

Non-Profit Org.  
U.S. Postage  
**PAID**  
St. Louis, MO  
Permit No. 1455



Practical Anatomy & Surgical Education  
3839 Lindell Boulevard • St. Louis, Missouri, USA • 63108-3413

ST. LOUIS, MISSOURI, USA

**2019**

Hands-on Cadaver Course

## Advanced Surgical Techniques for **OBSTRUCTIVE SLEEP APNEA & SNORING**

**October 10th**

**NP's AND PA's WORKSHOP**

**October 11-12th**

**PHYSICIAN WORKSHOP**

[slu.edu/medicine/pase](http://slu.edu/medicine/pase)



ST. LOUIS, MISSOURI, USA

**2019**

Hands-on Cadaver Course

## Advanced Surgical Techniques for **OBSTRUCTIVE SLEEP APNEA & SNORING**



**October 10th**

**NP's AND PA's WORKSHOP**

Course Directors:

**Brandon Boyd, MPAS, PA-C**

**Mai X. Vang, DNP, FNP-BC, APNP**

**October 11-12th**

**PHYSICIAN WORKSHOP**

Course Directors:

**M. Boyd Gillespie, MD, MSc**

**Tod C. Huntley, MD, FACS**

Honored Guest

**Rudolfo Lugo-Saldaña, MD**



**[slu.edu/medicine/pase](http://slu.edu/medicine/pase)**

An offering through: Practical Anatomy & Surgical Education, Department of Surgery  
Saint Louis University School of Medicine

**THURSDAY, OCT. 10** 7:30 AM - 5:30 PM

### PART I: NP's and PA's

- Overview of Airway Anatomy
- Airway Assessment Skills
- Obtaining a Good Sleep History
- Understanding Sleep Studies- Diagnostic Criteria
- PAP Therapy Overview-Tips and Tricks
- CPAP Intolerant? Whats Next?
- Sleep Surgery Overview
- Role of the PA/NP in a Sleep Disordered Breathing Clinic
- Pathophysiology and Treatments for Non Sleep Disordered Breathing:
  - Hypersomnia and Snoring
  - Insomnia
  - Narcolepsy
  - Limb Movement Disorders
- Pediatric Sleep Disorders
- Case Studies/Discussion

**FRIDAY, OCT. 11** 7:00 AM - 6:00 PM

### PART II: Surgeons/Physicians

#### Role of the Nose in OSA

- Anatomical Localization in Sleep Surgery:
  - Physical Examination
  - Imaging
  - Sleep Study Factors
  - DISE
- The Nasal Airway and Sleep Disordered Breathing:
  - Nasal Factors in SDB
  - Nasal Function- Physical Examination
  - Medical Management
  - Surgical Management
  - Avoiding Complications/ Side Effects
  - Expected Outcomes
  - Coding and Reimbursement
- Hands on Cadaver Lab: The Nasal Airway:
  - Prosection
  - Nasal Valve Exposure
  - Nasal Valve Anatomy
  - Suspension
  - Nasal Valve Stiffening
  - Functional Rhinoplasty
  - Turbinoplasty

#### Role of the Palate and Pharynx in OSA

- The Upper Pharynx and Sleep Disordered Breathing:
  - Physical Examination – Palate and Pharyngeal Morphology
  - DISE – Patterns of Upper Pharyngeal Collapse
  - Surgical Management
  - Avoiding Complications/ Side Effects
  - Expected Outcomes
  - Coding and Reimbursement
- Case Discussions – Round Table – Participants bring Cases
- Hands on Cadaver Lab: the Upper Pharynx:
  - Prosection – Muscles of Upper Pharynx
  - Palatal Stiffening
  - Palatal and Pharyngeal Muscle Exposure
  - Expansion Pharyngoplasty Technique

#### Role of the Epiglottis/ Hyoid in OSA

- Lecture: The Hypopharynx and Sleep-Disordered Breathing
  - Physical Examination - Supraglottic structures
  - DISE- Patterns of Supraglottic Collapse
  - Surgical Management
  - Avoiding Complications/ Side-Effects
  - Expected Outcomes
  - Coding & Reimbursement
- Hands on Cadaver Lab: the Hypopharynx
  - Prosection – Hyoid Bone and Muscular Attachments
  - Thyrohyoidopexy
  - Hyo-Mandibular Suspension

**SATURDAY, OCT. 12** 7:15 AM - 4:45 PM

#### Role of the Hypoglossal Nerve

- Tongue and Sleep-Disordered Breathing: Box too Small
  - Dental/Craniofacial - Physical Examination
  - Dental/Craniofacial - Radiographic
  - Oral Appliance
  - Avoiding Side-Effects/Complications
  - Expected Outcomes
  - Orthognathic Surgery - Who to Refer?
  - Coding & Reimbursement
- Hands on Cadaver Lab: Oral Appliance Fitting/ Workshop

#### Role of the Tongue in OSA

- Tongue and Sleep-Disordered Breathing: Tongue Too Lax
  - Tongue- Physical Assessment
  - Sleep Study Assessment
  - DISE-Patterns of Tongue Collapse
  - Surgery (Tongue Suspension; GGA; UAS)
  - Avoiding Side-effects/ Complications
  - Expected Outcomes
  - Coding & Reimbursement
- Hands on Cadaver Lab: Tongue Too Lax
  - Prosection - Hypoglossal Nerve and Branches; Muscles of Tongue
  - Upper Airway Stimulation
  - Tongue Suspension
  - Genioglossal Advancement
- Tongue and Sleep-Disordered Breathing: Tongue Too Big
  - Obesity and Tongue Anatomy
  - Recognizing the Large Tongue: Physical Examination
  - DISE-Patterns of Tongue Collapse
  - Weight loss/Gastric Bypass
  - Surgery (Lingual Tonsillectomy; Tongue Base RFA; Partial Glossectomy; TORS)
  - Avoiding Side-Effects/Complications
  - Expected Outcomes
  - Coding & Reimbursement
- Hands-On Cadaver Lab: Tongue Too Big
  - Prosection-Neurovascular Bundle; Course of Lingual Artery
  - Base of Tongue Radiofrequency Ablation
  - Partial Glossectomy

#### COURSE DIRECTORS

##### M. Boyd Gillespie, MD, MSc

Professor and Chair  
UTHSC Department of Otolaryngology – Head and Neck Surgery  
University of Tennessee – Memphis  
Memphis, TN

##### Tod C. Huntley, MD, FACS

Center for Ear, Nose, Throat & Allergy  
Clinical Faculty, Department of Oral & Maxillofacial Surgery  
Indiana University  
School of Medicine  
Carmel, IN

#### COURSE DIRECTORS (Oct. 10th)

##### Brandon Boyd, MPAS, PA-C

Center for Ear, Nose, Throat & Allergy  
Department of Otolaryngology,  
St. Vincent Hospital  
Squadron PA, Indiana Army  
National Guard  
Carmel, IN

##### Mai X. Vang, DNP, FNP-BC, APNP

Division of Sleep Medicine  
Department of Otolaryngology and Communications Sciences  
Medical College of Wisconsin  
Milwaukee, WI

#### HONORED GUEST

##### Rudolfo Lugo-Saldaña, MD

Department of Otolaryngology  
ISSSTE Constitucion  
Monterrey, Mexico

#### DISTINGUISHED FACULTY

##### José E. Barrera, MD, FACS

Facial Plastic & Reconstructive Surgeon  
Clinical Professor  
Surgery, Uniformed Services University,  
Washington D.C.  
Associate Clinical Professor  
Facial Plastic Surgery  
UT Health, San Antonio, TX  
Medical Director  
Texas Center for Facial Plastic & Laser  
Surgery and Rejuve MD MedSpa  
Medical Director  
Endormir Sleep and Sinus Institute  
San Antonio, TX

##### Robson Capasso, MD

Associate Professor  
Chief of Sleep Surgery  
Department Otolaryngology,  
Head and Neck Surgery  
Stanford University  
School of Medicine  
Stanford, CA

##### Stacey L. Ishman, MD, MPH

Professor, Otolaryngology –  
Division of Sleep Medicine and Surgery  
University of Cincinnati  
College of Medicine  
Cincinnati Children's Hospital Medical  
Center, Pediatric Otolaryngology  
Cincinnati, OH

##### Offer Jacobowitz, MD, PhD, FAASM

Assistant Professor  
Co-Director of Sleep Surgery  
Department of Otolaryngology  
Mount Sinai Hospital  
ENT and Allergy Associates  
New York, NY

##### Saba S. Khalil, DMD, MPH

General Dentist  
Metro Dental Sleep Medicine  
St. Louis, MO

##### Thomas D. Sotiropoulos, DDS

Metro Dental Sleep Medicine  
St. Louis, MO

##### Edward M. Weaver, MD, MPH

Staff Physician, Surgery Service  
Seattle VAMC  
Professor of Otolaryngology  
Chief of Sleep Surgery  
University of Washington  
Seattle, WA

##### B. Tucker Woodson, MD, FACS

Professor and Chief  
Division of Sleep Medicine and Surgery  
Department of Otolaryngology  
Medical College of Wisconsin  
Milwaukee, WI

Faculty subject to change, for updates,  
please go to [slu.edu/medicine/pase](http://slu.edu/medicine/pase)

#### REGISTRATION:

For Further Course Details and REGISTRATION go to: [slu.edu/medicine/pase](http://slu.edu/medicine/pase)  
This workshop will be held at the PASE Learning Center located in Young Hall, 3839 Lindell Boulevard, Saint Louis, MO 63108

#### TUITION FEES:

Physicians/Surgeons Workshop: ..... \$1595  
Residents/Fellows/USA Military: ..... \$795

PAs and NPs Workshop (Oct. 10th only)..... \$175  
PAs and NPs Workshop (Full 3-Day Course) \$675

The education the participant gains through our CME activities does not satisfy training requirements to perform the surgery.

#### EDUCATIONAL OBJECTIVES

- Review and discuss the mechanical and anatomical factors in various levels of the upper airway which contribute to airway collapse in OSA, and evaluate relevant surgical intervention.
- Discuss and perform procedures to include lateral expansion pharyngoplasty, transpalatal advancement, hypoglossal nerve stimulator implantation, glossectomy,

genioglossus advancement, tongue and hyoid suspension, tongue base ablation, and nasal valve surgery. Transoral robotic surgery will also be discussed.

- Discuss proper patient selection, indications and contraindications, complications and expected outcomes of each presented procedure.
- Describe and understand the role of oral appliances in the treatment of sleep disordered breathing, and gain hands-on experience demonstrating the fabrication and fitting of oral appliances under the guidance of our expert faculty.

#### EDUCATIONAL OBJECTIVES for PAs and NPs

- Review and Discuss the diagnosis and clinical management of obstructive sleep apnea.
- Learn about advanced therapies for OSA, including patient selection and when to review.
- Define and discuss the role of the nurse practitioner and physician assistant in the sleep disordered breathing clinic.

#### CONTINUING EDUCATION

Accreditation: Saint Louis University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Credit Designation: Saint Louis University School of Medicine designates this live activity for a maximum of:

October 11th-12th: Physicians Course  
16.5 AMA PRA Category 1 Credit(s)™.

October 10th Only:  
7.75 AMA PRA Category 1 Credit(s)™.

All 3 Days:  
Max. for PAs and NPs – 24.25 AMA PRA Category 1 Credit(s)™.

Physicians should only claim credit commensurate with the extent of their participation in the activity.