
16:10 – 17:00	Welcome Cocktails				NIV Tutorial
19:00 – 22:00			Course Dinner		

CNS – Central Nervous System, COPD – Chronic Obstructive Pulmonary Disease, CPAP – Continuous Positive Airway Pressure, MAS – Mandibular Advancement Splint, MSLT – Multiple Sleep Latency Test, MWT – Maintenance of Wakefulness Test, NIV – Non-Invasive Ventilation, OSA – Obstructive Sleep Apnea, PSG – Polysomnography


PRESENTERS INCLUDE

Professor Ron Grunstein, is the Head of both the Sleep Investigation Unit at RPAH and the Sleep and Circadian Research Group at the Woolcock Institute of Medical Research. He has numerous research interests which include therapies for sleep disorders and metabolic-endocrine interactions in sleep medicine. He is an NHMRC Practitioner Fellow and a co-chief investigator of the NHMRC CCRE for Respiratory and Sleep Medicine. Professor Grunstein is President of the World Federation of Sleep Research and Sleep Medicine Societies (WFSRSMS).


Professor Peter Cistulli, is a Professor of Respiratory Medicine at Royal North Shore Hospital and a research leader at the Woolcock Institute of Medical Research. His research is focused on the relationship between facial and upper airway structure and function, and the implications for dental therapies for OSA.

Professor Iven Young, is Head of the Department of Respiratory and Sleep Medicine at Royal Prince Alfred Hospital. He has a particular interest in lung function testing, the pulmonary mechanisms of respiratory failure, and the management of chronic lung diseases including COPD. His recent research interests are pulmonary gas exchange in anaesthesia and asthma and clinical trials of inhaled mannitol therapy to clear mucus in bronchiectasis.

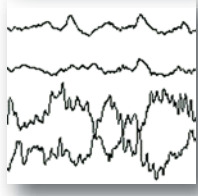
Associate Professor Brendon Yee, is a staff specialist within the Department of Respiratory Medicine and Sleep Disorders at RPAH. He is undertaking research into the metabolic interactions between obesity and sleep apnea.



This 5-day program aims to give participants a strong theoretical background in sleep medicine.



The course will also allow participants to acquire skills which will enable them to perform competently in a hands-on role within the sleep laboratory.


REGISTRATION INFORMATION

Book early, the number of participants will be limited due to the hands-on nature of the course. No enrolments will be taken after 10th November 2008.

To attend, complete and return the registration form (overpage). Each delegate must complete a separate form. Forms will be accepted by post or fax.

NB: Payment in full must accompany all registration forms – registrations will not be confirmed until full payment has been received.

Cancellation of Registration: Cancellation/substitute delegates must be advised in writing to the Woolcock. Cancellations received prior to 15th October 2008 will receive a refund less an AUD 100 administration charge.

Cancellations received after 15th October 2008 will not be refunded – however a substitute delegate will be accepted at no additional charge, if advised in writing.