

5th NATIONAL SLEEP MEDICINE COURSE NSMC 2010

(An academic venture by Indo-Japan-US Faculty for Sleep Education)



**11th & 12th December 2010
Hotel (SP Grand Days)
Thiruvananthapuram, Kerala**

Patron

Dr. K. Radhakrishnan, Director

Sree Chitra Tirunal Institute for Medical Sciences & Technology
Thiruvananthapuram, Kerala, India

Sponsored by

Department of Science & Technology

Science & Engineering Research Council Division

Government of India

Technology Bhawan, New Mehrauli Road,

New Delhi-110 016

Course Directors:

Dr. Deepak Shrivastava

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Professor of Medicine, UC Davis School of Medicine, Davis
Director, San Joaquin General Sleep Center Stockton
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&

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Organizing Secretary

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Introduction:

The **National Sleep Medicine Course (NSMC)** is being organized in collaboration with the academic faculty from the United States, Japan and India. The course is intended to provide all the essential theoretical knowledge and practical training necessary for practicing sleep medicine. It will cover basic sleep science, in addition to the technical and clinical aspects of sleep science. The course is primarily meant for an Indian audience. During the 2nd Interim World Congress of World Federation of Sleep Research Society and Medical Societies (**WFSRSMS**), held at New Delhi during September 2005, a dedicated group of sleep scientists of Indian origin from USA along with their Indian colleagues took the initiative in starting this sleep medicine education in India. The first course (**NSMC 2006**) was organized at AIIMS, New Delhi during October 14-15, 2006 on an experimental basis under the initiative of Dr. Deepak Shrivastava along with Dr. H.N. Mallick. The overwhelming response and clinical success of the NSMC 2006 has encouraged us to continue the program annually on a regional basis. The 2nd course (**NSMC 2007**) was organized at NIMHANS, Bangalore by Dr. Bindu M. Kuty. The 3rd (**NSMC 2008**) was organized at Cuttack by Dr. Arpita Priyadarshini and the 4th course (**NSMC 2009**) was organized in New Delhi by Dr. Manvir Bhatia. This year, the 5th course (**NSMC 2010**) is being organized at Thiruvananthapuram, Kerala by Dr. Kamalesh K. Gulia.

Target audience:

The 2-days' NSMC course is designed for neurologists, pulmonologists, general practitioners, healthcare professionals, sleep technicians and sleep scientists. The course is limited to 75-100 participants, on a first-cum-first-served basis and a registration fee is applicable. The faculty will cover major topics in Sleep medicine over didactic sessions and hands-on workshops. These topics would include Sleep basics: physiology and pharmacology, nuts and bolts of a sleep laboratory, common sleep disorders, recording and interpretation of common tests used in sleep medicine (including polysomnography and multiple sleep latency test). The faculty will also discuss new developments in the area of sleep medicine.

After attending the workshop, the participants should be able to handle confidently common problems in sleep medicine, including making correct diagnosis, choosing right tests, reading and understanding their interpretations, and providing the appropriate therapy. Sleep technicians should be able to perform all the required tests with confidence and to independently handle common problems which may arise while conducting these tests.

The participants will receive a certificate upon successful completion of the course. The registration is limited. Kindly register early to avoid disappointment.

Please note: This year's NSMC will be a special attraction as it will be followed, on 13th December 2010, by the 4th Conference of the Indian Society for Sleep Research (ISSR). Those who are registering for both NSMC and the conference of ISSR, can avail of a special concession in registration.

Faculty



Anoop Karippot (University of Louisville School of Medicine, KY, USA)
Anuj Chandra (Memorial Regional Sleep Centre, Chattanooga, USA)
Anuja Sharma (Allina Medical Clinic, MN, USA)
Chirag Pandya (Troy, Michigan, USA)
Deepak Shrivastava (Davis School of Medicine, California, USA)
Jagjeet Kalra (Pacific Sleep Disorder Center, Stockton, CA, USA)
Kimberly Hardin (Critical Care Med & Pulmonology, Sacramento, CA, USA)
Kumaraswamy Budur (Cleveland, Ohio, USA)
Rama Maganti (Barrow Neurological Institute, Phoenix, USA)
Vijay Ramesh (University of Chicago, USA)



Masaki Nishida (Tokyo Medical & Dental Univ. Grad. School, Tokyo, Japan)
Sunao Uchida (Faculty of Sport Sciences, Waseda University, Japan)



Ashalatha Radhakrishnan (SCTIMST, Thiruvananthapuram, India)
Bindu M Kutty (NIHMANS, Bengaluru, India)
Garima Shukla (AIIMS, New Delhi, India)
HN Mallick (AIIMS, New Delhi, India)
JC Suri (VMMCSH, New Delhi, India)
K Subramanian (SCTIMST, Thiruvananthapuram, India)
Kamalesh K Gulia (SCTIMST, Thiruvananthapuram, India)
Manjari Tripathi (AIIMS, New Delhi, India)
Manvir Bhatia (SGRH, New Delhi, India)
Preeti Devnani (Jaslok Hospital, Mumbai, India)
Suresh Kumar (SRMMCRC, Chennai, India)
V Mohan Kumar (SCTIMST, Thiruvananthapuram, India)

NSMC 2010 (5th National Sleep Medicine Course): PROGRAM

DAY 1: December 11, 2010

No	Time	Lecture title/ Program	Speaker
1	8.00-8.30 AM	Registration: Pre-function area outside the Conference Hall "Grand Utsav"	
2	8.30-8.45 AM	Opening remarks	Dr K Radhakrishnan (Director, SCTIMST, Thiruvananthapuram India)
	8.45-9.00 AM	Introduction to the NSMC Course & Sleep Medicine	Dr Deepak Shrivastava (USA)
3	9.00-9.30 AM	Physiology of sleep	Dr V Mohan Kumar (India)
4	9.30-10.00 AM	Neural substrates of sleep	Dr Bindu M Kutty (India)
5	10.00-10.30AM	Sleep deprivation in humans: its consequences	Dr Kamalesh K Gulia (India)
6	10.30-11.00AM	Neuropharmacology of sleep	Dr Deepak Shrivastava (USA)
11.00 AM-11.15AM Coffee Break			
7	11.15-11.45AM	Circadian Rhythm disorders	Dr Garima Shukla (India)
8	11.45-12.15PM	Office evaluation of a sleepy patient	Dr Jagjeet Kalra (USA)
9	12.15-12.45PM	Epidemiology of sleep disorders: Do we know enough?	Dr JC Suri (India)
10	12.45-1.15PM	OSA/ AASM practice parameters	Dr Anuj Chandra (USA)
1.15 PM to 2.15 PM Lunch Break Lunch (4th level near the Pool area)			
11	2.15-2.45PM	Polysomnography	Dr Deepak Shrivastava (USA)
12	2.45-3.15PM	Sleep and epilepsy	Dr Rama Maganti (USA)
13	3.15-3.45PM	Movement disorders and sleep	Dr Manjari Tripathi (India)
14	3.45-4.15PM	Home sleep studies and population demand/ CBT	Dr Kumaraswamy Budur (USA)
4.15 AM-4.30 PM Coffee Break			
15	4.30-5.00PM	Narcolepsy	Dr Manvir Bhatia (India)
16	5.00-5.30PM	Sleep disorders in women	Dr Preeti Devnani (India)
17	5.30-6.00PM	A polysomnographic recording system: By Philips Respironics	
18	10.00 PM - 5.30 AM	Laboratory Session in Aqua Grand CD (4th level) Whole night polysomnographic Recording Session & Interactive discussion	

DAY 2: December 12, 2010

No	Time	Lecture title/ Program	Speaker
1	8.30-9.00 AM	Insomnia	Dr Deepak Shrivastava (USA)
2	9.00-9.30 AM	Pediatric sleep disorders	Dr Anoop Karipott (USA)
3	9.30-10.00 AM	Sleep in the critically ill	Dr Kimberly Hardin (USA)
4	10.00-10.30 AM	Treatment choices for OSA	Dr Chirag Pandya (USA)
5	10.30-11.00 AM	Complex sleep apnea	Dr Anuja Sharma (USA)
11.00 AM-11.15 AM Coffee break			
6	11.15-11.45 AM	The cost of waking	Dr Vijay Ramesh (USA)
7	11.45-12.15 PM	Sleep, bright light and melatonin	Dr Sunao Uchida (Japan)
8	12.15-12.45 PM	Memory and sleep, consensus and controversies	Dr Masaki Nishida (Japan)
9	12.45-1.15 PM	Evolution of sleep dentistry	Dr Subramanian Krishnan (India)
1.15 PM to 2.15 PM Lunch Break Lunch (4th level near the Pool area)			
10	2.15-2.45 PM	Parasomnias	Dr Anuja Sharma (USA)
11	2.45-3.15 PM	Medical disorders and sleep	Dr Suresh Kumar (India)
12	3.15-3.45 PM	Current status of sleep medicine in India	Dr Ashalata Radhakrishnan (India)
13	3.45- 4.00 PM	AASM and Sleep Medicine in India (Closing lecture)	Dr HN Mallick (India)
14	4.00-4.15 PM	NSMC 2011 announcements	Dr Deepak Shrivastava & Dr. Preeti Devnani
4.15 PM to 4.45 PM Tea Break			
15	4.45-5.30 PM	Valedictory function	
16	7.30 onwards	Banquet Dinner Conference Hall "Grand Utsav"	

Registration form

5th NATIONAL SLEEP MEDICINE COURSE, NSMC 2010

(An advance course by Indo-US Foundation for Sleep Education)

1. Full name Prof./Dr./Mr./Ms. _____
2. Address for communication _____

3. Hospital/ Clinic address _____
4. Contact numbers: Landline _____ Mobile _____
5. E-mail address _____ FAX number _____
6. Educational qualifications: _____
7. REGISTRATION DETAILS:

Please tick your options

Category	Early Bird Registration Before 31 st Sept 2010	Pre-Registration 1 st Oct - 31 st Oct 2010	Spot Registration 1 st Nov - 11 th Dec 2010
ISSR Members	Rs 2,500 <input type="checkbox"/>	Rs 3,500 <input type="checkbox"/>	Rs 4,500 <input type="checkbox"/>
Non-Members	Rs 3,000 <input type="checkbox"/>	Rs 3,500 <input type="checkbox"/>	Rs 5,000 <input type="checkbox"/>
Post-Graduates	Rs 2,000 <input type="checkbox"/>	Rs 2,500 <input type="checkbox"/>	Rs 3,000 <input type="checkbox"/>
Nurses & Technicians	Rs 1,000 <input type="checkbox"/>	Rs 1,500 <input type="checkbox"/>	Rs 2,000 <input type="checkbox"/>
International Delegates	US \$ 100 <input type="checkbox"/>	US \$ 150 <input type="checkbox"/>	US \$ 250 <input type="checkbox"/>

Note: ISSR members, non-members & post-graduates, who are registering for both NSMC and the conference of ISSR, may avail of a special concession of Rs. 500 on the registration fee of NSMC 2010.
All payments to be made in the form of Demand Draft, payable at Thiruvananthapuram in favour of "ISSR-2010", State Bank of Travancore, Thiruvananthapuram, Kerala, India. International delegates may make their payment in the form of Cheque in favor of "ISSR-2010". Credit cards not accepted.

Demand draft (DD) details:

- a) DD number _____ b) Name of the bank _____
c) Date _____ d) Amount _____

Duly filled Forms along with the payment, may be sent to

Dr. Kamalesh K. Gulia, PhD

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