



02.04.2019

## FACULTY



**Ms Emma Carruthers** - Senior Sleep Physiologist, Royal Brompton Hospital, London • **Dr Lizzie Hill** - Senior Sleep Physiologist, Royal Hospital for Sick Children, Edinburgh • **Dr Ruth Kingshott** - Senior Sleep Physiologist, Sheffield Children's Hospital • **Ms Kylie Russo** - Senior Sleep Physiologist, Great Ormond Street Hospital, London • **Dr Mike Farquhar** - Evelina Children's Hospital, London • **Dr Hui-Leng Tan** - Consultant in Paediatric Respiratory and Sleep Medicine, Royal Brompton Hospital London • **Dr Don Urquhart** - Consultant in Paediatric Respiratory and Sleep Medicine, Royal Hospital for Sick Children, Edinburgh

### This course will cover:

- The different types of sleep studies that are undertaken in paediatric sleep centres in the UK, including the pros and cons of each.
- An introduction to the basic principles of how to score cardiorespiratory polygraphy studies and polysomnography (PSG). Real life examples will be used and practical tips provided.

### Target Audience:

- All those interested in Paediatric Sleep Medicine
- Physiologists
- Nurses
- Paediatricians with an interest in Sleep Medicine
- Paediatric Trainees

### Learning outcomes

#### After completing this course you should:

- Have an understanding of which types of sleep studies are most appropriate for which indications and the limitations of the various studies.
- Understand the American Academy of Sleep Medicine guidelines for scoring polysomnography and be able to understand how to apply these rules to scoring cardiorespiratory polygraphy studies.

### Session 1: Cardiopulmonary Sleep Studies

Chair: Don Urquhart

09:00

#### Welcome and Introduction

Dr Don Urquhart

09:00

#### Utility of sleep diagnostics

- Oximetry vs. Cardiopulmonary studies vs. Polysomnography

Dr Hui-Leng Tan

09:30

#### Cardiopulmonary Sleep Studies

09:30

#### Set-up

- Practical (on a volunteer) using RIP bands, airflow, etc.

Dr Emma Carruthers

09:45

#### Variations

- Airflow: Nasal cannulae or thermistor?  
- CO2: Transcutaneous or end-tidal?

Dr Ruth Kingshott

10:00	Applying AASM respiratory scoring rules to cardiopulmonary sleep studies	Dr Kylie Russo
11:00	COFFEE	
11:30	<b>Cardiopulmonary Sleep Studies Quiz</b> - Sleep scoring examples with ample discussion time Variety of examples from faculty	Kylie/Hui-Leng/Ruth/ Emma
12:30	LUNCH	
13:30	<b>Session 2: Polysomnography</b>	Chair: Hui-leng Tan
13:30	<b>Indications for PSG</b> - Recap of limitations of other sleep diagnostics - Importance prior to MSLT - Parasomnias	Dr Mike Farquhar
14:00	<b>AASM sleep staging rules</b> - Wave-forms - Sleep stages - Arousals	Dr Lizzie Hill
15:00	<b>Multiple Sleep Latency Testing in Children</b>	Dr Don Urquhart
15:30	Coffee	
15:50	<b>Polysomnography Quiz</b> Examples with ample discussion time Variety of examples from faculty e.g. examples of sleep stages, scoring obstructive events with arousals, etc.	Don/Lizzie/Mike/Ruth
16:35	<b>Wrap up and discussion</b>	Dr Hui-Leng Tan
16:55	Session end	