

AHED - Advanced Health Education  
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MULTIPROFESSIONAL CARE  
INTEGRATION CHALLENGES

# SLEEP / SLEEP DISORDERS MEDICINE / TREATMENT

22-I20



Advanced  
Health  
Education

by NOVA Medical School

## **SLEEP MEDICINE** / **SLEEP DIAGNOSIS TREATMENT**

22-I20

**COURSE COORDINATOR >>** Susana Sousa, MD, PhD Student  
Dulce Neutel, MD, Master Student

### **COURSE PRESENTATION**

This course is designed to offer a comprehensive state-of-the-art approach to the treatment of sleep disorders. It aims to increase knowledge and skills in this specific, challenging and dynamic field of sleep medicine. A multidisciplinary faculty will provide didactic material, interactive case-based scenarios and hands-on workshops.

Using didactic methods as clinical cases and role plays after an intensive review of physiopathology and the newest national and international recommendations presented by physicians with differentiation in subfields of Insomnia, Circadian Rhythms Disorders, Sleep Apnea, Movement Disorders, Parasomnias and Hypersomnias the course pretends to prepare the participants to evaluate and understand the right treatment for each single adult patient using personalised medicine.

### **LEARNING OBJECTIVES >> KNOWLEDGE AND SKILLS TO DEVELOP**

- >> Evaluate a sleep patient
- >> Identify the right treatment for the right patient – personalised treatment
- >> Contact with new research and emerging technology in sleep treatment disorders

### **TARGET AUDIENCE**

Physicians and psychologists with special interest in Sleep Medicine  
Medical trainees with special interest in sleep medicine

### **ATTENDANCE REQUIREMENTS**

80% attendance of theoretical classes, 80% attendance of theoretical-practical classes, and 100% attendance of hands-on sessions is mandatory for issuing attendance certificate and CME credits and/or ECTS

### **ADMISSION CRITERIA**

CV

### **MAX. ATTENDEES**

24

# SLEEP MEDICINE / SLEEP DIAGNOSIS TREATMENT

22-120

## AGENDA 2022

### OCT 7<sup>th</sup>

9:00 am – 6:00 pm

#### MODULE 1

##### >> Insomnia

- >> Key lecture: Excellence in Medicine
- >> What's new in insomnia disorder?
- >> Update in treatment guidelines
- >> How to treat sleep during menopause
- >> How to manage time during the day to decrease stress at night
- >> Treatment – clinical based learning
  - Evidence for Mindfulness to treat insomnia
  - What are the new pharmacological treatments?
  - Clinical case discussion: Please, let me know how do you treat my patient?

### OCT 8<sup>th</sup>

9:00 am – 6:00 pm

#### MODULE 2

##### >> Sleep Apnea

- >> Key Lecture: Value based health care
- >> What's new in sleep apnea?
- >> Update in treatment guidelines
- >> Key lecture: How to communicate to general population about sleep medicine
- >> OSAS: Clinical case discussion: Please, let me know how do you treat my patient? – Nutrition; Dentistry; ENT; Psychiatry; Pulmonology
- >> Central Sleep apnea: what's new?
- >> OSA outcomes evaluation

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## **SLEEP MEDICINE** / **SLEEP DIAGNOSIS TREATMENT**

22-120

### AGENDA

**2022 / OCTOBER**

**OCT 19<sup>th</sup>**

9:00 am – 6:00 pm

#### MODULE 3

- >> **Circadian Rhythms and Movement Disorders**
- >> Key Lecture: Treatment and Ethical issues
- >> What's new in circadian rhythm disorder?
- >> Update in treatment guidelines in circadian rhythm disorder
- >> Key lecture: Treatment engagement strategies for circadian disturbances
- >> Key lecture – Sleep: From basics to clinical trials
- >> What's new in movement disorders?
- >> Update in treatment guidelines in movement disorders
- >> Clinical case discussion: Please, let me know how do you treat my patient?

**OCT 20<sup>th</sup>**

9:00 am – 6:00 pm

#### MODULE 4

- >> **Parasomnias and Hypersomnias**
- >> Key lecture: Hypnosis to treat NREM parasomnias
- >> What is new in parasomnias?
- >> Update in treatment guidelines in parasomnias
- >> How to treat nightmare disorder? And can we use CBT for NREM parasomnia ?
- >> Key Lecture: Precision Medicine for Central Hypersomnias
- >> What is new in central hypersomnias?
- >> Update in treatment guidelines of central hypersomnias
- >> Clinical case discussion: Please, let me know how do you treat my patient?

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## SLEEP MEDICINE / SLEEP DIAGNOSIS TREATMENT

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### FACULTY

- >> Ana Santa Clara, MD
- >> Ana Rita Peralta, MD
- >> Catia Reis, PhD
- >> Dulce Neutel, MD
- >> Hipólito Nzwalo, MD, PhD
- >> João Paulo Farias, MD
- >> Marta Azevedo Gonçalves, MD, PhD Student
- >> Miguel Oliveira e Silva, MD, PhD
- >> Susana Sousa, MD, PhD Student

**CREDITS >> 3 ECTS**

**DURATION >> 32 HOURS**

**PRICE >> 1450€**

### INCLUSIONS AND EXCLUSIONS IN PRICE

The price published for each course includes teaching fees, space rental, certificate of attendance, and materials used during the course. The price of the course doesn't include hotel accommodation, lunches, and dinners on course days, nor any other items unless specifically mentioned. Prices of courses published by AHED are exempted of VAT. Other items priced by AHED apart from courses may however include VAT.

### APPLICATION, ADMISSION AND REGISTRATION

When applying for a course at AHED – Advanced Health Education, the applicant subjects personal and professional data that will be verified and assessed to check that admission criteria for that specific program are met. Once an application is approved, registration in the course is admitted and will require payment of the price published for the course.

### APPLICATION FEES

Application fees are as follows:

-100 € for courses priced above 1000 €

-50 € for courses priced below equal to 1000 € Application fees are non-refundable.

### COURSE REGISTRATION FEES

The registration stage is considered completed when the total price of the course is received by AHED.

### PAYMENT OPTIONS

Payment options for application and registration include credit card (Visa, MasterCard), wire transfer in Euro, and Multibanco.

### EARLY BIRD

Application fees will be discounted from the course price for registrations completed 90 calendar days before the date of the course.

For additional information, please go to in Terms and Conditions at [ahed.pt](http://ahed.pt)

**APPLICATION DEADLINE >> SEPTEMBER 30<sup>th</sup> 2022**

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